any new ideas that readers of this department may wish to present, and would be pleased to answer correspondents desiring information on subjects discussed Address M J Wragg, 300 Good Block, Des Moines, Iowa.]

### BUYING TREES.

A variety of reasons make it very unwise to purchase "far abroad" nursery stock of any kind. One of these to the difference in the condition under which the stock was grown as compared with those under which it is to be planted. A perfect reliable ply. tree under the one set of conditions is likely to become wholly unreliable under the other. The trials of a protracted freight journey are, moreover, more than the stock is likely to be able to endure and a larger percentage will fail to grow, while that portion of it which does not fail utterly will make but a poor start in its new life, and this will be likely to follow it until it dies. The distant nurseryman, too, is beyond the reach of the buyer, and therefore regards himself. in many cases, as under less obligation to be fair and to make good the errors, mistakes and losses which the contract provided should be done. Taking everything into consideration, the place to go for nursery stock is to a reputable grower as near to the place where the stock is to be used

This is not the buying season and regarded as a little untimely. The spring of the year, when trees are largely purchased, is not far distant, however, and prospective buyers should look ahead early and settle the lines along which they expect to proceed. The planting of trees is a work requiring special thoughtfulness. A farmer may buy poor seed and the crop that comes from it may not be lost, even though it be not as large as he should have, and the mistake he has made in the selection of poor seed is one that can be remedied at the end of the year. The error reveals itself early, and constitutes one more lestection against future mistakes of a similar kind. It is not so, however, with the planting of trees. If varieties unsuited with the location are chosen, if poor stock is purchased, if it arrives in bad condition, or, in short, if any of the many mistakes possible in tree planting occur the extent of the error is not discovered for a number of years, and the planter may find that he had lost the use of his ground and all the care and expense he has been to and that he is no nearer securing the fruits he desires to undertake to procure them. It is, therefore, of the highest importance that the planter select carefully, calling in the aid of better judgment of those with more experience the local nurseryman is always ready to give. In offering a caution of this kind we do not address the commercial planter who has, or should have. given the subject sufficient study to already realize the importance of what

too easily brought home. He is foolish who exchanges liberty content. That's what the farm boy

tively so small a portion of his busi-

ness that he has not given it the at-

tention necessary to learn how im-

portant it is to buy nursery stock

close at home and from a reliable

nurseryman with whom he can have

influence for the correction of mis-

takes, should they occur. So much of

the nursery stock sold by the distant

nurseries passes through the hands of

agents intent upon making sales that

It is often hard for the farmer not

well informed about nursery matters

to resist the glowing stories of yield

hardiness and other good qualities that

are urged upon him. These scories

are not told by the nearby nursery.

If for no other reason than because

their detection if untrue, as they usu-

ally are, would follow too soon and

the responsibility for them would be

### WHITEWASHING FRUIT TREES.

The old-time method of whitewashing the trunks of trees, says Mehan's result. Try it and report.

Some farmers put their machinery away in an old leaky shed and pronounce it cared for. The roof leaks cared for.

### WARM WEATHER FOR COWS.

It has long been known that the more water a cow drinks, the more milk she will give, but it is not generally known that the cow will give much more milk if she drinks water at 75 degrees than at 32 to 33 degrees. This is the only legitimate way to travel a long distance for water. If ter at 10 cents and 14 cents, respec water milk, and milk sellers should they do, they will go without until tively, for the two periods. remember it. . It pays to warm water they get very thirsty and feverish, and for milk cows in winter.

oll for a lubricant should be liberally and should be avoided. applied .to every tool laid by now. Bend your inventory and see if everythere is in from the fields where used choppers as whittlers, they might suc- are not small, for a special purpose

writes us as follows: "Where could ! get some reliable information regarding South Dakota, and especially that part where land can be got cheap? Is there any land left in the Rosebud reservation that was opened for settlement last summer? What railroad is best to take one into that part where land is cheap? I am a renter with less than \$1,000, and want to go into a country where I can grow stock, and do not want to get where fruit cannot

In reply to the above inquiry will garding any land not taken in the vetch hay, ten dollars; cowpea hay, Rosebud Reservation, South Dakota, ten dollars; cottonseed, twelve dolby addressing a letter to the Commissioners of the U. S. Land Office, at Washington, D. C. You would get all information possible regarding this or any other land opened for sale or settlement. As to the best railroad to take one into South Dakota, where such land is to be had, or as to whether it is a good stock country, we which appeared not long ago in one of our exchanges. He says: "This is certainly a great country for the stock farmer and especially the man with little means. There is just as good land in South Dakota as can be found anywhere in Iowa, but one must be a judge of soil, for there are small areas of land, and especially in the part I visited, that are only good for range. what has been said, may, therefore be Taking the country as a whole, I predict for it a great future.

