Practical Talks and Plain Precepts for Farmers.

Edited for the Farmer readers of the MONITOR by an Annapolis Valley Agriculturist

Economy in Annapolis Valley Farming.

(By H. G. Wilson, Clarence, N. S.)

To talk economy in farming to the Annapolis Valley forty or fifty years ago when the fertile soil brought forth an abundant harvest to the sower, without regard to the amount of fertilizer used, or care in preparing the land, would have been a waste of time. But to-day the farmer must practice the most rigid economy in the care and fertilization of his fields, in the management of the stock on the farm, in the selection and planting of the seed, in short he must keep a careful watch on all the details of his business in order to succeed. And this is largely the result of the extravagant methods followed by those who farmed before him. Yet we do not wish to criticize too harshly the system or lack of system followed by those who preceded us, for they worked hard, clearing the land, cutting down the forests that covered this now beautiful valley, and laid the foundation of our splendid orchards, of which we are so justly proud. And not being versed in agricultural knowledge, is it any wonder they continued to crop the land so long as it would produce good crops without much fertilizer. But after following this exhaustive system for many years, the once fertile soil has become partially exhausted and the farmer must adopt new methods if he would succeed in making a livelihood and lay by something for the inevitable rainy day.

It is necessary that the farmer should understand the use and functions of nitrogen, phosphoric acid and potash. He must know the relationship that exists between soil moisture and plant growth. He must follow some system of farming that will bring into available form for plant growth the large stores of nitrogen, phosphoric acid and potash already in the soil, and at the same time increase the quantity of humus. The farmer of today must not only keep his farm up to its present state of fertility, but he should aim to increase its fertility—"to make two blades of grass grow where one grew before."

Now economy is not meanness. A wise administration of all a man can control is economy. Meanness is trying to hold onto a few cents so tight that hands become too numb to do any effective work afterwards.

The farmer controls almost unlimited power to increase or diminish the fertility of the soil he tills, to grow crops and feed them to animals that will insure him a good remuneration for his labor, or to feed them to a class of stock that will bring him little or no profit. The economical farmer will be a careful thoughtful man, he will endeavor to control and develop the mind God has given him. Think always comes before act. And the crops he grows, the stock he keeps will be the result of his thinking. If the farmer thinks ennobling, manly thoughts, and has high ideals, the crops he grows, the stock he keeps will partake of the nature of his thoughts.

But if he is a mean, small man, his crops and stock will be mean and small, like himself. Did it ever occur to you that the best we have in life is the product of some one's thoughts. The best in books, the best in arts, the best in science, music and agriculture, has been accomplished by careful, thoughtful people. Having learned to control himself, the farmer's next duty is to control life on the farm. A farmer can never feel quite so much a man as when he tries to control life.

It is not so hard to be an Angelo, to take a piece of marble and make it look like something that once had life, but when a man tries to make a horse or steer take form after the ideal of his thought, he is doing a higher kind of work, requiring more mind if less muscle. If you go back far enough behind that fine grain you grew last season, that splendid steer, that great producing cow, that horse with such beautiful style and action in your stable, you will find some one's clear, intelligent thinking. It is economy to try and increase the yield per acre from year to year, thus lowering the cost of production. This can be accomplished by following a judicious system of rotation of crops, by increasing the amount of stock on the farm and by selling only the manufactured articles in the form of beef, mutton, pork, fruits and butter, instead of selling the crops in their raw state. This system of farming, if carefully followed will in a few years greatly increase the crop-producing power of even the most neglected farm, and at the same time swell the farmer's income.

The kind of stock the farmer should keep must be decided largely by his tastes and local conditions, also the market he is catering to. When it is possible we believe the most profitable animals are the dairy cow and the pig. These with fruit growing should form the mainstay of the valley farmer. A good dairy cow will give a larger return for the food consumed than any other animal and the pig comes in as a natural adjunct to dairy farming. There is no product that removes so little fertility from the soil as butter, and pork is by no means an exhaustive product.

The following table shows the quantities of the three essential elements of fertility which are removed in one ton of the different farm products:—

In one ton each:	Nitrogen.	Phos acid.	Potash.
Wheat	41.6	15.8	10.4
Barley	32.	15.4	9.
Oats	38.4	12.4	8.8
Pease	70.6	17.2	19.6
Beans	81.6	23.8	26.2
Hay	31.	8.2	26.4
Clover	39.4	11.2	36.8
Potatoes	6.8	3.2	11.4
Fat cattle, alive	50.	31.2	2.8
Fat sheep, alive	44.	22.6	2.8
Fat swine, alive	34.8	14.6	2.
Cheese	90.	23.	5.
Milk	10.2	3.4	3.
Fine butter	.5	0.	0.

