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There is nothing makes a bigger hit with a hungry person than to know the digestion is working properly and that your meals are going to benefit you. If you are not in this class take

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It is an excellent medicine for all Stomach, Liver and Bowel Ills; also Malaria. Try it Now

Sweet Crackers.

Dissolve five cents' worth of bakers' ammonia in two cups of sweet milk over night. In the morning cream 2½ cups of sugar and one cup of butter. Beat two eggs and add to butter and sugar. Then add the milk and three tablespoons of any flavor. Then flour to make a stiff batter, roll very thin, cut with cookie cutter, bake in quick oven.

Water in bluing is adulteration. Glass and water make bluing blue costly. Buy Red Cross Ball Blue, makes clothes whiter than snow.

Gymnastic Stunt.

Barbour—"You seem warm; have you been exercising?" Waterman—"Yes, indeed; I went to the mutes' dance and swung dumb belles around all evening."—Michigan Gargoyle.

Shrinking Cotton.

As cotton materials shrink they must either be shrunk in the piece or made a size larger and luck trusted that the garment may not shrink beyond all wearing. In shrinking anything, use boiling water until it is thoroughly saturated and then wring out and dry; sprinkle and iron on the wrong side with a hot iron until the fabric is perfectly dry.

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Foolish Self-Condensation.

No comfort for the living or the dead can be won from vain self-condensation. No consolation can be gained while you nurse the imagining that a certain trouble might have been avoided. What we have to do is to try to escape from other troubles that are truly avoidable—troubles of a useless remorse, a present neglect, a listless apathy that will not reach forth for the good things still to be gathered.—Exchange.

When Your Eyes Need Care

Try Murine Eye Remedy. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Watery Eyes and Granulated Eyelids. Illustrated Book in each Package. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practices for many years. Now dedicated to the Public and sold by Druggists at 25c and 50c per Bottle. Murine Eye Remedy Co., Chicago

Cleaning Velvet.

Nothing cleans a velvet hat or gown like another piece of velvet. A small piece held firmly in the hand and used like a brush will produce excellent results.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Visible Evidence.

One day a teacher was having a first-grade class in physiology. She asked them if they knew that there was a burning fire in the body all the time. One little girl spoke up and said: "Yes'm; when it is a cold day I can see the smoke."—National Monthly.

Dr. Pierce's Pellets, small, sugar-coated, easy to take as candy, regulate and invigorate stomach, liver and bowels. Do not gripe.

Made His Speech Too Long.

Little Herbert, aged five, was invited to a party, and before leaving home he was cautioned to be sure to say "Thank you" to the hostess and tell her he had a nice time. On leaving he said to the hostess: "Thank you very much. I had a nice time, and your supper was good enough."

Senatorial Saying.

"Let me go on the junkets of a country," says Senator Wombat, "and I care not who makes the laws."

FARM AND ORCHARD

Notes and Instructions from Agricultural Colleges and Experiment Stations of Oregon and Washington, Specially Suitable to Pacific Coast Conditions

Getting Rid of Cutworms.

Oregon Agricultural College, Corvallis—Cut worms, reported to be epidemic in the wheat fields of Eastern Oregon and Washington, may be combated by many methods, one of the most efficient of which is simply good farm practices; fall and winter plowing; cleaning up and burning trash about the fields and in fence corners; rotation of crops; and thorough cultivation.

"The adults are moths, most of them nocturnal in habit, medium sized, smoky gray and brownish," says A. L. Lovett, assistant entomologist at the Oregon Agricultural college. "As caterpillars they are sleek, well fed, ranging when full grown from one to nearly two inches in length. They are variously colored, dull yellowish, smoky gray, whitish, greenish striped and clouded, and very sparsely haired.

"They have three pairs of true legs on the three segments just back of the head, and five pairs of prolegs on segments farther back. They remain tightly curled in some darkened place, under a clod or down in the soil a short distance, throughout the day, emerging to feed at night.