"In going up over the C., M. & St. P. leaving Sioux City, Iowa, in the morning and arriving at Yankton in the early afternoon, I had a splendid chance to note the ripened fields of grain and the magnificent corn fields, which at this time were just ripening. never saw better crops anywhere than along the line of the railway. Wheat was fine, going 18 to 25 bushels per acre, oats 30 to 70, and corn gave promise of a 'bumper' crop."

In regard to fruit he says: "I was urprised to find so much fine fruit in this section at points along the C., M. and vetch hay twenty dollars. & St. P. I have chances to visit orchards at Elk Point, Yankton and four dollars and sixty-five cents on the other localities and was not prepared vetch ration, and four dollars and for the surprise-plum orchards just | thirty-five cents on the cowpea ration. breaking with fruit. And, by the way, they can grow many varieties of the test produced butter at a cost for food Japan plum that are not strictly hardy of only eight and one-third cents a here at Des Moines. Such varieties of | pound when fed on the vetch ration apple as Duckess, Wealthy, Haas, Ut- Running cowpea hay through a feed ter's Red. N. W. Greening, etc., were cutter did not decrease the waste in ladened with as fine apples as ever feeding this food. found in every draw and creek bot- eaten; however, a large proportion of

In regard to railroad facilities he was uneaten. says: "The Milwaukee system has al- When corn hearts were substituted in every particular that reach many of was increased by eight percent. on that particular subject than his the newer sections of the state. They own, if he distrasts his own, and this have splendid facilities for shipping stock grain and other farm products | Michigan Agricultural College, it is a direct to our best markets-Sioux good plan to whitewash peach trees City. Chicago. Milwaukee and others with a sprayer to protect them from equally as good. We have the infor- the sudden changes of temperature in mation that before fall this company winter. He says that when the trunks expects to cross the Missouri river at and branches of peach trees are white several points north of Yankton and washed the danger of the starting of has been said. We rather speak for push its new lines into this splendid the small planter who wants a home Eldorado' for the farmer and general is lessened, but to be entirely effecsupply of fruit, with perhaps, some stock-raiser." surplus, and to whom planting is rela-

### THE HONEST MILKMAN.

Our milkman is a wonder: Though strange the fact may seem, fluid that he sells is pure You wonder how he does it. He has no "laboratory.

When you put out your ticket Von're not afraid you'll get A lot of chalk and water that Will fill you with regret; lo! You are sure of richness, Because I tell you now. He has no "laboratory.

Just gets it from the cow. I don't know why he does it; To be so honest newadays When boodle reigns as king; Yet he goes on his journey With calm, unclouded brow; has no "laboratory." He

asks: "I have on my new farm a the south side of the trees, as the grove of about two acres which I treatment will not be sufficient unless would like to use as a hog pasture. I the bark is covered. During February and independence for greed and dis- have thinned out the trees (cotton- and March it will be well to take ad wood and boxelder) until no part of vantage of any warm days for spray does who leaves his free and inde- the ground will be in the shade all ing if the treatment has not already pendent life in the country for the day. Most of the ground will be in been made. Ordinarily one thorough shade part of the day. Now I would application, spraying the trees from

