

A Solid Basis.
Gold is a solid basis of financial transaction, and for business that the best thing for us, it is in the physical conditions. If by some carelessness or exposure to sudden cold the muscles of the back are contracted and stiffened, we have a once lumbering, or lame back, sometimes called "crick in the back," which is disabling and unites all who have for any activity. Now, to get back on a solid basis of health and strength, St. Jacobs Oil should at once be used to relax the twisted muscles and restore to their natural condition. It takes but a short time to perform the cure and the cure is certain. The back is then on a solid basis for strength and work, and nothing will bring about the change like this great remedy for pain.

When a woman has a heat younger than she is, she loses her vitality. The wise and brave dars own that he was wrong.

No-To-Bac for Fifty Cents.
Over 400,000 cures. Why not let No-To-Bac regulate or remove your desire for tobacco? Satisfying, makes you feel better, and is guaranteed. 50 cents and \$1.00, at all drug stores.

First Hood's Sarsaparilla
Is the best—infacts the One True Blood Purifier Hood's Pills are effective. 25 cents.

Successful
growers of fruits, berries, and all kinds of vegetables, know that the largest yields and best quality are produced by the liberal use of fertilizers containing at least 10% of

Actual Potash.
Without the liberal use of Potash on sandy soils, it is impossible to grow fruits, berries and vegetables of a quality that will command the best prices.

"My Profits Doubled"
from the use of Hood's Sarsaparilla and Hood's Pills. I had been suffering from a skin disease for many years, and had tried every remedy known to me, but without success. After using Hood's Sarsaparilla and Hood's Pills, my skin cleared up, and my profits doubled.

An Old Couple.
One of the oldest couples in the United States dwell at Bethel, Va., Mr. and Mrs. Whitman Dean. Mr. Dean was born in 1807 and Mrs. Dean in 1811. They celebrated their golden wedding in 1882. Mr. Dean can remember hearing the big guns at the battle of Hattisburg. He has read the Bible through several times and it has been a great study to him all his life. In years past ministers came to him to inquire where to find certain passages of Scripture. This aged couple never rode on the steam cars or steamboat and were never out of their own State. They have been blessed with seven children.

Jeaneers in Japan.
According to the official reports of the Japanese Government, the inland empire contains 65,520 Jeaneers.

Qualities of Southern Wheat.
The wheat of Southern countries contains more albuminoids than that grown in temperate or northern zones, and hence is better suited for the manufacture of macaroni.

The Baptist Union of Great Britain has just passed a resolution declaring that there is "too much" lynching in the United States.

Horses' Feet.
To lessen the shock of horses' feet on asphalt pavement some remain possess a pneumatic shoe, a layer of rubber between the iron and the hoof.

Fried It on the Duck.
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WISDOMS.
Why don't the women try the faith cure on bad husbands?
If you have seen, be comforted with the reflection that nobody has.
There is only one sure cure for getting too big around the waist, and that is to get thin.
When women say that another woman is reduced looking, they really mean that she is very thin.
We never doubt the sincerity of a woman's religion after we have seen her at church with old clothes on.
A man who has despatched by over working, is as pitiful a wreck as a man who has despatched drinking whisky.
Every man who lives to be sixty years of age has at least one occasion to ask the newspapers to suppress something.
When a woman meets a woman who has the same kind of a husband as she has in her partner, they become dear friends.
When you see two people together you can safely bet that one is doing the talking, and the other is trying to get away.
Newspapers are beginning to publish lists of presents suitable for men. There are no presents suitable for men. A man knows just what kind of suspenders and socks he wants, and likes to select his own.—Melburn Globe.

Description on Milwaukee's Bell.
Milwaukee has had a huge bell cast for the tower of the new City Hall. The local newspapers take it for granted that the following lines, scribbled upon the bell, are addressed to the politicians who will infest the building:
When I found the time of day
From this grand and lofty steep,
Down it tumbled, pray,
To be honest with the people.