It takes about seventy-five tons of butter at $400 a ton to remove as much from the land as one ton of hay or oats. Think of it. Seventy-five tons of butter will not carry as much fertility from off the farm as a ton of hay that brings back $8 or $9. Therefore, why not try to conserve the fertility of the soil by selling that which takes least out of the soil and brings the most money to the farmer. It costs less to put the finished article on the market. A ton of butter worth $400 can be carried to the Halifax or St. John market as cheaply as a ton of hay worth $9. Then it is economy to keep the stock whether beef or dairy, in good condition.

Keep only the best of stock and as far as possible grow all the feed on the farm, buying only such concentrated foods as cottonseed meal and linseed meal. For the economical production of butter the farmer must have a good cow. She should produce not less than 6000 lbs of 4 per cent milk, or 5000 lbs. testing 5 per cent. A cow that will not come up to this standard should be disposed of as soon as possible, and a better one put in her place.

If you can raise the standard of your herd to 7000 pounds it means cheaper production and larger profits. Never peddle the butter at the country store, but secure a good cash customer (and this is not hard to do) and supply him with a first class article, or send the milk to a creamery.

Canada and the Good Seed Problem.

SECURE THE BEST CROPS

...chal days men did not gather grapes off thorns or figs off thistle, so the modern Canadian farmer cannot produce good crops unless he have good seed. This has long been understood by the Minister of Agriculture, but it was much easier to hope for than to secure a remedy for a condition of things which certainly called for reform. The outcome of consideration in this matter led to a collection of Timothy, Alsike, and Red Clover seeds from dealers in each Province of the Dominion. A bulletin on the condition of the trade in these seeds has been prepared under the direction of the Commissioner of Agriculture and Dairying, by Mr. G. H. Clark, Chief of the Seed Division, and the information which it presents must prove useful to the farmers of Canada.

Every one engaged in crop growing of whatsoever kind fully understands that the sowing of good seed is the most important factor in the production of paying farm crops. The results of the analyses of several hundred samples of Timothy, Alsike and Red Clover seeds were obtained from local dealers and other sources in the spring of last year, and are set out in extenso.

The greater part of the seed of Alsike and Red Clover sold in Canada, is grown in Ontario. Timothy seed is produced in limited quantities in nearly all the provinces of the Dominion, but much of the best quality of Timothy seed on sale is grown in the Western states, and is obtained from Chicago and other Western points. In general, Canadian grown Timothy seed contains a larger percentage of hulled seeds and weed seeds than imported stock. This is not as it should be. The larger seed firm have specially equipped machines for recleaning grass and clover seeds, and a great deal of the seed they handle passes through these machines. Mr. Clark inspected a number of these machines at work recleaning Alsike. From one large machine six distinct grades of the seeds which entered the hopper seed were taken. About two-thirds of came out as "Best Recleaned," and it was then put up in sacks for the wholesale trade. In this process for recleaning considerable good seed is either lanned or screened out, together with weed seeds, chaff, sand, and other inert matter. These screenings necessarily contain a quantity of good seed, and, as the seedsman, like the scientist, has eliminated the word "waste" from his vocabulary, he usually mixes this stuff and puts it again through a cleaner, but one which is fitted with less exacting screens. This lower grade of seed is sold wholesale, and is found to be in much demand by local dealers. It is astonishing how many farmers refuse to recognize that cheap seed is usually poor seed, and that anything that is cheap and rubbishy in the way of seeds is not worth carrying home. Obviously, if there were not any demand for this rubbish seed merchants would make other use of it; or, at any rate, would not go to the trouble of fixing it and putting it up ready for the market.

There are few articles in the commerce of agriculture in which real worth is so difficult to judge from appearance as grass, clover and smal seeds. A seed firm enjoying a good reputation, and with an establishment fitted with an up-to-date seed cleaning machinery, may generally be relied upon not to offer the lower grades and screenings of seeds in their retail trade, because this will damage their reputation, and, Othello-like, their occupation will be gone. Unless seedsmen will exert themselves to see that the goods they offer are of unquestionable repute they cannot long survive the competition of those older seed firms whose business is strictly confined to retail trade, and whose name may be taken as a tolerably good guarantee that the purchaser is being honestly dealt with and receiving good goods for his money.

