

FARM AND GARDEN.

CULTURE OF ORCHARDS.—Where trees can be cultivated, set them in rows from thirty to forty feet apart, dig the holes four feet in diameter and two and a half feet deep; fill the holes as full as needed with surface soil or sods, set the trees in the centre of the holes and fill around the roots some good garden soil and compost made for this purpose. Keep the trees well cultivated for ten years, and the owner will soon reap the reward of his labour, and, at the same time, confer a lasting benefit upon mankind. —*Cor. Am. Cultivator.*

BURNING HORSES' HOOF.—The Elmira Farmers' Club has been discussing the prevalent practice of blacksmiths in burning the hoofs of horses that they are shoeing. It is strongly objected to the practice. S. M. Carr, one of the members, says he has shod horses since he was sixteen years old, and is now nearly seventy, and he objects to burning the hoof because it contracts it and narrows the heel. Blacksmiths like to burn the hoof because burning makes it pare easier; but the practice should not be tolerated by owners of horses.

SOURCES OF NITROGEN.—According to Prof. Voelcker, the roots of an acre of good clover contain a much nitrogen as 800 pounds of Peruvian guano. If the hay is cut and fed to stock there is still a very respectable amount of manure left. Many farmers have found the clover roots sufficient to give a good crop of wheat when the field is ploughed early and well cultivated until seeding time.

PLOUGHING WET SOIL.—Injury is sometimes done to heavy soils by ploughing in winter or early spring when the ground is filled with water. The bottom of the plough in such cases compacts the clay subsoil, pressing it in a smooth surface, which hardens during summer and becomes almost impervious to water. Fields that are ploughed only in the spring and at a nearly uniform depth have sometimes a hardpan just where the keel of the plough has pressed down the earth. When the soil is baked hard by drought it is almost impossible to break up this crust, and the failure to do this is the reason why much of the winter wheat is killed, as this hardpan keeps water near the surface.

WATER FOR ANIMALS.—Water is not necessarily pure because it is cold. Give animals good water, and do not compel them to obtain it from shallow places where they take in great quantities of unhealthy stuff. Some people think that anything is good enough for a hog. 'Anything' sometimes produces disease.

FEEDING POULTRY.—The *Rural New Yorker* says that if you were to stop your light Brahmas from laying, feed them all they want. We have found that the egg-production of this breed more, than of any other, is lessened by over-feeding. Feed them twice a day and give them no more than they will eat up clean before resting.

WINTER CLEARING OF THE FARM.—Collect all the old limbs, stumps, fence posts and rails, and pieces of boards that are scattered over your farm, and, unless you have been an unusually tidy farmer, you will have firewood enough to last a month.

HEALTH HINTS.

HOT MILK AS A STIMULANT.—Of hot milk as a stimulant the *Medical Record* says: "Milk heated to much above 100 degrees Fahrenheit loses for a time a degree of its sweetness and density. No one who, fatigued by over-exertion of body and mind, has ever experienced the reviving influence of a tumbler of this beverage, heated as hot as can be sipped, will willingly forego a resort to it because of its being rendered somewhat less acceptable to the palate. The promptness with which its cordial influence is felt is surprising. Some portion of it seems to be digested and appropriated almost immediately, and many who now fancy that they need alcoholic stimulants when exhausted by fatigue will find in this simple draught an equivalent that will be abundantly satisfying and far more enduring in its effects."

LAUGHTER BETTER THAN PHYSIC.

—Laughter is one of the best physicians known, being as necessary as pure air to invalids, hypochondriacs, sufferers from nervous exhaustion, and those prostrated by business cares and mental worries. He is a gay companion, a foe to gloom and death, for, being a disciple of Moliere, joy, brightness, and health accompany him everywhere. His treatment is simple and applicable to all ages. He never makes any charges for his services, and he is always ready to come when sent for. His face wears the brightest of smiles, which are in themselves better than most of the drugs in the pharmacopoeia for curing certain diseases, and his presence is sufficient to rouse the weak and lethargic into new life. Invalids should consult him as often as possible if they would lighten their burdens, make their lives longer and happier, and defy the approaching hand of Time, which spares no one from its withering influence.

WHAT IS HEALTHFUL EXERCISE?

This is a question propounded to one of our leading physicians recently. He did not answer specifically. 'A man in a sedentary occupation,' said the doctor, 'ought not to take violent exercise. Exercise, like everything else that is good, should be taken in moderation. That is the objection to rowing and kindred amusements. They are not healthful because carried to excess. Horseback riding is good exercise, so is walking. But whatever the form of exercise do not pursue it to extremes.'

The upbuilding of physical manhood and womanhood is one of the great privileges and duties of every human life. The future not only of individuals but of nations depends in a large measure upon the wisdom of the raising of the future generations in this respect. Nature builds up by a slow but continuous process. The vegetation that springs up in a night is comparatively valueless. The wood of steady and uninterrupted growth has the best fiber. Exercise rightly used, is an element of human physical development. Wrongfully or immoderately used it is a bane.

HOUSEHOLD.

FOR DOUGHNUTS.—One cupful each of sugar and sour milk, one teaspoonful of soda, mix with flour till moderately soft; roll out, cut in strips and fry.

