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**Worked Both Ways.**  
A Scotch laird once said to his servant John, who had complained of his temper: "I am sure, John, it is no suner on than it's off." "Aye," said John, "but, laird, it's nae suner off than it's on."

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.  
Pardon.  
The highest of characters is his who is as ready to pardon the moral errors of mankind as if he were every day guilty of the same himself, and at the same time as cautious of committing a fault as if he never forgave one.—Pliny the Younger.

**Rheumatism**  
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It requires constitutional treatment, and the best is a course of the great blood purifying and tonic medicine  
**Hood's Sarsaparilla**  
which corrects the acid condition of the blood and builds up the system.  
Get it today in usual liquid form or chocolate tablets called **Sarsatabs**.

**Freedom.**  
Indeed, the first point we have all to determine is not how free we are, but what kind of creatures we are. It is of small importance to any of us whether we get liberty; but of the greatest that we deserve it. Whether we can win it, fate must determine; but that we will be worthy of it we may ourselves determine; and the sorrowfullest fate of all that we can suffer is to have it without deserving it.—Ruskin.

**A Footnote.**  
She—"What is this at the bottom of this line: 'This man had a strong and striking soul?'" He (reading)—"The note says: 'This man must have been a kicker.'"

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**ALLOTMENT OF FARMING LAND**  
Three Families to Each Farm is Case in U. S. Today—Soil is Source of Everything.  
(By W. C. PALMER, North Dakota Agricultural College.)

Three families to each farm is the case in the United States today. One on the farm and two in town, but all dependent on the farm. Two generations ago nearly everybody lived on the land and it was the look-out of each family how they worked the land. Now with two-thirds of the people in town, it not only concerns the men on the farm whether the crop is good or not but also the man in town who is dependent on the produce of the land for his living. Whether the crop be poor or good really affects the city man more than it does the farmer who can keep out enough for himself. If there is no surplus it is not hard to see who will suffer most.

As industry develops we get more and more dependent on each other. The farmer, however, remains the most independent, and the way he carries on his work is of the most vital importance to us all.  
The soil is the source of everything that calls forth the efforts of industry. The people who till the soil have charge of the source of supply and the rest have to go accordingly. If we want more to do with the farmer must produce more. To do that he must have more knowledge and skill in his work. As long as the land was virgin it would produce with any kind of husbanding. That farming is hardly on a permanent basis yet is shown by the abandoned farms in the east, and the decreasing values of these lands in the face of increasing markets.

As long as the farmer can only make the soil produce one-third of what it is capable, so long must our manufacturing, transportation, merchandising and banking remain at approximately one-third of what it would be, and largely for lack of special training for his work on the part of the farmer.

Who is most interested in the man who tills the soil being trained for his work? Without a doubt it is the man in the city. He is the one who should be the most insistent on agriculture being taught in the public schools, and that the agricultural colleges be given liberal support.  
The railroads are doing a great deal in encouraging the teaching of agriculture. Many have placed trains at the services of the agricultural colleges that they might equip it with apparatus, appliances and instructors and thus carry the teachings of better farming to a great many people in a short time. Bankers are also active in encouraging the spread of better farming.

There are no more northwestern states to open up so that the only way to make any material increase in production is by making each acre, now under cultivation, produce more. Three families to the farm and all dependent on it for a living—which is the most interested in good farming, the family on the farm or the two in town?

**FOOD VALUE OF SKIM MILK**  
If Allowed to Sour and Then Churned Until Curd is Broken, It Makes Excellent Drink.

(By JOHN B. PICKERING.)  
Freshness and cleanliness must be considered as well as composition. Milk which has been received from the milkman and allowed to stand long enough to skim should probably never be given to children under 2 years of age. For older people the mere fact of its being old need not be taken into consideration. If skim milk is bought as such, however, it should always be thoroughly cooked, unless it is known to have been handled carefully and to be clean.

Skim milk seems to some people rather thin for use as a beverage, but others value it for this very quality. If it is allowed to stand until it sours and is then churned or beaten until the curd is broken up into small particles, it makes a familiar and wholesome drink, often used under the name of buttermilk, for much of the commercial buttermilk is thus made from skim milk, some cream or butter fat being sometimes added. For cooking, the lack of fat and any consequent lack of flavor can be easily made up, as butter or less expensive fats can be used with it. Pork and bacon fat make a particularly savory addition.

In the very interesting experiment of serving penny lunches to anemic children in the Boston schools, one of the combinations of food that it was found possible to sell for the low price of 1 cent was skimmed milk and bread and butter.

Though not much different in nutritive value, buttermilk obtained as a by-product in butter making has a different quality or texture and a different flavor from so-called skim-milk buttermilk referred to above.

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**Was His Nest.**  
Little Frankie was once sent out to make a new nest for a hen. Some time after the nest had been completed he came in and said a hen was about to lay. On being asked if she was in the nest that he had made he said: "No! mamma, I was on that one myself."

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