

### General Debility

Day in and out there is that feeling of weakness that makes a burden of itself. Food does not strengthen. Sleep does not refresh. It is hard to do, hard to bear, what should be easy.—vitality is on the ebb, and the whole system suffers. For this condition take

### Hood's Sarsaparilla

It vitalizes the blood, gives vigor and tone to all the organs and functions, and is positively unequalled for all run-down or debilitated conditions.

HOOD'S PILLS cure constipation. 25 cents.

### THE WHITE SUMMER GIRL.

She is a Symphony in White and Her Teeth Should Match.

The girl who now plans to go off on her summer vacation recognizes that it is a white year. Everything in the line of feminine apparel is white by preference. White is all the fashion. White dresses, white ribbons, white hats, white stockings, even white trimming on the bathing dresses. White parasols, indeed the summer girl is a symphony in white.

Now comes the point we wish especially to make. Do you think this beautiful vision of white loveliness, this summer-girl in all her white costuming looks well when she opens her mouth to laugh and shows a yellow set of teeth?

Heaven forbid that any dainty woman who expects admiration this summer, from those who look upon her, will forget the absolute necessity of having her teeth white, clean and perfect.

Before you go to the coast, or to the country, for your vacation, go to Wise Brothers, the famous dentists in the failing building, Portland, Oregon, and have your teeth put in good order. The cost is very moderate and the pain nothing.

### A Sad Case.

"Is she really so homely?" "Homely? Say, even an amateur photographer can't help but flatter her when he takes her picture."—N. Y. Evening Sun.

### \$100 REWARD \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by druggists, 75c. Hall's Family Pills are the best.

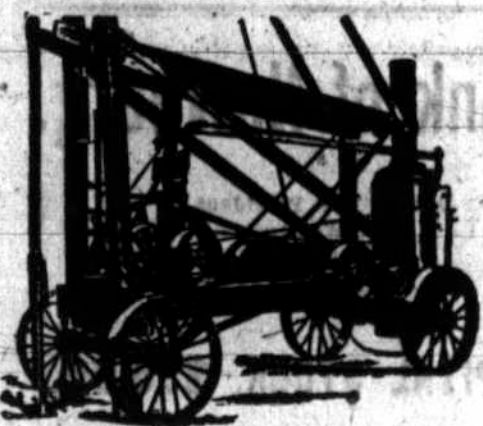
### Bibles in Demand in China.

Recently a Chinese professor in a government college made application for fifty English bibles for the use of the students.

**FITS** Permanently Cures No Fit or Nervousness after Sun-day's use of Dr. J. C. Ayer's Great Nerve Restorer. Send for list of testimonials. Address: Dr. J. C. Ayer & Co., Lowell, Mass., U.S.A.

### Pessimism.

Pessimism nourishes itself in our time, not in the hard ground, where labor sweats and smiles, but in the flowery beds of luxury and slothful ease.—Rev. J. W. Chadwick.



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If you haven't a regular, healthy movement of the bowels every day, you're sick or will be. Keep your bowels open, and be well. Force, in the shape of violent straining or pill taking, is dangerous. The smoothest, easiest, most perfect way of keeping the bowels clear and clean is to take



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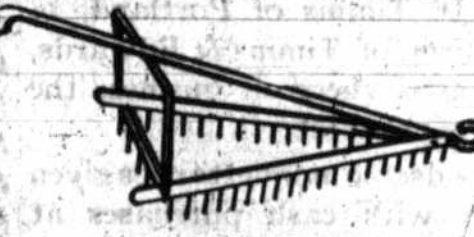


### The Farmer's Garden.

The common expression that America is a nation of dyspeptics is generally understood to be true, and it is also true that, in proportion to the population, there are more dyspeptics among farmers and their families than among the city population. It is absurd that such should be the case, for if any class of people has a chance to be healthy it is the farming community. The fact remains, however, that the majority of farmers cling closely to a diet in which there is little variation. Probably the lack of fresh fruits and vegetables has more to do with their stomach troubles than anything else. The writer remembers visiting one of the most extensive growers of truck in the vicinity of Norfolk, Va. More than 500 acres of this man's farm was devoted exclusively to the raising of vegetables for market, yet during a stay of three days the only vegetable placed on the table was a scant supply of cabbage at one meal. For some unaccountable reason farmers seem to think that a kitchen garden is a waste of time and labor, and they go through the summer with scarcely a fresh vegetable of any kind. This is a mistake, for the expense of a garden sufficiently large to supply an entire family with vegetables is so small that it ought not to be considered. Make the garden near the house where an hour of spare time daily will keep it in good condition and give that variety in food which is necessary to good health. Surely there ought to be enough variety raised on the farm in all lines to give the best of each to the home table, and with proper management it can be done without cutting off the income materially.—St. Paul Dispatch.

### Convenient Small Harrow.

On every farm where small fruits and vegetables are grown a one-horse harrow is a great convenience. By its use the lighter weeding is done and the surface of the soil kept loose at small expense of labor. If one has a lever harrow two of the beams may be used for this one-horse harrow, or the beams may be readily made with lumber of proper length, using long wire nails for the teeth. The beams are fastened together in a V shape, as shown in the cut and a wooden



frame is constructed, as shown to support the handle. If a blacksmith is conveniently near the support for the handle may be two iron rods running from the corners of the harrow to the handle. A board may be placed over the frame and heavy stones set upon it to weigh down the tool if it is found too light for certain soils. This tool will be found especially useful in corn cultivation during the early growth of the plants.

