

IMPORTANT FOOD TESTS.

How to Produce More Economical and Healthful Articles for the Table.

The official food analyses by the United States and Canadian governments have been studied with interest. The United States government report gives the names of eighteen well-known baking powders, some of them advertised as pure cream-of-tartar powders, which contain alum.

The report shows the Royal to be a pure cream-of-tartar baking powder, the highest in strength, evolving 100.6 cubic inches of leavening gas per single ounce of powder. There were eight other brands of cream-of-tartar powders tested, and their average strength was 111.5 cubic inches of gas per ounce of powder.

The Canadian government investigations were of a still larger number of powders. The Royal Baking Powder was here also shown the purest and highest in strength, containing forty-five per cent. more leavening gas per ounce than the average of all the other cream-of-tartar powders.

These figures are very instructive to the practical housekeeper. They indicate that the Royal Baking Powder goes more than 33 per cent. further in use than the others, or is one-third more economical. Still more important than this, however, they prove this popular article has been brought to the highest degree of purity—for its superlative purity this superiority in strength is due—and consequently that by its use we may be insured the purest and most wholesome food.

The powders of lower strength are found to leave large amounts of impurities in the food. This fact is emphasized by the report of the Ohio State Food Commissioner, who, while finding the Royal practically pure, found no other powder to contain less than 10 per cent. of inert or foreign matters.

The statistics show that there is used in the manufacture of the Royal Baking Powder more than half of all the cream-of-tartar consumed in the United States for all purposes. The wonderful sale thus indicated for the Royal Baking Powder—greater than that of all other baking powders combined—is perhaps even a higher evidence than that already quoted of the superiority of this article, and of its indispensableness to modern cookery.

The Market Was Active. "Gentlemen want to know what this poem's worth?" said the office boy. "Don't know," mused the editor, in an absent-minded way, "I haven't had a late quotation from the paper dealers to-day, and I'd hate to make a price without knowing."—Atlanta Constitution.

Bank holidays in Scotland are New Year's Day, Christmas Day, Good Friday and the first Mondays in May and August.

MERITED REWARD.

SALES OF LYDIA E. PINKHAM'S VEGETABLE COMPOUND.

Unequalled in the History of Medicine. Honesty, Excellence, Faithfulness Flirt Rewarded.

[SPECIAL TO OUR LADY READERS.]

Never in the history of medicine has the demand for one particular remedy for female diseases equalled that attained by Lydia E. Pinkham's Vegetable Compound and never in the history of medicine has the demand for it been so great as it is today.

From Maine to California, from the Gulf to the St. Lawrence, come the glad tidings of woman's suffering relieved by it; and thousands upon thousands of letters are pouring in from grateful women, saying that it will and does positively cure those painful ailments of women.

It will cure the worst forms of female complaints, all ovarian troubles, inflammation and ulceration, falling and displacements of the womb, and consequent spinal weakness, and is peculiarly adapted to the change of life.

Backache. It has cured more cases of lumbago than by removing the cause, than any remedy the world has ever known; it is almost infallible in such cases. It dissolves and expels tumors from the uterus in an early stage of development, and checks any tendency to cancerous humors.

Lydia E. Pinkham's Liver Pills work in unison with the Compound, and are a sure cure for constipation and headache. Mrs. Pinkham's Sanative Wash is frequently found of great value for local application. Correspondence is freely solicited by the Lydia E. Pinkham Medicine Co., Lynn, Mass., and the strictest confidence is assured. All druggists sell the Pinkham's remedies. The Vegetable Compound, in three forms—Liquor, Pills, and Lozenges.

The Greatest Medical Discovery of the Age.

KENNEDY'S MEDICAL DISCOVERY.

DONALD KENNEDY, OF ROXBURY, MASS., has discovered in one of our common pasture weeds a remedy that cures every kind of Humor, from the worst Scrofula down to a common Pimple.

He has tried it in over eleven hundred cases, and never failed except in two cases (both thunder humors). He has now in his possession over two hundred certificates of its value, all within twenty miles of Boston. Send postal card for book.

A benefit is always experienced from the first bottle, and a perfect cure is warranted when the right quantity is taken. When the lungs are affected it causes shooting pains, like needles passing through them; the same with the Liver or Bowels. This is caused by the ducts being stopped, and always disappears in a week after taking it. Read the label.

