The matter which this page contains is carefully selected from various sources; and we guarantee that, to any intelligent farmer or housewife, the contents of this single page from week to week during the year, will be worth several times the subscription price of the paper.

THE HOME.

TIRED WOMEN.

I sometimes wonder whether it is really a necessity of our life of the period that so many of us should be almost always tired. For tired we are in body, soul and spirit, so tired that we neither do justice to ourselves nor the good we ought to others. Children, friends, acquaintances, fail to receive from us the rest and refreshment we might give them, simply because even the smallest cup of cold water weighs too heavily for our weary hands to hold it, our weary hearts to feel the need our neighbor has of its draught of sweetness.

Why are we so tired that life is a dragging progress uphill rather than an easy and delightful progress over a charming road, with new vistas of beauty opening at every turn? It is commonly supposed that it is because we have so much to do, and so little time and strength in which to do it, that we women are so worn out, not only now and then, but as a rule. And some provoking people complacently observe that we ought not to attempt much, that we should let things go; it would do just as well in the end. Others make comments on our lack of system or our too great devotion to system, either of which facts, in the mouth of the critic, assumes the air of a needless blunder.

We listen and we sigh. Should we adopt the *laissez faire*, principle, it would bring upon us reprobation; it always does on the woman who is prone to let her household take its chances, and who orders its routine in a haphazard way. On the other hand, the woman who plans, and carries out her plans with energy, compelling her family to be on time with military precision, is apt to gain the reputation of a domestic martinet. Both women, which ever course they elect to pursue, are quite likely to be tired much of the time.

Now can we not, each for herself, find out where the trouble is; what, in our particular case, forms the straw too much which threatens to break us down altogether?

Some of us do not get out of doors often enough. We have a great deal to do in the house, and no particular object to call us out, and so we stay in the kitchen and the chambers from Sunday to Sunday. We literally do not taste fresh air and drink in sunlight oftener than once a week or once a fortnight the winter through. It is no wonder that we are tired.

Some of us do too much sewing. Why spend so much time, for instance, in refashioning clothes that are in order and nice simply because they are not precisely in the latest mode? A tired little woman showed me the other day a gown which it had taken her a steady week, with two late night sittings and a fierce attack of headache, to change. Sew we must and sew we will, my sisters; but don't let us extend too much time and effort in the endeavor to be always up to date in our dress. Why not be independent enough to adopt our own styles, to a certain extent?

We might be less tired if we learned not to feel in haste. People talk of being wearied by worry. Hurry wears upon one quite as much as her twin-fiend, worry, and both are task mistresses carrying whips. To worry and to hurry are to grow old in youth, to lose the sense of the elastic nerve and the buoyant spirit. If we can shut the door on these demons, we shall be less tired by far than if we give them entrance. Fretting over the inevitable distresses and annoyances of our situation has much to do with tiring us. Fretting seldom does any good. It frequently does harm. Foreboding is as idle and as surely fraught with evil.

The remedy for all the trouble is a very old-fashioned one. The little golden key called prayer unlocks for every one of us the chamber called peace. The Saviour bade us remember that our Father knoweth what we have need of, and he said: "Fear not, little flock; it is your Father's good pleasure to give you the kingdom." "The kingdom of heaven is within you." With the kingdom of heaven in our souls, earthly affairs and daily duties will adjust themselves as they ought. We shall get hold of a clue to the labyrinth in which which we have wandered. We will cease to struggle. Accomplishing what we can, we shall commit the rest and all results to one stronger and wiser the we. Perhaps we shall learn how to live restfully and cease to be so often tired. The soul at harmony with God and in right relations to him and his world and the little bit of it in which we are partners with him, does dominate and uplift the body in which it dwells.—*Margaret E. Sangster, in Congregationalist.*

THE BRIGHTEST FLOWERS fade, but young lives endangered by severe coughs and colds may be preserved by Dr. Thomas' Electric Oil. Croup, whooping cough, bronchitis, in short all affections of the throat and lungs, are relieved by this sterling preparation, which also remedies rheumatic pains, sores, bruises, piles, kidney difficulty, and is most economic.

