Conservative Little Bodies

Are those diminutive organs, the kidneys, which, in spite of their small size, perform in health a most important part in the mechanism of the system. Out of order they breed dangerous trouble. Renew their activity with Hostetter's Stomach Bitters, which prevents the serious and often fatal diseases resulting from their inaction. This sterling medicine, moreover, remedies malaria, rheumatism and dyspeptic complaints, and invigorate the whole system.

American Women as Pedestrians.

Magazine of Travel: The statement is often made in this country, and still more frequently in England, that American women, while they are leaders in many spheres of activity, are lacking in the physical endurance of their English cousins. Especially are we told that they cannot walk, that five miles is a day's journey, and that an excursion of ten miles would prostrate any one of them for a week. So common are these assertions that through frequent repetition they are currently accepted as true. It is with much pleasure, therefore, that I undertake the task of recounting the salient features of a pedestrian trip made by two American women, neither of whom is unusually robust or has previously had any special experience in walking. In company with my friend, Dr. "Warby," and myself, they not only were able to walk more than 1,000 miles during the few weeks of a summer vacation, but they gained very decidedly in health and strength during the trip.

Fashionable Stationery.

The paper most used in social correspondence is white parchment finish, and the preferred sizes are the well-known octavo and billet; the envelopes are square with pointed flaps. Square note sheets with oblong envelopes in tints or colors are simply fads for the moment. Good taste dictates plain white paper and envelopes for feminine notes.

DAIRY AND POULTRY.

INTERESTING CHAPTERS FOR OUR RURAL READERS.

How Successful Farmers Operate This Department of the Farm—A Few Hints as to the Care of Live Stock and Poultry.

WE recently noted a gradual change taking place on the ranges, which was liable to lead, in time, to the production of a different class of cattle in portions of the country, the evidence of the change being found in the increased inquiries for thoroughbred and high grade females for their rangers, the tendency to feed during the winter, to grow alfalfa, and to provide grain for finish, says Iowa Homestead. This change, however, is not and of necessity cannot be made at a bound, and there are still large areas of range where it has not even commenced, and where the rangers will probably remain as they are for years to come. A correspondent writing from Ubet, Montana, reports his observation in the section of country over which he has been traveling as follows:

"As stock growers, butchers and buyers wish to learn all they can at this season, as to the outlook for grass-fed beef this year, I would say that in the section I have visited it has never been better than it is now. The range cattle on those ranges that have not been overstocked and the grass eaten out are in good condition. I have been making a circuit of the country for about a month, over the ranges east of the Musselshell river between the Yellowstone and Missouri rivers in Eastern Montana, and have traveled over a distance of about 500 miles of cattle range. I did not see above a dozen cattle that had died from winter exposure, although we had a pretty hard winter in Montana. I think that of all the cattle I saw 50 per cent are fit for butchers' stock, although they have never eaten a pound of hay or grain. If we had railroads at hand thousands of head could be shipped out of here right now. If the Burlington and Missouri River railway will build into this country next year it will be a great blessing to the stock growers of this section. There are vast stock ranges now going to waste that would be utilized."

The reports that have been coming from almost every section of country indicate an unusual scarcity of beef cattle, and prices, both on the hoof and to a still greater extent in the form of dressed beef have responded to this undoubted scarcity. Our Montana correspondent sees the other side of the shield, and it is doubtless true that in the section he describes cattle have wintered well, are plenty and are in good grass beef condition for the season. This is an immense country, with immense demands, and the general fact of scarcity and of gradual encroachment upon the ranges of cattle grown under conditions approximating those of the farm are quite well assured facts, notwithstanding local exceptions.

Imitations of Foreign Cheese.

The New York Sun has been looking into the manufacture of foreign cheese in New York state—or rather the making of domestic cheese after foreign methods—and finds that so excellent is the product that importations of foreign cheese have greatly diminished, many of the imitations being preferred to the original brands.

Roquefort is the only French cheese which has not as yet been successfully imitated. Swiss cheese also has a flavor, due to its pasturage, which is hard to imitate. The principal fancy-cheese factory is at Antwerp, Jefferson county. It turns out over 200,000 fancy cheeses yearly. The manager learned the various methods abroad.