From the standpoint of an agriculturist the real worth of grass and clover seeds is most of all affected by the nature and amount of their impurities. The cost of labor in fighting and eradicating weed pests has grown to be a very serious item with the farmer, and much of this has been brought about by uncleaned grass and clover seeds. But for the prevalence of noxious seeds in Canada the net cost of raising agricultural products would be very much decreased. Although there is as yet no exact data to show that changing grass and clover seeds from one part of Canada to another has a tendency to influence the resultant crop, general indications point to the fact that these as well as other kinds of seeds are better for having grown in the locality, or district where they are required for use.

In a former article very full details were given of the methods adopted for seed testing of which the following are the results.

Timothy (Pbleum pratense) is the most common grass seed on the market in Canada. Fresh, well ripened seed has a silvery white appearance which renders the detection of impurities a very easy matter. A lack of lustre is an indication of age, although the seed is very often discolored by wet at time of harvest. Showery weather after the seed is ripe has a tendency to loosen the glumes, and, in consequence Timothy that is exposed to wet is apt to produce a large proportion of hulless seeds.

Hulless seeds are usually the largest fully ripened seeds which have lost their glumes during the process of threshing. When fresh, they possess a high degree of vitality, but the vital energy of seeds with hulls on is retained for a longer period because of the protecting glumes.

Although but few Canadian farmers make a specialty of growing Timothy seed in quantity, many farmers in the Province of Ontario and of Quebec reserve from one to ten acres of Timothy from their hay crop which is allowed to ripen and is cut, tied in sheaves, and threshed like the ordinary grain crops. It is from these small lots that the bulk of the supply of home grown seed is obtained.

The weight per measured bushel of Timothy seed varies according to its quality; the local standard is forty-eight pounds. This law which provides that each bushel of Timothy seed sold in Canada shall consist of forty-eight pounds is frequently violated by local seed dealers, many of whom only supply forty-five pounds per bushel to the farmer, though when getting their supply from the wholesale seed houses they make sure of securing legal weight.

The cost of seeding a field to Timothy is small even with the best quality and highest priced seeds. One pound contains about 1,350,000 seeds, and if sown at the rate of five pounds per acre, 1,400 seeds are provided for each square yard of land. If evenly sown on land that is in good condition, and the weather be favorable for rapid growth, a small amount of seed will suffice; but under ordinary conditions in general farm practice a comparatively small per centage of the seed sown produces plants which come to maturity.

The following table will show at a glance the analyses of samples of Timothy seed sold by local dealers in this Province last spring. (1902). In the Province of Ontario about twenty specimens of weed seeds were found in varying numbers in the samples collected and subjected to examination. Eleven samples contained Cinquefoil; Lamb's Quarter; seven Peppergrass; and the same number False Flax Shepherd's Purse, Cockle; Dock and Wormseed Mustard was also found in a few samples. One sample from a Brantford seed merchant, and which was said to have been imported from the United States, contained over 55,000 seeds of False Flax per pound, while another sample which had been obtained from Brantford and grown by a farmer in that vicinity contained a large number of this seed. Of twelve samples which were stated to have been obtained from Toronto wholesale houses there was an abundance of weed seeds. This table gives market price per bushel, weight of pure and germinable seed in 100 pounds, actual cost of pure living seed per bushel and number of weed seeds per pound.

	$	lb	$	Weeds.
Weymouth	3.90	83.5	4.67	42,230
Weymouth	3.85	83.3	4.62	21,600
Digby		80.4		17,010
Yarmouth	4.00	90.8	4.40	11,430
Yarmouth	4.00	89.8	4.45	9,360
Antigonish	4.15	75.7	5.48	6,390
Antigonish	4.00	92.5	4.32	4,050
Hubbard's Cove	5.22	88.1	5.92	pure
Digby		82.9		pure

In comparison with samples obtained from other provinces, the quality of Timothy offered by seed dealers in the Province of Quebec may be considered fair. The nature of the impurities on the whole were not very different from the Ontario samples, except in a few cases of local grown seed. Out of the fifty-six samples of Timothy received from Quebec, only one contained seed of False Flax, whereas Ox-eye daisy and Chicory, which were not present any of the Ontario samples, were quite frequent impurities in the Quebec seed. Only one sample had been obtained from a wholesale firm west of Montreal; most of the samples were reported to have been obtained from Montreal wholesale firms. Two samples were very low in vitality, but practically all the seeds which were vital germinated during the first five days. This is an evidence that a small proportion of good fresh seed had been mixed with old and dead seed. Five samples were low both in vitality and vital energy, and had been evidently taken from old seed.

