

PUMPKIN SEEDS.

The Peculiar Properties of the Seeds and their Value as a Food.

One effect of pumpkin seeds is their action upon the kidneys. They are given as a diuretic medicine, as stated by Wood & Bachem in their Dispensary, and also used to expel tape-worm.

Those who have watched their effect upon milk cows, believe that this action upon the kidneys reduces their yield of milk. And this is certainly the natural effect that extra action of the kidneys must have upon the secretion of milk. Strong action like this must also unfavorably affect fattening animals—hogs or cattle. Pumpkins, in his work "Across America and Asia," says the Chinese eat pumpkin seeds between the courses at dinner. This may be as an appetizer or digester.

These seeds are rich in nitrogen and oil. They are certainly very nutritious, and cattle and hogs are often eager to eat them. Some feeders of swine have been very successful in feeding pumpkins as a large part of the ration in fattening them. Experience seems to have been contradictory on this matter, but the explanation is simply this: The seeds in small quantity are not deleterious to animals in good health, but when it happens in breaking or cutting up pumpkins that the seeds are separated from the body of the pumpkin, and these accumulated seeds are thrown to the animals in a mass, and an extra quantity is eaten by a few, it produces a bad effect.

It is to be presumed that if hogs or young cattle eat only the common proportion of seeds—that is, if it eats a pumpkin and the seeds that belong to it, no harm will be done, unless the pig or steer is in an unhealthy condition. But as the seeds are so liable to get separated from the body of the pumpkin, it is safer to separate them, and if fed, give them in very small quantity. It is the seeds alone that act deleteriously upon the kidneys.

The pumpkin is a profitable crop to raise for feeding all the animals on the farm. Two to three tons per acre may be raised with very little labor in the corn field, and the food value per ton is greater than the best corn fodder. But it is not advisable to feed the seeds to milk cows—the danger is greater than the advantage.—Prof. Steuart, in Country Gentleman.

WATCH THE COLONIES.

Serious Mistakes in Bee-Keeping Which Can Easily be Avoided.

Bees quickly detect individuals who are strangers, being, no doubt, guided by scent, and they also have a repugnance to articles that have been painted, greased, or in any manner rendered of a disagreeable odor. The new hives, therefore, should be as clean as possible, and free from any taint of impurity. They should not be painted, nor should anything be placed in them but a small quantity of sugar or pure syrup. The bees will carefully clean the hives after they take possession, and will keep them in good condition. It is very easy to make mistakes in bee-keeping, and they should be avoided as much as possible. Do not waste the comb. If the combs are gradually returned to the hives the bees will give them a thorough cleaning and utilize them, thereby saving a vast amount of labor that would otherwise be devoted to the production of honey, and extra combs should always be on hand for the use of new swarms. If a colony leaves the hive late in the season, when the harvest of honey is nearly over, the bees will have an arduous task to perform, if they are compelled to make both comb and honey. All hives should be covered in order to protect them from the rays of the sun and from dampness. One of the essentials in bee-keeping is a dry hive. Dampness is more injurious than cold, and the mistake of not properly protecting the hive may entail loss. Keep a watch over the colonies, and avoid the mistake of being compelled to make or procure a hive just about the time the swarming is to occur. Have every thing in readiness, so as to locate the new colony as soon as possible.—Farm, Field and Stockman.

ROUGH FEED NEEDED.

The Only System of Feeding Which Insures Complete Digestion.

All domestic animals need rough feed, or "stover," mixed along with the fine food, hogs as well as the rest. In the case of the ruminating animals, it is doubtful if grain or meal fed alone goes to the first stomach at all. A large majority of the experiments made to determine this point, clearly show that fine foods do not, to any material extent, go to the first stomach when fed to cattle alone; and if food does not go to the first stomach, it can be only very imperfectly digested, since it escapes the macerating process of the rumen, and being remasticated and mixed with the saliva. How true this is every large feeder of cattle, in the West at least, must know. A large proportion of the kernels of corn eaten by the animals is found in their droppings, some whole, others broken, but all indigested. If they had passed into the first stomach they would have been raised and remasticated, and certainly would not have escaped this process scarcely broken. So it is when meal is fed. It passes into the third and fourth stomachs, a mass of dough, into which the gastric juices can not penetrate. It is true that the muscular contractions of the stomach will give a gentle motion to the dough; but this will make it more compact rather than of a character that the gastric juice can operate freely upon it. If, however, we mix this meal with cut straw or hay, the mixture will go to the first stomach, and will, of course, be remasticated, while the bits of straw or hay will allow the gastric juice to circulate through the mass and insure complete digestion.—Washington Post.

