A. F. Hunter writes as follows in the New England Farmer. The rules will apply on this coast, the dry season

morning five or six days in the week, live near a good gymnasium, are tryand that is the backbone of a feeding system. We cook a kettle of refuse favorite aids to good health. And system. We cook a kettle of refuse favorite aids to good health. And to thus to defeat the old parties. The squashes, pumpkins, (without the delightful exercise and amusement, and squash parings from the kitchen, clubs have long been used by profestable scraps and such olds and ends sional trainers and the gymnasts of as usually go into the swill pail (we all the colleges, but it is a novelty to can't afford to keep a pig) including see them in the hands of girls.

meat liquor in which corned beef, etc..

They may be used in classes, accom neat liquor in which corned beef, etc., buckets are a fraction over half , with a heaping tenspoonful of "We meet once every day and full, with a heaping teaspoonful of "We meet once every day and salt always to each. A heaping teasing the clubs for an hour, keeping

wheat-bran (shorts), fine-feed (middlings), ground oats and animal meal. The latter is a meat food, prepared by the Bowker company, made of steamcooked meat and bones, kiln dried and ground. It supplies the animal food which the fowl's system craves and which she can supply in summer by eating worms, insects, etc. Where there is more than a small flock, however, there are not worms and insects enough and this animal food supplies the lack. We like to have this meal thoroughly mixed. We dip a scoopful of meal and grain is turn into a two shel bag and when it is emptied into the barrel it is well mixed.

This mash we make up the afternoon before and set it away to cook in its own heat over night, preferring this way to mixing it up and feeding it hot in the morning. In the latter case it is only scalded; in the former

the second best. Buckwheat and sunset, while the fowls have daynes for our fowls twice a week.

Our daily method is about as follows: Monday, whole oats, barley, wheat (or corn); Tuesday, mash, barley, wheat; Wednesday, mash, cut bone, wheat; Thursday, whole outs, barley, wheat (or corn): Friday, mash, barley, wheat; Saturday, mash, cut bone, wheat; Sunday, mash, bar-

We do no unnecessary work on Sunand we usually omit making it on Wednesday, also. Buckwheat isn't easily accessible so we feed it seldom, although it is a good grain. Cut clover rowen is an excellent food for steamed it well to make it fresh and as much like green clover as possible week at noon. The objection to that

The southern California horticul tural commission is making war on

Women's World.

Indian Clubs for Girls. Girls, if you feel the the need of corresponding in the treatment re- will find nothing better than swinging quired to the eastern winter: the Indian clubs. Many who cannot we feed a cooked mash in the afford a tricycle or a pony, or do not eds) or anything in the vegetable and one whose price comes within the

has been cooked. When this kettle panied by music, or alone in the of vegetables is thoroughly boiled we privacy of home. The former method set out four common water pails, dip is, of course, the most pleasant, as vegetables into them equally there is always a charm in work or (using a strainer so the vegetables play where others share it. A teacher shall be dry), mash them thoroughly, of gymnastics in one of our charitable and add boiling hot water or milk till institutions thus describes her ex-

spoonful of Sheridan's Condition Pow- time to the music of the plano. Our der and a teaspoonful of cayenne idea is not so much to develop muscle pepper in winter or powdered char- in excess as to gain elasticity of the coal are added on alternate days. muscles and suppleness of motion.

After stirring till well mixed we add

Thus we cause the heart to beat full mixed meal till the whole is as stiff as and strong, and at the same time in-a strong arm can stir it. It should duce free respiration and the fullest not be soft and sloppy; sloppy food expansion of the lungs, such as would loosens the bowels and starts di- be impossible to obtain in any other way. In the sweeping curves, with the arms extended at full length, the posed of equal parts of corn meal, pectoral muscles lift the ribs upward and carry them outward, allowing free entrance of fresh air into the apices of the lungs. More than half the people never take a really full breath; that is, they never fill the lungs entirely and completely with fresh air, partly from negligence and partly because of some impediment in the fit of the clothing."

If there be the slightest tendency toward consumption or any other trouble of the breathing apparatus the Indian clubs will prove a wonder ful boon to the sufferer. The exercise taken regularly every day, at least morning and evening, will soon make a new girl or boy out of the delicate patient.-E. A. Mathews in Harper's Young People.