"Occasionally, under peculiar conditions of climate, numbers or food supply, they assume army habits, crawling in hordes during the day and devouring everything green in their path. They are then termed army worms. Nearly every year there is one or more of these outbreaks, and certain species have so frequently assumed this army habit as to have gained the distinction of a definite name, as the true army worm, the fall army worm, the wheat head army worm and the erratic army worm.

"Cut worms have a wide range of food plants and few field or garden crops are immune.

Ornamental plants frequently suffer severely, and several species of the worm have assumed a climbing habit, and attacked the fruit buds and leaves of our orchard trees. Some species cut plants well above the top of the soil, others just at the surface, and some others underground on the stem and roots.

"Some pass the winter as eggs, some as adult moths, but the majority hibernate in the soil as half-grown caterpillars ready to emerge in the spring and attack the first green shoots that appear. Their normal habitat is the grass lands, but where new land is broken up they will attack the cultivated crop. A single female will lay as high as 200 to 500 eggs, usually placed in a mass on the host plant.

"Because of their frequent occurrence and number the cut worms have invited the attack of a variety of enemies, both predacious and parasitic. All types of poultry and several species of birds, including the robin, cat-bird, black bird and quail include the cut worm in their menu. Toads should be given free range in the garden and encouraged to stay, as they feed freely on all these worms; spiders, certain ground beetles, ants, wasps, and the spined soldier bug all prey upon the cut worms. There are also many parasitic flies which deposit eggs in or on the caterpillar and their larvae feed on its internal organs.

"Fall and winter plowing will do much to check certain species, especially those which are in the egg stage at that time. The poison baits are really the standard remedy for the cut worms, however. A poisoned bran mash should be placed over the field a few days before the crop is set or appears. If the caterpillars are working in from one side, lines of poisoned bran mash should be strewn at right angles to their course. For tomatoes, cabbages and like crops a large spoonful may be placed about each hill after planting.

"Since the worms are now practically full grown there is little that can be done this season, but where they are proving a menace, I would advise that early fall plowing be done, as well as winter plowing, to expose those that are hibernating to the weather and the birds. Then clean up and burn all trash and weeds about the fields and in the fence corners. If the cut worms are very bad establish a rotation of crops, so that something may be grown at once that will take thorough cultivation."

Cabbage and Radish Maggots.

Cabbage and radish maggots are making trouble in every part of the state where these crops are grown. A. L. Lovett, assistant entomologist at the Oregon Agricultural college, has made a special study of the pest, and advises prevention and cultural measures as more effective than remedial measures.

As the maggot is underground while at work, it is hard to control. It is advised that, as soon as the best of the crop is harvested, all refuse tops, roots and stumps, all wild mustard and

similar weeds about the field, be collected and destroyed, and the land plowed deep. Frequent hoeing about the plants exposes many young maggots and eggs to the sun. It is well, of course, to avoid planting on infested soil, and to establish a crop rotation there until the maggots are cleaned out.

Tarred felt discs of one-ply tarred felt paper 2½ inches across, slit from one side to the center and slipped on the plant and then pressed close to the stem against the ground, is the most successful way of preventing the fly from depositing her eggs against the plant root.

Lime slacked and diluted to a thin cream, with three pints of it to a gallon of water and a tablespoon of crude carbolic acid thoroughly stirred and applied with a sprinkler or spray pump will form a slight crust on the surface of the soil about the plants and thus protect them pretty well.

A small handful of kerosene and sand, mixed in the proportion of a pint of kerosene to four gallons of sand, placed about each plant is good, as is also air slacked lime with white hellebore powder, mixed ten parts lime to one of the powder, and dusted about the plants.

Any of these must be renewed often to be of great assistance. Crude carbolic acid emulsion has in some cases given fair results. A pound of whale oil or laundry soap is dissolved in a gallon of boiling water, and after taking from the fire a pint of the acid added. After a perfect emulsion is made by pumping the mixture together, this stock solution is diluted with thirty parts of water for use and applied with a pump to the roots after the earth has been pulled back. In ten days the application should be repeated.

