

"The matter which this page contains is carefully selected from various sources, and we guarantee that, to any intelligent farmer or housewife, the contents of this single page, from week to week during the year, will be worth several times the subscription price of the paper."

THE TOYS.

My little son, who looked from thoughtful eyes,
And moved and spoke in quiet grow-up
wise.
Having my law the seventh time discovered,
I struck him, and dismissed—
With hard words, and unkind—
His mother, who was patient, being dead.
Then, fearing lest his grief should hinder sleep,
I visited his bed,
But found him slumbering deep,
With darkened eyelids and his lashes
dead.
From his late sobbing wet.
And I, with moan,
Kissing away his tears, left others of my own;
For, on a table drawn beside his head,
He had put, within his reach,
A box of counters and a red-velvet stone,
A piece of glass abraded by the beach,
And six or seven shells,
A bottle with bluebells,
And two French copper coins, ranged
there with careful art,
To comfort his sad heart.
So when that night I prayed
To God, I wept, and said:
"Ah, when at last we lie with tranquil
breath,
Not vexing thee in death,
And Thou rememberest of what toys
We made our joys,
How weakly understood
Thy great commanded good,
Then, fatherly, not less
Than I, whom Thou hast molded from the clay,
Thou'lt leave Thy wrath, and say:
'I will be sorry for their childishness!'"

THE HOME.

A Day in Bed.

We are naturally given to contempt and despise the idea of remaining in bed when our health is good and all our vital forces in fair rearing order. Apart from the matter of ordinary sleep, we never, as a rule, think of "a day in bed," either as a preservative of health or as conducive to longevity. Yet I am convinced there is much to be said in favor of "a day in bed" now and then as an aid to health in the middle-aged, and as a measure tending to prolong life in the old.

The statement has been made of a very old lady who had reached her ninety-fourth year, and who was then hearty, that she owed her vitality to her habit of spending at least two days of each week in bed. Now, whether this assertion be true or not as to its effects upon the venerable dame, I can conceive of nothing so conducive to her welfare as this practice of obtaining for body and mind such a period of perfect rest. In bed, the whole muscular system is at ease, and the wear and tear of the body is reduced to a minimum. The processes of getting rid of waste matters are in abeyance; there is less waste to get rid of, and the lungs, skin and kidneys have a measure of comparative repose.

The nervous system, above all, is soothed and comforted by the "day in bed." Anxieties and worries disappear after the rest, and the individual returns to the work-day and refreshed and re-energized, physically and mentally, in a degree such as the action of no medicines could have accomplished. In a word, the person who enjoys a "day in bed" is in the position of an engine whose fire has been damped down and whose energies are recruiting for the renewal of the work of to-morrow.

There need be little hesitation, then, in saying that, for old persons, "a day in bed" is a health measure of vast importance. If the aged person is wise, he (or she) will make a regular practice to spend a couple of days per week in the repose which a sojourn in bed alone can give. Rest in a chair or sofa will not suffice. These procedures are too nearly akin to the every-day practice to be of any service. Countless temptations to exertion await the person who is out of bed; while, conversely, if he is in bed, the idea of work or of labor and movement is essentially abolished. Such repose is absolute; and if rest be a great medicine, as all know it is, for old folks, "a day in bed" as a regular and not occasional practice, may be regarded as invaluable beyond comprehension.

I go further in my advocacy of "a day in bed" as a health measure. I affirm, without fear of contradiction, that, when occasion offers and business allows, there is no measure which will repair the body and recruit the mind of the middle-aged more readily or more thoroughly than the simple expedient of remaining "a day in bed."—Herald of Health.

Care of Lamps.

There are few things in the world more exasperating to the patience than a smoking lamp, and with the perfection to which lamps have now attained, this is unnecessary if ordinary care is used in cleaning them. The great mistake which the amateur housekeeper makes is to wash her lamp chimney. Now, a lamp chimney should never be washed, but it should always be made of metal, in order to guard against accidents from breakage. There are still a good many handsome lamps mounted in glass or