About sixty per cent of the samples received from the Province of New Brunswick were reported to have been taken by the local dealers from Toronto seed houses. A number had been obtained from Montreal, and a few from the United States. Out of the twenty-four samples analyzed, eight had over 1,000 weed seeds per pound; one sample contained no less than eleven different species of wood seeds; and another sample thirteen. Each of these samples had been obtained from a prominent seed firm, and there was no reason why the greater part of these impurities could not have been taken out by the use of the machinery which is in the possession of that seed firm.

Canada Thistle, Ox-eye Daisy, Cockle, Dock, Mayweed, Chicory, and Sheep Sorrel were the noxious weeds most prevalent in the Nova Scotia Timothy. Others quite prevalent, but less noxious, are Green Foxtail, Ribgrass, Cinquefoil, Lamb's-quarters, and Plantain. The nature of the impurities in general were not dissimilar to those of New Brunswick and Ontario. About fifty per cent of the samples had passed through Toronto seed houses. Many of the others, obtained in either New Brunswick or Nova Scotia, were reported to have been taken from home grown seed. One sample contained over 30,000 seeds of False Flax, 1,890 of Peppergrass, and 6,390 of Mayweed per pound. Seed of False Flax is not, however, so dangerous an impurity in the Atlantic coast Provinces as in districts where fall wheat is grown.

Only one sample obtained from the Province of Prince Edward Island was reported to gave been locally grown. It was found to contain Cinquefoil, Chickweed, Sheep Sorrel, and Chicory, which were its only noxious impurities and none of those except chicory are considered dangerous when pests. In one sample 1,100 Ergot Sclerotia were found per pound of seed. This sample had been obtained from a Charlottetown seed firm, and it is quite likely that the seed was grown on the Island, as this fungus was seldom found in samples from Quebec and Ontario. Most of the seed obtained had passed through the hands of Charlottetown seed firms before reaching the local dealers from whom they were obtained.

The bulk of the Timothy seed retailed in British Columbia had been obtained from Ontario seed houses. The samples were, on the whole, rather inferior to those obtained from any of the other Provinces.

One sample which was practically free from weed seeds had been grown by a farmer in the vicinity of Vernon, while two samples had been imported containing an alarming number of some of the most dangerous weed seeds, among which were White Cockle and Perennial Sow Thistle.

These are subjects of the most vital importance to farmers and to the public as well, and legislation along the lines of penalty infliction for adulteration will become necessary unless great amendments are observable in the current year's seeds offered by dealers. As the Department possesses the names and addresses of the dealers from whom all samples have been obtained for testing, these people may be well advised if they refrain from placing themselves in a position in the future to be publicly criticised; because there is nothing to hinder any farmer from having his seeds tested and where they are found to be adulterated to publish the full details of his research.

W. H. COARD.
Dominion Dept. of Agriculture.

DOWN IN DIXIE.

Amid the Singing Pines Away from Frost and Cold.

Just now a number of our readers are planing where they will go for the winter and no doubt the majority of them will do as they have done in the past, buy round-trip excursion tickets, good for six months, to Southern Pines, N. C., and those who want to make side trips of a few weeks to Florida, Louisana or Texas can get round trip tickets from Southern Pines to the points they desire to visit at the most favorable rates and thus save unnecessary expenses. Southern Pines is the headquarters for Northern Tourist. It is located in the high sand hills among the Long Leaf Pines on the Seaboard Air Line Railway, which is the most direct route between New York, Washington and Jacksonville, Florida.

We advise our readers who are expecting to make a Southern trip to write to Mr. John T. Patrick, Pinebluff, N. C., and he will send them, free of charge, printed matter that will be of much interest.

Lightning Remedy for Cramps.

Some people have cramps pretty often, others only now and again But when you do have them it's a mighty quick relief you want. Polson's Nerviline is as sure as death to relieve cramps in five seconds—it's instantaneous, just a few drops in sweetened water and the pain is gone. Buy a bottle of Nerviline to-day, and keep it handy. Nerviline is a common household necessity and only costs 25c.

Dr. Hamilton's Mandrake Pills cure constipation.