Sour apple sauce is greatly improved by the addition of a tablespoonful of butter to a quart of sauce, and moreover, there is much less sugar needed. A little lemon peel makes a fine flavor.

STEAMED GRAHAM BREAD.—Three cupfuls of Graham meal a half cupful of molasses, a cupful of sour milk an even teaspoonful each of salt and soda, the latter in a third of a cupful of water; steam two hours.

CABBAGE COOKED IN CREAM.—Take two quarts of chopped cabbage, boil until tender and the water is nearly gone; then pour in two-thirds of a cup of cream, with salt and pepper to the taste; boil fifteen minutes, and serve. Or, instead of the cream use vinegar, with butter the size of a walnut, and you have 'hot slaw.'

STAINS ON THE CARPET OR CLOTHING.—A mixture, excellent for removing grease spots and stains from carpets and clothing, is made of two ounces of ammonia, two ounces of white castile soap, one ounce of glycerine and one ounce of ether; cut the soap fine, dissolve it in one pint of water over the fire; add two quarts of water. This should be mixed with water in the proportion of a teaspoonful to one ordinary-sized pail of water. Mix thoroughly. For removing grease spots use a sponge or clean flannel cloth, and with a dry cloth rub as dry as possible. Woolen goods may be made to look bright and fresh by being sponged with this.

It has been found to be a successful method to freeze beef tea, and to administer it in lumps to children or patients to suck. They

will take it in this form rather than any other kind of food.

The rage for brass has extended to the bedroom and now the brass ewer and basin of Charles Second's time take the place of the china basin and pitcher. Brass is very appropriate in some households.

CORNED MUTTON.—Take a leg of mutton and corn it with the following mixture: Two heaping table-spoonfuls of fine salt, one teaspoonful of black pepper, one of ground mustard, a pinch of cayenne pepper, one of ground cloves, cinnamon and allspice each, and a heaping table-spoonful of brown sugar. Mix thoroughly and put the mutton in a deep pan, and rub it into it well. Sprinkle what remains over the top of the leg, and turn a gill of vinegar over it. Rub it daily for a week, taking up the brine that has drained off into the pan and pouring it over the mutton. When ready to boil wash off the salt and spices with cold water and place the leg into boiling water, letting it boil up, and remove the scum which rises; then put it back upon the stove and let it simmer slowly for three hours—if it weighs ten pounds; longer if heavier. Take it from the pot and place upon a platter with heavy weights over it, and let it stand over night before it is served. Then cut into very thin slices, thin as a wafer and serve with watercresses or lettuce for breakfast, or a side dish for dinner, or a cold relish for the tea table.

VARIETIES.

Here is a good motto for the new year: 'Expect to pass through this world but once. If therefore there be any kindness I can show, or any good thing I can do, to any fellow-being, let me do it now; let me not defer or neglect it: for I shall not pass this way again.'

If an acorn be suspended by a piece of thread within half an inch of the surface of some water contained in a hyacinth glass, and so permitted to remain without being disturbed, it will, in a few months, burst and throw a root down into the water, and shoot upwards its straight and tapering stem, with beautiful little green leaves. A young oak tree growing in this way on the mantle-shelf of a room is a very elegant and interesting object. We have seen several oak trees, and also a chestnut tree, thus growing, but all of them, however have died after a few months; probably owing to the water not being changed sufficiently often to afford them the necessary quantity of nourishment from the matter contained in it.

An 82 year-old lady living in Steuben Co., N. Y., is as much at home on a pair of skates as a young miss of 16 years, and her aged but graceful form may be seen most any time among the young folks enjoying the enchanting glide.

The Broom's Soliloquy.

"I'm only an insignificant broom.
Good to sweep an untidy room,
And then to be hidden away.
It's very trying I cannot be
Something dainty or sweet to see,
Where the light and the sunbeams stay.

"I'd like to be the dear little chair
That holds the bonny wee baby, there;
Or rather, if I were able
To have my wish, I would proudly stand
With bric-a-brac, cards, and flowers, a grand
Magnificent marble table.

"Or there is a looking-glass, you know
Which everybody admires so;
You can always see the smile
With which they peep as they pass it by,
How aristocratic to hang so high!
And be looked at all the while!

"And there is a splendid thing to hold
The books with covers of red and gold;
Exceedingly dignified.
Or that old sofa, where children crowd
And shout and frolic and laugh aloud
At play on its cushions wide.

"But what is the use of wishing to be
Anything else but just plain me?
I'd better be trying to do
My best, I think, for a homely broom,
And see to it that I sweep my room
As well as I can. Don't you?

"Nor ever grumble, though only made
To live and work in the quiet shade;
For any with eyes may see
That if we each of us do no more
Than keep in order a single floor,
A very clean world 'twill be."
—*Sydney Dayre.*

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Vol. viii. commences 1884. January number ready about 25th December.
Dec. 5.

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Sample Bottles 10c; Regular size \$1.
For sale by all dealers.
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cures Rheumatism, Neuralgia, Rheumatic Gout, General Debility, Catarrh, and all disorders caused by a thin and impoverished, or corrupted, condition of the blood; expelling the blood-poisons from the system, enriching and renewing the blood, and restoring its vitalizing power.
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E. F. HARRIS,
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