porcelain, but these should always be washed from inside, fitting inside the glass or porcelain mounting. The student lamp is undoubtedly one of the safest as it is one of the most brilliant reading lamps. A simple metal lamp for ordinary use may be found in nickel, brass or bronze at comparatively low prices, so that there is no need on the score even of economy, of purchasing cheap lamps with glass bowls which are liable to explode from the force of gases, or to be broken while they are lighted. If a lamp is properly brushed out with a stiff little brush, like a painter's brush, which may be kept for the purpose, there is no need of washing the burner. All that is necessary is to wipe the burner out in every part with a soft flannel or cotton cloth, which should also be kept for the purpose. This keeps the burner bright and free from surplus oil and dust. The best way of treating a wick is to brush off the charred part and thus allow it to trim itself. If the wicks are used, it is apt to be uneven, until the flame has burnt it even. A few drops of alcohol will do more to remove the dust and smoke from the inside of the lamp chimney and leave it crystal bright than a quart of water. Where dust is difficult to remove, apply a little alcohol on a cloth. The metal work of a lamp is best kept bright by rubbing it firmly and polishing it with a little kerosene on a soft cloth.

Do not use sticky oil cloths for cleaning lamps, but wash out your lamp cloths and lamp brush frequently and see that they are clean when used.

Sick of Excess.

No other point is more important than that of the feeding of all machines, from the threshing to the sewing machine; how soon rough, hurried or irregular feeding causes trouble. The human body, wonderful machine, is thus most easily put out of order. Many an honest worker is exhausted at night, worn out with what is but a good day's work, because of careless feeding. Where the strain of labor is great, each mealtime should be a previous interval of rest and refreshment. Careless hurried eating may make it just the reverse. Choose the simpler dishes, not many things at once, and take time to enjoy them heartily, and masticate thoroughly. Bolting food without thought does not give the system half the nourishment derived from thoughtful enjoyment and thorough assimilation; besides, the stomach is not prepared to do the work of the mouth and salivary glands, and much is pushed on without rendering to the body its whole content of nutriment. Giving the organs of assimilation too much to do burdens the whole system and draws from the muscular power to perform digestion, instead of adding to the supply for the day's work. The summer's bounty of good things, along with the appetite that hard work begets, render it hard to stop at just enough; but nothing pays better in the long run. One who values health and working capacity rightly finds great resources at hand in careful feeding for the laws of health, and finds also that it is one's own fault to be sick.

Household Hints.

Hot alum water is the best insect destroyer known. Put the alum into hot water and let it boil till it is dissolved; then apply the solution hot to all cracks, closets, bedsteads and other places where any insects are likely to be. Ants, bed-bugs, cockroaches and creeping things are killed by it, and there is no danger of poisoning the family or injuring the property.

To clean oilcloth it must be wiped perfectly dry as it is washed. Use little soap and this in tepid water; change often. A good brush and a piece of dry flannel will make oilcloth look like new, especially if lined oil or skim milk is well rubbed in after washing. If, in addition to these precautions, the cloth is varnished annually it is almost indestructible.

MEAT SAUCE.—The rules for meat sauce vary. Some cooks use a certain percentage of stock, but this seems to me to be a mistake. The time-honored English rule is the best. This calls for vinegar, sugar and mint alone. Select only fresh and tender meat for this sauce. Strip the leaves from the stems, wash them and drain them in a sieve, and mince them fine with a sharp cook's knife. Gather the leaves together in a little pile on an ordinary board, and strike them rapidly with this knife, which is shaped like an ordinary carving-knife. As the pile separates with the force of the chopping, heap it together again and continue the chopping till the leaves are a fine mince. French cooks always chop up their herbs in this way and even their meats, the chopping-knives of our American kitchens being a rarity with them. There should be four heaping tablespoonfuls of mint chopped. Pour over the mint a half-cupful of good vinegar boiling hot. Add three tablespoonfuls of sugar, and set the sauce away where it will become loc-oed. When mint disagrees with individuals this sauce may be strained after it has stood four hours; but it is ordinarily served with the mint in it.—N. Y. Tribune.