In many parts of Chemung County, New York, and in other southern tier counties, there is an unusual growth of red sorrel this season. Fields are covered with it where it was scarcely ever known before. Nor is its appearance confined to poor or inferior land. Some of the best wheat and tobacco land in the county is covered with it.—N. Y. Tribune.

LOVE OF NOTORIETY.

Male and Female Cranks Whose Ways Are Past Finding Out.

The tendency of a certain sort of people to be fascinated by notoriety, and especially by criminal notoriety, is a curious study. A recent dispatch says that Mrs. Bartlett, the woman lately tried in England on a charge of poisoning her husband, has, since her acquittal, received several advantageous offers of marriage. Parallel cases may be found in plenty. Some twenty years ago a Scotch girl named Madeleine Smith was tried at Glasgow for poisoning her lover. The evidence was strong against her, but it was shown that the lover was a disreputable adventurer who had driven the girl to desperation by threatening her with the exposure of certain letters she had written to him, and the jury returned the Scotch verdict "Not Proven." No sooner was the prisoner free than offers of marriage poured in upon her, and this notwithstanding the general belief that she had killed the man. There appears to be a sort of "crank" theory of ethics, incomprehensible by the world at large, which governs such cases, for on ordinary lines of reasoning it is impossible to understand the desire of any man to link his life with a woman even suspected of a proclivity toward the use of toxic agents at critical domestic junctures.

Nevertheless it is certain that female poisoners from Lucrezia Borgia to the Marchioness of Brinvilliers, and thence to the present day, have exercised this strange fascination upon a class of weak minds, and not only poisoners or suspected poisoners, but criminals of all kinds have had the same peculiar homage paid to them. Laura Fair, who shot down Crittenden, the California lawyer, could have married any one of a dozen prosperous idiots after her acquittal. Mrs. Dudley, who tried to kill O'Donovan Rossa, was offered several hands and hearts on the strength of her homicidal enterprise. The young woman who played the part of a female burglar in Brooklyn last year captured the affections of a stalwart farmer by her felonious capacity. Perhaps the dominant influence in those cases is that which attracted Fitz-James:

"And were a path not dangerous known, The danger's self were lure alone."

It is well known that when Bluebeard flourished the most fearful rumors were in circulation about the fate of his wives, but feminine curiosity, or enterprise, or whatever the influence, mastered apprehension and the wicked man had no difficulty in replenishing his secret chamber from the best families of the neighborhood.

The women are indeed not a whit behind the men in yielding to the fascination of notoriety, as witness the strange exhibitions of sentimentality which take place from time to time in the straitened habitations of the place called Murderer's Row. What is it about a red-handed assassin that exercises so queer an attraction upon tender women, that impels them to shower attentions upon him, to fill his cell with flowers, to lavish upon him marks of their kindness, to single him out from all the world for consolation and approval? Why, too, are such manifestations so often specially reserved for the male criminals whose victims have been women? We speak of mysteries the elucidation of which seems hopeless. The ways of "cranks," be they male or female, are past finding out.—N. Y. Tribune.

ESEK'S WISDOM.

Nine Precious Lessons Taught by Struggles With the World.

The great beauty of charity is privacy; there is a sweet force even in an anonymous penny.

Men of great genius should not forget that their failings, or vices, are more apt to be noticed, and even admired, than their virtues.

My friend, if you must keep a pet, let it be one of the serene kind (a rattlesnake or snapping turtle, for instance); this will exercise your caution and strengthen your genius.

Independence is a name for what no man possesses; nothing, in the animate or inanimate world, is more dependent than man.

It isn't so much what a man has that makes him happy, as it is what he doesn't want.

There are many comfortable people in the world, but to call any man perfectly happy is an insult.