One of Mrs. Pinkham's Talks
Concerning a Mother's Duty to Her Young Daughter. Together with a Chat with Miss Marie Johnson.

The balance wheel of a woman's life is menstruation. On the proper performance of this function depends her health. Irregularity lays the foundation of many diseases, and is in itself a symptom of disease. It is of the greatest importance that regularity be accomplished as soon as possible after the flow is an established fact.

Disturbance of the menstrual function poisons the blood. In young girls suppression develops latent inherited tendencies to scrofula or consumption, and no time must be lost in restoring regularity. Many a young girl goes to her grave because this difficulty has been thought lightly of, and mother has said, "Time will bring about a cure as she is young. I don't worry about her."

Mother, when you see your daughter languid and indifferent to things that usually interest a young girl, when you note that flush on her cheek, that glassy appearance in her eyes; when your daughter tells you that even the weight of her dress waist oppresses her, and that she has terrible pains in her stomach shortly after eating, don't ignore these signs. If you do, you will be following your daughter to the grave, for she will die!

This is gospel truth—she is developing consumption of the bowels! Lydia E. Pinkham's Vegetable Compound is the greatest regulator known to medicine. Make haste to use it on the first appearance of the tell-tale symptoms; it will restore all the female organs to their normal condition. Miss Marie Johnson's letter to Mrs. Pinkham, which follows, should interest all mothers and young ladies. She says:

"My health became so poor that I had to leave school. I was tired all the time and had dreadful pains in my side and back. I would have the headache so badly that everything would appear black before my eyes, and I could not go on with my studies. I was also troubled with irregularity of menses. I was very weak, and lost so much flesh that my friends became alarmed. My mother, who is a firm believer in your remedies from experience, thought perhaps they might benefit me, and wrote you for advice. I followed the advice you gave, and used Lydia E. Pinkham's Vegetable Compound and Liver Pills as you directed, and am now as well as I ever was. I have gained weight and have a good color. I am completely cured of irregularity. Words cannot express my gratitude, and I cannot thank you enough for your kind advice and medicine."—Miss MARIE E. JOHNSON, Centerville, Pa.



Green figs are excellent food.
The great majority of small fresh food fruits are laxative.

Walnuts give nerve or brain food, muscle, heat and waste.

Dried figs contain nerve and muscle food, heat and waste; but are bad for the liver.

Green water-grapes are purifying (but of little food value); reflect pipe and skins.

Blanched almonds give the higher nerve or brain and muscle food; no heat or waste.

Blue grapes are feeding and blood purifying; too rich for those who suffer from the liver.

Jadey fruits give more or less the higher nerve or brain, and some few, muscle food and waste; no heat.

All stone fruits are considered to be injurious for those who suffer from the liver, and should be used cautiously.

Tomatoes—Higher nerve or brain food and waste; no heat; they are thinning and stimulating. Do not swallow skins.

To prevent chapped hands, put a little borax in the wash water; or one ounce of glycerine to fifteen drops of tincture of hydrastis.

Prunes afford the highest nerve or brain food; supply heat and waste, but are no muscle-food. They should be avoided by those who suffer from the liver.

A great many mysterious headaches have their origin in overstrained eyes. This kind is cured only by giving the eyes a vacation or by the nullifier. Of course, care in the use of the eyes is also a help. Reading, writing or sewing in a dim or flickering light must be given up.

Caught Up with the Herd.
Southern railroads have a reputation for slow travel, and in some cases it is well merited. A western traveling man making a trip on these lines suffered a great deal of annoyance from this particular failing, but up to the time of the following incident he had enjoyed himself immensely gazing the conductors, trainmen or any persons having to do with the roads about their rapid transit. He was traveling one afternoon on an exceptionally slow train, which came to a stop every now and then without any apparent cause. After expressing himself very audibly to the passengers he resigned himself to the inevitable and dozed off into short naps, which were interrupted by the snort jolts of the train, at which he complained. The passengers showed their annoyance at these complaints by angry looks. The conductor had expressed the engineer in every possible way. The last apology he made was that the train had started again and proceeded about ten minutes when it halted with a jerk. "I waked the impatient traveler and put him to bed," said the conductor. "Dear God, I suppose, conductor, this means that slow train has struck another herd of cattle." "Struck another one! Not much," replied the conductor. "We're simply caught up again with the first herd we ran into, that's all." The traveler smiled and the conductor was left in peace.—Harper's Round Table.