Fresh or soft cheese, like Neufchatel, is made from sweet milk which stands 24 hours in four gallon cans immersed in water, 60 deg., rennet of course being added. The curd is placed in linen bags and the whey drains off, assisted after a time by pressure. Then the curd is slightly salted, run through a cutting machine, then through one which turns it out in cylindrical form for packing in tinfoil. These cylinders are packed and shipped the same day, and will keep for a week.

Italian cream cheese is made in the same way, from cream alone, except that the curd is handled more carefully and made into bricks. These need to be kept on ice.

De Brie and D'Isigny, which are almost identical, are made from curd, which stands only four hours, the first into cakes 14 inches in diameter and about one inch in thickness, the second 7 inches in diameter. The cut curd is dipped into tin rings standing on cane mats through which the whey drains. The corrugated appearance of a Brie cheese is due to these mats. The curing process takes two months in cellars of even temperature where the air is frequently changed. The cheeses are salted on the outside and placed on shelves. The mold which forms on the rind, though esteemed by Europeans, is removed for the American market. This cheese can be kept for a month or more.

Camembert, the most esteemed of French cheeses, is made in the same way, cream being added to the milk, the cheese cured more slowly, turned oftener and salted less.

The German Schloss or Wiener is a cross between Camembert and Limburger, having the flavor of the first and the penetrating odor of the second. The curd is heated slightly, and made into cakes 4 inches long by 2 in breadth and thickness. The curing takes three months, the cheeses being handled three times a week.

Munster cheese is made by heating the milk and rennet to 85 deg. It coagulates in half an hour, is cut and stirred and heat increased to 110 deg. After reaching a certain consistency it is run into molds, hardening in half an hour. Without pressing, the cheeses are put in cellar, salted for three days and cured for three months—the oil which exudes being rubbed into the rind by hand twice a week.

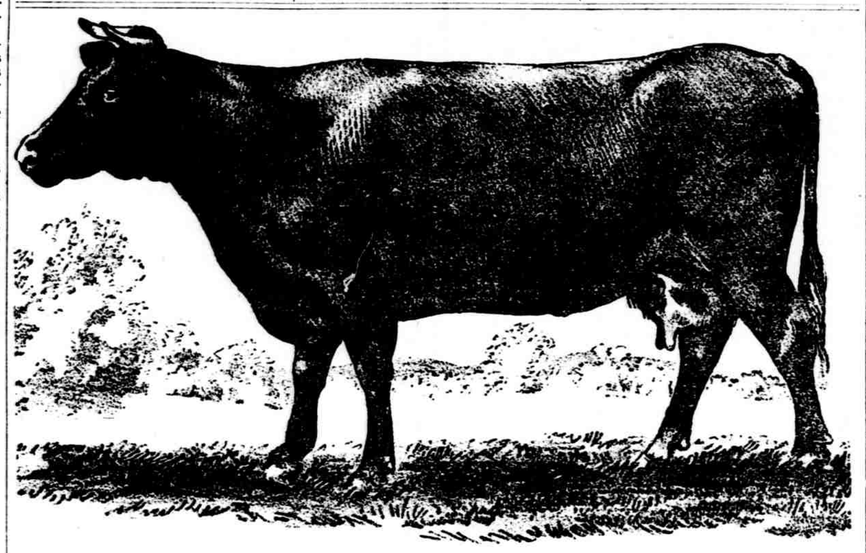
The curd for Swiss cheese is treated as for Munster, only it is stirred finer, heated to 125 deg., pressed very hard, kept six months, and turned and salted every day.

Limburger is heated to 92 deg. in winter, 98 deg. in summer, cut fine, run into molds, and sweated and rubbed like Munster for four months. There were 5,000 of these blocks, 7 inches square by 2 thick, in the cellar when the Sun man entered.

Cotswolds.

This is one of the largest of the English breeds, and is the most popular of the long wooled class in this country. It is a very old breed, with its characteristics very firmly fixed. Improvement was effected by using the Leicester as a cross. This has slightly reduced the size of the sheep, but has given greater aptitude to fatten, smoothness, quality and appearance, while retaining the hardy constitution of the original breed. In America the Cotswolds are in general favor as a combined wool and mutton sheep. They were first introduced here about 1840.

