

# Insomnia

"I have been using Cascarets for Insomnia, with which I have been afflicted for twenty years, and I can say that Cascarets have given me more relief than any other remedy I have ever tried. I shall certainly recommend them to my friends as being all that they are represented."  
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We will give you a good 22k gold or porcelain crown for \$3.50  
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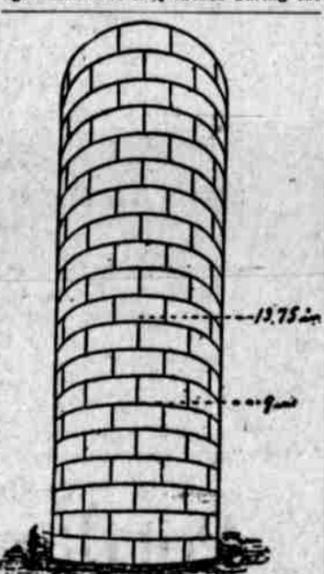
# FARMS AND FARMERS



**Intensive Dairy Farming.**  
The question is often asked how many cows a certain number of acres will support. By the question is meant that the entire energy of the farm is to be devoted to raising food for the dairy cow. A farm in a good state of fertility can be easily arranged so that one could keep a cow to every two acres if the land is all good, rich, tillable land. And one would be able to raise both the forage or bulky part of the ration, and the grain ration, too. It could be done in a few years' time with the proper handling of the herd on the farm.

Three crops upon the farm will do it—first, corn; second, clover hay, and, third, peas and oats. Of course, the clover sod would be plowed down for corn and then the corn ground be put into peas and oats the following season. With these three foods one can make a balanced ration for the dairy cow without purchasing any other outside food, either concentrated or bulky.  
The statement has often been made that an acre of good land will support a cow the year around. One dairyman made the remark that he could keep two cows on an acre, but practically the man who keeps one cow on two acres is doing very good business if he gets fair prices for the product. It is a fact that the demand for milk, butter and cheese is increasing faster than cows and the prices are continually advancing. There is no better business than dairying.—Agricultural Epitomist.

**Water a Necessity for Crops.**  
This reservoir is 100 feet high and 27 1/2 feet in diameter and will hold 3,400 tons of water, an equivalent to 30 acre-inches of rain fall. An average rainfall of 13 1/4 inches during the



growing season would fill to the point indicated. A rainfall of 9 inches, if completely utilized, would produce a yield of 30 bushels of wheat or 157 bushels of oats.

**Silo Building.**  
In all silos the greatest waste occurs around the sides, particularly in the corners, because the air has greater access to these parts. The fodder is not packed tightly in the corners, the air fills the interstices and decay results. With the cylindrical silo the friction is equally distributed over the entire inside wall surface, so that the silage settles evenly.

The place a silo is to occupy may determine the form to build. There are several kinds. Chief among these are the round the stave, the square rectangular, and the octagonal form. A square or rectangular silo can usually be constructed within a barn with better economy of space than a round silo. For these reasons square silos are most frequently employed within the barn, and the circular type when a separate building is constructed.

**Bitter Butter.**  
Bitter cream and butter may and generally does result after the cow has been feeding liberally on moldy hay, decaying roots and certain weeds. Another fruitful source of bitter cream and butter is the holding of the cream at too low a temperature, when objectionable bacteria get in their work, causing a pungent or bitter flavor. For best results cream should be cooled and held at a temperature of about 50 degrees for six or seven hours immediately after separation, after which it should be ripened in a temperature of from 60 to 70 degrees. When it begins to turn sour it is ready to be churned, and then the sooner it is

churned the better. In small dairies, where several separator skimmings are required to make up the quantity of cream for a churning, the cream should never be run from the separator into the vessel holding previous skimmings. One needs a cream can of sufficient size to hold all that is required to make up the churning, and such vessels should be kept in a place where the temperature is about 60 degrees. Each skimming should be cooled before being emptied into this storage can. When fresh cream is emptied it should be at once thoroughly incorporated with the contents of the can by stirring with a spoon or ladle. Churning should not take place within five or six hours after the last cream has thus been added.—Field and Farm.

**For a Sucking Cow.**  
The following description is given of a device to prevent a cow from sucking herself:

Secure two lengths of small cord, also six pieces of round, light wood about 12 inches long and 1 1/2 inches in diameter, bore 3/4 inch holes at each end of sticks, then having tied a knot at one end of the rope, thread on the sticks. Knot the cord on either side of the sticks, then throw the same across the cow's neck (having regulated the knots and sticks to suit the small of the neck and also the shoulder), and the end of the cords around the first knot. The accompanying illustration shows the result. This device prevents the cow from reaching her flanks.

**Reclaiming Washed Land.**  
I had about one acre of washed clay land on one side of a good field. It was absolutely devoid of vegetation, had been left out for a number of years after wasting fertilizer upon it, and was an eyesore. Early in the spring I crossed it with furrows about 5 feet apart. In these furrows I dropped wild blackberry roots, one about every 4 feet. I dropped a forkful of stable manure next to each root, partially covering it, and covered the whole with one furrow made with the turn plow. In the next furrow I dropped small pine tops and partially covered them with the plow. I went over all the land in the same way. The work required three days for two men and a team. The following spring I plowed out the middles. This was five years ago, and I have not touched the land since. I have gathered two good crops of blackberries and the land is now covered with heavy berry bushes and a good wild grass sod, with no wash to speak of.—G. M. Humphreys, in Agricultural Epitomist.