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INCUBATORS.
From the bulletin on poultry recently issued by the Department of Agriculture has already been published several selections. Below is another from the section on incubators:

It is advisable, before investing extensively in any make of incubator, to thoroughly understand the machine. If good results are obtained, then additional machines of the same kind should be purchased. Failures are recorded mainly because the incubator fails to thoroughly understand the machine he is trying to operate, or, in other words, fails to learn how to operate that particular machine to the best advantage. A successful poultryman must necessarily pay close attention to petty details. Not only is this necessary in caring for little chickens and mature fowls, but also in the care and management of incubators and brooders. The whole business is one of details. While incubators may vary considerably one from another, yet there are certain points to which all should conform. Some of these points are outlined up in the following:

1. The incubator should be well-seasoned lumber. The efforts of manufacturers to meet a popular demand for cheap machines has placed on the market incubators that are not only cheaply made, but made of cheap and not thoroughly seasoned material.

2. The incubator should be easy of operation. All its adjustments should be easily made and so arranged that the more delicate machinery is in plain view of the operator. The machine should be automatic in operation. When supplied with the necessary heat it should control perfectly within certain limits the temperature of the egg chamber. This result is accomplished in various ways. The regulating force, whatever it may be, should be placed within the egg chamber so that the regulator may vary as the temperature in the egg chamber varies, irrespective of changes of temperature of the room in which the incubator is placed. The regulator must be sensitive.

3. The change of temperature, which is necessary for the complete working of the regulator ought not to be more than one degree; that is one degree above or below the desired temperature. It is better if the range of the regulator can be reduced to one-half of one degree, thus making a total variation of one degree instead of two degrees. It should not be inferred that a much wider variation than this will not give excellent results, under otherwise favorable conditions, but other things being equal, those machines which are most normally accurate are to be preferred.

In addition to the foregoing requirements a convenient appliance for turning the eggs, positive in its action, should accompany each incubator. This may be an extra tray that is to be placed below the tray of eggs and held firmly in this position while both trays are turned, thus completely transferring the eggs from one tray to another without jar. The liberal machines have very different appliances for accomplishing this result.

WISDOMS.
It is low the critical season in giving the domestic animals proper attention. The horse at work usually has a fair share of care, but those that are not so frequently neglected.

The horse at work is not always properly shod. It is often required to go at a rapid gait, or to draw heavy loads over the frozen or icy ground when the shoes are not properly shod.

In fact, too often the poor creature is expected to do full service without shoes at all. It is out of the question in winter to expect the animal to do fair work without having front shoes at least. It is unfortunate, often, that the horse does not have a man who understands his work to adjust the shoes. Sizing and fitting properly is a real art which few farriers are equal to.

It is very desirable to avoid contracting the hoof in the least. Great care should be exercised that the nails are driven towards the edge of the hoof, rather than in the inward direction. The latter plan of nailing often causes great suffering, as well as serious permanent injury.

Feeding the horses in moderate weather demands that they should have a good variety and food that have cooling tendency upon the digestive apparatus are to be sought. With right management, the perishable foods in mild weather, and to some extent, in the cold weather, can be given to the stock with great advantage to the animals themselves, as well as in the interest of furnishing a cheap ration.

The horse is considered the cheapest animal on the farm at present, and there is too much of the feeling that anything is good enough for it. They who exercise foresight must recognize that the brood mares, as well as the youngsters, should constitute as good a permanent investment as anything else in the way of live stock. It only the owner is careful to preserve strong and healthy animals, it is only a brief time until they are sure to bring satisfactory returns.

