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Feed your hair; nourish it; give it something to live on. Then it will stop falling, and will grow long and heavy. Ayer's Hair Vigor is the only hair-food you can buy. For 60 years it has been doing just what we claim it will do. It will not disappoint you.

"My hair used to be very short. But after using Ayer's Hair Vigor a short time it began to grow, and now it is fourteen inches long. This seems a splendid result to me after being almost without any hair."—MRS. J. H. FIFER, Colorado Springs, Colo.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of Sarsaparilla, Pills, Cherry Pectoral.

The Useful Earthworm.

Darwin estimates that there are 100,000 earthworms quietly at work for the advantage of the upper six feet of every acre. They continually turn over the soil and drag down leaves and grass, and thus they loosen the soil and fertilize the ground, so that necessary air can reach the roots that spread and grow.

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

Fortune's Wheel.

"See that old chap?" remarked the clubman, pointing out the window to an old peddler, who carried a basket of shoe laces. "Well, he came to this country from Russia ten years ago. He borrowed some money to purchase a basket and began to peddle shoe laces. How much do you think he's worth to-day? Just make a guess."

Several large sums were mentioned expectantly.

"Wrong," said the clubman. "He isn't worth a cent and he still owes for the basket."—Puck.

Encouraging Him.

The Young Man (ardent, but bashful)—Miss Hope, I shall try to show you that I am not—as big a fool as I seem. You mustn't judge me by appearances.

The Young Woman—Certainly not, Mr. Wrightson. You don't make your appearances here often enough for that.

Protection of American Birds.

The movement for the protection of birds in America has long since assumed formidable proportions, says American Homes and Gardens. Much of the credit for the work accomplished is due to the Audubon societies, which exist in thirty-five States, and which for a number of years have carried on an active work for the conserving of bird life. The results accomplished are considerable. A "model law" drawn up by the American Ornithologists' union is now in force in thirty States and the District of Columbia. The Lacey law excludes from interstate commerce all birds killed illegally in any State, and makes those legitimately killed subject to the law of the State in which they are bought.

Laws prohibiting the sale of game out of season, even when killed in season, look toward the same end of conserving bird life. Public attention has been aroused on the subject, and even the manufacturer of air rifles no longer calls attention to the fact that they will kill small game within short distances. Absolute protection has not yet been given the birds everywhere, but a great and important work has been well begun and is being carried forward.

MAKING ARTIFICIAL ICE CREAM.

Cottonseed Oil Used Instead of the Ordinary Ingredients.

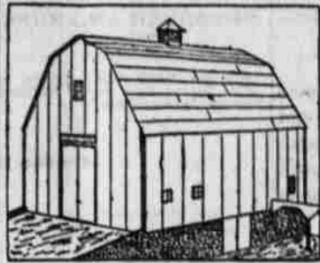
"When Prof. Stillman of Stevens Institute gave a dinner to two friends, at which most of the viands were made artificially by chemical means," writes Lawrence Perry in the Technical World magazine, "he had small idea of the furor his efforts would produce. But he has received hundreds of letters asking how different dishes were produced—so many that he has not had time to answer many of them.

"The chemical processes which he employed were some of them simple and some quite complicated. To make vanilla ice cream by artificial means, for instance, the alchemist took some triple refined cottonseed oil and placed it in a centrifugal machine which revolved at a velocity of 3,000 revolutions a minute. A beautiful emulsion was thereby produced, which was then frozen, chemically, of course. The flavor was obtained by the addition of vanilla, glucin and nitrobenzol. They say that ice cream composed as above is sold in many Southern States where cottonseed oil is more plentiful and consequently cheaper than milk or cream. It is far from harmful, tastes good and does not melt as quickly as the genuine ice."



FARM AND GARDEN

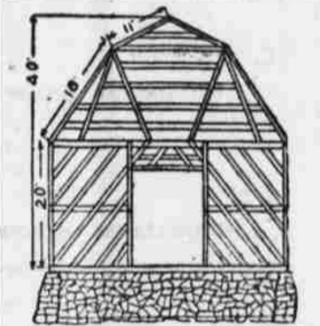
Plank-Frame Barn.
The evolution of the plank-frame barn is the natural result of the scarcity of timber for building. A considerable saving in lumber and ease of building is effected in the plank



PLANK-FRAME BARN.

frame. Less time and fewer men are required in the erection, and there is little or nothing sacrificed in strength since the excellent method of bracing enables them to stand the pressure of hay and grain within or strong winds without. A solid frame foundation may be used or the entire structure may be of plank. A good, firmly built stone and cement foundation is advisable. With this to rest the plank upon the frame is raised.