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GOSSIPING IN THE PRESENCE OF CHILDREN.

FOR MOTHERS.

A habit of indulging in gossip is pernicious in its influences and results over us all. "Pity 'tis, 'tis true," that we oftentimes give a willing ear to the stories circulating about our friends or acquaintances, and more is the pity that we are tempted too readily and yield to temptation to tell these detrimental reports over again to willing ears.

It is astonishing how thoughtless mothers often are of their manner of speech before children. Children are very attentive listeners. They may seem to be interested in their play or their books, but nevertheless nothing said by their elders escapes their ears. Children like to hear what their elders are talking about, especially if the talk is carried on with a show of mystery.

Friends may speak depreciatingly of some other friend, without a thought of the consequences, and perhaps without even a remembrance of the words spoken, a few days afterwards, but the child who hears it makes a memorandum of the sins of commission or of omission which mother and her friend talked over, and thus an unjust prejudice is acquired, which mother is astonished to hear expressed perhaps weeks afterwards. "What mother says must be so," is the argument a child uses to reason out the wrong and right of things. Mother is the ideal of all that is true and just and good.

Think of this, mothers! What wonderful trust your little child places in you and your judgment and actions. It is not a very serious matter to be a child's ideal of what is best and truest in motherhood? "Mrs. So and So must be a dreadful woman," reasons the child who has heard that neighbor spoken of in a deprecatory manner. And if that neighbor has a child, what a show of superior goodness the child of the gossipping mother carries about with her hereafter when she mingles with "Mrs. So and So's" child! How pitifully she regards her in the light of her mother's depreciating estimate—it is such a dreadful thing to have a mother who does things which mother thinks are so bad! Two-thirds of the gossip circulated about persons is libellous, because it is untrue, and if legally followed up would prove a crime. The sad results of scandalous stories are often pitiful in the extreme.

We try to have our children acquire habits of truth and justice that will help them on in right living, but are we particular to teach them not to speak untruthfully or unjustly of their little playmates? When they come to us with a story which depreciates the good qualities of some little friend, do we counsel them not to tell over anything which will hurt the reputation of that child? Do we help them to acquire charity which thinketh no evil of one's neighbor?

A lady was taking dinner at a friend's house one day. Inquiries were made of mutual friends of former days, when the lady told, or began to tell, a story of one of them which was detrimental to that person's reputation. The children at the table became interested in the recital; it was something quite novel to them to hear any one discussed in that way. But the father sternly turned the tide of the conversation, and after the elder portion of the family had retired to the parlor, he apologized for his abrupt ending of the conversation by saying: "I make it a point never to tell anything that will in any way injure any one in the estimation of my children. I am afraid they will become unduly prejudiced as I was in my young days, against persons who were really worthy of my highest regard, because of the thoughtless talk of people who thought that a child would not pay much heed to the talk going on about him."

It is a good rule for every father and mother to establish in the household, not to allow any gossip to find a hearing or a telling in their home. Being careful at home in the presence of our own family to banish all pernicious gossip will keep us from indulging in like conversation outside of the home circle.—*Susan Teall Perry, in the Evangelist.*

PUTTING AWAY WINTER COATS AND FURS.

The end of April is time to look after furs and winter wraps and other articles that require to be packed away from the moths.

When one is fortunate enough to possess a cedar closet, things may be stored away in it from time to time. The greatest care, however, must be taken to see that no moth has taken up its habitation in the garment before it is stored away. Unfortunately, if moth eggs have been laid in the garment before it is put away, they will hatch out in a cedar closet, in an atmosphere permeated by camphor, tobacco, or any other article used against moths. The grub becomes inured to his surroundings, and eats the fur or wool just as eagerly as though he were placed under the most favorable circumstances.