If an animal is worth feeding through the winter, it pays to feed it well. By this we do not mean that high feeding should be practiced. The creatures that are in poor flesh, and start in with, should have their feed steadily increased, and the stock that is in good condition should by all means be maintained in that condition, if not slightly improved. Plenty of good animal food, and plenty of exercise in the open air, usually brings the horses through until the middle of February in good, thrifty condition. From that time on it is good policy to begin gradually hardening the teams for spring work. It is well, at this time as a rule, to increase the ration of grain. Care must be employed continually in feeding the changed oats, and a combination of this with daily provender must be guarded against.

The young colts must not be forgotten, and especially its extra care is to be remembered. The best and soundest food properly ground or cut for it, as well as exercise in the sunshine and open air, is in order. Provide shelter every night from the wind, and if possible, from the clouds. Colts that are past eight months old should have as much handling in the way of harnessing, hitching and driving, as the spare time will allow. It pays, in fact, to spare on an average to each colt a half a day per month during January, February and March. The colt cannot learn everything it should know in two weeks previous to becoming four years old. The horse will be much more valuable because of the incidental training during several months of its growth.—Farm, Field and Fireside.

PAIN AND OPDOL.
Housekeepers who have not had an object lesson of the way in which fat draws colors when ink and butter get into the carpet, will do well to go only to a laboratory where performing extracts are made to have a commercial illustration of the fact. The flower dyes from the rosettes of Southern France, and the blue of the flag, the fresh rose, or heliotrop or violets, as the case may be, are laid between layers of fat, and to make into packages for exportation. When the chemist adds the acid necessary to use, the fat melts and forces to find that the scenting properties of the flowers are entirely extracted by and held in the liquid grease. His next step is to release and clear the fat of the color, and to distill, but it is the power of the fat to draw out the color which is the fact that is valuable to the domestic scientist.

A WAY FOR SUFFERING NEEDLES.
Take a piece of flat elastic webbing about two inches shorter than the needles and one-fourth of an inch wide. Cover this with a piece of satin ribbon by doubling the ribbon over it and stretching the elastic over the finger as you run the edges of the ribbon together, over and over. Or, the ribbon may be cut as long as the elastic is when stretched, the edges of the ribbon may be cut by means of a tape needle. Secure the ends of the elastic to the ends of the ribbon, and when the elastic is allowed to draw up to its ordinary length, the ribbon will appear as if shirred.

Now if there is a dilapidated doll about the house, take either the hands or the feet for caps for the needles. Fasten one end of the covered elastic shirred band to the end of the pipe, and the case is complete.

The hands or feet must of course be those which have a hollow wrist or ankle, and these are slipped over the ends of the needles, the elastic being tight enough to hold them in place.

If you can lay claims to no doll of the right description, use small nut shells, cutting or filing off one end and digging out the meat or small cap of each, in case of various sizes, and from old gloves, and the ends of the elastic sewed to these with a few stitches.—New England Homestead.

MEAT.
Seasoning Butter—Stir four ounces of butter in a cream, add a pinch of salt and a quarter of an ounce of white pepper, mix all well together and put it in a glass jar, cover closely and keep in a cool place. To be used for broiled and fried steaks and chops, also for broiled fish.

Potatoes in Jackets—Wash thoroughly, let them stand in cold water an hour or two to freshen them. Cook in plenty of boiling water for fifteen minutes, then add salt, one tablespoonful for twelve medium-sized potatoes, and boil fifteen minutes longer. Pour off every drop of water. Take the cover from the saucepan and shake the potatoes in, in a constant hot air and stir. Serve at once in a warm napkin on a red-hot plate.

Omelet Breakfast—Half a cupful of flour, three eggs, one tablespoonful of melted butter, one teaspoonful of sugar, half a teaspoonful of salt, and about half a cupful of sweet milk. Beat whites and yolks of the eggs separately and until very light. Stir all the ingredients together, adding the milk, whites and yolks, and beat well. Pour into a well-greased frying pan and bake, covered, on the top of the stove, uncovered and brown the top in the oven. Serve immediately.