grass to sow?" say that in the northern part of Ne- in Februay or March is such as to idea on other thin material. A girlish braska brome grass will make a very threaten the premature starting of the frock is of white mousseline de soie, Monthly, is not usually credited with quick and good pasture. Blue grass buds, a second application will often mounted over pink silk. The skirt is its full value. Farmers follow it con- nakes one of the best pastures that several times repay the expense. siderably, though perhaps more from a | we know of where the ground is parcountry habit than with a definite reatially shaded. We would suggest one drawback to the winter spraying a straight band of blue velvet. The son before them. Prof. M. T. Macoun, sowing, early in the spring, brome of trees is that the snowdrifts make same idea with narrower lace and borticulturist for the Canadian Depart- grass, and then during the month of it difficult to get around in the orchard bands makes a fichu arrangement, ment of Agriculture, adds that it is June say, half a bushel per acre of but if the weather is warm enough to and there is a blue sash. most efficient composed of sixty blue grass. This will make a splendid make spraying necessary, there will An equally simple frock is of white pounds of lime, twenty-four gallons of mixture and in the densest shade the ordinarily be little trouble from the crepe, with irregular lines of silver those proportions. The milk makes ture. A few pounds per acre of comthe wash stick better, giving the lime mon red clover would increase the more opportunity to exercise its caus- supply of pasturage very much. There

# WHAT TREES NEED.

No one needs to be told that trees and the sides being open in the snows and shrubs require forest conditions years, proved a great help to the farand rains and fowls roost on them to give us best results. There we mer in marketing perishable products and sometimes such men question the always find the ground shaded, well It has been found that the period durpropriety of sheltering farm tools. It mulched with leaves from the past ing which fruit can be kept in cold always makes an implement dealer year's growth, which helps to con- storage, depends upon the condition in smile when he sees machinery poorly serve moisture and keep the surface which it arrives at the cold storage of the ground in a ripe, mellow condi- plant. The dryer the fruit is when it tion. While you cannot give these goes into cold storage, the better, and conditions to the orchard tree, or the only sound fruit should be stored. shrubs on the lawn, yet they can be mulched heavily during the winter. which will be the next best thing. It has demonstrated that a gallon of milk last season in having the puff always

life this will add to the tree. Dairy cows should not be obliged to would bring the food cost price of butwill then drink until they are uncomfortable. This condition is very un- numbers over other dairy breeds. The new models and it fits the arm rather Rostn and tallow for a coating and favorable to the production of milk number of registered Jerseys is now closely its whole length. It is hardly

> If some farmers were as good wood keep sounding their merits-and they long, thin arms. ceed better.

### Mr. Frank Sloan of Woodward, la., VETCH, COWPEA AND SOYBEAN HAY AS SUBSTITUTES FOR

WHEAT BRAN. The following is a summary of Bulletin No. 123 of the Alabama Experiment Station:

The object of the feeding experiments herein described was to ascertain whether hav made from hairy vetch, cowpeas and sovbeans could be advantageously substituted for most of the wheat bran in the ration be grown. I would appreciate a re- of dairy cows.

The following values to the ton were used in calculating the cost of say that you can get information re- food: Wheat bran, twenty dollars: lars; cottonseed meal, twenty dollars; cottonseed hulls, five dollars.

Vetch hay proved fully equal in feeding value to a similar weight of The downward droop at the front is wheat bran. By this substitution the no less exaggerated. The Victorian cost of the food required to make a corslet is the newest effect. It is pound of butter was reduced twentyfive per cent, which is equivalent to a soft silk and is very wide. In front monthly saving of twenty-two dollars the deep point is stiffened, and at the quote from an article by M. J. Wragg and twenty cents in a herd of twenty back, there is a deep shaped buckle.

> With the vetch rations the cost of food for one pound of butter averaged | dered with ruching and otherwise decten cents in contrast with thirteen orated. Pompadour silk is used for and four-tenths cents when wheat these belts. Many of the high girdles bran was fed

with most cows about six per cent of tiny bows. the amount offered, and with cowpea hay about sixteen per cent; the latter residue being useless, is charged as a part of the ration.

That portion of the cownea hav actually eaten proved fully equal in feeding value to a similar weight of wheat bran. Charging the cows with all the cowpea hay offered them, we find that cowpea hay had eighty-six per cent of the feeding value of wheat bran, one ton of this hay being equal to one thousand seven hundred and twenty pounds of bran.