The Cotswolds produce a heavy fleece. The ewes are good mothers, though they are not generally so prolific, as some other breeds. The flock will thrive under ordinary mangement. They make a marked improvement when bred to the common sheep of the country, the first cross with a Cotswold ram greatly increasing both fleece and size, as well as improving the form of the native stock. The breed is in great demand by those who wish to combine wool and mutton qualities in their flocks. The face and legs of the Cotswolds are white or light gray; the fleece is pure white, long and lustrous; the head is strong and large, with no horns, and with a forelock of long, curling wool; the back is broad and flat, with the wool naturally parted in the center. They are larger than the Leicester, which they closely resemble in external appearance.



RED CHERRY, AN ENGLISH SHORTHORN—FROM FARMERS' REVIEW.

Inspecting Live Stock.

A new set of government inspection rules went into effect May 1. By these measures all animals arriving at the yards and upon inspection proving unfit for human food will not be allowed to pass over the scales. Twenty inspectors are stationed, one at each scale house, and their work is passed upon by veterinarians. Thus far inspection has been mainly confined to infectious or contagious diseases, but the new rules go much further. Cows within a month of calving, and for ten days after, and sheep and hogs three weeks before parturition and for ten days after will be held for advanced pregnancy, and will be subject to condemnation during that time. All animals having bad sores, abscesses or bad bruises, serious enough to affect their wholesomeness for human food; cholera pigs, scabby or emaciated sheep, skinny, shelly cows and other stock considered unfit for human food will be thrown out and be liable to condemnation.

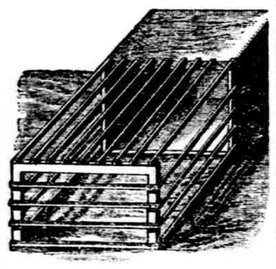
Shippers should be guided by this action, and forward no unsound, badly bruised, emaciated or evidently or supposedly diseased stock to market, as the same is bound to be thrown out by the inspectors, and in all probability condemned to the rendering tank.

A Cheap Chicken Coop.

The illustration in connection with this article will give an idea of how easily a cheap chicken coop may be made. The one shown is simply a dry goods box, and the yard is made of lath. This gives both a nest and a run. The end of the lath run might be made of the board taken off the box, and this would save making an end frame.

Many dry goods boxes are longer than wide, and can be sawed in two in the middle, nailing the lath between the separated parts. This would give a run in the middle and a nest at each end. Or, the long box may be sawed in two and the lath from the front of one nailed onto the rear end of the other, thus giving two nests and runs instead of one.

When such a box is used on the ground it would be well to raise it a couple of inches, on a platform of



earth, so when hard rains come in the night the coop will not be flooded, to the injury of the chicks.

Studying the Cost of Milk.

It is not easy to get at the exact cost of milk, but it is not at all difficult to find out the average near enough for practical purposes. A little weighing and testing and figuring will enable the milk farmer to find out when he is making money, or whether part of the time or with part of the cattle he is doing business at a loss.

It is a great help to any man to know what the cost of manufacture is of any article he produces for sale, and every manufacturer who conducts his operations in a business like way makes it a profit to know the cost of a penny, if possible, and there is not a producer to whom this knowledge is of more importance than the man who makes milk to sell. A knowledge of this will enable him either to improve his methods, if he discovers that he is losing money, or to increase the business if he finds that he is making money. A good many dairymen have used tests to show them which were the best cows, and the result was that they soon culled the herd until it was a paying one; many more would find a big profit in doing the same thing. Those who make tests and estimates are pretty sure to conclude that good cows, well fed, are the only kind worth while. Watching the cows and their feed soon leads to a study into many details connected with low cost of producing milk, such as the proportion of food which goes into milk with the different cows, the relative power of "holding out" in the yield of milk. Also the exact relative cost of different grain feeds and their effect upon the cattle, not forgetting the relative manurial value, which few farmers now take into account. The kind of hay used is also a fine point in determining what milk shall cost. Sometimes it is best to sell coarse horse hay and buy cheap hay, especially where a silo is used. A study of all such so-called details is well worth the trouble, and may cause the difference of a fraction of a cent per quart of milk, which means in time a fat pocketbook in place of a mortgage.—Massachusetts Ploughman.

Half Round Roosts.