It is necessary, therefore, to beat and shake thoroughly all articles that are to be stored away, and if they need cleaning they should be cleaned at this time, rather than when they are taken out, for dirty woollen clothing naturally attracts moths. It is a wise plan to beat furs and hang them on a line in a strong light and air. No grub can find lodgment long in such a place, for, like all evil things, they abhor the light. Good housekeepers begin to put away, on the 14th of April, heavy bedding and other articles as are needed only in the depth of winter, and continue taking care of things as they are discarded, until the winter flannels are put away, usually about the 1st of June. The reason for this is that the month of April is a peculiarly active month in the insect kingdom, and it is not safe to leave clothing or any other articles that may attract moths hanging about without frequent inspection. So long as clothing is worn daily there is no danger.

Premature baldness may be prevented and the hair made to grow on heads already bald, by the use of Hall's Vegetable Sicilian Hair Renewer.

THE FARM.

TRANSPLANTING ONIONS AND CABBAGES.

G. W. C., of West Virginia, wants to know how I transplant onions and cabbage plants. Why, it seems that it is simple enough. Pull up the plants from the seedbed or cold frame, and set them out in rows in well prepared and well manured ground. We usually do this with hands and fingers alone. The left hand grasps and holds the plant, while the right one makes a hole where the plant is to stand. The plant is then inserted, and the soil pressed about the roots with both hands. All this is done quicker than I can tell it. If the soil is packed, as is sometimes the case when we set out onion plants, when a rain has fallen upon the land already prepared, we use a small dibber in place of the index finger of the right hand for making the hole. While I am on this subject I will illustrate a new style of dibber, that may come very handy for transplanting onions. The idea was given me by Thomas Hiday, of Anderson, Indiana. The dibber is made of hard wood, 8 or 10 inches long; the point covered with tin. The guage is simply a piece of wire bent with a square angle and inserted through a hole in the dibber. It can be set to mark different distances as desired. The wire makes the mark for the place where to set the next plant. We usually have onion plants three inches apart. The kind and amount of fertilizer to use for onions and cabbages depend on the character of the soil. For my land I prefer old compost to anything else; but I also use potash (muriate of potash) nitrogen in the form of nitrate of soda (especially valuable for cabbages) and perhaps phosphoric acid in bone. High grade, complete vegetable manures may be used. They supply all necessary plant foods. For 500 pounds you will be asked to pay about $10 or more.—Nebraska Farmer.

COTTONSEED MEAL AND HULLS INJURIOUS.

We are now running three experiments to find, if possible, the cause of death of live stock fed upon cottonseed or its products. One of these in beef cattle and two in feeding pigs.

You say the practical feeders claim that these poison conditions are never present except when hulls are used for the roughness. This claim cannot be substantial because hogs die when fed the meal. The meal is just as likely to contain the poisonous principle of cotton root as any other part of the plant. We are now leaching cottonseed meal in large quantities to feed in concentrated solution to pigs, and try, if possible, to find the poisonous principle. It has thus far escaped us. This work is in charge of our veterinarian, Dr. Francis, who is probably better equipped to carry on this work to a successful conclusion than is any one else in the South.

For myself I believe there are two agencies at work, causing the death of live stock when fed cottonseed and its products continuously. The first of these is the active poisonous principle belonging to the class ptomaines; and the second cause is found in the excessive fattening and concentrated composition of the feeds used. The composition of cottonseed hulls and meal indicates clearly that these two food stuffs do not contain all of the elements necessary to keep up the complex animal system. They are too heating and too fattening in their constituents, and their tendency is to induce a fevered condition of the digestive organs and weaken the entire constitution. This weakened condition combined with active poisonous principles (which have been inactive until now) causes frequent deaths.—J. H. Connell, Director of Texas Experiment Station.

A MILLER'S STORY.

He Was Given Just One Month to Live.

First Attacked With Inflammatory Rheumatism, and Then Stricken With Paralysis—Hope Abandoned and He Longed For Death to Release Him From Suffering—At Last He Found a Cure and Relates His Wonderful Recovery.

Sherbrooke Gazette.