When wheat bran was worth twenty dollars a ton, cowpea hay was worth seventeen dollars and twenty cents. The monthly profits on a cow were

One of the Jersey cows used in this

grew out doors. All kinds of small Four and one-half per cent more fruit do well in this section. Wild butter was produced with soybean hav strawberries must be plentiful judg- than with cowpea hay if we take acing by the luxuriant growth of vines count of the portion of each actually the course stems of the soybean hay

ready many fine lines well equipped for wheat bran, the yield of butter

According to Prof. Taft, of the buds during warm spells in the winter tual the work must be thoroughly done and the wash must be renewed if necessary. Several applications will be necessary in order to maintain a covering throughout the winter and the cost of labor and material would probably not be repaid by the increase

that would be secured in the crop. From the fact that the starting of the buds generally occur during the warm periods in January and February and that the spraying at this time will prevent the attack of curl leaf Professor Taft advises that if a Janu ary thaw should continue more than three days and the conditions are such that there is danger of the buds swell ing, the trees should be sprayed with Bordeaux mixture, using eight pounds

of lime and four pounds of copper to 50 gallons of water. The applications Charles H. Foxworth of Nebraska, should be very thorough, especially on

water and six gallons of skim milk, or latter will grow and give good pas- snow except in the northern part of running through the stuff. The corthe state. Jars make excellent packages for tic properties. A little glue is someis nothing better than red clover for the farmer to pack his butter in. trimmed with a flounce made of a times substituted for milk with the the situation named, especially in localities where it will not freeze much. he should employ jars of uniform size

## COLD STORAGE.

Modern cold storage has, of late

The Tennessee experiment station will be surprising what vigor and can be made in the summer at a cost at the upper, rather than the lower, of 5 cents a callon for feed, and in the part. Deep cuffs are also much in winter for 7 cents a gallon. This

> The Jerseys have a long start in is not so pronounced as most of the more than 240,000. It beats all how necessary to say that this sleeve is persistently the friends of the breec only for the slender woman, with COW.

for such a reom.

The Bell Cuff.

gives one a chance to wear bracelets.

Milk Soup.

Put two ounces of butter in a stew

pan; when dissolved add the vege-

tables cover the pan and let them

cook for ten minutes, shaking fre-

quently to prevent the vegetables

sticking to it. Add a quart of boiling

water and let the whole cool to a

mash, pass all through a fine sieve,

and return to the saucepan with a

When the soup boils, sprinkle in a

tablespoonful of finely crushed tapioca

while you quickly stir the soup. Cook

till the tapioca is perfectly clear, and

New Spring Tailor-Made.

One of the new spring tailor-mades

is in mohair of the shade known as

pruneau-a plum lavender-the skirt

laid in double box-pleats, stitched

down eighteen inches with plain pan-

els between. The coat is of the eton

variety. Silk soutache forms the trim-

ming, arranged in straight lines over

the shoulders, and in fancy design fol-

lowing the irregular outline of the bot-

tom of the little coat. The sleeve of

this coat shows the latest method of

attaining fullness by lengthwise gath-

Overskirts.

serve with fried dice of bread.

pint of milk.

study in parasols. Never were these lero fitted to the figure by means of ate. charming accessories of a woman's inverted pleats. Darker brown chif- A popular spring ideal is the skirt shapes and such infinite variety. They are embroidered ruffled, appliqued, dotted, banded and covered with lace. leg o' mutton, with a long cuff effect. White silk parasols are made gay The girdle is of brown velvet, caught used. with black lace butterflies appliqued with a long buckle. upon their silken surface and fluffy chiffon frills falling from their edges Parasols of yellow silk are completely covered with infinitesimal ruffles of ecrue val. Golden butterflies, chiffon roses and lace rosettes are set upon the most expensive of these summer luxuries, which come in every shape and every material for the delectation of the summer man.

Deep belts have taken an upward turn in the back where in some exaggerated instances they reach in two sharp points almost to the shoulders. made of soft finished taffeta or other The front is 7 or 8 inches deep and is rounded at the top where it is borwhen of plain velvet or silk, are often The waste in feeding vetch hay was elaborated with jewelled buttons or that make exceedingly pretty curtains

Card Party Waist. A very lovely separate bodice which was called a card party waist was made of the softest of golden brown panne velvet. Its yoke and vest were laid in folds, while across the bust there was draped a fichu of white lace in which there were embroidered med. It is tight at the top and sets brown velvet dots. At one side there very snug to the wrist. It is a typical was a chou of brown velvet ribbon, bell cuff. The sleeves were shirred above the elbow, and at the wrist there was a fall of white lace with brown dots embroidered again. The neck was a Wilhelmina neck, cut round and filled in blades of celery, using the white parts with a white lace embroidered stock. only.