THE HOUSEWIFE'S TABLE.—Here is a list for the materials most commonly used in the kitchen, writes Maria Parloa in the July Ladies' Home Journal. The spices are all ground:

- GINGER—1 heaping teaspoonful, 1 ounce.
- ALLSPICE—1 heaping teaspoonful, 1 ounce.
- CLAY—1 heaping teaspoonful, 1 ounce.
- PEPPER—1 heaping teaspoonful, 1 ounce.
- MUSTARD—1 rounded teaspoonful, 1 ounce.
- CREAM-OF-TARTAR—1 rounded teaspoonful, 1 ounce.
- SOFT—1 rounded teaspoonful, 1 ounce.
- POWDERED SUGAR—1 rounded teaspoonful, 1 ounce.
- GRAVY—1 rounded teaspoonful, 1 ounce.
- BAKING POWDER—1 rounded teaspoonful, 1 ounce.
- BUTTER—1 rounded teaspoonful, 1 ounce.
- FLOUR—1 rounded teaspoonful, 1 ounce.
- TEA—1 rounded teaspoonful, 1 ounce.
- COFFEE, roasted berry—1 rounded teaspoonful, 1 ounce.
- BREAD-CRUMBS, grated—1 cupful, 1 ounce.
- GLAZED SAUCE—1 cupful, 1 ounce.
- ENGLISH CEREAL, cleaned—1 cupful, 1 ounce.
- INDIAN MEAL—1 cupful, 1 ounce.
- CHOPPED MEAT—1 cupful, 1 ounce.
- PASTY—1 cupful, 1 ounce.
- NEW SPICES—1 cupful, 1 ounce.
- SUGAR—1 cupful, 1 ounce.
- LEMONS—1 cupful, 1 ounce.

THE FARM.

A Study of Glanders.

Glanders, one of the most loathsome and fatal maladies the horse is heir to, has been recognized as such from remotest antiquity—from a period antedating the Christian era by hundreds of years—and despite the combined experience and skill of centuries, it remains unconquerable and incurable as it did when Aristotle penned a description of it in his "History of Animals." Glanders has invaded nearly every known country and climate, and is transmitted from man to man, and from man to man, but if this be so, instances in which it actually occurs are probably rare. The animals known to be susceptible to the virus of this malady are man, the horse, the ox, the sheep, the goat, the pig, the rabbit, the cat and even mice. In the case of swine evidence is not conclusive; but horned cattle and fowls are not susceptible to it—a blessing to humanity. Glanders has yielded a mighty influence in the affairs of men. Disabling cavalry—home and horseman—it stood a potent element in the defeat of armies and the conquest of nations. Historians have chronicled its ravages in the army of Constantine the Great in the fifth century, at the Siege of Naples in the fifteenth century, when it was erroneously believed to have engendered in the soldiery a loathsome disease peculiar to man; in the cavalry of the German Army during an invasion of France, and in the war of the Crimea. Glanders was introduced into the United States at the close of the last century, and by her army it was conveyed into Mexico during the Mexican War.

Glanders is a contagious disease of a malignant type, engendered by a specific virus. Protracted and animated have been the discussions over its contagiousness, development and mode of transmission. Until a comparatively recent date, it was contended by a school of physicians and veterinarians that glanders was non-contagious. Several of the governments of the Old World finally appointed a commission to investigate, if haply thereby the truth respecting the point in question might be determined. In 1883 a report was made to the effect that it had been "conclusively demonstrated that the disease was caused by a bacterium, or low order of parasitic organism, which is capable of propagation and reproduction of others of its own kind if placed in the proper media." Prior to this time it was thought by many to be spontaneously generated. Although spontaneous generation has been a theory of wide acceptance regarding many contagious diseases, it may be said that it is utterly false, that no contagious disease ever arises. On the other hand, it may be said that they are due to introduction into the system of a specific poison. Bad sanitary surroundings may predispose, but cannot engender a "proper media" for the virus of glanders, but nothing more.

The indications by which glanders may be recognized vary according to the phase of the disease and the stage of its development. The various glanders and farcy are synonyms, and the diseases are identical in origin and essence, and differ only in their manifestations. Either may assume the acute or the chronic form. To recognize them, a few of the most salient points must be borne in mind. Together with debility and general unthriftiness, a discharge may be observed from the nose—usually from the left side—of a viscid consistency and having a tendency to adhere to the nostrils. The lining membrane of the nose is beset with cancerous ulcers, and the gland under the jaw is hard to the touch, and feels as though it were grown fast to the jawbone. The difference between glanders and farcy consists in the manifestations. In farcy the so-called "farcy-buds" (small tumors) appear on various parts of the body, commonly on the neck and lips. In time these buds ulcerate and emit a fetid, sticky discharge. From these buds a centre radiate small cords which also tend to ulcerate. Glanders is often mistaken for nasal gleet and various forms of distemper, and vice versa. Glanders and farcy are incurable, hence when outbreak occurs, the best thing to do is to quietly yet—let the State Veterinarian should be notified at once, and the cases will be disposed of as exigency demands.