The benefits arising from the use of Dr. Williams' Pink Pills are well known to the Gazette. It is a frequent occurrence that people come into the office and state that they have been restored to health by their use. It occasionally happens that extraordinary instances of their curative powers come to our notice, and one of these was related to us recently, so astonishing in its nature that we felt the closest investigation was required in order to thoroughly test the accuracy of the statements made to us. We devoted the necessary time for that purpose and can vouch for the reliability of the following facts, wonderfully passing belief as they may appear:

There are few men more widely known in this section than Mr. A. T. Hopkins, of Johnville, Que. Previous to his removal to Johnville, Mr. Hopkins resided at Windsor Mills and was for three years a member of the municipal council of that place. When a young man Mr. Hopkins was noted for his strength and activity as a wrestler. His strength stands him in good stead for he works hard at his business, carrying heavy sacks of flour in his mill for many hours during the day and frequently far into the night. Active as he is, and strong as he is, there was a time not long distant when he was as helpless as an infant and suffered untolerable agony. About three years ago, while residing at Windsor Mills, he was attacked by inflammatory rheumatism. It grew worse and worse until, in spite of medical advice and prescriptions, after a year's illness he had a stroke of paralysis. His right arm and leg became quite useless. Sores broke out on both legs. He suffered excruciating agony, and had rest neither day nor night. He sought the best medical advice that could be obtained, but no hopes were held out to him by the physicians. "He will certainly die within a month," one well known practitioner told his friends. "He will be a cripple for life," said two other doctors. It is no wonder that, as he says, life became a burden to him and he longed for death to relieve him from his sufferings. This was in August, 1892. About October of that year he heard of Dr. Williams' Pink Pills and as a forlorn hope determined to try them. He did so, and before long was able to take outdoor exercise. He persevered with the treatment, closely following the directions, and is today nearly as strong as when a young man, and is able to follow successfully and without difficulty the laborious calling by which he gets a living.

Such was the wonderful story told the Gazette by Mr. Hopkins, who attributes his recovery solely to the use of Dr. Williams' Pink Pills, and he is willing to satisfy any person who may call on him as to there wonderful effects.

A depraved condition of the blood or a shattered nervous system is the secret of most ills that afflict mankind, and by restoring the blood and rebuilding the nerves, Dr. Williams' Pink Pills strike at the root of the disease, driving it from the system and restoring the patient to health and strength. In cases of paralysis, spinal troubles, locomotor ataxia, sciatica, rheumatism, erysipelas, scrofulous troubles, etc., these pills are superior to all other treatment. They are also a specific for the troubles which make the lives of so many women a burden, and speedily restore the rich glow of health to sallow cheeks. Men broken down by overwork, worry or excesses, will find in Pink Pills a certain cure. Sold by all dealers or sent by mail, postpaid, at 50 cents a box, or six boxes for $2 50, by addressing the Dr. Williams' Medicine Company, Brockville, Ont., or Schenectady, N. B. Beware of imitations and substitutes alleged to be "just as good."—*Advertisement.*

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If we are truly and honestly interested in the welfare of the old people, we will anxiously seek to use the agency that will best meet their troubles. In the past, thousands of our aged people have been rescued from death by Paine's Celery Compound, and are now enjoying a happy old age. Every week new testimony is received from old people, as well as from their friends and relations, lauding the strengthening and rejuvenating powers of earth's best medicine.

Mrs. James Cain, of Perott Settlement, N. S., now in her eighty-first year, has just sent in convincing and cheering testimony regarding the value of Paine's Celery Compound; she writes as follows:—

"I am happy to state that Paine's Celery Compound has been a great blessing to me. In November, 1893, the whole of my right side was paralyzed, and the doctor said I was too weak to take much medicine; I managed, however, to use a little, and was able to sit up for a short time, but felt so bad, that I wished to die, as I thought death would be a great relief to me.

"In my weak condition I began using Paine's Celery Compound. The first bottle gave me relief. I continued to use the compound, and I have gained health, strength and flesh, and my friends say I look quite healthy. Although in my eighty-first year, my limbs are getting stronger, and I hope soon to be quite myself again.

I would advise all who are suffering from paralysis and other troubles to use Paine's Celery Compound and the Wills' English Pills that accompany the compound, and if properly used, they will surely cure."

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