If the stomach is foul or bilious it will cause seasickness feelings at first. No change of diet ever necessary. Eat the best you can get, and enough of it. Dose, one tablespoonful in water at bedtime. Sold by all Druggists.

TIMELY FARM TOPICS.

MANAGEMENT OF THE FARM, GARDEN AND STABLE.

Value of Crimson Clover as Feed and Manure—Home-Made Sulky Plow Used in the Northwest Territories—Fence for Wet Grounds.

Crimson Clover.

Crimson clover is a comparatively new crop, yet the area seeded each year is rapidly increasing. Where its characteristics have been studied and are well understood by farmers it is very highly regarded, and now has a fixed and important place among the regular farm crops. The New Jersey experiment station, according to the American Agriculturist, has made a very careful study of the plant, and experiments are still in progress to fully determine its advantages and limitations. In the truck sections of the State it is largely used as a green manure crop, while in the dairy regions and among general farmers it is esteemed for early pasture, for forage, for silage, or for hay. In southern sections large areas are being turned under as a manure for corn, tomatoes, potatoes and other crops, while in the more northern sections it is used to some extent for pasture, and in summer as a silage crop and in orchards as a green manure.

The single stool shown in the accompanying illustration was removed from the soil on April 24. It represents the average size of the crop on that date on good soil. It was seeded in a pear orchard in Gloucester County on Aug. 1. Articular pains were taken to retain the whole root system to the depth of the surface soil, and the size of the taproot, as well as the abundance of fine rootlets with the accompanying tubercles, indicate a strong feeding capacity. Its stolon character is also an important feature, actual count showing seventy distinct branches in this stool. In the central sections of the State the average size in good soils, seeded under good conditions, was probably about



STOOL OF CRIMSON CLOVER.

six inches on the same date. The studies made last year at this station show a great value of the crop even when averaging only six inches high when used. It was found that the roots and stubble on an acre of a full stand of this size contained 103.7 pounds of nitrogen, an amount equivalent to that contained in 648 pounds of nitrate of soda, which would cost at present prices \$15; or it was equivalent in nitrogen and organic matter to that contained in ten tons of average quality yard manure, the nitrogen in which represents two-thirds of its total value as actual plant food, and which costs \$2 per ton delivered at consumer's depot. Regarded as a food, it would furnish in pasture actual nutritious compounds sufficient to maintain twelve cows in full flow of milk for one week. The value of the crop is, of course, proportionately increased as it approaches maturity, and when fully grown is quite as valuable, other things being equal, as the common red variety.

Hens in Hot Weather.

Summer is the time to get hens in condition for fall and winter laying. Most of those that were prolific layers in spring will now want to set, but this should not be allowed. Kill off all the roosters, and begin feeding the hens liberally of the kind of food that makes feathers. Wheat is as good as anything, with some milk every day to drink. If fed thus they will begin to moult early, and get through this depressing operation before cold weather. A small quantity of linseed meal will help the hens to shed their old coats. Many do not begin to feed extra until cold weather. Then even if the new coat is produced, the hen is too much exhausted to begin laying before spring.

A Tree Hitching Post.

It is often desirable to use a tree for a hitching post, but there is danger that the horse may gnaw the bark, or rub his harness against the tree. The cut shows a device to obviate both difficulties. The horse thus hitched can neither reach the tree nor move in either direction by it.

Another safe contrivance to prevent horses from gnawing trees consists of a staple to which are attached three or four links of a chain, a half-inch rod thirty inches long, then three or four more links, with a snap at the end.

Profit in Cabbage.

At two cents a head, the cultivation of ten or more acres of good cabbage will net the farmer a very handsome return for his labor, more actual cash, with less labor, than a crop of wheat or oats will necessitate. Being a hardy vegetable, less risk is encountered in growing them up to marketable condition; this means a great deal to the grower. Locate near a good market, try cabbage as a principal vegetable, and with ordinary success they will pay. If Hollanders can grow them profitably and ship them to New York, certainly the demand for them is beyond the supply.

Holland is a great cabbage and turnip growing country; in fact, they are nearly all truck farmers.

Make a Sulky Plow.

