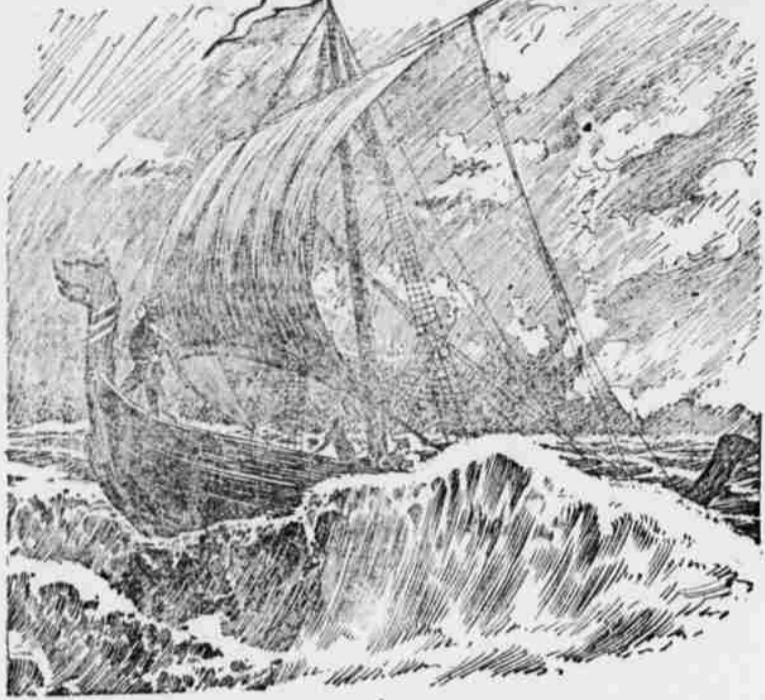


SONS OF VIKINGS FREE



The spirit of the ancient Vikings, who, care-free, enterprising and independent, carried the sword westward and south, discovered new lands, conquering peoples, and finally bringing the new faith—Christianity—into their pagan temples, has once more asserted itself in Norway, ever the home of romance and the garden and the idyllic. Always impatient under a yoke, however light, these Northmen have dissolved the act of union by which some ninety years ago they were un-



VIEW OF MUNDAL.

willingly forced to be bound by Sweden.

Although they were forced to unite with Sweden, the Norwegians never at any time relinquished their rights they enjoyed under their Constitution. Yet there were other rights, they claimed, and the history of Norway for the last nine decades is a story of quiet, firm contention for these constitutional rights, until they have every one, save only the demand for a separate consular service, been granted. It was the refusal of the King to agree to the law passed by the Storting, demanded a separate consular service, which has threatened the act of union.

Norway is a small country—about the size of New Mexico—and one-third of it lies within the Arctic Circle. It has a population of 2,240,000, or about a quarter million less than Paris. In spite of its limited extent and its small population, Norway has a navy twice the size of Portugal's, and an army of 26,000 men, or about the size of that of the United States prior to the Spanish-American war.

The present-day Norwegian is just as much of a Viking as were those who lived and fought and conquered in the days of romance; every man in Norway must be a sailor at one period in his life, for Norway is a maritime country, and is quite as much dependent upon the seas for sustenance as is England. Consequently to sail the seas is, for the Norwegian, a national necessity. "On land," said a noted visitor to Norway a few years ago, "the Norwegians are not special-



THE NAERODAL VALLEY.

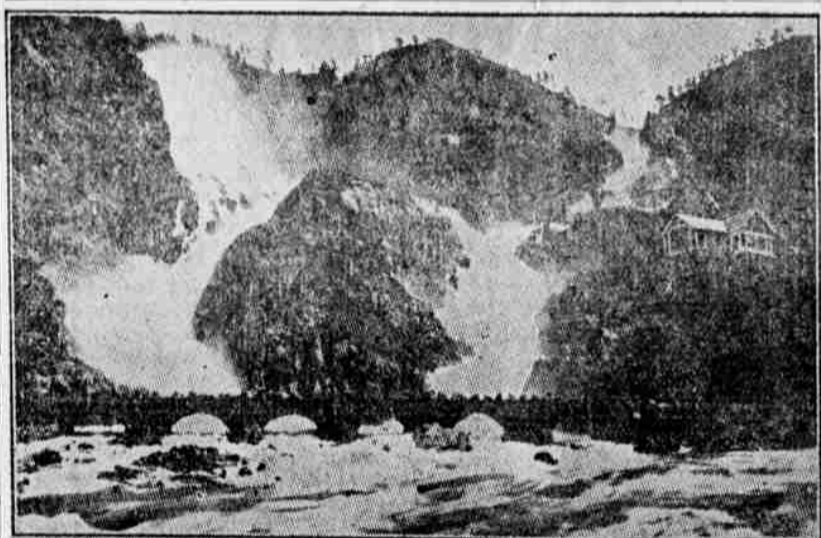
ly graceful, but put them into their boats, and they use the oar as the fish uses its fins; a centaur is scarcely more a part of the horse than the Norse boy or girl is part of the boat."