Certain marks of behavior on the

street indicate the true lady, says the Chicago Herald. She has a purpose Whole wheat (sound No. 1) is the and business air about her, and looks best grain food for fowls, and barley as if she knows what she wants and whole oats rank next and corn last, some meaning in her actions; she We feed bariey, usually, at noon, and knows how to walk in the streets with lor. wheat almost every night, just before not too lagging or too swift a step, but self-posessed and quietly; she knows light enough left to eat it. We have how to dress as a lady can, avoiding a Mann bone-cutter and cut fresh loud colors and striking combinations. She also avoids too coquettish a simday, so no much is made on that day, of paper poppies on her hat nor a Hungarian and Italian immigrants clover rowen is an excellent food for tion than she wants, who is to blame to citizens. While the miners' fowls in winter. Last winter we for it? Some women ignorantly and strike was on, in 1889 and 1890, large

the first time. The hands must be in flames, and the order was, "Let perfectly fresh, dry and cool. After the building burn, but save the the first time. The hands must be tural commission is making war on bugs with commendable vigor. It has passed the following resolution in session at Los Angeles:

Resolved, That we will place in quarantine all peach, plum, prune or almond trees and all deciduous trees on peach or plum roots or buds, pits or roots of the same that may be shipped into our counties from east of the Rocky mountains, and demand from the owner or persons wishing to bring them into the county affida vit establishing the following points, to wit:

The hands must be in flames, and the order was, "Let the building burn, but save the congo free State, bring news that at an American mission east alblished on the Congo free State, bring news that at an American mission and seven man and two women, and seven man devolved, and a seven man develower, and seven the structure a labyrinth. The rooms on the third and fourth floors of the main building and nearest the alley were the scenes of the greatest fatalities. A little new butter rubbed on 197 feetly new chevrette gloves tends to with flour, and with flour, and with flour, and with flour, and with flours and the order was," Let the building burn, but save the buildin

Giris, if you feel the the need of regular health-giving exercise you country, including Prohibitionists,

line, and into the kettle potato, apple limits of the scantiest purse. Indian the plants in a joint slatform that the next floor through the dense

where she is going, and has really General J. B. Weaver, E. J. Wheeler,

plicity, which is equally as dangerous. of Pennsylvania to investigate the She has attained to that enviable workings of the alien contract law, street talent which enables her to pass men without looking at them, yet all the while seeing them. She avoids lounging too long before shop windows. She doesn't wear her gown up to her shoe tops nor trailing in the the miners employed are Hungarians

she do so and get a trifle more atten- 1886 there were 800 miners, all Amerunconsciously put themselves in the numbers of Siavs and Hungarians path of trouble. They follow the were brought to the mines from Casfashions to an extreme. Their hats are the highest, the broadest, the largest or the smallest of the prevailing mode; their dresses are the largest or the smallest of the prevailing mode; their dresses are the largest or the smallest of the prevailing mode; their dresses are the largest or the smallest of the prevailing mode; their dresses are the largest or the smallest of the prevailing mode; their dresses are the largest or the smallest of the mines from Castional Reputational Reputation of the mines from Castional R are the highest, the broadest, the spanies that the fowlies at it too greedily and become ero-pound. This winter we propose using it in place of the cooked vegetables, in the morning mash two or three days in the week. Green food must be provided. Cabbages are excellent and the fowls will pick a head all in pleces when it is hung in the pen. Beets, carrots, turnips, etc., split in halves and put in the pens will be eagerly devoured. Exercise is a most important part of our system, as we explained last week, and all the fyr grain is thrown into the loose litter where the fowls are compelled to scratch for it. Roosel, and all the first where the fowls are compelled to scratch for it. Roosel plant parts and all the sea through the sea through the sea through the secure had all in the pens will be eagerly devoured. Exercise is a most important part of our system, as we explained last week, and all the first provided to scratch for it. Roosel plant forms are cleaned daily (except Sunday); water basins are rinsed clean once a day and filled with fresh water three times daily, water basins are rinsed clean once a day and filled with fresh water three times daily, water basins are rinsed clean once a day and filled with fresh water three times daily, water basins are rinsed clean once a day and filled with fresh water three times daily, by following this plan we induced our 276 fowls to lay us over 39,000 eggs last year and pay us a net profit of \$2.90 aplece.

A Bug War in Exercist.

A Bug War in Exercist.

The southern California horticular from the plant was inchanged with a section of the provided there, just skity-cight were entitled because the fulles of vote. The first three for the cooked are dependently in the cooked and one was killed and the the other was the first pay and one was killed and the the other was killed and the the other was killed and the the other was killed and the three three in the train robbers of least one of the possibility of the federal supplying the train robbers and feet. The Standar

It is a science to put on gloves for building was almost totally enveloped

bas passed the following recolution in session at Los Angeles:

Recolved, That has will place in quarantine all geach, plants prune expenses and the merity of the first constant the session at Los Angeles:

Recolved, That has will place in quarantine all geach, plants prune expenses and have them that the clovers from the writts, and notify the halls were desired and the window on peach or plant morte or blook, plants and the women of the benefit of the same that may be disposed more consults a flores on a scattle. However, the same that the way of the first the same than the way of the same that may be disposed more consults a flores on a scattle. However, the same that the way of the same that may be disposed more on consults a flores on the same that the way of the same that may be disposed more on consults a flores on the same that the way of the same that may be disposed more on consults a flores on the same that may be disposed more on consults a flores on the same that the way of the same that may be disposed more than the way of the same that may be disposed at the way of the same that the way of

windows. She doesn't wear hat gown to the miners employed are Hungarians of the miners employed are Hungarians of Slavs. She doesn't mine her gait nor stare level into the eye of those she meets. She doesn't wear a half bushel of paper poppies on her hat nor a large sized rose bush pinned to the front of her dress. It short she does nothing to attract attention. Should the mines near Carbondale in the mines near Carbondale in got \$1000 reward.

Miss Alice Mitchell, 19 years old, Miss Alice Mitchell, 19 years old, and Ark., at Memphis Jan. 25 and drawing a razor cut her throat, killing her instantly. It is supposed that the murdered girl had said something about the Mitchell girl which was uncomplimentary and raised her auger. Both were wealthy and prominent in society.

The garrison at Chaco, Argentine, is in rebellion.

Late advices from Boms, in the Mikado, says: "How de do, little girls;

to Mrs. Bark-r.

Thus it was that the Barkers had Auat Kate and her busband to ea turkey with them and the feast was dignified by the portly presence of a bank president. And if you ask Ned Barker now why he is not as "short" as he used to be he will tell you that it is all owing to the fact that Daisy ones got lost.

... OF ENGRAVING ON WOOD. The Chinese Claim to Have Know I Nearly 3,000 Years Ago.

Nearly 3,000 Years Ago.

The art of engraving on wood was introdaced into Europe from China by merchants trading with that country. The Chinese claim to have known the art a thousand years before the birth of Chirst, though that is probably not true it is certain that they knew it before any European nation did.

Early in the fifteenth century illustrations of the Bible and playing cards were printed from wooden engraved blocks. These two things were in a way the first tr be printed in Europe. From printing with blocks to the use of movable type was a natural step.

A full-length portrait of St. Christopher, done in 1423, is one of the earliest wood en-

CULTERS NEWS

Indiana Continues

And a series of the workers printered to service the printered to the continues of the workers printered to service the continues of the continues of the service the continues of the continues of the service the service the continues of the service the service

I have a positive remedy for the above unwase, or use thousands of cases of the worst kind and of long standing have been corred. Indeed so strong is my faith in its efficacy, that I will send Two bortrains rate, with a VALUABLE TREATISE on this disease to any sufficiency has will amed as their Express and P. O. address.

standing have been cared. Indeed so strong is my faith in its efficacy, that I will seed two northis year, while in its efficacy, that I will seed two heart Strong Start P.O., address. T. A. Slocum, M. C. 183 Pearl St., N. Y.

The King Snake.

The King Snake is the most powerful snake found in this country, and is the snake found in this country, and is the snake found in this country, and is the snake of constant warfare upon cattless nakes, moccasins, vipers, and all others, and nearly always swal over his victim. Recently a large king s-ace, says a correspondent of The Atianca Constitution, was discovered making a meal of a coache whipmuch larger and longer than itself. The coachwhip was yet alive, but the king stander of the coachwhip was yet alive, but the king stander of the coachwhip was yet alive, but the king stander of the coachwhip was yet alive, but the king stand about a foot of its body. When the king snake was set at liberty it ran around awhile until it struck the track of the cherand then darted off in pursuit, Judge Pittman was fishing on the bank of a river and saw a coachwhip swimming a cross from the opposite side. It landed and struck out through the woods. In a little while he saw a king snake in pursuit, which landed at the same spot and disappeared in the woods on the track of its game.

The king snake grows to great size, and





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Where Adam and Eve Lived.

With a big piece of chalk Prof. Rogers, of Duckinson College. Carlise, Pa. recently designated upon a blackboard the probable location of the Garden of Eden. His addence was composed almost exclusively of members of the local Methodist Conference, and the scene of the lecture was Wesley Hall, where the conference holds its regular meetings.

Prof. Rogers disputed the theory that the Garden of Eden as described in the Mosale history is simply legendary, and by means of this map he located the ablding place of humanity's first parent's near the ancient site of Babylon. He said the word "Eden" was of Assyrian derivation and indicated a lowland, thus proving that the "Garden of Eden" signified the "garden of the valley." Geographical researches by many of the most eminent historians were quoted in the most interesting relation and the changes in natural forms were pointed out with a precision and emphasis that enlisted the undivided attention of the audience. He said the physical conditions of the region are exactly as described in the Bible. Philadelphia Times.

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