There is nothing so valuable, and yet so cheap, as civility; you can almost buy land with it.

The great mass of mankind can only gaze and wonder; if they undertake to think they grow listless, and soon tire out.—Century.

An Extenuating Circumstance.

"Now, Uncle Mose," said Judge Smith, "it seems that you stole the only pullet that the widow Daniels possessed and there seems to be no extenuating circumstance. I have known you a long time, and I never would have expected this of you. Do you think it worth while to risk a good character for one insignificant pullet?"

"Mos' certainly not, your Honah. I agrees wid you, but how was I ter know dat sich a 'spectable-appearin' woman as de widow Daniels had only one pullet? Don't think I should lose my character for dat. I done tuck all she had, an' as I couldn't do more dan dat, yourself should count dat a 'stenuatin' circumstance.—Texas Siftings.

The guests at the hotels in Sacramento, Cal., were literally besieged by millions of beetles recently. The insects thronged the gardens and houses in such numbers that the boarders were compelled to make a stampede for the roads to escape them. No other houses were visited by the interlopers.

School property in the South is valued at \$6,000,000 against \$88,000,000 in the North.—N. Y. Sun.

ARTESIAN WELLS.

Difficulties and Expense of Boring Hundreds of Feet into the Earth.

It has been remarked from time to time that artesian wells are multiplying in large numbers, especially in large cities, where the water is at times, or all the time, quite unfit for domestic purposes, and where large factories find the meter charges and tax too expensive. Among the latter class it has been proven by experiment that an artesian well soon repays its cost with interest, but among the former class it is a luxury which can be indulged only by people of means. Some of the large hotels of this city get their water supply by the aid of these wells, and there are private families of wealth which have had these wells bored.

The cost of an artesian well is comparatively small now to what it was ten years ago, competition in the business having had the effect of reducing the price. These wells are made very much in the same way as are those from which oil is obtained. The great difference between the two, however, is that the water does not usually "spout." It generally makes its way to the surface and is pumped up to whatever height is wanted. The possession of an artesian well, therefore, involves that of a pump, the cost of the pump and the expense of running it.

When a well-borer is employed he contracts to sink the well at so much per foot. He can not, of course, tell how far down he will have to go to reach water in desirable quantities. It may be one hundred or five hundred feet. It is the consumer who assumes the risk of this. The price of work is from three dollars and fifty cents to twelve dollars a foot, according to the diameter of the well and other considerations. The borer sets up a derrick similar to those used in the oil regions, and fitted with a walking-beam, pulleys and a drum. Then, by the raising and dropping of a heavy weight, a section of pipe two or three feet long is driven into the ground. When it has gone down so far that there are only a few inches protruding above the surface, a second section is screwed on its top, the heavy weight is set in motion and this in turn goes down into the earth. Section after section is screwed on until the piping strikes rock. Meanwhile, by means of what is called a sand-pump, the piping has been kept clear of earth and sand, with which it soon becomes choked.

When rock is reached the process changes. The pipe, which has been forced with some difficulty down through strata of earth, sand and gravel, remains immovable against the solid stone, and if the borer tried to drive it down with the iron weight, something would break, and that something would not be the rock. A long cylindrical mass of steel, made so that it will fit inside the piping, and weighing between three hundred and three thousand five hundred pounds, according to the hardness of the rock and the diameter of the piping through which it is to pass, is brought into play. It is shaped at the end something like an axe. It is lowered by a metal rope through the piping. When it reaches the bottom it is raised a few feet by powerful machinery, and then suddenly dropped. This splits the rock and the broken pieces are forced to the surface by means of the sand pump. It is tiresome work going through the rock. Sometimes it takes several hours to bore one foot.

Very often when the rock-breaking is going on the rope that holds the iron breaker gives way, and the tool is left at the bottom of the well. This is a very trying situation for the contractor, for there is great danger that his work will have to be stopped, and that he will lose the money that it cost him, for the contractor is always the loser in such instances as a matter of course. There are implements specially made to recover the breakers, but the process is tedious, and sometimes the recovering apparatus itself is lost. Cases have been known where wells a few hundred feet deep, which have cost one thousand dollars or more, have become so choked up with irrecoverable implements that they have had to be abandoned.