No sills are used and the upright studs take the place of posts. Two for each post are set on the foundation on each side. Between these the cross-plank is placed and spiked so that it will extend the width of the barn and tie the two sides together. The scantlings on each side of the barn floor, forming center posts, are then raised and spiked in place. Upon the outside of each upright is spiked a plank of the same size as and parallel with the first cross plank. This gives three 2x8 inches for cross sills through the center of the barn, each joint or hard being fixed in this way. End joints, using boards instead of plank on outside, give the bedwork of the barn. At the sides, between uprights in place of sill, a plank is firmly spiked; this holds the uprights firmly in place and prevents working sideways while the thoroughly spiked cross planks prevent all movement in other directions. Throughout



CROSS-SECTION SHOWING BRACING.

there should be no sparing of spike nails, as these are an essential feature to secure solidity.

Reviving Old Fruit Trees.

A Maryland fruit grower has after several years of experimenting discovered a way to revive old fruit trees and keep them in bearing condition long after their supposed stage of usefulness has passed. As the cause of decay in a tree is its inability to carry the sap to all of its branches, heading the tree lessens the area to be traversed, the amount of top to be removed, varying according to the farmer's judgment. Bone-dust and ashes must then be administered as a fertilizer, the water in the autumn and the other in the spring. This treatment will revive old trees, the cutting off the branches, tending to increase the number of fruit buds formed, and the ashes and bone-dust tending to stimulate the tree growth.

Bean Poles.

As soon as the lima beans start up the pole, be sure to tie them up with raffia. If you are trying to use last year's white birch poles, you are going to have them rot off and fall down and cause no end of trouble. There is nothing better than cedar bean poles.

Testing Soils.

All soils are formed from disintegrated rocks and organic matter. Of the latter, soils contain from 1 to more than 70 per cent; it is, however, only in bogs or beds of peat that the amount last named is ever present. The best wheat lands contain only from 4 to 6 per cent of organic matter; oats and rye will grow in soils containing only 1 or 2. The intelligent farmer should endeavor to ascertain what is wanting in the soil and supply it, remembering that he can make no possible mistake with barnyard manure.

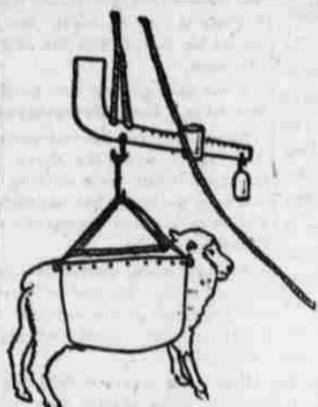
Crop-Bound Fowls.

Every farmer is familiar with what is called "crop-bound" in fowls. The crop becomes packed with food that has ceased to pass into the gizzard of the bird. If the contents of the crop consist of grain only, the fowl should be kept from food for some days. In addition, the crop should be manipulated with the hands. This will tend to loosen the grain and start its passage into the gizzard.

Sometimes the condition is caused by feeding cut hay, dried alfalfa or clover, which have packed at the point where the food should pass out of the crop. One poultry raiser in cases of this kind pours sweet oil down the throat of the bird, and this loosens up the mass. In bad cases he opens the crop by cutting and removes the collected food, afterward sewing up the crop. He says that this does appear to cause the bird much pain. After this is done the bird should be fed only milk or other light food for some days.

For Weighing Lambs.

Mr. John Spears, of British Columbia, sends to the Montreal Star a sketch of a contrivance for weighing live lambs. Farmers who have lambs to sell are in need of some such method of ascertaining their weight. It consists of an ordinary wheat sack, having two suitable sticks attached to top and bottom. A stout piece of rope is attached to the ends of each of these sticks. The whole forms a sling. By this method the lambs do not wriggle



HOW TO WEIGH THE LAMB.

and they can't get out when once in, and it is very quick, humane and effective.

The Farm Garden.

No farmer can afford to do without a good garden. It is not to be expected that every one will be a fancy gardener, but every one should give sufficient attention to the subject so as to produce all staple vegetables earlier than can be produced in the field. It is not only essential to the health and proper enjoyment of the family, but it is actually a matter of profit. Could your whole farm be made as smooth, dry, rich and as well cultivated as a good garden, the increased product would pay a large per cent of profit upon the outlay. In the garden, or in a separate compartment, may be cultivated strawberries, raspberries, blackberries, currants, grapes and dwarf pears. They can all be had at a very small cost of money or labor, and will add immensely to the enjoyment of the household.

Feeding Meat to Poultry.

That fowls and especially laying pullets and hens require a certain amount of animal food is admitted by every one who understands poultry, but it is an extremely nice point to know just how to feed them and not overdo it. There is much danger in feeding meat for, to be valuable and do the fowls no harm. It should be perfectly fresh and fed in small quantities. The local butcher is tempted to work off his putrid meat on the customers who want it for feeding fowls and such meat will mean trouble for the birds, bowel trouble of a serious nature.