To change an ordinary plow into a riding plow, an old wagon wheel may be cut down to 36 inches in diameter and the tire reset. Then have a blacksmith make necessary irons (see illustration) and any intelligent man can do the rest at home. Either make a new axle about 4½ feet long and clamp over the plow beam, over the upright stand and on the forward end of the plate which lies on top of this axle. Directly over the beam have a hinge made to which the pole is bolted. The iron braces which are seen hinged from the end of the lever to the front end of the beam serve to lift the plow out of the ground and to keep the pole in its place over the beam. A brace of hard wood or iron must be fastened from the axle, near the wheel, to the front end of the plow beam. When the plow is lifted out of the ground it runs on its heel, but a wheel may be added if preferred. The seat of a mower or hay rake is bolted to the axle and the plow is complete. This plow, says Farm and Home, will do as good work as any sulky plow in the market, and the plow can be detached at any time if wanted for drilling potatoes or any work of that kind. The cut above is a reproduction taken from a plow in actual service in one of the extensive grain fields of Alberta.



HOME-MADE SULKY PLOW.

A Believer in Few Crops.

An acre of ground may be made to grow a half dozen different kinds of supplies for the farm, thus preventing the necessity of expending money at the store; but if that acre can be made to produce a cash crop that will buy these supplies, and require only half as much of the time and labor of the farmer, it is business to let the patches go. The little side crops take so much valuable time in the busy growing season, and those who grow these supplies as field crops on soil and with tools adapted to their culture, can sell us what we need far more cheaply than we can grow them.

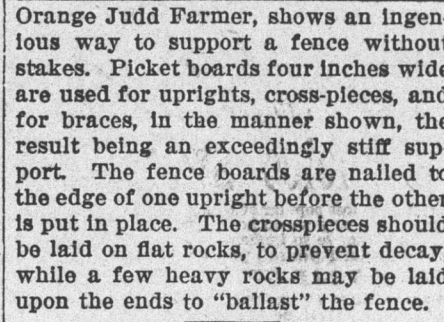
I believe that a very few kinds of crops are enough for one farm, says a writer. Modern tillage requires many costly tools, and it is better to push a few paying crops than to fritter away time on numberless patches. By so doing there is less danger of neglecting anything, and there is more net profit at the end of the year. Some side crops may be raised because they pay in cash, but the planting of everything with the idea that the farmer must pay out no money for anything is a relic of a bygone era that will never return.

Cleanliness in Milking.

Men often go directly from the dirtiest operation of farming to the milking, not washing their hands, brushing their garments, or properly cleaning the cow's udder, and to cap the climax, many moisten their hands and the teats with milk. Brushing the dry udder with the flat of the hand will remove much dirt. Filth should be washed off with clean water. Both teats and hands should be clean and dry during milking. The strainer will not remove all impurities. Many are dissolved, and thus get into the butter and cheese.

A Fence Without Stakes.

Stakes for fences are sometimes hard to obtain, and on some land stakes can never be kept in place, the frost throwing them out every year. Again, some land is so wet that ordinary stakes soon rot out. The illustration, from the



FENCE FOR WET GROUND.

Orange Judd Farmer, shows an ingenious way to support a fence without stakes. Picket boards four inches wide are used for uprights, cross-pieces, and for braces, in the manner shown, the result being an exceedingly stiff support. The fence boards are nailed to the edge of one upright before the other is put in place. The crosspieces should be laid on flat rocks, to prevent decay, while a few heavy rocks may be laid upon the ends to "ballast" the fence.

Late-Planted Potatoes.

If potatoes are planted on sod, the land should be plowed early and be thoroughly worked, delaying the planting until the sod has begun to rot. This will avoid the air spaces under the hills which often interfere with the yield, as this space is wholly untouched by the cultivator. One of the great advantages of clover for plowing under is that its sod rots very quickly, and thus the furrow does not hold up over a vacant space as it will in a tough June grass sod. This is nearly as important a point as good seed in securing a perfect even stand of potatoes, which is necessary in growing a large crop.

Shade for Milk Cows.

Shade is as essential to milk cows and fattening steers in summer as warmth in winter. If the pastures have no trees, erect a tight board shed, where they can go in and be in the dark, away from the flies. This fixture to a pasture often pays even if good shade trees abound. Such a building can be used for milking in, without driving the cows home, and in winter for storing mowers, rakes, etc. It should be built before the hurry of haying.—Farm Journal.

Drainage on the Farm.