—Minard's Liniment cures burns, etc.

Sound Investment at Home in a Rich Mining Property.

The Eastern National Copper Company, Limited, whose Gold and Copper Deposits are at Cheticamp, Cape Breton, is capitalized at $500,000. The Board of Directors of eight includes some of the Best Known and Most Reputable Business men of Halifax, who have become members of this company, confident that the property it has acquired is one of the most valuable in Canada, and situated in one of the most promising mining districts in America.

The mining areas purchased by the Eastern National Copper Company, Limited, have been thoroughly prospected and have undergone expert examination by trustworthy engineers during the past eighteen months. It has been on the evidence of mining men competent to testify as to the worth of the property that many have already been satisfied to subscribe for stock, believing that they were joining in an enterprise giving promise of large returns and that their shares would assuredly advance in value as the development operations proceeded.

The Company is now Blocking Out a Body of Copper Ore estimated to contain 160,000 TONS. The average result of the tests so far made to determine the Value of the Ore is ELEVEN DOLLARS PER TON, and when the work now under way is completed it is calculated that there will be ORE IN SIGHT to the Value of $1,600,000.

The Development Operations are Proceeding with Pay Ore on All Sides of a Two Hundred Foot Slope which is being driven through the Main Deposit.

Other Beds of Copper are known to Underlie and Overlie the Bed Now Being Developed, and it is confidently Expected that This Mining Property will prove of Vast Value when a Few Months' More Work has been performed.

Gold is Associated with the Copper Contents of the Eastern National Ore, in Quantity Probably More than Sufficient to Pay the Expense of Mining and Milling, Leaving he Other Contents to the Good.

The Operations now being conducted by the Eastern National Copper Company, Limited, were begun only after the proposition had been most carefully investigated and large expenditure of money had been justified by the results of such investigation. The Company considers the opportunity for investment one of the most attractive before the public. Stock which is now being sold at a low figure will certainly advance as progress is made on the Deposits. Several liberal offers to purchase this property were received and declined before the present Company acquired it. The former owners are shareholders in the Eastern National having accepted stock in payment for their interests and so demonstrated their confidence in the worth of the Copper Deposit now being opened and other Deposits which it is proposed to develop at an early date.

The sum of $10,000 is to be expended in the present operations, in order to further establish the extent of the Copper Beds, and place a large quantity of Ore in Sight. Part of this amount is being raised by the sale of a block of stock at **30 per cent. of par, Fully Paid Up**. Additional stock will not be offered at present. That already marketed is held by the purchasers for higher prices.

Applications for stock should be addressed to

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Copies of the Prospectus and any information respecting the foregoing proposition may be obtained from ALFRED BENNETT & Co., or from the

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FARMS WANTED
I have a call for a number of farms. If you have a farm for sale either send me or call and give me as full a description of it as you can, giving locality and lowest cash price. No charge without special contract.
OLIVER S. MILLER.
Bridgetown, Oct. 9th, 1902. tf

CHURCH SERVICES.

Parish of Bridgetown.

CHURCH OF ENGLAND.—Rev. E Underwood, Rector.

ST. JAMES' CHURCH, BRIDGETOWN.
Sunday School every Sunday at 9.45 a. m.
Sunday Services: 1st Sunday in the month 7 p. m. All other Sundays at 11 a m. and 7 p.m
Holy Communion: 3rd and 4th Sundays at 8 a. m., 2nd and 4th Sundays at 11 a. m.
Week Services: Fridays at 7.30, and other times according to notice.

ST. MARY'S CHURCH, BELLEISLE.
1st Sunday in month, 10.30 a. m. (The Holy Communion is administered at this service) All other Sundays at 3 p. m.
Sunday School: 1st Sunday in month at a. m. All other Sundays at 1.45 p. m.

YOUNG'S COVE.
1st Sunday in the month at 2.30 p. m.

BAPTIST CHURCH.—Rev. E. E Daley, pastor. Bible Class and Sabbath-school at 10 a. m.; preaching service at 11 a. m. and 7.00 p. m. Prayer-meeting on Wednesday and Friday evenings of every week.

GORDON MEMORIAL CHURCH (Presbyterian).—Rev. H. S. Davison, Pastor. Public worship every Sabbath at 11 a. m. and 7.00 p.m. Sabbath-School and Pastor's Bible class at 10 a. m. Congregational Prayer Meeting on Wednesday at 7.30 p. m. Y. P. S. C. E. Prayer Meeting on Friday at 7.30 p. m. All seats free. Ushers to welcome strangers.