The cost of an artesian well can scarcely be estimated, owing to the competition already mentioned. The expense to the borer of fitting up his derrick at the spot where he is to make a well is from one hundred dollars to one hundred and twenty-five dollars. This is before earth can be broken, and it includes cartage of machinery, boilers and derrick. Of course this has to be recovered from the sum stipulated on per foot for boring, as the consumer contracts to pay only for every foot completed, and to take no risks whatever. The borer says the competition that has reduced the price of an artesian well by fifty per cent. in four years has made the occupation of a borer a precarious one.—Philadelphia Bulletin.

A Deliberate Falsehood.

At some Texas hotels the partition walls are so thin that the conversation in one room can be heard in the next. Two friends from the interior put up at a Galveston hotel and were given one room. The man in the next room overheard the following conversation about daybreak next morning:

"I say, Bill, are you awake?" "I've been wide awake for the last two hours." "Lend me five dollars." "I've dozed off again." "I thought you were lying when you said you were wide awake."—Texas Siftings.

The other evening the little daughter of a Congressman was paying a visit at a neighbor's, and the respective mothers were talking of physical ailments and their remedies. After a while the little girl saw an opportunity to make a remark. "My papa," she said, "always drinks whisky when he is sick." Then she stopped for a minute, her eyes softened and saddened, and she continued slowly, "And poor papa is sick nearly all the time."—Washington Critic.

IN THE SICK ROOM.

The Experience of An Intelligent Nurse Presented in Popular Form.

"In summer persons caring for the sick invariably raise the windows from the bottom," remarked a trained nurse. "Now, except in very sultry, close weather this should not be done. The sick-room should be constantly supplied with fresh air, but it should be admitted in such a way as to cause no strong current near or about the patient. The best way is to drop the windows from the top. Cool air being heavier descends, and when introduced high up purifies and freshens the atmosphere more thoroughly. It is always dangerous to open a window in the direction from which the wind is blowing.

"People who are not disturbed by disorder when well are often irritated by the least confusion in the arrangement of a room when ill. Everything in the room should be carefully adjusted to the best advantage, for a sick person's fancy is most capricious. Nothing should be allowed to lie around carelessly. The table should not be littered with books and papers. Flowers should be kept no longer than absolutely fresh. Medicine and water glasses should be carefully washed and kept from the sight of the patient. The constant sight of medicine is not only trying to an invalid but often nauseating.

"No food should ever be prepared in the sick-room. If only a small bowl of broth, it should be served as invitingly as possible. Nor should a bowl of broth or gruel or a cup of tea be carried to the sick person in your hand; place it on a tray covered with a clean napkin. Bring but a little quantity at a time, for a large quantity is apt to take away the patient's appetite. If possible, always serve too little, reserving a supply until asked for more. If the physician should order a larger amount of food, than the patient can take at one time, as for instance, a cupful of milk or broth, try only a little, a tablespoonful or so at a time. If the stomach rejects even this, try even less. Too great care can not be observed in all these seeming small details. With persons of highly sensitive nervous organizations the observance of these apparently trivial things often means the issue of life or death.

"Absolute cleanliness is imperative in the sick room. The bed linen should be changed at least every other day, unless the patient's condition is such as to make it impracticable. Sprinkle the carpet with tea leaves before sweeping, and dust with a damp cloth. Cleanliness is the only means by which the air can be kept pure, especially in summer. Impure air, whether in the sick room or otherwise on the premises, readily becomes poison. Cleanliness in summer is not only essential to the recovery of the sick, but to the continuance of good health to those who are well.

"It is never desirable to darken a sick room except in some nervous diseases, affections of the eyes, or in the acute stages of the disease. There are persons whose nervous systems have become so disarranged that the broad daylight is an actual pain to them and nothing so grateful to their disturbed nerves as the darkness. Light, however, is an important adjunct in convalescence. When the patient is very sick it is easy to admit plenty of light without allowing it to fall in such a way as to occasion annoyance. Be sure that the lamp does not smoke or give out a bad odor at night, and that the lamp is not so placed as to make shadows flicker within sight of the patient when you keep it burning all night. If the gas jet causes this effect on the wall, made it in such a manner as to prevent the formation of distracting shadows. Little things that in health would be unnoticed often have a disastrous influence on a system weakened by long or severe illness.