**Fashion Robs the Farmers.**  
According to William Dutcher, president of the Audubon Societies of the United States, birds save to the farmer \$200,000,000 a year in the destruction of noxious insects and noxious weeds. The great destroyers of birds are the plume hunters for millinery purposes. Birds destroyed for food are restocked by natural processes, but the plume hunters recognize no closed season.

Millinery interests in America represent \$38,000,000 worth of work done by the birds for the farmers. The bobwhite is the arch destroyer of the potato bug, the cuckoo of the caterpillar, the woodpecker of the boring grub, the lark of the grasshopper and the sparrow of the weed seeds. President Dutcher thinks the birds are entitled to at least fair play from the milliners.

**Beet Culture Wanes.**  
Comment has arisen over the apparent decadence of sugar-beet culture in the farming section about Toledo, Ohio. Where a few years ago a dozen fields could be seen without traveling more than a mile or two, now scarcely one exists. A farmer reported he saw but one field between Toledo and Monroe, though only a few years ago this section produced heavily. Several factors have arisen to work against beet raising. In the first place, labor and care considered, the present high-priced cereals are considerably more profitable; again, farmers have begun to learn that beets tax soil vitality about as heavily as any crop, and, unless fertilizing elements are constantly applied the land invariably suffers. Complaint is also made of difficulty in marketing the output.

**Grass for Shady Places.**  
The Iowa Agricultural Experiment Station has found out that, on railroads running east and west, it is necessary to plant a different kind of grass on the north side of embankments from the south side because of the different amount of sunlight that each side receives.

**900 DROPS**  
**CASTORIA**  
ALCOHOL 3 PER CENT.  
A Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of  
**INFANTS & CHILDREN**  
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**Special Offering at New York Store.**  
Clerk—Here is something new in chafing dishes.  
Customer—What is its special feature?  
Clerk—It produces only nightmares that are perfectly gentle.—Judge.

**A little bottle of Hamlin's Wizard Oil is a medicine chest in itself. It can be applied in a larger number of painful ailments than any other remedy known.**

**Asking Too Much.**  
Letter Carrier—Rainy weather, farmer.  
Farmer—Yes; our boarders are all kickin'.  
L. C.—They can't blame you for the weather.  
F.—Can't, eh? Gosh, some of 'em seem to think I ought to furnish moonlight nights.—Boston Transcript.

**It Cures While You Walk.**  
Allen's Foot-Ease is a certain cure for hot, sweating, callus, and swollen, aching feet. Sold by all Druggists. Price 25c. Don't accept any substitute. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y.

**He Knew.**  
"My boy, here's the place for you. Hours from 10 to 2; Saturdays from 10 to 12; work genteel and light; experience unnecessary; salary, \$100 per week. How does that suit you?"  
"O'wan! I ain't got no \$50,000 to invest in the business."—Houston Chronicle.

**Could Not Tell Sooner.**  
"What, Suzanne, going to leave me?" exclaimed the lady to her French maid, who was "invaluable." "Going to get married? This is most unexpected."  
"Oul, madame, but set see not my fault," responded the maid, apologetically. "Eet was only last night zat your son proposed to me!"—Philadelphia Inquirer.

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

**This is a Lie!**  
"Why do so many women rest their chins on their hands when they are trying to think?"  
"To hold their mouths shut so that they won't disturb themselves."—Cleveland Lander.

**Pettit's Eye Salve for 25c.**  
Relieves tired eyes, quickly stops eye aches, congested, inflamed and common sore eyes. All druggists or Howard Bros., Buffalo, N. Y.

**But Not in a Salon.**  
"You know the artist we met last summer who boasted so of his family connections? Were any of his pictures hung?"  
"No, but his grandfather was."—Baltimore American.

Croutons for soup are most easily made by cutting stale bread about half an inch thick, buttering it thickly on both sides, cutting in half-inch squares and baking in the oven until brown.

## THE CRY FOR CREAM

is constantly increasing. The big creamery companies are constantly on the lookout and are offering good prices. A great many dairymen are buying more cows instead of trying to get all the profits possible out of those they now have. They seem to think about all that they can do is to run the milk through a cream separator, never stopping to consider whether the cream separator is doing its duty as it should. If its an old-fashioned, out-of-date or cheap machine it can't get all the butterfat—it wasn't intended to. Your dairy profits can be increased from 5 to 25 per cent by the use of

### A NEW IOWA CREAM SEPARATOR

The Separator that has won recognition by the three last expositions, St. Louis, Portland and Jamestown, and has the endorsement of all the leading dairy experts. Its use actually means the saving of a great amount of cream. It also means that your cream makes better butter and never has that separator taste peculiar to cream skimmed by other machines. This is because the Iowa is so easily cleaned and never becomes choked up with dirt and dirt. Among its many advantages are these—water-tight supply can, enclosed gearing; ease of operation; adjustable crank; neat appearance; interchangeable parts; etc. IT IS POSITIVELY THE CLOSEST SKIMMER ON THE MARKET. Send for catalogue.

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