Collar and Saddle Galls.

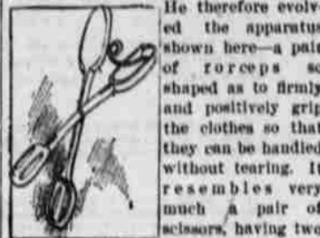
Galls on horses are due to several causes, but frequently to saddles and harness that press unevenly on the body. The collar should fit the horse perfectly, and it cannot be too good. A loose girth to a saddle may allow it to shift. When a gall is noticed there is something wrong with the saddle or harness, and no remedy will be available until the cause of the gall is removed. An examination of the harness should be made whenever the horse is brought up from work at night, and it should be kept in good condition or the horse will suffer.

In a current California report it is asserted that a new process for preserving perishable fruit and food products has been discovered and tested with success in California. It is said that by the use of a vacuum fresh fruit may be kept from spoiling, and the promoters of the new process say that by this means fresh fruit can be kept perfectly fresh for three months. Decay is said to be warded off in the most remarkable manner. It is claimed that this new vacuum process will revolutionize the transportation of fruits and vegetables from California.



Useful to Housewife.

Handling boiling clothes with an ordinary pole was not considered an up-to-date method by an Iowa inventor.



He therefore evolved the apparatus shown here—a pair of forceps so shaped as to firmly and positively grip the clothes so that they can be handled without tearing. It resembles very much a pair of scissors, having two long handles, levers intermediately pivoted. One end of the levers is shaped to form a handle and the other into spoons. These spoons are hollowed out to form a recess, the back being slotted, which reduces the weight and also affords a firm grip. Between the handles is a spring. It is the intention of the inventor to manufacture these forceps of aluminum.

Speed Crabapples.

Prepare the apples as for preserves. Make a syrup of one pint of vinegar to three and a half pints of sugar. Pour over the fruit and let stand overnight. Boil the fruit, a little at a time, in the syrup till tender. Pack the fruit in jars. Add mixed spices to the vinegar to suit the taste, boil down to enough to just cover the fruit, pour over it and seal. Crabapples can be carefully gathered and stored away till the through of other fruits is over. In fact, the above recipes are those used with wild crabapples, which were formerly buried in the ground to ripen; but these formulas can be used successfully with the cultivated varieties.

Deviled Eggs.

Boil as many eggs as are required for ten minutes, put them in cold water, and when cold shell them. Cut in halves lengthwise, remove the yolks, and rub them to a smooth paste with a tablespoonful of clopped tongue to six eggs, a dessertspoonful of salad oil, salt and cayenne to taste, a few drops of onion juice, and half a teaspoonful of French mustard. Cut a tiny slice off the bottom of each half of the white so that it will stand on the dish, fill with the prepared mixture, and serve, garnishing with watercress.

Crabapple Pickles.

Remove the stems and flowers, but leave the fruit whole; wipe with a damp cloth and simmer very gently until tender but not broken; drain in a colander; make sufficient syrup to cover the fruit in the proportion of one pint of vinegar to two pounds of granulated sugar. Use only the best cider vinegar. Put the fruit in the syrup and keep at the boiling point, but not boiling, for ten minutes, then seal boiling hot in self-sealers or jars. These may be spiced if preferred.

Swiss Tartlets.

Take one egg. Its weight in stale cake crumbs and fresh butter, a tablespoonful of sugar, and a little flavoring. Beat up the butter to a cream with the sugar, add the cake crumbs and eggs, then flavoring, mixing all together. Line some patty pans with puff paste, and then a layer of apricot jam and a thick layer of the mixture. Bake about a quarter of an hour in a sharp oven.

Strawberry Ice Cream.

Put a pint of cream in a saucepan with half a pound of sugar, and set over the fire to heat. When the sugar is dissolved stand aside to cool; add a pint of cream. Mash a quart and a half of ripe strawberries with three-quarters of a pound of sugar and let stand one hour, then strain the juice off, pour into the cream, mix well, turn into a freezer and freeze.

Almond Cakes.

Rub two ounces of butter into five ounces flour, five ounces powdered lump sugar, beat an egg with half the sugar, then put it to the other ingredients. Add one ounce blanched almonds and a little almond flavor, roll them in your hand to the size of a nutmeg, and sprinkle with fine lump sugar. They should be lightly baked.

To Choose Apples.

In choosing apples be guided by the weight; the heaviest are the best, and those should always be selected which, on being pressed by the thumb, yield to it with a slight cracking noise. With large apples waste is saved in peeling and coring them.

Why Not Try It?

Place an apple in the bread and cake boxes to keep bread and cake moist. Add one or two tablespoons of sugar to strong turnips when cooking. Try rubbing tough meat with a cut lemon to make it tender. Sprinkle clothes with a whisk broom and hot water.

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