

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.

HOW COULD I KNOW?

BY FANNIE B. DILLINGHAM.

So many flowers bloomed in that noon-day sky
How could I know
That when I tried on one
And craved its golden glow
Now wandering in dim lowlands brown
And sore,
The faintest faded blossom would seem
Dear?
How could I know!
There was so many days the sunshine
Kissed
How could I know
When one I gaily missed
And laughing let it go,
That in long watches of some solemn
night,
Dawn's dulcify I should call heaven-
ly bright?
How could I know?
So many dear ones in those happy years!
How could I know
That when I mocked their tears
And left them, loving so,
In lonely, barren after-time I'd pray
For weakest touch of hands I flung
away
How could I know!
—Lippincott's.

THE HOME.

PHYSICAL DEFECTS.

Few intelligent people reflect how many physical defects in the form and countenance of individuals are directly traceable to negligence on the part of their mothers in childhood. The coarse, heavy nostrils, the projecting ears, the saggy eyebrows, and enlarged joints, are as much traceable to neglect as bow legs and knock knees, or these unhappy cases of curvature of the spine that come direct from fall.

The new-born babe is an exceedingly fragile little creature—a bundle of flesh and half-formed bones in which the vital organs are encased. As scientists tell us, the human baby is the most helpless of all young animals, and is in continual need of intelligent and watchful care to save its existence. Children that "grow" like Topsey, usually have malformed limbs and various deformities, plainly the result of neglect. A very slight fall in childhood may break the cartilage of the nose and render that membrane as broad and spreading as that of a Guinea negro.

The habit that some children have of handling their noses makes the nose coarse and large and takes away all the delicacy from a feature that goes far toward making the man or woman plain or ugly. Another habit that permanently disfigures the adult is that of tying bonnet and cap strings tightly behind the ears in babyhood, as it causes the ears to project. Ears that naturally project from the head may be flattened to a desirable degree by wearing a little skeleton cap over them in babyhood. Tying a silk handkerchief about them is not so desirable, because the ear is an organ intended by nature to be open to the air, and not to be swathed under a close covering. The coarse eyebrow is usually the result of neglect of this feature of the face. They should be brushed smoothly in place in babyhood, and coarse, long hairs, that sometimes grow superfluously, should be pulled out. Where the eye-brows are wanting, a little vaseline rubbed in place will often produce the desired growth of hair.

Every mother knows that the back of the infant child must be supported for three or four months after he is born. Failure to do this may produce the most distressing malformations of the spine. The curvature of the legs, which generally comes from the child standing too soon on his feet, is a very common trouble. This is sometimes due to excessive flesh in the child, the weight of the body being too heavy for the legs, but it more often occurs in the very nervous child, who begins to walk before the muscles are sufficiently strong for it to stand firmly on its limbs. The precocious child that would walk at ten months is always to be discouraged. Nothing is lost and much is gained in strength and grace of carriage if the child walks several months later. No rule can be laid down, however, as a safe period. Many children do not make much use of their limbs until they are two years old, and are none the worse for their tardiness.—N. Y. Tribune.

WOMAN'S HAIR.

Women's locks were certainly never dressed more beautifully than they are to-day. There is an easy grace that the carefully careless waves that lends a charming feminine softness to the outlines and expression of the face; and the latitude allowed in the height and width and placing of knots, braids and puffs makes a becoming arrangement possible in all cases. The N. Y. Tribune believes that the wavy strands just giving covering or shading the ears furnish an attractive frame to the face, giving quaintness to the girl and a look of youth to the older woman.

For some years past false hair has been but little worn, and women have taken better care of their own locks. The consequence is that the hair of the average woman is in much better condition than of yore. Many women who do not have personal attendants, but who cannot well care for their own heavy tresses, go at regular intervals to trustworthy hairdressers, who shampoo, clip, and otherwise keep the head in healthy order. The frequency of shampoo depends upon one's constitution and the amount of natural oil in the scalp. Most hairdressers protest against administering a shampoo more than once a month, and for most women this, with persistent daily brushings, will answer. But there are women whose hair is naturally so very oily that if the head be washed once a week the scalp becomes uncomfortable in sensation, and the hair begins to fall. Common sense and one's own physical idiosyncrasies must make rules for the care of the hair.

WHITE CAKE.

"A Housekeeper" asks for a special recipe for white cake. The old-fashioned white cake, silver cake, or delicate cake, as it is variously known, was a rich pound cake, made with the whites of eggs and without fruit. It is now generally a plain cake, and instead of being raised chiefly with the whites of eggs it is raised with baking powder or soda and cream of tartar. There are two ways of mixing a white cake. One is to mix the butter and sugar to a cream, add the other ingredients and the flour, adding the white of eggs beaten to a stiff froth last of all. A less common way, but one that makes the cake of an exceptionally fine and delicate grain, is to mix the butter and flour first. The rule for the ingredients in either case is as follows:—A pound of powdered sugar, three quarters of a pound of butter, a pound of pastry flour, the whites of ten eggs, a half teaspoonful of soda. The soda is not essential, but it makes the cake more delicate, and with the juice of the lemon assists in the raising. Cream the butter, sift the flour through the flour three or four times, and add it to the butter, working it to a smooth paste with the hands. Then beat the whites of the eggs to a stiff froth and mix the powdered sugar with them. Add the eggs and sugar gradually to the flour and butter, beating the batter smooth with an egg-whip. Pour the cake into a square loaf-pan, set it in a moderate oven and gradually increase the heat, so that the cake will rise steadily and slowly to the top of the pan before it browns. Bake it about one hour.