PROVIDENCE METHODIST CHURCH.—Rev. Benj. Hills, pastor. Sunday services at 11 a.m and 7.00 p.m., Sunday-school at 10 a. m. Prayer meeting every Wednesday evening at 7.30; Epworth League every Friday evening at 7.30. Strangers always welcome.
Granville: Preaching every Sabbath at 11 a.m and 3 p.m., alternately. Prayer meeting every Tuesday at 7.30 p.m.
Bentville: Preaching every Sabbath at 11 a m. and 3 p. m., alternately Prayer-meeting on Thursday at 7.30 p. m.

SALVATION ARMY.—S. M. Monroe, Captain. Public meeting every Sabbath at 7.00 a. m. and 11 00 a. m.; at 2.30 p. m. and 7.30 p. m. Week services Monday, Tuesday, Thursday, Friday and Saturday evenings at 7.30 p. m. Soldiers meetings on Wednesday evenings at 8.00 p. m.

Going South FOR WINTER?

If you are contemplating going South during the winter of 1902 and 1903 you can get valuable information free of charge by writing John T. Patrick, Pinebluff, N. C. He can save you money in hotel rates, can direct you where to rent neatly furnished cottages or single rooms. WRITE HIM.

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One first-class fare for Round Trip between all Stations, Montreal and East.
GENERAL PUBLIC. Going Dec. 22nd to Jan. 1st. Return Jan'y 5th, 1903.
SCHOOLS, COLLEGES. Going Dec. 6th to 31st. Return Jan. 31st, 1903
On surrender of Standard School Vacation Certificates.
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For Rates, Dates and Time Limits of Excursion Tickets to points West of Montreal, see nearest Ticket Agent, or write to
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Trains will Arrive at Bridgetown:
Express from Halifax..... 12 14 a.m
Express from Yarmouth..... 1 54 p.m
Accom. from Richmond..... 4 15 p.m
Accom. from Annapolis..... 7.20 a.m
S. S. "BOSTON,"
1649 Gross Tonnage, 3845 H. P.
by far the finest and fastest steamer plying out of Boston, leave Yarmouth, N. S., every Wednesday and Saturday, immediately on arrival of the express train, arriving in Boston next morning.
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Leaves St. John..... 7.45 a.m
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Take Laxative Bromo Quinine Tablets. This signature, E. W. Grove on every box. 25c.
Seven Million boxes sold in past 12 months.

The Household.

FASHION NOTES.

The short skirt is so comfortable and so practical that its powers of attraction have proved all-convincing, and now every woman, be she short or tall, slender or stout, includes at least one in her wardrobe. The most popular, and, according to the leading tailors, the most fashionable-to-be skirt for spring and summer is the plain nine gored, made with more flare than roll, and short enough to entirely clear the ground, even all around, with no "sag" at the sides or back, and with sufficient fulness over the hips to enable the wearer to walk easily and gracefully. Pleated skirts in box pleats and side pleats are still popular, but they must be well made to look smart, for the country has been flooded with pleated skirts all too tight across the top of the skirt to enable the woman to walk with any comfort and quite impossible for her to sit down in. A wide, flopping flare at the foot of the skirt never yet made a skirt look wide or large enough when the material was too economically used across the hips and back.

There are two or three, or more correctly, there are several, different styles of coats worn with the short skirts, but for the moment the fad is to have the coat as loose and shapeless as possible. The Norfolk jacket is popular, but so loose and shapeless as to make the wearer look as though she were wearing her husband's or brother's If a box coat, it is more loose and vague than ever, with such long shoulder seams as to make the arm appear quite out of proportion. And yet with all this loose, shapeless effect, the coats are in reality most carefully cut and fitted, and the bagginess must bag in just the right place to have the garment approved.

Smooth cloths will be used this spring for the more elaborate gowns, but the rough, shaggy effects or the mixtures will be the smartest for the every-day street gown, and in spite of the many months it has been popular, the camels' hair and cheviot with the hair line of white or blue will again be in demand. That this line is so becoming and somehow does not seem so marked are the reasons for its popularity, and the same idea in all black cheviot with a raised black line is to be one of the most popular of the new fabrics.

"LOOK UP, NOT DOWN."

I wish it were possible to show parents and teachers the importance of thought-culture; to impress upon them the necessity of leading the young to concentrate their minds upon high ideals.