Water is fatal to all life when in excess, because it deprives living organisms of the indispensable air. Plants must have air as animals must, and will drown when buried in water. Therefore, one of the first inquiries of the farmer must be as to whether his land needs draining, and, next, how best to do it.



A Household Department.

A Sponge in the Kitchen.

A good deal of dusting around coal stoves and open fires may be done to advantage with a damp sponge. An experienced housekeeper uses a large, coarse sponge, once devoted to washing carriages. Throw it into a pail of warm water, and add a teaspoonful of ammonia. Squeeze it out as dry as possible and pass it quickly and lightly over the plain furniture, the paint, the zinc, the corners of the carpets, the oilcloth, etc., rinsing out occasionally. It will remove every bit of dirt, and not merely disperse it into the room, as a cloth or feather duster too often does, and leave a bright, shining, clear surface that is very gratifying. While you have the pail in hand you will find it easy to wipe off finger marks or traces of that grimy which seems to come, no one knows how, in winter. You give a cleansing touch here and there to doors, cupboard shelves, or tables, with very little loss of time, and without any of that deliberate effort required for regular cleaning.

Potatoes Viennaise.

Boil eight peeled potatoes with one tablespoonful of salt in one quart of water; when done drain and press through a potato press; mix with one even teaspoonful of salt, one-half even teaspoonful of pepper, two ounces of butter, the yolks of three eggs, one-half gill of cream, and four ounces of grated Parmesan cheese. Mix well, and form the mixture into round balls the size of an egg. Sprinkle some flour on a pastry board, roll the potatoes into long shapes, thick in the center and pointed at the ends; brush them over with beaten egg; make two slanting incisions on top of each, lay them in a buttered pan, brush over again with egg, and bake to a fine golden color in a hot oven.

To Make Fowl Tender.

If you will try the following method of procedure you will be able to make the toughest fowl palatable. Truss it carefully, and put it on, with sufficient water to cover it well, and let it stew (not boil) gently, but steadily, for six or eight hours, according to its age. Then set it aside until next day, when you can cook it as you see fit, as though it were an ordinary raw fowl. All depends upon the gentleness of the first stewing, and, if that is done carefully, you will find you have a delicious dish.

Tomato Preserves.

Take the sound yellow variety as soon as ripe; scald and peel; to seven pounds of tomatoes add seven pounds of white sugar, and let them stand overnight. Take the tomatoes out of the sugar and boil the syrup, removing the scum; put in the tomatoes, and boil slowly fifteen or twenty minutes; remove the fruit again, and boil until the syrup thickens. On cooling, put the fruit in jars; put a few slices of lemon in each jar, and pour the syrup over them. These are very nice.

Stewed Cabbage.

Cut up a cabbage as for cold slaw. Boil in water twenty minutes. Then drain thoroughly and barely cover with rich milk. Cover close and boil till tender, which will not require many minutes. Add a palatable seasoning of butter, pepper and salt, and when ready to serve add the yolk of a beaten egg mixed with a few spoonfuls of rich cream.

Rolls.

One pint of boiling milk, one tablespoonful of butter, one tablespoonful of sugar, half a cupful of soft yeast, and flour to make a soft sponge. Let it rise over night, then knead hard; let it rise again and roll out; cut with a biscuit cutter and fold over.

Useful Household Hints.

Lamp chimneys must never be washed. Dampen a cloth in alcohol and rub them clear in half the time.

Salads are at all times valuable as cooling, refreshing food, and are besides excellent food for promoting sleep.

Grass stains should be rubbed with molasses thoroughly, and then washed out as usual. Another treatment is to rub with alcohol and then wash in water.

A common cause of failure in making fancy bread and rolls is mixing the dough too stiff. It should be soft enough to be easily worked without being in the least sticky.

In summer digestion needs to be vigorous, and to insure this end people ought to avoid as much as they can the use of foods which digest in the intestines, to which class bread and potatoes belong.

Washing soda moistened to a paste will brighten things quickly, and a teaspoonful added to a tablespoonful of Spanish whiting will make a paste that will clean marble if it is allowed to dry there.

When the burners become clogged and sticky lay them in a small pot, cover with vinegar and add a tablespoonful of salt; let them boil an hour or two. They will come out as fresh and clean as ever.

It is said that a new potato grated finely and then used instead of soap to wash with is good. The juice of the potato, raw, of course, contains some principle that acts quickly and beneficially on the skin.