THE FARM.

HOW PLANTS GET NITROGEN FROM THE AIR.

The air we breathe is about four-fifths nitrogen and one-fifth oxygen. We use the oxygen in breathing, but discard the nitrogen. It has been regarded merely as a material for diluting the oxygen, which would otherwise be too strong for our use. All attempts to economically render this nitrogen of the air available for plant food, by chemical means, have been unsuccessful. Recently it has been discovered that the so-called leguminous plants—clover, peas, beans, lupines, vetches, etc.—can take up this nitrogen of the air, and can grow without being manured with nitrogen if manured with phosphoric acid and potash.

The manner in which this nitrogen assimilation takes place has been carefully and patiently studied by scientists, and although the details are not fully understood the primary cause has been understood. It is believed that plants are enabled to get this nitrogen through the lower forms of life, bacteria or microbes, which can only be seen by the aid of a powerful microscope. These organisms live in the soil and are to be found where leguminous plants have been grown. They produce or cause the plant to produce little nodules, or tubercles, on the roots. It is through these tubercles that the plant gets its atmospheric nitrogen. The air enters the soil by the numerous pores, or openings in it, which are produced by ploughing, cultivating and working the soil, by the decay of rotting, etc. By just what physiological processes the nitrogen assimilation takes place is a question still in dispute among scientists. It is sufficient for practical purposes to know that nitrogen is taken from the air by the growing plant, directly or indirectly; and that this nitrogen assimilation takes place as a result of the life of bacteria. It is a peculiar fact that few, if any, root tubercles are formed when leguminous plants are manured with nitrogen; the plants must first hunger for nitrogen before the tubercles are formed, and the presence of tubercles indicates that the plant is taking nitrogen from the air.

Now, curious as it may seem, there appear to be different forms of bacteria for different kinds of plants. Hence it sometimes becomes necessary to provide crops with the necessary bacteria before they can use the nitrogen of the air. This is done by applying a light dressing of soil in which the kind of plants it is wished to grow have been previously grown. This is called soil inoculation. It is sometimes necessary in growing a crop of peas and for the first time in several years. Suppose, for instance, that peas, which have been sown on land manured with phosphates and potash but without nitrogen, failed to grow luxuriantly. If the other conditions were favorable, the inference would be that bacteria of the right kind were lacking in the soil, and a light dressing of soil in which peas had previously been successfully grown might be applied. Such treatment as this has been repeatedly tried with success on a large scale.

These discoveries throw a new light on green manuring and on the plants best adapted for green manuring. They recommend it more highly than ever before as a soil renovator and a cheap means of maintaining the fertility of a soil. They show that while both leguminous and non-leguminous plants enrich the soil alike in humus-forming materials in proportion to the size of the crop, they differ in respect to the source of their nitrogenous materials. While non-leguminous plants derive their nitrogen supply almost exclusively from the soil, leguminous plants may take theirs largely from the air. Consequently if spurry, buckwheat, mustard, etc., (non-leguminous plants) are grown on the soil and the crop plowed in, the soil is not materially enriched in nitrogen; the process is simply returning to the soil all the nitrogen which the crop took from the air. But since leguminous plants may derive the larger proportion of their nitrogen from without the soil—that is, from the air—their use for green manuring actually enriches the soil in nitrogenous matter.

It will thus be seen that by green manuring with leguminous crops it is possible to manure the soil with nitrogen from the air, a free and inexhaustible source, and thus avoid buying fertilizers containing much nitrogen. This greatly lessens the expense for commercial fertilizers, for nitrogen is the most expensive element the farmer has to buy. As stated above, it costs

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five to seven cents, or even less. Al-

though grains, grasses, corn, cotton,

potatoes, etc., cannot use the nitrogen

of the air, green manuring en-

ables them to benefit by it indirectly.

—Farmers' Bulletin, No. 16, United

States Department of Agriculture.

THE GUINEA FOWL.

There are a good many varieties of the bird, all of which are supposed to have originated in Africa. The two kinds most generally known are the speckled, or pearl, and the white, the former being the more common variety. They are prolific layers during the summer season; they mature early, and their flesh is fine and tender. The meat of the white Guinea is white, the skin being yellow; the speckled have dark flesh; both have a gamey flavor. The birds mate in pairs. They usually commence to lay in May or June. The eggs, though small, are rich in flavor. The shell is very hard, and if the eggs are set under a hen, the nest should be filled with dirt and set in a cool, moist place. The period of incubation is 28 days. When young they are delicate, like turkeys, and continue so until they change their coat of soft down for one of feathers. They should be fed and managed like young turkeys and, like them, will be inclined to seek high roosts, but should not be permitted to do so.