For the Lingerie Blouse.

The lingerie blouse bids fair to be he feature of the year in point of cultiplicity of design and lavishness f handiwork. They are shown in all rades of materials, ranging from the parser thread linens to the most cobebby. The hand work on them may aclude hemstitching and French nots, of course, besides the English yelet work, the Swiss embroidery, eather stitching, and any and all of he many sorts of fine sewing and em-

One beautiful model is shown in a ne quality of linen, with hemstitched acks and tiny fleur-de-lis embroidered over it. The design is simple, but is vorked solidly with linen floss. Two lips of light colored silk are furished with this model and afford a pleasing change. The rose silk slip is specially effective when the blouse s worn over it.

There have been marked changes in ll blouses recently. The pouch is onspicuous by its absence and the sleeves have very deep cuffs, with nuch fullness between the shoulder and the elbow.

Simple Evening Frocks. One of the prettiest ideas that the like to know what will be the best opposite sides, is all that will be nec season shows in simple evening gowns essary, but if the trees have been is the use of silk bands edging ruf-In reply to our correspondent will sprayed in January, and the weather fles of mousseline de seie, or the same trimmed with flounces of wide valen-Attention is called to the fact that ciennes, with the points falling into

> sage is cut in surplice fashion and crosses with a line of blue velvet bows. The bottom of the skirt is headed with a ruching of narrow vel-

This use of liberty ribbon as trimming that is shirred and used as ruffles or shirred on both edges and used as entredeux is an idea just launched. A beautiful evening coat is made of nanels of Irish lace, with shirred entredeux of wide liberty ribbon. At the bottom of the garment is a band of ermine.

Old Styles in Sleeves. Sleeves are the most talked of feature of the new spring designs. They differ radically from the sleeves of

fluffy, are never to be more popular. The old-fashioned mousquetaire sleeve, made famous by Bernhardt, is to be worn again. Its leg o' mutton

Bolero coats are too becoming to he discarded. A pretty street model

after this style is developed in chest- | The correct separate blouse is eith-The coming summer girl will be a nut brown Panama cloth, with a bo- er very plain or extravagantly elabor-

> fon velvet is used for the collar, which of three flounces of allover embroidforms scollops, and is outlined with erv. brown silk braid. The sleeve is fuli An ecru net ruching comes for the

> > turned-up gantlet cuffs and frills will e the thing The very choicest designs in thin summer fabrics are in the shops for

Some housekeepers always make a point of buying their soap in large quantities, as they say it improves ate, and there is, besides, always a certain elegance about a well-made A cup of cocoa will be greatly imand properly fitted black gown which proved if just before you take it from recommends it to the fastidious dressthe stove you beat the cocoa well

with an egg beater and add a few drops of vanilla If a shovel containing hot coals be held over white spots in varnished furniture it will remove them. Rub the wood well, while still warm, with complexion and is woefully unbecome twenty years the total number of a soft flannel cloth. lavender combined with green

makes a most effective as well as unusual bedroom. Many madras materials blending these two shades are to be found in the shops, as well as thin silk stuffs of similar coloring The bell cuff for card parties is

This cuff is shaped precisely like a bell. It flares full around the knuckles and is stiffened and trim-Peel and slice one pound of potatoes, a Spanish onion, and a few

Velvet Street Costume.



