


# ELLIMAN'S

## Embrocation



**FOR USE ON ANIMALS.**

Sprains, Broken Knees, Rheumatism, Sore Throats, Cuts, Sore Shoulders, Splints when forming, Sore Udders of Cows, Sprung Sinews, For Sore Mouths in Cattle and Lambs, Overreaches, For Foot Rot in Sheep, Bruises, Sprains in Dogs, Cuts and Wounds, Cramp in Birds.

Elliman's Royal Embrocation.

**FOR HUMAN USE.**

Rheumatism, Sprains, Lumbago, Backache, Sore Throat from Cold, Bruises, Slight Cuts, Cold at the Chest, Cramp, Neuralgia from Humors, Stiffness of the Limbs, after exercise, Chronic Bronchitis, Elliman's added to the Bath is Beneficial.

Elliman's Universal Embrocation.

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NOTE—Letters to Japan require a 5 cent stamp

## About the Farm.

### It's Great to be a Farmer's Wife.

It's great to be a farmer's wife  
And live upon a farm.  
And rise up early in the day  
To fires bright and warm,  
That the farmer man has kindled  
For his faithful loving one,  
Who now prepares his breakfast  
And thinks it first class fun.  
She hears the bluebird singing,  
And she hears the robin's call,  
And she serves a wholesome breakfast  
To the music of it all.

It's great to be a farmer's wife  
And breathe the country air;  
To raise the chicks and gather eggs,  
And sell for prices fair.  
She has her own sleek driving horse,  
And carriage of her own,  
She's about as independent  
As a queen upon her throne.  
The children love their mother  
And the father loves her too,  
And to keep her kingdom moving  
Is all she has to do.

It's great to be a farmer's wife  
And raise the garden sass,  
And have her own fine berries  
And gather in the cash.  
She has her own sweet Jersey milk,  
The butter and the cream;  
And a glimpse into her larder  
Is like a pleasant dream.  
With hours for work and time for rest  
She makes the life a charm,  
She plans her work and works her plans,  
This woman on the farm.

Oh, it's great to be a farmer's wife,  
I do not talk for show,  
Nor do I talk to hear myself,  
I'm telling what I know.  
I've loved the Bobwhite's whistle  
And I've loved the chicken's talk,  
And I've loved the dear free farm life  
Since I began to walk.  
The country's wide and pure and free,  
Untouched by city strife;  
I'm glad I was a farmer's child  
And now a farmer's wife.

GRACE BANKS-GRIFFITH.

### Farmer Boy Stronger.

That farm boys have a finer physical development than boys from the city is shown by statistics compiled by Dr. J. C. Elsom, medical examiner of men at the University of Wisconsin, from measurements of 150 students in the

short course in the college of agriculture compared with those of the freshman class and of 8,000 students of all classes in other colleges.

Though it is claimed that the long hours of heavy labor on the farm, sometimes without sufficient sleep or food, tends to produce an inferior physical development, Dr. Elsom finds his figures prove the opposite, at least for this year's class.

"Ordinarily, in spite of the life in the open air," says Dr. Elsom, "the lung capacity and chest expansion of many of the men from the farms is found to be deficient. This is in part accounted for by the fact that much of the work done on the farm is of heavy, slow character and does not call for an increased respiration, and so often does not favor large chest expansion and lung capacity. The prevalent custom among certain farmers of poorly ventilating their sleeping rooms also contributes to this lack of large capacity of lung."

The farm boy is nearly 6 pounds heavier than the freshman, and 9 pounds more than the average student. His shoulders are broader, his chest measure, inflated, is nearly an inch above average, and an inch and half more than that of the freshman. His waist measure is almost two inches greater than the freshman's and an inch



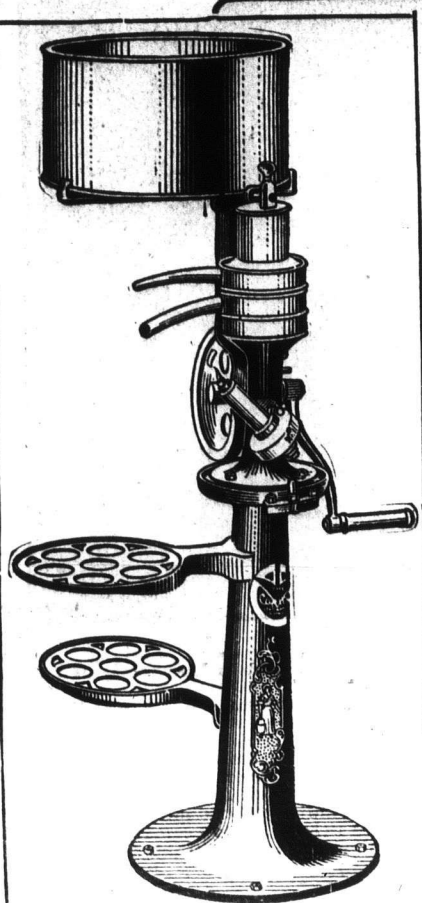
Mary's little lamb.

and a half above average. His right biceps, right forearm and right thigh are larger, and his right calf, though the same as the average, is larger than the freshman's.

His lung capacity is unusual, being 255 cubic inches, 25 inches more than the average and 9 more than the freshman's. In strength of back he is almost 15 kilos above the freshman, in strength of leg 42 kilos above the average and 37 above the freshman, and in strength of forearm he also excels. He is, however, slightly shorter and two years older than the freshman.

### The Farmer's Wife.

In reply to question about the farmer's wife, I must say that she is coming to the front, slow but sure. She is treated more as an equal than as a slave. To illustrate, I will tell of a family in our neighborhood. This family consisted of the mother and father and four children. This mother and her four daughters' labor is lightened by a furnace, cream separator, carpet sweeper, sewing machine, washing machine, modern churn and several rugs instead of carpets. She has a piano, organ and a phonograph. She reads the latest papers and books by gasoline light. In the summer her cooking is done on a gasoline stove and her food cooled in a refrigerator. She has ice in an ice house near by and an ice cream freezer. Most of her chickens are hatched in an incubator and raised in a modern



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