Signs of Stagnated Farming.

The standards of good farming are changing, and, as at the present the competition in farming is closer than ever before, it follows that to rank with the best requires a better character of farming than was ever needed under old conditions. The business of farming is no longer the simple matter of routine that it once was. It demands skill second to no other occupation, and to become very successful a farmer must possess a varied knowledge that would win success in any other vocation. If to this be added the fact that good farming is necessarily restricted to small areas of land, it is not strange that most of the men who might achieve the greatest success in farming seek employment where the same energy and skill promise larger rewards.

Compared with modern high standards much farming of the present day must be called shiftless. It may have been up to or past the standard that once prevailed. Really good farming in this country is comparatively modern. No farming can be called good which does not at least maintain, if it does not increase, soil fertility. But so long as virgin soil was cheap the motive to improve the soil was lacking. This seemed to oblige farmers to adopt shiftless and retrograde methods. It was cheaper to take up new land than it was to improve partly exhausted soil. Certainly it was much easier. The shiftless farmer was better adapted to the condition of things, and he prospered. He was the survival of the fittest he survived. Of late years, however, the shiftless farmer has been losing his old advantage. When improved farming becomes more

common his retirement will be more rapid. He is going as it is, but slowly. It is no longer a common sight to see farmers ploughing with poor conditioned teams. Labor is too scarce and dear to waste it in driving a team that cannot do a full day's work. Poor milking cows are in some sections far less common than they were. Cresses of the improved full bred dairy breeds have greatly increased the average capacity for milk and butter production. If there are other districts where scrub dairy stock prevails it is only a question of short time when the local stock must either change stock and methods or go into the list of abandoned farm lands in the older states.

The necessity for greater promptness with all farm work is emphasized as never before. Not only do improved implements help farmers to attend to the cultivation and harvesting of crops promptly, but they have reduced prices so that unless a farmer does cultivate and harvest promptly all that he does must be at a loss. It is the great body of consumers of agricultural products the world over who make the most profit from the improvements in farm machinery and implements. The gain that the farmer gets from it is a less laborious, but also, consequently, less profitable vocation.

Just here the paradox comes in that the shiftless farmer in trying to have an easier time only makes his lot the harder. He is all the time being driven by his work. The easier way is to be in better and drive work, instead of letting it drive you. It is pretty nearly always true that the man who shirks work is obliged to work longer and harder than one who takes to work kindly. It is in these days especially true of a farmer. Not being himself afraid of work he can get more work from the help he employs, and thus can afford to hire more of his work done. If he begins the other way, by trying to see how little he will be obliged to do and live, his hired help will make him work harder and longer. Sooner or later they will supersede the shiftless farmer and work land on their own account, while he, with advancing age, will become unable to do anything to earn his living.—American Cultivator.

TEMPERANCE.

Good Testimony.

Rev. Dr. Edward Everett Hale says: "I like to put myself on record also as saying that all the poverty, all the crime and all the vice which attract public attention in Boston among what we call the poorer classes, may be ascribed to the free use of intoxicating liquors. I have said a hundred times, and I am willing to say again, that if anybody will take charge of all the poverty and crime which results from drunkenness, the South Congregational church, of which I have the honor to be the minister, will alone take charge of all the rest of the poverty which needs 'outdoor relief' in the city of Boston. If that church could satisfy its conscience with an small work as that, it would certainly relieve its visiting forces and its treasury of very considerable part of the demands now made upon them."

—As a general rule, it is best not to correct contumacious by the use of any or drastic medicines. When a purgative is needed, the most prompt, effective and beneficial is Ayer's Pills. Their tendency is to restore, and not weaken, the normal action of the bowels.

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CURES

I can now eat anything and drink, and two months ago I could eat nothing but bread and milk, and there was a great deal of distress in my stomach. I am now as well as I can be. I can truthfully say I am cured. I have no distress at my stomach, no headache, no dizzy spells, and the world looks bright to me again."

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