Proper Thing in Sleeves.

ers rather than by greater breadth. An embroidered linen blouse is worn. The overskirt, real or simulated, is making a strenuous effort for favor. and will be welcomed, if only it goes no further. Triple skirts are charm- wrist, but in the walking suit blouse ing on tall figures, but a short woman it is sufficiently easy to admit of anlooks still more diminutive in skirts other sleeve beneath, if the weather cut around in parts. The threatened or occasion makes this desirable. The invasion by the old-time panier and still more popular leg o' mutton sleeve polonaise is confidently predicted, but, is now rarely plain fitting; it is full hen, it's a comfort to know that the in its length, and, though cut to the great designers are not agreed on this arm below the elbow, is quite easy, and several other items of fashion for often gathered or plaited along the the coming season, and experience has inner seam above and wide enough to proved that the designers may offer need no buttons. In both these patthis or that, but popular fancy decides terns of sleeves the cuff extends well the question. So we must wait and

see what good taste shall decide. WHILE THE TEA DREWS

There's a revival of serge. The newest shirtwaist stocks have no bows. A good deal of green shows in the

spring finery. Very pretty shirtwaist gowns of taffeta are shown. White merino is a favorite material

Soft girdles of lace will be worn on the summer frocks. A black net gown sprinkled with

for plain blouses.

Wash Spring Textures. and so exacting are present tastes in point of making that all the seaming

of many a little gown is done with open beading.

TOILETTES DE VISITE.



neck when ecru sleeve ruffles are Sleeves ending at the elbow with

choosing now.

Black Gown Popular. A black gown has come to be necessity in every well-appointed outfit. There are always occasions when brightly tinted clothes are inappropri-

er With these desirable features may be included the lact that black is almost universally becoming to women: some of the art critics in dress, on the contrary, declare that it ages a woman, brings into prominence fering." Further evidence of this is every line and wrinkle, deadens the afforded by the fact that in the last

The majority of women have found these views decidedly fallacious, since although there has been an increase tne black gown grows in popularity of 70 per cent in the general populafrom year to year and has come to be tion. considered the one dress which is always proper. It is true that there are some women to whom black is not suited, but it is always possible to obviate the ill effects by the liberal use of white in the form of lace or chiffon comes relaxed, and loses the power to pretty, and it shows the hand and about the throat and wrists.

Draped Bodice Is Useful.

The draped bodice is undoubtedly the thing." It is as becoming to the too full as well as to the too thin figure. It brings out the waist line, and its folds across the bust may er. easily be arranged so as to greatly increase the apparent size of the flat figure, while by using little material and drawing it close the exuberant figure can be held down firmly and appear of the perfect middle size.



A word as to details. The sleeve of the moment is either one of two styles -a large bishop to the elbow, set into a long, easily fitted sleeve over the under arm; in separate blouses or shirt waists this is buttoned close to

Wash spring textures, which are already in, display the daintiest patterns in French lawn, dimity and batiste for house gowns. The made-up models in these materials emphasize the delicate elegance of the textures with perfect hand sewing and trimmings chastely simple. Hamburg embroideries, fine in quality but inconspicuous in pattern, trim many of these gowns, along with plain and bordered wash ribbons, insertions and frilled edges of plain and point d'esprit footings, are seen on others. as well as many pretty imitation laces.

Clothing exposes us to great dangers. We wear too many clothes. We dress too warmly, so the skin be-

take care of itself, and this is the reason oil rubbing is necessary. The simple removal of a thin layer of oil by a hot bath may be sufficient to cause a man to take cold, so this must be replaced by a special ciling, or some other treatment, in cold weath-

annually of \$1,500,000.00.

loss of \$330,000,000,00.

at one dollar a day, together with food,

culosis represent in the same way a

several thousand lives annually to say

nothing of the enormous saving in suf-

deaths from tuberculosis in New York

has decreased instead of increasing.

Oil Rubbing.

People who are very susceptible to cold, should be rubbed with oil after on Tuberculosis held in New York in each bath. Oil rubbing is especially 1902 Dr. Prvor stated that 14,000 perneeded in cases in which the skin is sons die annually in the State of New dry, through deficient activity of the York of this disease. One-sixth of all oil glands of the skin. Great care, the deaths in the world are due to this however, should be taken to avoid too one disease. Statistics show that in vigorous rubbing in the application of France 150,000 die every year of this the oil, as sweating is very easily pro- disease; in Germany, 170,000; in the duced, to the disadvantage of the pa- United States, 160,000; in Paris, 11, tient. In the treatment of infants and | 000; in London, 13,000; New York children, a marked and most favor- City, 9,000. able effect upon nutrition is produced by oil rubbing. Application of oil after cold baths encourages reaction. In most cases of chronic dyspepsia when accompanied by emaciation, in diabetes, and in most cases in which malnutrition with dryness of the skin is a prominent feature, oil rubbing is a valuable curative agency.