### Summer Shade for Poultry.

Where fowls are kept partially confined there should be some arrangement for furnishing the proper amount of shade. If the poultry yards can be built around a number of trees this will be all sufficient, but if this cannot be done, then plant a row of corn around the outside of the fence, on the sunny side, just far enough from the fence so that the fowls cannot reach it. A row of sunflower plants will answer the same purpose, or the plants may be castor beans, which will provide shade and ornamentation as well. A neighbor of the writer sets a double row of the tall growing canna around the sunny side of his poultry yard, and thus obtains attractive bloom and the desired shade at the same time. Plant seeds of whatever is to be used of the seed kind now or set the plants of other sorts. Morning glory vines may be used by sowing the seeds a foot from the poultry yard fence and running strings to the top of the fence. This plan gives one shade quickly and at small expense.

Depth of Corn Cultivation. Depth of cultivating corn varies with circumstances. In wet seasons it is often absolutely necessary to stir a soil deeply in order to dry it out. Deep stirring is also necessary in wet seasons when weeds have once got the start of the cultivator. The practice of cultivating a uniform depth of four inches throughout the entire season is quite common, it being claimed that weeds are most effectively destroyed at this depth, while the four-inch mulch conserves the moisture as well as a deeper one. There are those who advocate plowing deeply at all times,

although, on the other hand, they are taken to task by others who claim that it is just as prudent to remove the leaves from the stalk with a knife as to cut the root with a cultivator. One instance is given where a comparison of the deep and shallow method of cultivation gave a yield of twenty bushels per acre in favor of the shallow method.—Iowa Homestead.

### Sheep on Small Farms.

It is a mistaken idea to suppose that large areas are required on which to raise sheep. It is true that it will not do to crowd too many on a small area with any idea that they will get their living from the vegetation there, but if, say, one hundred sheep were to be kept on fifteen or twenty acres, properly handled, together with proper feeding, would bring desirable results. Taking twenty acres as the area to be used, it would be a good plan to divide this into three fields; two fields of five acres each and one ten-acre field. The five-acre plots should be sown in rape or some other special feeding crop, and the ten-acre field used for general grazing. In this plot there should be shade and water, and the grain feeding should be done here also. The fields of rape should be used alternately; that is, give the flock of sheep access to one field four or five hours a day for one week, then to the other field in the same manner. If these fields were profitably pastured the result of the droppings would make them sufficiently rich for almost any crop when it was desired to use them in that way, which could be done by having movable fences, so that other fields could be used for the sheep in other years.

### The Farmer Boy.

The lot of the farmer boy is undoubtedly lighter now than it was a half-century ago, as many old Davless County farmers can attest who have dropped corn all day by hand in a furrow "laid out" by a horse driven by a single line attached to a single shovel plow and kept it up for two or three weeks. Most old people who have lived on a farm have had this experience or have followed the boy who was dropping corn, day in and day out, covering it with a hoe. Forty years ago a boy who could drop for two coverers could earn his 50 cents a day, while the ordinary boy who was not so swift could earn 25 to 35 cents a day. As a matter of fact a boy could get over more ground and plant a much bigger acreage than a man, but then, as now, there was an unwritten law that he should not receive men's wages. Before the days of labor saving machinery, farm work for the boy especially, was a constant round of drudgery, and it was little wonder they wanted to get away from it. Now it is otherwise, and life on a farm is preferable to most other pursuits in life.—Exchange.

### Care of Lambs.

In the case of twins, it is well to place them with the mother in a small, separate pen, for a day or two, in order that they may become acquainted, and to avoid the danger of one of the lambs straying away, which may cause trouble. When lambs are born weakly, more care is required, and unless the shepherd is with them to see that they are suckled soon after birth, they are liable to become chilled and die. If the lamb is too weak to stand up and suck, it should be held up and some milk milked into its mouth, when it will soon take the teat and help itself, or the ewe may be gently laid upon her side and the lamb brought to the teat on its knees or side, and helped as above indicated.—New England Homestead.

### Farm Notes.

There are two certain methods of capturing the plum curculio. First is by jarring the tree every morning for three weeks, after the plums are set, catching the weevils in sheets laid on the ground. The second is by colonizing large flocks of chickens in coops, or in yards, under the trees.

If farmers were as careful and systematic in the management of their herds as the breeders of pure breeds are with their cattle, much better results would be secured from ordinary stock. Even the best breed will fail if not rightly managed, and all classes of stock can be made more productive if extra care is given.

It is a mistake to expect that eggs will hatch precisely in twenty-one days. While this is the rule, it is not an invariable one. Some will hatch in nineteen days, others in twenty-one days, and others will require twenty-five days for incubation. The causes are various—such as getting too cold, too much heat, lack of moisture, want of vitality of either or both of the parents, and the age of the eggs.

The effort to produce the seeds of an apple exhausts the tree more than to produce the much better quantity of meat, because seeds contain a much larger proportion of the mineral elements. As much meat or pulp can be grown on 500 fine large apple trees as upon 1,000 small, inferior ones, but the production of seeds will be only one-half as great. Thus "thinning" not only adds to the value of the present crop, but economizes the energies of the tree for future ones.

## Dark Hair

"I have used Ayer's Hair Vigor for a great many years, and although I am past eighty years of age, yet I have not a gray hair in my head." Geo. Yellott, Towson, Md.

We mean all that rich, dark color your hair used to have. If it's gray now, no matter; for Ayer's Hair Vigor always restores color to gray hair. Sometimes it makes the hair grow very heavy and long; and it stops falling of the hair, too.

If your druggist cannot supply you, send us one dollar and we will express you a bottle. Be sure and give the name of your nearest express office. Address: J. C. AYER CO., Lowell, Mass.

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