Still Cunning in Seacraft.
With a coastline, including the shores of the fjords, of 12,000 miles, it is not remarkable that the Norsemen of to-day have retained the cunning of seacraft possessed by their ancestors. On nearly every ship that plows the waves on the bosoms of the Seven Seas will be found among officers or in the fore-castle Norwegians. Like the old Vikings, they roam over the world wherever ship may take them, and like these ancient mariners, too, they have brought home word of what the world is doing.

After the Chino-Japanese war, Japan

was visited by hosts of tourists, who warned others who had not seen the land of the Rising Sun to hasten ere the nation had put on its new dress. Norway, without a war, however, has awakened, too. Rapidly is the old home of the Vikings losing its picturesque. Ever since Bjornson, some thirty years ago, became an influence of modernity in Norway, the little country has advanced at a rate that would be considered tremendous had there not been in the same period more wonderful progress shown in the East.

The primitive is fast disappearing from the Land of the Midnight Sun. Norwegians who cling to the past will tell you that it is "the Americans and English who have ruined Norway." And, in a measure, it is due to the summer tourist, who usually hails from America or England, that the picturesque garb of the people in the interior has been replaced by clothing similar to that of "the speckled tourist," as he was once called by these people. The Arcadian simplicity of the rustic Norwegian is almost a thing of the past. The farmers, like those in Switzerland, have found that inn-keeping "is far more profitable than working hard to garner a puny harvest of grain, although, as yet, the Norse farmer has not allowed summer guests with long purses to swerve him from his regular pursuit.



WATERFALL OF LOTEFOS AND ESPEILANDFOS.

While historians may still dispute whether the Vinland discovered by Lief Erickson was really a part of America, there is a popular notion among Norwegians—not the really educated classes, of course—that America was discovered and populated by Norsemen. The peasants have a notion that, until about half a century ago, America was principally in the keeping of the red men and buffaloes. Then there was considerable emigration from Norway, and the impression prevails that it is the descendants of these Norwegians who return to visit the home of their ancestors and to enjoy the magic of the midnight sun and the quiet mystery of the deep, still Norwegian fjords.

The original inhabitants of Norway are believed to have migrated from the Black Sea, but when this passage took place, or rather when it began and when it ended, cannot be even approximately given. Remains of the stone age, bronze age and iron age have been discovered in the peninsula, and only serve to prove the antiquity of this Germanic people, and indicate that Norway was populated between 4,000 and 5,000 years ago.

Like that of all ancient countries, the genuine history of Norway cannot be separated from that which is mythical, and its recorded history practically begins in the ninth century. Before that time, in lieu of history, we have the romance of the Sagas and Eddas, or tales and songs, which deal in a most picturesque manner with mythological times.

Rise of the Vikings.

With the rise of the Vikings in what has been called the later iron age in Norway, or about the year 800, real

history is made in the land of fjords. They were distinctly unlike their forefathers, who were peaceable so far as their relations with the outside world were concerned. They were the personification of the mythical Valkyria—the bloodthirsty sea maidens of the god Odin—they were adventurous, courageous and worthy conquerors. They raided the North Sea, discovered new lands and founded new kingdoms in the British Isles without breaking off intercourse with their native country.

The Vikings were the progressives of the Scandinavian peninsula, and to their efforts was due the union of the tribes which in a feudal manner ruled over Norway. Before this time Norway was divided among a number of mutually independent tribes, under chieftains or Jarls (earls), who directed the worship of gods and took chief command in war. In all the tribes the people's liberty was carried to the farthest extent. The free men settled their legal disputes and passed laws, and outside the community and the laws stood the unfree men, the thralls, or slaves.

Northmen in America.