Salad dressing does not often require the cook stove to prepare it, since oil, vinegar, cream and eggs may be used. The taste and sentiment of every individual may be considered by varying the form of service to any conceivable extent.

A good receipt for orange water ice is: One quart water, one pound sugar, the outer rind of one and the juice of three or four oranges. Strain into a can and pack in ice and salt around it, and freeze and scrape it, down until it is sufficiently frozen.

Puritized potash, which soon becomes sticky when exposed to the air, should be put in all the rat holes about the house. Some persons find a mixture of equal parts of cayenne pepper and Scotch snuff sprinkled well into the holes, to be still more efficacious.

Highest of all in Leavening Power.—Latest U. S. Gov't Report

Royal Baking Powder

ABSOLUTELY PURE

Elks in Harness.

Elks broken to harness may soon cease to be a novelty in the Northwest, and perhaps even in the East. Several years ago a wealthy rancher in Montana had a team of the creatures which he used to drive to his buggy, and when the fact became known other folk experimented in taming elks for a like purpose. Such a team was brought East last year and caused much interest. A rancher on the Humboldt river, Washington, is the last to experiment with elks for work purposes. He has a fine team recently broken to harness, which, he says, will haul as heavy a load as any pair of horses, are as docile, and most handsome. It may be that the elk will hold back for a while the electrical and mechanical tide that is sweeping the horse from the highways, and preserve the pleasures of the road that come from riding behind a thing of life, while adding a picturesque element.

Open the Safety Valve.

When there is too big a head of steam on, or you will be in danger. Similarly, when that important safety valve of the system, the bowels, becomes obstructed, open it promptly with Hostetter's Stomach Bitters, and guard against the consequences of its closure. Biliousness, dyspepsia, malarial, rheumatic and kidney complaint, nervousness and neuritis are all subjugated by this pleasant but potent conqueror of disease.

An Ancient Practice.

Bottled ale, rendered mellow by long keeping, was an accidental discovery. It was made by Alexander Newell, dean of St. Paul, in the reign of Queen Mary.

Grass Is King, 6 Ton Per Acre!

Sow grass. That is the foundation of all successful farming. Sow this fall. Did you ever hear of six tons per acre? Salzer's seeds produce such yields. Wheat, sixty to eighty bushels; rye, sixty bushels. Cut this out and send for free sample winter wheat and grass and fall catalogue to John A. Salzer Seed Co., La Crosse, Wis., C.N.U.

A New Protector.

Tin foil is now used extensively on gas fixtures in barrooms. It looks well and keeps off flies.

At the Office.

You may have a sudden bilious attack or headache when it is impossible for you to leave your work. If you have a box of Ripans Tablets in your desk a tablet taken at the first symptom will relieve you.

Fiction is a potent agent for good—in the hands of the good.—Mme. Neck.

It is better to remove than to hide complexional blemishes. Use Glenn's Sulphur Soap, not cosmetic.

"Hill's Hair and Whisker Dye," Black or Brown, 50c.

A character is a completely fashioned will.

Summer Weakness

Is caused by thin, weak, impure blood. To have pure blood which will properly sustain your health and give nerve strength, take

Hood's Sarsaparilla

PATENTS Thomas F. Simpson, Washington, D.C. No. 517,700. For full Patent obtainable. Write for Inventor's Guide.

USE NO SOAP

with Pearline. 'Twould be absurd. It isn't necessary. Pearline contains everything of a soapy nature that's needed or that's good to go with it. And Pearline is so much better than soap that it has the work all done before the soap begins to take any part.

You're simply throwing away money. It's a clear waste of soap—and soap may be good for something, though it isn't much use in washing and cleaning, when Pearline's around.

Millions NOW USE Pearline

"Forbid a Fool a Thing and That He Will Do."

Don't Use

SAPOLIO

Tell Your Wife

that you have read that Santa Claus Soap is one of the greatest labor-saving inventions of the time. Tell her that it will save her strength, save her time, save her clothes.

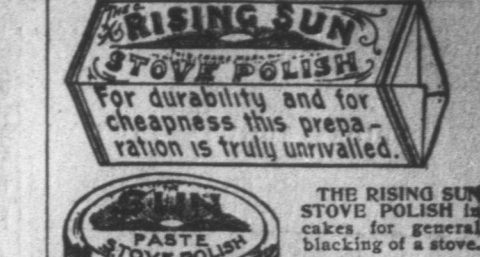
The merits of

SANTA CLAUS SOAP

appeal at once to every thoughtful woman. It's the best, purest, and most economical soap to be procured. Sold everywhere. Made only by

The N. K. Fairbank Company, - Chicago.