Avoid having the roosting perches too high. Where such is the case, the chickens often hurt themselves in flying down. The best sort of perches are round on the upper side and flat under, and they should be of a size fowls can grasp. Strange to say, in none of the many farms I have visited lately did I see such perches as I describe. With most other notions discovered through my own observation, I have found that other people have discovered them too, but not this, which I found out simply through an accident. One day when making ready to have my fowl house cleaned and limed I broke one of the roosts, and could only find a sapling which had been faced or flattened on one side to put in its place, so I had it fixed, the round side up. Night after night I noticed that the fowls all made for this one perch till it was crammed. To make sure that it was the shape of the stick that they liked, I had another perch removed and a rounded one put in, and this, too, became sought after. I then put a short one across one corner and after the third night, that too was fought over—so I came to the very natural conclusion that rounded roosts were preferred. Speaking of it afterwards to a naturalist, he made the following remark: "The Almighty and All-wise God does not provide sawn limbs to the forest trees for his birds to roost on. The hen's feet are formed for the purpose of grasping something round and wide enough to support her—give it to her in the fowl house and you will do right. It is a mistake to improve upon nature." Nearly all the roosts I saw were of sawn timber with sharp edges. Let me suggest a change. If you notice no birds that roost in the trees ever have crooked breast bones, or deformed chests, because they always select a limb large enough to grasp easily with their feet.—Australian Agriculturist.

Australian Poultry Exports.

Australia bids fair to become ere long an important factor in the supply of poultry and rabbits to the London market, says a writer in London City Press. The trade was only entered upon last season, but already it has developed to an extent that warrants the anticipation that in the course of a short while it will prove the means of enriching the colony by a large sum annually. So far the colonists have every reason to be well satisfied with the result of their experiment. Thus, English rabbits last April fetched on the average 8d. to 9d. each, while those from the colony realized something like 1s. each. As anything above 7d. will pay the colonist a good percentage, a very good profit was realized, and a large trade was done. Poultry did not fetch quite such good prices, as while English fowls realized on an average 63s. a dozen at the best time, the best price that could be obtained for colonials was from 48s. to 54s. English ducks, too, sold readily at 6s. apiece, whereas for the Australian birds it was only possible to get between 4s. and 4s. 9d. This year there has been a fall in the prices, due to the over-eagerness of the colonists in flooding the market. The importations arrive in excellent condition—a fact due to the care that is taken in the colony. The government of Victoria receives the birds and rabbits from the farmers, and exercises a careful supervision, so that only those that will be a credit to the country are shipped. The poultry is plucked, but the wild birds are packed with their plumage, and the rabbits, which are slung across a bar, so that they suffer no injury in transit, are sent over just as they are shot or snared, after being disemboweled. The crates are packed by the government for a small fee, and bear the official seal, which is a proof of their genuineness, and quite dispels the fear there was at the outset in the minds of some people that only the rabbits that are poisoned are sent over. The goods are then shipped by the government to the merchant or salesman in London, who remits to the farmers the sum due, after the cost of dock dues and commission is deducted.

Oats and Peas for Sheep.—What is the use of wasting time and land over wheat to feed, when in place of the 30 bushels of this grain gathered from an acre, under the best cultivation, 75 of oats may be had on the same land with the same good culture. And the oats and the straw are easily worth twice as much, quantity for quantity, as the wheat will be. A still better way of providing for the flock is to sow two and one-half bushels of oats and one and one-half of peas—the common Canada pea is the best—to an acre, and cut part green and let the other part ripen. The yield will easily be four tons of the very best feed, or the same of the straw and one ton and a half of the mixed grain, unexcelled for sheep in the winter.—American Sheepbreeder.

Diseases of Milk.—Milk has been found in the past to be liable to strange so-called "diseases." For example, milk has been found to develop strange colored patches, blue, yellow or green, and to have its whole color changed. It was formerly supposed that these diseases, along with such others as premature curdling, assuming a bitter taste, becoming stringy, slimy, or soapy in texture, were largely to be traced to the condition of food; it might be to the soil, or to the pasture, or to the illness of the animal. We now know, however, that such milk diseases are really almost entirely due to bacterial life, and ought never to occur if proper cleanliness and care are exercised in the dairy.

THE NEWEST WOMAN.

SHE HAILS FROM INDIANA, OF COURSE.

Anna Lemmon Griffin, Who Refuses to Allow Poltroons to Annoy Her in a Theater—Starts a Reform That Would Be Generally Popular.