It will be recognized that we are indebted for many things to the old Northmen, and it is not unlikely that they had a colony on the American coast at the end of the tenth century—that "Vinland the Good" of which there "was much talk at Brattahlid." About 995 Eric the Red discovered Greenland, and there was talk, according to a Norse account, about the other country which had been found, and which was called Vinland. An expedition of 100 men set out to find and explore it. They found a country where "no snow came in winter," and "where the inhabitants carried shields and used skin canoes." This has always been considered to point to America, but the location of Vinland the Good has not yet been indisputably settled.

About the time Greenland was discovered King Olaf Trygvesson, a descendant of Harald the Fair-Haired, who had distinguished himself in his youth as a leader of the Viking army that had ravished Britain, introduced Christianity, a faith he had embraced in Britain, into Norway. King Haakon subsequently had the people revert to heathenism, but for a brief period only. Soon the new faith conquered,

having been introduced into the Norwegian colonies.

From the days of the Vikings Norway has had its representative government, the ancient form having been in a manner very similar to that of the United States. Although the Northmen have had their kings, they have insisted upon having a hand in making their laws and in dispensing justice. In almost everything but name it is to-day a democracy. For the last eighty years no titles have been created, and there are no aristocratic classes such as there are in Sweden.

The Society of the Turn Verein.

There are three hundred separate turner societies in the United States, divided into twenty-nine districts, with a total membership of 38,000. Seven thousand active members, or young men, are taking regular gymnastics every week, and may be called the flower of the organization for drill and exhibition purposes. About the same number of "old gentlemen" are enrolled in the gymnastic squads. Four thousand young women belong to classes in their societies. More than twenty thousand boys and girls are in the Turn Verein gymnasium and schools. In the Middle West, the turner gymnasts are in great demand as teachers in the public school systems of physical education, and a normal school under the management of the Turner Bund is conducted in Milwaukee to help supply this demand for instructors.—Ralph D. Palne, in Outlook.

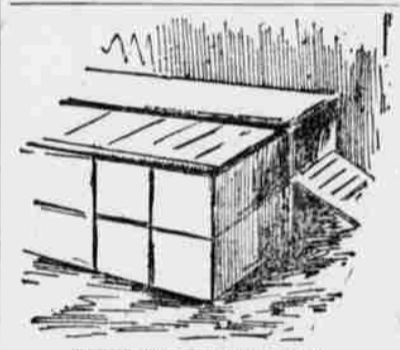
The young man who gets a good start in life doesn't always make a satisfactory finish.



Orange Boxes for Nests.

In nearly every town orange boxes may be bought at moderate prices. They make the very best nest boxes, especially if they are arranged in the following manner: As every one knows, the orange box is partitioned through the center, thus making plenty of room for two nests in each box. Take a number of boxes and stand them on end, and fasten them securely together with strips of wood. Then from old boxes or other sources obtain sufficient lumber to make an alleyway darkened by a board over the top.

Place a little walk so that the hens may readily go to the second tier of nests. In the rear of each box or nest,



BOXES FOR LAYING HENS.

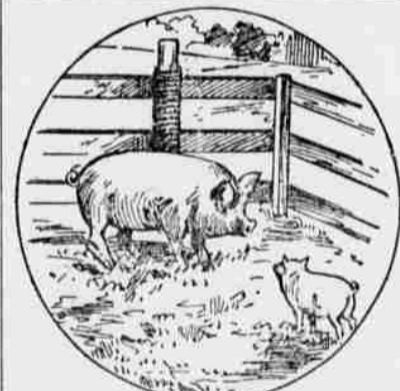
near the top, make a hole just large enough to get one's hand in, so that the eggs may be removed in this way and the nest material changed when necessary. With this arrangement each hen has a nice dark place to lay, and is not disturbed by anything. The illustration shows the idea clearly.—Indianapolis News.

Getting Good Breeds.

If you wish to start in poultry raising or to begin with a new variety, and wish to invest as much as the cost of a good breeding pen made by a reliable and skillful poultry raiser, that is the best way to begin. Otherwise purchase eggs, as many settings as you wish to invest in, and each from a different breed, but always from a reliable one. From each of these settings you should raise both roosters and pullets. Mark them all carefully and plainly, so that you cannot mistake them, and next spring you will be in a position to mate up two or three breeding pens of your own.

A Lice Killer.

A self-working lice killer that is very effective for hogs is shown in the cut. Drive a stout stake into the ground near where the hogs sleep.



RUBBING IT IN.

Wind with an old rope, nailing it well, and saturate the rope twice a week with a mixture of equal parts of lard and kerosene. The hogs will do the rest if there are any lice on them.—D. V. S., in Farm and Home.