"For all stomach inflammations or irritations there is generally nothing better than cracked ice. The lumps can be allowed to melt in the mouth. One supply of ice can be made to last for a number of hours by laying it in a piece of coarse flannel suspended in a bowl. Take a deep bowl, holding a quart or more and a piece of coarse flannel, oblong in shape, about twice as long as it is broad. Fasten the flannel around the bowl with a string in such way as to make it reach about half way to the bottom. Put the cracked ice into this flannel cup and cover it with the end left over because of the oblong shade. In this manner the ice is kept dry, the water running through the flannel into the bowl.

"Another word about flowers: Keep no heavily scented blossoms near the sick person, and if flowers are placed near the bedside during the day remove them at night. People with delicate imaginations are often very sensitive in regard to a preponderance of white blossoms about them when very ill. They want to behold something vivid that speaks of throbbing life, not the symbolic flowers of death.

"All idiosyncrasies of the sick must be studied by the intelligent nurse, for the best of physicians can do but little to alleviate disease if not aided by skillful nursing."—Chicago News.

Timely Work.

Work is most profitable when it is applied at the right place and proper time. One of the best ways of saving labor is to fight the weeds when they are young. Every day's growth allowed them is just so much additional work, as the harrow and cultivator can be made to perform what may hereafter require the plow. On the garden, if the seeds of the vegetables are up, a raking between the rows will delay the use of the hoe and save work. Every hour's work saved is so much profit and gain, and by keeping a close watch over the several departments, the work may be bestowed just where it will be the most serviceable, and every farmer should aim to do so.—Farm, Field and Stockman.

It is said that the pods of lima beans are injurious to hogs, though they may be freely fed to cows.

Lime Baking Powders Must Go.

Official Expressions—"Royal" found to be the only absolutely pure baking powder.

Governor Hill, of New York (says a reporter of the N. Y. Tribune), says: "I have been astonished lately at the extent of the adulteration of food. It would seem that every thing we eat is adulterated. * * This adulteration of groceries is becoming a national evil—one that we shall have to adopt severe means to check."

The machinery of the law cannot be put at work too speedily or too vigorously against this wholesale adulteration of the things we eat. Both the health and the pockets of the people demand protection.

There is no article of food in general use more wickedly adulterated than baking powder. The New York State Board of Health has analyzed 84 different brands purchased in the State, and found most of them to contain alum or lime, many to such an extent as to render them seriously objectionable for use in food.

The sale of adulterated baking powders has been prohibited by statute in several States. It will be in the interests of the public health when their sale is made a misdemeanor everywhere, and the penalties of the law are rigidly enforced.

The only baking powder yet found by chemical analysis to be entirely free from lime and absolutely pure is the "Royal." This perfect purity results from the exclusive use of cream of tartar specially refined and prepared by patent processes, which totally remove from it the tartrate of lime and other impurities. The cream of this chemically pure cream of tartar is much greater than any other. The high grade of the Royal Baking Powder has been fully established by official chemists.

Prof. Love, who made the analyses of baking powders for the New York State Board of Health, as well as for the Government, certifies to the purity and wholesomeness of the "Royal."

Prof. H. A. Morr, late Government chemist, says: "It is a scientific fact that the Royal Baking Powder is absolutely pure."

Dr. E. H. Bartley, chemist of the Brooklyn Department of Health, says (April 24, 1885): "I have recently analyzed samples of the Royal Baking Powder, purchased by myself in the stores of this city, and find it free from lime in any form."

Prof. McMurtrie, chief chemist U. S. Department of Agriculture, Washington, D. C., says: "The chemical tests to which I have submitted the Royal Baking Powder prove it perfectly healthful, and free from every deleterious substance."

Bread, cake, biscuits, etc., prepared with Royal Baking Powder will be lighter, sweeter, and more wholesome than if made with any other baking powder or leavening agent.

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for Infants and Children.

"Castoria is so well adapted to children that I recommend it as superior to any prescription known to me." H. A. Archer, M. D., 111 So. Oxford St., Brooklyn, N. Y.

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