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"WASTE NERVE"

One of the most helpful books on nerve weakness ever issued is that entitled "Waste Nerve," by Dr. Sawyer of San Francisco, now in its fifth thousand. This work of an experienced and reputable physician is an agreeable contrast to the vastness of false teaching which prevails on this important subject. It abounds in carefully considered and practical advice, and has the two great merits of wisdom and sincerity.

It is endorsed by both the religious and secular press. The Chicago Advance says: "A perusal of the book and application of its principles will put health, hope and heart into thousands of lives that are now suffering through nervous impairment. The book is \$1.00 by mail post-paid."

One of the most interesting chapters—chapter XX, on Nerves and Nerve Tonics—has been printed separately as a sample chapter, and will be sent to any address for a stamp by the publishers, The Pacific Pub. Co., Box 2653,

Coast Mail.

MARSHFIELD, OREGON

HOW TO SELECT GOOD COWS

The Milk of Every Animal Must Be Watched and Tested.

It needs no argument to show that it requires good cows to secure a profit in dairying, says an old dairyman in American Agriculturist. Now cows are selected and maintained in dairy herds almost universally on the judgment of the dairyman. If a cow pleases a man, he takes and keeps her until her years of usefulness are over. He does not inquire about her record, as no records are kept. It does not occur to the dairyman that there may be a great difference in the individuality of the herd thus secured, a difference so great that some individuals only will yield a profit and others will be kept at a loss. If this question is raised, not one dairyman in a thousand takes the trouble to weigh and test the milk of each cow in order to satisfactorily answer the question.

Four years ago we secured a herd of 25 cows. None of these cows having a record, they were purchased on the judgment of the men who selected them. A committee of Jersey breeders sent us four Jerseys. In the same way three Guernseys and four Ayrshires were selected. The remainder of the herd were grades. Some were raised on the farm and others purchased. An accurate record was kept of this herd. Each individual cow was charged with the food she consumed at market price and in addition with the cost of labor expended in her case. Credit was given for the butter produced and for the skim milk. The variation in the individuality of these cows was shown by the year's record. In the production of milk the range was from 8,558 pounds to 3,141 pounds; in butter from 500 pounds to 195 pounds; in net profit from \$42.20 profit to \$18.03 loss. The six poorest cows were kept at a money loss of \$97.47 and the six most profitable at a profit of \$148.78.

It is a rule scarcely without exception that when records of individuals in a herd are kept for the first time some animals are found running the dairymen in debt and others yielding very little profit. It is a conservative estimate, I believe, that 25 per cent of dairy cows are kept at a loss, 15 to 20 per cent at little or no profit, while the remainder only yield a profit sufficient to make up the loss of the unprofitable ones and leave a small resulting profit.

Dairymen may correct their judgment and secure better cows by keeping records of the milk given by each individual cow and the amount of fat it contains, by forming in their minds a better conception of the form and outline of a dairy cow. She should have a long, deep barrel in order to store and digest a large amount of food. She should have a good udder, so that the food transferred to the blood may find room to be elaborated into milk. She should have light front and rear quarters and carry little flesh, showing a disposition to transform her food into milk and not into flesh.

She Couldn't Dance.

A certain clergyman had often urged an old woman in his parish to go to church, and he so far prevailed on her that she attended one Sunday morning. However, by mischance she got into a pew belonging to a regular attendant.

The verger went to her and beckoned her to come out. At the same instant the harmonium commenced playing, whereupon the old lady, shaking her head at the verger, said:

"It's na use asking me, You mun git somebody else, as Ah can't dance."—London Telegraph.

God's Tests.

Some ask, Why does God send suffering into the world? Why not kill the devil, have the soldiers come home from the battlefields, place bags of gold at the poor man's door and let the sick walk out of the hospitals? But God intends that we should suffer and bear the test that we may be tried and true when we are called hence. God himself suffered as none of us.—Rev. Father J. O. S. Huntington, Episcopalian, New York.

ALL OVER THE HOUSE.

Little Things That All Housekeepers Ought to Know.

Save the wire from discarded brooms until enough is obtained to make a small hand broom. Cut it into lengths of six or seven inches, bind securely and attach a handle. Such a broom is admirable in cleaning ironware or other metal.

Save all paper tablet covers for use in mounting photographs or picture cards, etc. Do not detach the half cover not used, but let it serve as a base, opening it half way, pyramid fashion, the table or mantle serving as the base.

If your house is not provided with shutters to exclude the heat that penetrates the thickest of shades during hot summer weather, take several thicknesses of newspaper and tack or glue to the upper sash; let them reach at least half way the length of the window. By keeping the blinds closed a coolness will be obtained that would be otherwise impossible. A large sheet of pasteboard may be substituted for the paper. Small hoods or coverings over windows also exclude much heat.

If a patch is wanted on the sole or upper part of a thin shoe or slipper, apply thin leather with a coat of mastic. It will remain for months.

In repairing or altering cotton clothing it is vexing to find that the machine stitching has shrunk, drawing seams, hems, etc., into puckers. This trouble may be avoided by soaking the spool of thread overnight in water, afterward placing it where it will dry. If colored thread is oiled with machine oil, it makes it stronger and it works better on a machine.

A few drops of oil of lavender scattered through a bookcase will save books from mold. Libraries in closed rooms are liable to be injured by dampness. The lavender will prevent this.—Housekeeper.

Hints on Keeping Jam.

People often find their jams do not keep well. They sometimes ferment or turn moldy, and either the fruit, the place they were stored in or the sugar is blamed. The fault, however, lies in themselves. The secret of success lies in never leaving the preserving pan for one moment from the commencement of the proceedings and not to skim the fruit. Put, as a rule, one pound of sugar to each pound of fruit, and stir the whole well from the moment it is put on the fire. As the scum rises and when boiling has begun, stir

New Hair on Old Heads.

Some cases reported of persons of great age where the hair has returned to the normal color are very remarkable. By an inscription on a tombstone at Breslau it appears that one John Montanus, who was a dean there, recovered three times the color of his hair. A Mr. Marazella of Vienna died in 1774, aged 105. "A few months before his death," according to the account, "he had several new teeth, and his hair, grown gray by age, became black, its original color."

John Weeks of New London, Conn., at the age of 106 married a girl of 16, at which time "his gray hairs had fallen off, which were renewed by a dark head of hair." He died eight years later. Susan Edmunds of Winterbourne, Hants, at the age of 99, five years before her death, acquired "new hair of a fine brown color." She died in 1780.

The Body of Christ.

No lodge or gathering of any kind can compare or be substituted for the church of Christ. Make no mistake as to the body of Christ. It is no statue, no galvanized corpse or dummy or mannikin of any sort.—Bishop Warren A. Candler, Methodist, Atlanta.

H. Sengstacken.

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