In the same manner hellebore decoction may be applied. It is made by steeping two ounces of white hellebore powder in a quart of boiling water half an hour and diluting with a gallon of water.

Making Over an Old Orchard.

I have in mind an orchard of 50 trees that had for several years been considered worthless. The fruit did not pay a reasonable rental for the ground occupied. The farm was bought by a man who understood fruit raising, and who knew that it was a task to make anything of the neglected orchard. It was much cheaper, however, than growing a new orchard, writes a Farm and Home expert.

He was advised by his neighbors to dynamite every tree out by the roots and use them for firewood; and when he had finished the work of pruning it looked almost as if he had taken their advice. At least two-thirds of the wood had been cut away, and in some instances the main trunk had been removed and only a straight branch that had grown out above the ground remained. All blighted limbs were removed, the cut being made as near as possible to the trunk, and the wound painted over.

Where a tree had become weak at the crotch a long bolt or rod was put through to hold it together. A few of the trees were hollow near the ground. These were carefully cleaned out with a chisel, all decayed or diseased wood removed, and the cavity filled with a mixture of three parts sand to one part cement, made into thin mortar.

Before this mortar was filled in the wound was washed with a solution of bluestone and water to kill all germs of decay. Smaller branches that had decayed knotholes were treated similarly.

Next the ground was thoroughly plowed and harrowed, and every tree fertilized with a liberal application of barnyard manure. There was constant work throughout the summer killing borers and spraying, for it seemed that insects and disease had conspired against the efforts of the owner. The next year, however, little else than judicious pruning was required.

The second year after the first work was done the old orchard bore a bountiful crop of first-class apples, while a few young trees set at that time were just getting to the troublesome age.

City Mothers.

A clever club woman once asserted that a good motto for a city hall would be: "What is a city without city mothers?" adding that the time would soon come when it will no longer be asked only of the woman, "Is she good?" and of the man, "Is he a good citizen?" but it will be asked of the woman, "Is she a good citizen?" and of the man, "Is he a good man?"

Noble Enough for Him.

Miss—"Of course you know, Baron, that my father is not in the remotest degree a nobleman?" He—"Say no more, beautiful one. A man who will give his daughter a dowry of a million is noble enough for me."

When I consider what some books have done for the world, and what they are doing, how they keep up our hope, awaken new courage and faith, soothe pain, give an ideal life to those whose hours are cold and hard, bind together distant ages and foreign lands, create new worlds of beauty, bring down truth from heaven; I give eternal blessings for this gift, and thank God for books.—James Freeman Clark.

Does Memory Go on Strike?

Can the human memory go on strike, leaving the other tangible and intangible parts of the mental and physical make-up to continue their ordinary work-a-day routine? Will this explain the strange disappearances and wanderings about of men and women which occur so frequently?

Beside the Mark.

Excited remarks of opera managers to the contrary notwithstanding, the proof of an opera singer is in his or her voice.

The Oft Told Tale.

It would not be kind to wish one's friends untold agonies, but one cannot help wishing that one only had to hear their agonies told once.

COMPLICATION OF WOMAN'S ILLS

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Athens, Texas.—"I had a complication of diseases, some of them of long standing. I wrote to you for advice and took Lydia E. Pinkham's Vegetable Compound, and some other things that you suggested. I must confess that I am much better in every way and have been relieved of some of the worst troubles. My neighbors say I look younger now than I did fifteen years ago."—Mrs. SARAH R. WHATLEY, Athens, Texas, R. F. D. No. 3, Box 92.



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If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Great Game.

"Why, Jacky, open the door and let Katie in. Don't you see it's raining?" cried Jacky's mother. "I can't, mamma," said Jacky. "We are playing Noah, and Katie is the sinners, and she must stay out in the wet."—Harper's Round Table.

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In some parts of India, where mosquitoes abound, it is impossible to play the violin because the music attracts the insects in great numbers. When the first notes are heard the mosquitoes swarm in clouds around the player and make the movements of the hand impossible.

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P. N. U. No. 27, '13
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