Guinea fowls are very useful as protectors of other young fowls from the attacks of hawks, crows or rats, as they are quick to give the alarm in a loud, shrill cry, most unpleasant to the unwelcome intruder. The only objections to be urged against these birds are their noise and quarrelsome habits. In the poultry yard they are spiteful (especially the cocks) to young chicks, and are generally apt to give a very pugnacious disposition.

The young can easily be trained to run with hens, and when so reared will not be so apt to quarrel with them. When first hatched they are quite wild, but when kindly treated and often fed, they will become sufficiently tame to eat from the hand, and will not wander far from home. The white variety are more tame than the speckled.

It is advisable to start keeping guinea fowls by either purchasing eggs and hatching them under the domestic hen, or procuring them when young, when they are more likely to localise themselves to their owner's wish than if purchased as older birds. If adult birds be purchased they will require boxing up for three weeks or a month and feeding carefully to tame them, otherwise they are liable to wander off at their own sweet will, possibly never to return.

SMALL FRUITS AND POULTRY.

Fred Grundy, in the *Prairie Farmer*, says: "The facts in the matter are simply these: It is useless to attempt to raise small fruits and poultry, because the two are incompatible, and the amateur may just as well know it first as last. From the time plants are set out until the fruit is ripe they will constantly work injury to it. Chicks weighing less than a pound may be permitted to run at large among raspberries, blackberries and grapes after the fruit is gathered up to blossoming time again, and they will be of considerable benefit by destroying insects injurious to these fruits, but from the time the fruits begin to form until they are gathered they must be kept out, if a crop is desired. And there is no season or time when chickens of any age or sex will do a strawberry plantation any good whatever. When the lot is small—less than two acres—it is best to divide it into two equal parts by means of woven wire fencing and grow fruit on one part and poultry on the other. The poultry house should be on or near the dividing line, and the crops be placed along the fence when it is desired to have the little chicks run in the fruit lot."

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ing Spells and Heart Trouble—Doctors

Said Recovery Was Impossible—A Won-

derful Story.

From Glasgow Echo.

The case of "Little Nell," whose miraculous cure was reported in the newspapers, with a subsequent letter from the Rev. Samuel Harding is but one in a series of similar cases in Glasgow. The latest is that of Miss Lizzie Duncan, a young woman who has been snatched back to life. She was in what is termed a "decline"—wasting away by inches before the eyes of her parents, and her sad condition seems to have been known to a number of people. Consequently when she was found to have escaped the threatened death, and to be, apparently, as well as anyone in Glasgow, a tremendous impetus was given to the prevalent talk, and an Echo reporter was directed to make a searching investigation, with the result that this strange story was entirely confirmed.

Arriving at 208 Stirling Road, the reporter, was conducted into the presence of Mrs. Duncan, by a racy-checked young woman, who proved to be Miss Duncan, who looked in no way like an invalid. "This is the lassie," said the mother. Heaven knows that a miracle has been wrought upon her. Eighteen months ago Lizzie began to pine away. The color left her entirely, and she appeared to be as weak as water. One Sunday morning she said, "Oh mother, I cannot rise today," and before she had got out the words her white face became like that of a corpse, and she fell away into a faint. I sent for the doctor who said she had heart disease. When he saw her again she had grown worse and the doctor said, "The poor lassie is very far gone." We expected that poor Lizzie would not live long. There was no color in her face. She was wasting away, her cheek bones sticking through as if they would break the skin. Her arms and legs were just bones. The doctor said, "Lizzie may stand the winter, but if she does, that will be all." One day, however, I chanced to read of several cases in which dying persons had been restored to life by a new scientific method—some pills, not like other medicine, but altogether of extraordinary virtue, called Dr. Williams' Pink Pills for Pale People. I said to my husband, "In the name of God let's try Dr. Williams' Pink Pills."

Well, before the first box was empty there was an improvement. She persevered and when she had finished her fifth box she was perfectly well, and there is not now a stronger young woman in the town of Glasgow, though at one time she was a living skeleton. You can see any of the neighbors," said Mrs. Duncan in conclusion, "or any person in the street and they will confirm my story."

"I am stronger than ever I was in my life," added the daughter, "yet I can hardly describe how ill I was. I was certainly dying. I could neither go up nor down stairs; I was afraid to walk on account of the fluttering sensation at my heart. I took Dr. Williams' Pink Pills as my mother has described, and feel that they saved my life."

Miss Wood, the lady who drew the reporter's attention to the case, said that the parents had their daughter's photograph taken, for they thought that she would soon be sleeping in her grave. Lizzie once visited her, and was as weak that she had to carry her back to her house. "The change," said Miss Wood in conclusion, "has been wonderful. She is now a sonnie lass, and Dr. Williams' Pink Pills have been an instrument in God's own hands."

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