Horrors of the Cocaine Habit. The following illustration of bad advice in the lecture room is probably not an exceptional case. A professor of materia medica lecturing on cocaine called it one of the greatest of all stimulants and perfectly harmless. He cited his own experience of its good effects, and advised the class to test it personally in debility and exhaustion. Of a class of thirty-two who cocaine takers within two years. Ten years later thirteen of this class were drug and spirit takers. In all prob- taste, ability, the use of cocaine was the starting point of their addictions. Four died from the direct use of this drug. Evidently more than half the class had followed the advice of the teacher and were wrecked. A few years after, the professor became an invalid and retired from the profession, a victim of his own counsel and confidence in cocaine.

When anything is growing, one formatory is worth more than a thousand reformatories.-Horace Mann.

Tuberculosis Rightly Classed. The Health department of the city of Philadelphia has decided that in future tuberculosis shall be classed with other diseases that are dangerous to the public health, such as smallpox, diphtheria, scarlet fever, and other contagious maladies. The law in Pennsylvania and most other States of add two and one-half quarts of boiling the Union requires that every case of water. Allow this to simmer for two contagious disease shall be reported hours or more; strain, add one plnt of to the Health department. Hereafter strained tomato, one stalk of chopped all cases of tuberculosis must be so celery, one large onion and one-half reported by the attending physician, teaspoonful of powdered mint in a The purpose of this law is to enable muslin bag. Let this simmer togeththe Health department to take neces- er for from half an hour to an hour. sary steps to prevent the extension of Add water to make two and one half this disease by disinfection of the quarts of soup. Strain, add one teaapartments which have been occupied spoonful of salt, or more if desired, by the patient, and by instruction of and reheat for serving.

avoided. to be enforced in every civilized community.

will hold us responsible.

Brazilians.

A Literary Confidence. Not long ago the Toastmaster, according to the Atlantic, happened to monies once held in connection with overhear a worthy nursemaid ex- the erection of a tablet to the memory changing literary confidences with the of a naval hero, during which a wellcook, apropos of a historical novel known clergyman of Baltimore, a relawhich was then the best-selling book | tive of the deceased, was invited to of the minute. "Sure it's a fine deliver the dedicatory sermon. book," testified Maggie heartily, and Among the interested spectators then soon, as if puzzled by her own present on the occasion in question inaptitude, "but somehow I ain't very was an old colored woman, a servant far with it." Exactly. Neither was in the employ of a friend of the admirthe Toastmaster very far with it. Be al's, who was much put out by what tween a book written to be sold by she deemed the excessive length of the hundred thousand and a book the imported preacher's discourse. written to be put away in a drawer. "I declare to goodness," said she, like "Pride and Prejudice" and the in speaking to some one on the subfirst draft of "Waverly." it is toler- ject, "dat Baltimore preacher cert'n'y

Sure to Please. When the stage manager told the heavy man he was to play a certain part the actor said: "I have never seen the play. Do you think I shall please the audi- you doing?

ence?" "Sure," said the manager. "You Chicken is 50 cents.—Boston Trandie in the first act."

Assess Proposed Propo Dr. Harmon Biggs of New York entrance among men. The Brazilians (American Medicine), after a careful lived without business or labor, furestimation, places the annual expense ther than for their necessary food, by of tuberculesis to the people of the gathering fruits, herbs and plants; United States at \$330,000,000,00. He they knew no drink but water; were first calculates the loss to New York not tempted to drink or eat beyond city by putting a value of \$1,500 upon | common thirst or appetite; were not each life at the average at which troubled with either public or domesdeaths from tuberculesis occur. This tic cares, and knew no pleasures but gives a total value of the lives lost those simple and natural in character.

WHAT TUBERCULOSIS COSTS

Immense Monetary Loss Caused the Country by Its Ravages-How to Retain Health and Bodily Vigor

"Many of these were said, at the But this is not all. For at least nine | time the country was discovered by months prior to death these patients | the Europeans, to have lived as long cannot work, and the loss of service as two hundred years."