How often do we see a nature completely changed by a few weeks or months of depressing thought, anxiety, and mental suffering! How worn, haggard, and forlorn a mother becomes after a short period of mourning over a lost child! How quickly some business men change in their dispositions in the very structure of their minds, after great reverses or misfortunes, even when no reflection has been cast upon their characters!

A few weeks of anxiety and depression have not infrequently brought men to the verge of lunacy, nay, even beyond the verge, into hopeless insanity itself.

Thus we see the power of thought, not only to build up a life, and make it beautiful, but to tear it down as well and make it ugly and miserable; not only to save it, but also to ruin it.

A habit of constantly looking upon the dark side of things, of thinking something terrible is going to happen, that we are unfortunate, that fate is against us, that we were born under an unlucky star, and that our lives are comparative failures; a habit of thinking that we, perhaps, are not as smart as others who have succeeded, and that we have overestimated our ability; in other words, a habit of worrying or of self-depreciation will, after a while, dwarf the highest ideals.

While to ascend is difficult, it is always easy to go down hill. All we have to do to cause anything to run down is to let it alone. A dead fish will float down a stream; only a live one can go up.

TO GOVERN SELF.

What are the accomplishments that count? Are they singing, playing, painting, dancing, etc., or are they a happy disposition—one that sees the silver lining to even the blackest cloud—a helping hand, a disposition to make another's burdens easier to carry, even temper, good nature, etc.? There is no question those first suggested are poor accomplishments indeed, compared with the others, and, again while the so-called accomplishments of singing, playing, etc., can be the heritage of but few, the others—and they are the accomplishments that really count—can be the heritage of all. No matter what one's condition or disposition is, it can be bettered or trained if one is willing to work, says the American Queen. You must learn to govern yourself, to curb your temper and tongue, perhaps laboriously at first (it comes as a second nature later), to seek the silver lining, to be kind, helpful, gentle and honest, and when you have succeeded in all these you will not only have all the accomplishments that count, but as a consequence you will be a most popular girl and a charming companion to any man.

CARAMELS.

Put into a saucepan one cupful each of molasses and sugar and half a cupful of butter. Put over the fire and watch carefully that it does not boil over. Test by dropping a little of the syrup in ice water, and as soon as it crisps quickly stir in one cupful of chopped nuts. Turn out on buttered tins to cool. When nearly cold mark into squares.

Ping-pong caramels, which by any other name will taste just as sweet, will require one cupful of sugar, one cupful of milk and a half cupful of butter. Boil all together until the syrup will roll into a ball when cooled in cold water. Stir in a teaspoonful of vanilla, and a half cupful of chopped nuts. Turn into shallow buttered pans, and when cold mark into squares and dip each separately in melted chocolate. Put them on waxed paper in a cold room to harden.

"PULLED" BREAD.

Pulled bread is likely to become one of our chief table delights. It is much nicer than mere bread. Pulled bread is made in the following simple manner and is possible in any household or flat, no matter how limited its room or utensils. Take an ordinary loaf of bread, cut off all the crust, then shred or "pull" the bread lightly apart with a silver fork with dull tines. Toast it in the lower oven on all sides, or else rebake it in the regular oven in a brisk heat. The bread must be cooked this second time just when needed for eating, and then, either hot or cooled, it is delicious.

PRUNE PUDDING.

Beat two eggs until light and thick. Add a cupful of milk, a cupful of sugar, one and a half cupfuls of prunes measured after they have been soaked, pitted and quartered, half a cupful of chopped beef suet, half a teaspoonful of salt and sufficient flour to make a very thick batter, stirring in two teaspoonsfuls of baking powder before all the flour has been added. Turn into a greased pudding mold with cover and steam for an hour and a half. Serve with a liquid sauce.

—Experience is the best teacher in the world, but her rates of tuition are sometimes very high.

Minard's Liniment for sale everywhere.

Joker's Corner.

MRS. HIGGINS SOLVED THE COAL PROBLEM.

Mr. Higgins groaned aloud as he read the evening paper. He did it every day, so Mrs. Higgins was not alarmed. She merely held her needle closer to the lamp that she might thread it more easily, and said:

"Coal?"

"Yes."

"How much?"

"Twelve dollars."

"Dreadful! And we've only a ton left."

"A half ton, my dear, and with this weather it won't last more than four days."

Mrs. Higgins sewed more and more closely, until at last she put down her work, and took a pencil and pad from the drawer. While she covered the paper with figures Mr. Higgins relapsed into gloom.