THE interest excited by the action of Mrs. Dr. Anna Lemmon Griffin, of Muncie, Ind., in refusing to permit two men to pass her seat to the aisle between the acts at the Wyser Grand theater a few nights ago is by no means confined to that little city. Letters and telegrams have reached her from Cincinnati, Chicago and many other points, commending her action. Mrs. Griffin had accompanied a party of ladies to the theater, and after they had been seated the two young men came in. Of what followed she said to the writer: "When the curtain had dropped for the first time one of them asked, 'May we get out?' and I politely replied that he could not. He insisted, and I decided that I would show him that in America a woman has some rights and privileges. He called the police, and I confess that excited me, and had the manager ordered me to vacate my seat, I should have refused to obey, as I had paid for the seat."

Manager Wyser informed the man that the lady had a right to hold the seat, and then the men were finally

DR. ANNA LEMMON GRIFFIN.

compelled to sit down. A storm of applause followed from the occupants of the lower floor who witnessed the peculiar scene. The public and the press have applauded Mrs. Griffin so strongly that Manager Wyser will discard the pass check system, as the theater has water and all modern conveniences connected with each floor.

Mrs. Griffin is a highly educated woman. She was born in Allen county, Fort Wayne. She is a graduate of the Valparaiso College and at the age of 20 was an instructor in the schools in Allen and Porter counties, Indiana, and in Bureau county, Illinois. In 1885 she entered the Woman's Medical College of Chicago, and she won the Rosaengert prize of $50 in a class of sixteen graduates. After her graduation she served a term as interne in the Woman's and Children's Hospital of Chicago and since then has practiced medicine in Fort Wayne, Cincinnati and Muncie. She has lived there three years. She served as secretary of the Delaware County Medical Society last year and is a member of the District Medical Society. Her practice is very large in Muncie and Delaware County. Her maiden name was Lemmon and she was married only a few months ago.

Estimating the Value of a Miracle.

On the authority of a member of the medical profession, the British Medical Journal states that a devout woman, afflicted with an ulcerated stomach, visited St. Winetride's well, and was duly cured by the saint. She returned home, boasting that she could "eat anything," including even "pigs' feet." Whether she actually indulged in pigs' feet does not appear. If properly cooked, they are a harmless delicacy; but, anyhow, the lady was suddenly taken very ill at teatime. The doctor who was called in "diagnosed perforation of the stomach," and the next day the poor lady died. One of the first requisites, I take it, in estimating the value of all "cures," whether miraculous or otherwise, is the subsequent history of the cases. This is supplied with great effect in the above instance. But, perhaps, I shall be told that the saint does not insure against pigs' feet in cases of ulcerated stomach.

Senator Teller of Colorado.

Senator Teller, of Colorado, has lately attracted wide attention by his attitude on the silver question. Mr. Teller is an earnest advocate of free coinage of silver as well as gold and would fix the ratio at 16 ounces of the former to one of the latter—a ratio not in harmony with the views of the majority of his party. He has undertaken the

SENATOR TELLER, COLORADO.

rather unenviable task of bringing the obstinate majority over to his way of thinking and will head the silver forces at the National convention next year. He is financially interested in most of the gold and silver mines of his state.

Where Does It Go?

The final estimates of the mint bureau places the gold production of the world in 1894 at $170,000,000 and of the United States at $43,000,000. This compares with a production for the world in 1893 of about $150,000,000, and with an average yearly production for the five years to 1890 of less than $110,000,000. For the United States it compares with a production of about $35,000,000 in 1893 and about $33,000,000 for each of the seven preceding years. The increase in the output is certainly noteworthy.

A Slanderous Prayer.

Rev. J. C. Campbell, of Los Angeles, Cal., in the course of a public prayer, referred to Miss Kelso, the librarian of the Public Library, in such terms as to occasion a suit for slander. The defendant maintained that his statement was privileged, because of its utterance in the course of a prayer, but the court held that "no prayer containing a slander publicly uttered can be exempt from the legal consequences" and that "no communication made by a pastor to his congregation is privileged because of such relation."

Many Uses for Mushrooms.

Not only human beings, but cows, sheep, squirrels, and many kinds of birds, are fond of mushrooms. In many places mushrooms are dried just as our grandmothers once dried apples, strung on strings, and hung from the ceiling for winter use. Some European species are used in coloring. One yields a yellow dye, another an exquisite green which colors the tree on which it grows; and from this wood is manufactured the celebrated Tunbridge ware. The poor people of Franconia, Germany, dry, press, and stitch together a certain kind of mushroom, which is then made into garments; and in Bohemia a large round toadstool is dried and the inside removed; it is turned bottom upward, fastened to the wall, and used to hold a beautiful trailing vine which grows luxuriantly.