Agricultural Building at Portland.

The agricultural building at the Lewis and Clark Exposition, Portland, Ore., is the largest and one of the handsomest structures on the ground. It is 400x210 feet in dimensions, and is situated on the east side of Columbia court, the main plaza of the exposition. The structure cost \$74,650.

Nurse Crops.

A great deal has been said against nurse crops, but in some parts of the Western States nurse crops are quite necessary for the sowing of clover. Where clover is sown with spring wheat the stubble of the wheat when cut helps to hold the snow over the plants during winter and keeps them from freezing out. It is the experience of farmers in a good many places that nurse crops protect the clover during summer, especially in regions where the heat is intense.

Summer Care of Bees.

No matter how abundantly you have provided for your bees in clover and buckwheat fields, if at this time of the year the weather is unfavorable and the bees cannot go out honey gathering you must provide them with full combs for fear of their starving.

The colonies need more supply than will keep them alive, they should have twenty or thirty pounds of honey at hand all the time. If the nights are cool the secretions of nectar will be correspondingly small and the bees will get but small loads.

When honey is scarce in the hives the bees stint themselves and brood rearing is checked just when it should be at its best and healthiest condition. If you have any doubt as to the hives being sufficiently rationed you can solve your doubt by lifting each hive and its weight will determine its condition. If you find many that are too light weight, use your smoker, take out one or two empty combs and replace them with full ones, breaking small holes in them so that the bees may get at the honey readily. Then you can leave the bees in peace until they are able to hustle for themselves unless it should be too long a wait, when you will have to repeat the process. If you have no honey feed sugar syrup. Be careful to retain all the heat in the hives.

What We Eat.

An important constituent of our food is nitrogen, an invisible gas; foods containing protein are called nitrogenous. Carbohydrates build fat and produce heat and energy; protein does all that and builds the red meat or muscle in addition. We get oil in the butter used on bread. From these three great food groups we make our feeding stuffs. We get carbohydrates from potatoes, sugar beets, corn. Corn alone lacks nitrogen and will not make sufficient muscle. Wheat, barley and rye are all rich starches, good to fatten, but not the best for muscle making. We get protein in flax, in the outside of the wheat grain, in clover and alfalfa, in bran, middlings and oil meal. These foods are rich in protein. Wheat bran, linseed oil, cotton seed meal and any legume.

Doesn't Pay to Coddle Alfalfa.

If an alfalfa field is in bad condition it is usually best to plow up and re-seed. It scarcely ever pays, at least where irrigation is practiced, to coddle a poor stand of alfalfa. Many growers recommend disking every spring, even when the stand is good, and some have even found it a paying practice to disk after each cutting. Such disking will often prevent the encroachment of weeds. In the Eastern States alfalfa fields sometimes suffer a check in their growth, tend to turn yellow and otherwise show a sickly condition. Oftentimes this condition is accompanied by an attack of alfalfa rust or spot disease. The best remedy for such a condition is to mow the field. The vigorous growth thus induced may overcome the diseased condition.

Comparison of Yield.

In 1904 Russia produced 205,460,400 bushels of winter wheat and 459,208,200 bushels of spring wheat, making a total wheat production for that year of 664,668,600 bushels, an increase of some 43,000,000 bushels over the preceding year. This still falls several million bushels below the highest United States crop. Last year Russia produced 1,005,289,714 bushels of rye, 1,120,729,235 bushels of oats, 345,174,000 bushels of barley and 25,986,857 bushels of corn. The United States produced 27,241,575 bushels of rye, 894,595,552 bushels of oats, 139,748,958 bushels of barley and 2,467,480,934 bushels of corn.

Adulteration of Farm Products.

During April the Massachusetts State Board of Health tested 305 articles for evidence of adulteration. Of these, ninety-eight were found adulterated or varying from the legal standard. Thirty-three convictions were secured during the month for selling adulterated foods. The number included three cases of milk adulteration, four of maple syrup or sugar and three of cider. The total fines imposed amounted to \$900.

Calves in Groups.

It is highly desirable to have calves come in groups where a large number of cattle are being kept and the calves are to be raised for beef. It is only in this way that uniformity in size, weight and finish can be obtained for the carloads of cattle that are to be sent to market. If there are but few calves it is better to have only two groups of calves, one in the spring and one in the fall. It will be easier to care for them if they are in groups of about the same size than if they come at all months in the year.