This was without doubt an exaggernursing, medicines, attendance, etc., ation, but that they were very long at one and one-half dollars a day, re- lived is evidenced by the fact that sults in a further loss of \$8,000,000.00, within the last quarter of a century making a yearly loss to the munici- there was an old woman living in Rio pality of \$23,000,000.60. For the whole Janeiro at the remarkable age of one country the 150,000 deaths from tuber- hundred and forty-one years.

Beauty of form and face are the nat-Dr. Biggs also states that the total ural results of right living, and to try expenditure in the city of New York to get them in idleness by the aid of for the care of tuberculous patients is massage, drugs, or physical culture, is not at present over \$500,000.00 a year; to undermine the foundation for all that is, it does not exceed two per cent charm. Nature intended that we of the actual loss by death, etc. "If should be of use, whether we are this annual expenditure were doubled genius or common clay, and nature or trebled it would mean a saving of rules. We can't cheat her.

The Quiet Way Best. What's the use of worrying, Of hurrying. Everybody flurrying And breaking up his rest. When everything is teaching us,

Preaching, and beseeching us To settle down and end the fuss, For quiet ways are best! The rain that trickles down in showersblessing to the thirsty flowers-And gentle zephyrs gather up Sweet fragrance from each brimming cup

here's ruin in the tempest's path There's ruin in a voice of wrath. And they alone are blest Who early learn to dominate and prove by their screne estate That quiet ways are best.

Exercise gradually increases the physical powers, and gives more strength to resist sickness.

Frequency of Tuberculosis.

From the Massachusetts Medical Journal we abstract the following: At the second annual American Congress

Of deaths between the ages of fit teen and forty, tuberculosis claims onethird: between fifteen and thirty-five, one-half. The mortality from tuberculosis alone exceeds that of war, plague, cholera, famine, yellow fever and smallnox.

Plato called a man lame because he exercised the mind while the body was allowed to suffer.

HEALTHFUL DISHES.

Fruit Nectar-Take Concord grapes or any kind of berries and put into a stewnen with a small amount of water; boil ten minutes, stirring oceasionally. Strain first through a sieve and then through a cheese cloth. Add one-third sugar to two-thirds juice and listened to this advice, five became | boil briskly for fifteen minutes. Put in bottles and seal. When used add either hot or cold water, to suit the

Macaroni au Gratin--Break enough macaroni into inch lengths to fill a cup and cook in one and one half pints of boiling water in a double boiler until tender. When done, drain and separate by dashing over it a little cold water. Mix with the macaroni one cupful of cottage cheese, one tablespoonful of cracker crumbs, rolled fine, one fourth cup of cream and onehalf teaspoonful of salt. Put in an oiled graniteware dish and bake until

brown. Grape Fruit .- Chill the fruit; then cut it crosswise, providing a half for each person. Loosen the sections from the skin and remove the center white membrant. Fill the cavities with sugar, and serve with a couple

of white cherries on top of each half. Vegetable Boullion.-To one and one half pints of bran (pressed down)

the patient and the patient's friends | On each bread-and-hutter plate put how infection from the disease may be a pat of cocoanut butter, two nut cheese straws, and a couple of bread This law is a good one, and ought or cream sticks tied together with yel-

low and white ribbon. Golden Salad.-Prepare eggs by hard boiling them. Cut, when done, Body and mind are both gifts, and into two parts; remove the yelks for the proper use of them our Maker without breaking the whites, mash them and mix with enough mayonnaise or bottled salad dressing to hind Simple Living and Longevity of the them. Fill the egg-white shells with the prepared yolks, and stick the two According to a writer in a contem- half whites together, thus forming torary magazine, "the Brazilians, when whole eggs. Cut one end flat, and first discovered, lived the natural, origistand an egg on a lettuce leaf on each inal life lived by all mankind, as fre- salad plate. Around each egg put a quently described in ancient histories, circle of mayonnaise.

What They Were There For. Admiral Dewey tells of certain cere-

ably easy to say which is the more did carry on like he thought he was likely to prove permanently readable, de whole thing! Don't you s'pose dat man could see ever one come to hear de Marine Band?"

> More Than He Ordered. Diner-I say, waiter, there's a chicken in this egg. Hello, what are Waiter-Changing your check, sir.

script.