BEST IN THE WORLD.



THE RISING SUN STOVE POLISH is the best for general blacking of a stove. THE SUN PASTE POLISH for a quick after-dinner shine, applied and polished with a cloth.

Morse Bros., Props., Canton, Mass., U.S.A.

* HIGHEST AWARD * WORLD'S FAIR.

IMPERIAL GRANUM

THE BEST PREPARED

FOOD

SOLD EVERYWHERE.

* JOHN CARLE & SONS, New York. *

Beecham's pills are for biliousness, sick headache, dizziness, dyspepsia, bad taste in the mouth, heartburn, torpid liver, foul breath, sallow skin, coated tongue, pimples, loss of appetite, etc., when caused by constipation; and constipation is the most frequent cause of all of them.

One of the most important things for everybody to learn is that constipation causes more than half the sickness in the world, especially of women; and it can all be prevented. Go by the book, free at your druggist's, or write B. F. Allen Co., 365 Canal St., New York. Pills, 10c and 25c a box. Annual sales more than 5,000,000 boxes.

RIPANS TABLETS

W. C. Lloyd, a workman, living at No. 90 White av., in the Eighteenth ward, Cleveland, O., first bought Ripans Tablets of Benfield, the druggist. In an interview had with him on the 8th of May, 1895, by a reporter named A. B. Calhoun, residing at 1747 East Madison av., Cleveland, Mr. Lloyd said that he was at present out of a job, but expected to go to work next week at the Bridge works. "Any way I have the promise of a job there," were his words. He had been out of employment since last fall. We will let him tell his story in his own words: "Work was a little slack, and I was feeling so bad that I concluded to lay off for a few days, and when I returned my place was filled, so I've been out ever since. I don't care much, though. I've been gaining right along by my rest and treatment. Last fall I went to a doctor who was recommended to me as a good one and with quite a reputation. He gave me medicines of all kinds for nearly six weeks and I got no benefit that I could see. In fact I don't believe he knows what is the matter with me. A friend of mine called one evening and told me he had been using Ripans Tablets for a short time, and had never found anything that helped his stomach and liver troubles as much as they did. He handed me a circular about them, which I read, and concluded that they were just what I needed and would fit my case exactly. I dropped Dr. — at once, went over to the drug store and got a 50-cent box of them, out of which I took two a day for a while, and within three days noticed and felt much improvement. That was about the middle of December. Last February I got another small box of the Tablets and took part of them only, as I was feeling so much better that I didn't think I needed any more. The rest of the box I gave to John C.— the other day. If I had heard of them at the time I stopped work I could have saved my doctor bill, and, better than all, probably kept right on with my work. But I do not begrudge the time lost nor the doctor bill, as I feel I am well paid for having learned of the Tablets. I now feel no pain whatever in my stomach, liver and bowels active and regular, and eat like a well man should eat."

Ripans Tablets are sold by druggists, or by mail for the price (50 cents a box) is sent to The Ripans Chemical Company, No. 10 Spruce Street, New York. Sample this 10 cents.

LEAVES ITS MARK

every one of the painful irregularities and weaknesses that prey upon women. They fade the face, waste the figure, ruin the temper, wither you up, make you old before your time.

Get well! That's the way to look well. Cure the disorders and ailments that beset you, with Dr. Pierce's Favorite Prescription.

It regulates and promotes all the womanly functions, improves digestion, enriches the blood, dispels aches and pains, melancholy and nervousness, brings refreshing sleep, and restores health and strength.

UNIVERSITY OF NOTRE DAME

The Fifty-second Year Will Open TUESDAY, SEPT. 24, 1895.

FULL COURSE IN: Classics, Letters, Science, Law, Civil and Mechanical Engineering, Thorough Preparatory and Commercial Courses.

ST. EDWARD'S HALL, for boys under 13, is unique in the completion of the high school and college course. Candidates for the continental state will be received at special rates. Catalogues sent free on application to REV. ANDREW MOHRREY, C. S. C., Notre Dame, Indiana.

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