Chickens and Pudding—Cook one tablespoonful of eggs in water till tender and nearly dry. Beat two eggs, thoroughly and pour on them while stirring half a cupful of milk and a heaping tablespoonful of sugar. Stir into the milk and eggs one teaspoonful of fine bicarbonate and beat well. Mix together two ounces of suet, a dessert-spoonful of flour and the boiled eggs, and then stir all the ingredients together. Batter a mold, line it in patterns with stoned raisins, and fill with the batter, putting in it by the spoonful, so as not to disturb the raisins. Boil for an hour and serve hot with liquid sauce, any preferred kind.

An Enormous Guard.
Probably the largest guard in existence to-day, says the Mount Sterling (Ky.) Gazette, is located at the farm house of old Uncle Levi Putter, aged seventy-six, a worthy old farmer of Elk Horn Creek, Boone County, and has been in use upward of thirty years. Uncle Levi brought it from Tany County, Missouri, eleven years ago, and it is yet perfectly sound, and he uses it for various purposes about the farm house. The guard is question is upward of eight feet around, weighs 100 pounds and has a capacity of four and a half bushels.

HOUSEHOLD AFFAIRS.

THE WINDOW CURTAINS.
There are divers ways of arranging window curtains, and no one way seems more correct than another, it is so largely a matter of taste. Most women have had the "inlay curtains" about half way down the sash. This allows very little light to penetrate the room from without. They are quite as pretty and far pleasanter to the result if the tying takes place about one-quarter of the way from the top. This preserves the screening effect and does not keep out all the sunlight.—St. Louis Star.

CHEAP STIMULATING LINIMENT.
A cheap stimulating liniment which will be almost odorless and yet effective for outside application can be made as follows: In one quart of turpentine mix one quart of coal oil, back half an ounce of oil of nut and two ounces of pulverized capsicum in a large, ordinary funnel. Over this mixture pour the turpentine and oil, allowing it all to permeate through the capsicum and alcohol root. In this way it will extract the substance of the capsicum and take on a beautiful red from the alkali. After this has been done, add one ounce of the oil of peppermint and four ounces of alcohol. By mixing this with a few fragrant, add a little oil of pepper grass. This liniment thus completed is a strong, efficacious one to rub on the skin, and so clean and fragrant that even the most fastidious would not hesitate to use it.

RECIPE FOR CATARRH THAT CONTAINS MERCURY.
Mercury will surely destroy the sense of smell and completely derange the whole system. It is a powerful purgative and its use should be avoided. Each article should never be used except on the most dire emergency. The following damage they will do is on foot to the cool you can possibly derive from them. J. C. Jones & Co., Toledo, O., contains no mercury and taken internally, getting directly upon the blood and mucous surfaces of the system. In buying the Catarrh Cure be sure to get the genuine. It is taken internally, and is made in Toledo, Ohio, by Dr. J. C. Jones & Co. Testimonials free. Sold by Druggists, price 75c. per bottle. Hall's Family Pills are the best.

By diligence and patience the mouse bit in two the cable.

Casars stimulate liver, kidneys and bowels. Prevents indigestion or grippe. All things difficult to do.

We have not been without "Hod's" Cure for Consumption for 29 years.—Laziz, Ferret, Camp St., Harrisburg, Pa., May 1, 1901.

It robs the world for a man of ability to live in illness.

Just try a box of Casars, easily carried, direct from the inventor, and you will know the difference. Nobody works harder and gets less for it than the hypochondriac.

Some girls get married just to let others know that they can.

It is a hard work, to describe on your "sauce," "lick is a fool, pick is a hero."

It affected with tuberculosis, please throw out your eye water, straighten out at the pericardium. The pond is an ocean to the tall-boys.

Free trial of the box of Casars, easily carried, direct from the inventor, and you will know the difference. Nobody works harder and gets less for it than the hypochondriac.

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