

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 186.6 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 indispensability to modern cookery.

The Market Was Active.
"Gentleman wants 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 Fully 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

Mrs. Pinkham's wonderful Compound 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 perfectly cure those painful

Aliments of Women.

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

Every time it will cure.

Backache.

It has cured more cases of leucorrhea 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 tumors.

Lydia E. Pinkham's Liver Pills work in unison with the Compound, and are a sure cure for constipation and sick-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, Liquids, 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 pastures 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 humor). 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 squeamish feelings at first.

One change of diet never necessary. Eat the best you can get, and enough of it. Dose, one tablespoonful in water at bed-time. 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.

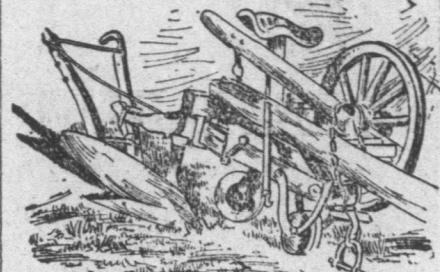
Crimson clover is a comparatively new crop, yet the area seeded each year is rapidly increasing. Where its characteristics have been studied and are well understood by farmers it is very highly regarded, and now has a fixed and important place among the regular farm crops. The New Jersey experiment station, 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 sowing, 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 sowing 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 stooling 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

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 standard 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



HOME-MADE SULKY PLOW.

ed 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.

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.

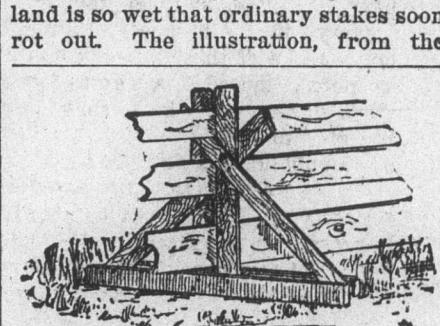
I believe that a very few kinds of crops are enough for one farm, says a writer. Modern tillage requires many costly tools, and it is better to push a few paying crops than to fritter away time on numberless patches. By so doing there is less danger of neglecting anything, and there is more net profit 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 by-gone 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 molten their hands and the teats with milk. Brushing the dry udder with the flat of the hand will remove much dirt. Flith 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.

LAWN 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 the tree 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.

PROOF 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.

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.

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A Sponge in the Kitchen.

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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 when he used to drive to his buggy, and when the fact became known other folks experimented in taming elks for harness.

Gabriel—What on earth have you done to this page in the ledger?

St. Peter—Going over Napoleon's record, in view of recent developments—New York World.

Revised to Date.

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To Cleanse the System.

Effectually yet gently, when costive or bilious, or when the blood is impure or sluggish, to permanently cure habitual constipation, to awaken the kidneys and liver to a healthy activity, without irritating or weakening them, to dispel headaches, colds or fevers use Syrup of Figs.

Egyptians Must "Step Lively."

The trolley has invaded the land of the Pharaohs. Cairo is to have a system.

Tobacco-Weakened Resolutions.

Nerves weakened by tobacco, always crave for a stimulant, explaining why it is the only guaranteed tobacco habit cure because it acts directly on affected nerve centers, destroying irritation, promotes digestion, and healthy, refreshing sleep. Millions gain pounds in ten days. You run no risk. No-Bac is sold and guaranteed by Druggists everywhere. B. Allen & Co., New York City or Chicago.

William Pitt was called the Bottomless Pitt, because of the skill with which he concealed his plans until ready to reveal them.

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 Tabules 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—Mine. Neck.

It is better to remove than to hide complexion 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.

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