The June Atlantic contains installments of the two leading serials by Mrs. Ward and Gilbert Parker, also a short story of frontier garrison life, by Ellen Mackubin, entitled Rosita. Another bit of fiction of unusual character and interest is, Through the Windows; Two Glimpses of a Man's Life. Lafcadio Hearn contributes a delightful paper entitled In the Twilight of the Gods, which, with Mary Stockton Hunter's poem, A Japanese Sword-Song, gives this issue a distinct flavor of the Orient. Percival Lowell continues his readable papers upon Mars, discussing in this issue the Water Problem. Houghton, Mifflin & Co., Boston.

The Order of the Templars was founded in 1119.

He who reads twice over the same ad is not far from being a purchaser.

A Month Among the Mountains.

Teachers, and their friends, too, for that matter, who want information about the best, absolutely the best, way to reach Denver at the time of the National Educational Association meeting next July should write to J. Francis, Omaha, Neb., for a copy of a little book recently issued by the Passenger Department of the Burlington Route (B. & M. R. R.)

It is entitled "To Denver via the Burlington Route" and contains 32 pages of interesting information about the meeting, the city of Denver, the state of Colorado, special trains, tickets, rates, hotels, side trips, train service, etc.

The book is free. Send for it.

A late curiosity gleaner claims that there are 500 open caverns in Edmondson County, Kentucky.

Barrier reef is a coral reef extending along the northwest coast of Australia for nearly 1,200 miles.

What used to be the Russian salad is now dubbed "czar salad" on the bill of fare.

Remnant plum pudding fried is almost as rich as the Rothchilds.

A man was photographed in Georgia while dangling at the end of a rope.

Menu for Country Luncheon.

Veal loaf, pressed chicken or salad, sandwiches and cake, make delicious luncheon dishes, and a substitute for ices can be made by preparing thick, sweet cream in this way: One pint of cream, one-half cup of white sugar, one teaspoonful of vanilla, one tablespoonful of gelatine dissolved in a little milk; whip with Dover egg-beater until it can be cut with a knife. The gelatine prevents it from falling, so the hostess can prepare it some hours before her guests arrive. Genuine clover honey is always a treat, especially to townspeople, and may be substituted for the cream. It is more easily served if placed on a flat dish or platter and passed with a knife and spoon so that each guest may help himself. This arrangement obviates the necessity for small dishes.

The Mountain Goat a Stupid Animal.

Although the mountain goat is a very sure-footed and level-headed animal, he is said by those who have hunted him (of whom I confess I am not one) to be a very stupid animal, and easily killed when once the hunter reaches his haunts. In actual weight he is about the size of the Virginia deer, but in bulk he seems to be larger because of his shaggy fleece of wool and hair. The horns are small, smooth and jet black, and the hoof is a strange combination of rubber pad on the inside and knife-edge on the outside, to hold the owner on snow, ice, or bare rock without slipping.—W. T. Hornady in St. Nicholas.

The weight of the earth is calculated by Prof. Boys at 5,822,664,000,000,000,000,000 tons.

The secret of success used to be industry, now it's printers' ink.

A Standish, Maine, man has nearly finished a robe made wholly of cats' skins.

The annual sales of German toys in England amount to £2,000,000.

Uses of the Lichen.

The lichen's most important function seems to be to beautify the landscape, though some tiny ones are used by mother hummingbird to cover the outside of her nest, in order to conceal it as much as possible. In Iceland the lichen called Iceland moss is gathered every year by the boys and girls. It is boiled in milk and eaten. Fanny Bergen, in her little book "Plant Life" tells us that the Indians guided themselves through the trackless forest by observing on which sides of the trees the lichens grew thickest, those being the northern sides.

Most of the black pearls in existence come from the dark-tipped oysters of lower California.

Silk is so cheap in Madagascar that the poorest people wear clothing made of it.

It is claimed that there are fifty-five dogs in the United Kingdom to every 1,000 inhabitants.

W. N. U., Omaha—23, 1895.

When answering advertisements kindly mention this paper