"Alonzo," said Mrs. Higgins solemnly, looking up from her task.

"Yes, angel," answered her husband, perfunctorily.

"I've solved the problem, Alonzo."

"You're smarter than I am, then. Let's hear it," and Mr. Higgins laid down his paper with no apparent anticipation of anything being done to the question—solution, dissolution or resolution.

"You say that coal has gone up about a dollar a week during the last month?"

"Um," Mr. Higgins nodded assent.

"Now, we usually keep the furnace going until May 1. From January 1 to May 1 is precisely seventeen weeks. I've counted it up on the calendar."

"Correct, assented Mr. Higgins, glancing over the calendar that his wife handed to him.

"And if you buy a ton a week for seventeen weeks, and pay a dollar a ton more each week, we shall have paid from New Year's Day to May Day $340.

"Great Caesar's Ghost!" cried the desperate householder, adding up Mrs. Higgin's figures in a frantic hope of finding a mistake.

"If you can't afford coal you must use a substitute. That's sensible, isn't it?"

"Sensible, if possible," replied Mr. Higgins, sententiously.

"Perfectly possible. Listen! Our house is well built, is in the middle of a block and is protected from the north wind by that big apartment house at the back. Now, I suggest that we cut the Gordian knot, plunge in medias res——"

"Really, Maria, I must insist on your not using such language. A little slang occasionally I don't mind, but what would Deacon Piper think if he heard you say such words as those? Where did you pick them up, anyway?"

"Bosh, Alonzo," returned Alonzo's loving wife, with elegant conciseness. "Our house is a good warm house. You are away all day. You have a thick overcoat. We can perfectly well let the furnace fire go out entirely. We can cook with those kerosene soaked bricks that the newspapers tell about, and during the few hours that you are at home, you can wear your overcoat."

Mr. Higgins looked at his wife with marked admiration.

"How your business sense has developed since you married me," he cried delightedly. "Why, the plan seems quite feasible, darling. Only, will my precious be warm enough all through the day in this cold, fireless house?"

"Oh, yes. You see, I can get just the kind of Persian lamb jacket that I want for $137.49, marked down since Christmas from $163.98. That will be a saving of $202.51, a clear saving. Why, Alonzo," she went on, as Mr. Higgins pulled his beard and seemed about to suffer a relapse; "why, Alonzo, it's a grand saving. We can even afford to buy some coal with that. Let me figure it out. Yes, we can buy a ton a week for nine weeks. That will take us into—please hand me the calendar—yes, into March. Isn't that splendid? And then it will be time enough to consider the question again. Never cross your bridges until you come to them, I say. Coal may go down again by that time. Or we might go to one of those little Southern towns where they burn wood and stay through March. Or—why, Alonzo Higgins, I never heard you say such a thing in all the years that we've been married. And you a Christian and a Son of the American Revolution! I'm simply too ashamed to speak to you. But I shall get the jacket to-morrow, for I've proved to you beyond any question that we can afford it perfectly."

A SPARTAN HERO.

Little Jamie heard about the Spartans—those stony-featured men and women and boys who endured the hardest suffering without a murmur Jamie was especially interested in the gritty youth who allowed the fox concealed under his tunic to tear out his vitals rather than betray its presence. Jamie began to practice on being game. A few days ago he was given a somewhat severe trial. The iron door slammed upon the nail of his index finger. Without opening his mouth Jamie ran back into the library, where his father was reading, dropped upon the floor and began to roll about.

"Why, what's the matter, Jamie?" his father asked, concernedly.

"The—front—door—slammed—upon—my—finger!" answered the boy, with fearful intensity.

Tears welled out of the youngster's eyes. The father knew Jamie's latest ideals and pitied in silence, as became his father of a Spartan. Jamie knew that the tears had been observed.

"I'm not crying!" he cried fiercely.

"They — just — dropped —out —because my—head—was—down!"

OPPOSED TO IT.

On one occasion, says the Chicago Inter-Ocean, when Booker T. Washington was in Chicago, he stopped for a day or two in one of the hotels. He was pointed out to William, an old waiter, who had been in the hotel for a long time. William was delighted to get a glimpse of the great man of his race, and was never tired of telling about it after that. One of the regular boarders is a staunch friend of William, and a "liberal tipper."

"William," said the boarder next morning, putting on a serious face, "I met Mr. Wash