*** 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.

IN TEARS AND IN JOY.

BY REV JAMES E. W. COOK.

Sow on in tears and ye shall reap in gladness;
Success shall crown the toil of faithful years.
And in that joyful hour unknown is sadness.
When morning's songs disperse the midnight tears.

Oh fainting, weary heart so often weeping
O'er feeble toil, which seems to be in vain,
Still labor on; the Husbandman is keeping
Thy seed, until it waves in golden grain.

Beside all waters is thy place of sowing;
In morning brightness, and in twilight dim,
Stay not thy hand, He knows it all, and knowing,
He will not let it fall when done for Him.

The harvest sun is rising, life declining;
Eternity shall reap from earth's despair.
Sowers and reapers in His presence shining,
Find their reward and joy together there.

Lord of the vineyard, our poor souls defending,
May patience keep us as we watch and pray,
Till peaceful we lay down our labor ending,
To wait the coming of the Harvest day.

New London, O.

THE HOME.

Footwear.

There is hardly any part of the complex organism of the body that is subject to more abuse and receives less sensible care than the feet.

The modern fashion of the shoe is no doubt a most unhygienic one, in one way to be compared in health or grace to the oriental sandal, which not only gave perfect freedom of action, but also perfect ventilation to the foot. The Greeks, who lived in a country quite as cold if not as changeable as our own, did not wear sandals at all seasons of the year, but had shoes like our own, which they must have worn during the cold weather. These shoes, however were not fitted tightly to the feet. They were made without heels, and fitted so easily that they could be lightly slipped on and off, much as a lady's toilet shoe of today. It is probable that sandals were generally worn in walking.

The high-heeled shoe, though it is no doubt responsible for a great many ills of the foot, is no worse a foot-covering than the high tight boot that laces closely around the foot and ankle in such a manner that it often impedes the circulation. A great many women complain in these modern days of weak ankles. The habit of wearing a close, stiff boot-top around the ankles no doubt tends to weaken them, because it deprives them of the full exercise of their natural functions and a free circulation of the blood through them. When a high boot is taken off and a low shoe is put on, the result is seen in the swelling of the ankles.

These low shoes, which are fortunately a fashion of the time, are a very much more wholesome foot covering than the high boot. They permit the ankle that perfect freedom of action that gives it strength, and they allow more ventilation to the foot than the close shoe. They more nearly approached in shape and general utility to the old Greek sandal, which would be the ideal foot covering did the climate and custom permit.

The most noxious perspiration which exhales from the body is that thrown off by the feet. Even where there is no suggestion of an odor, the foul element is still present. For this reason the feet ought to be as thoroughly ventilated and exposed to the air as much as possible. They should be bathed daily. The same pair of shoes should not be worn day after day, but two pair kept, so that they may be worn alternately. The very best authorities on the feet tell us that if the feet are systematically bathed and the stockings changed very frequently, corns and many other afflictions of the feet will cease to exist. One should not attempt to wear shoes too loose. The friction caused by a loose shoe on the foot is quite as bad as the pressure of a tight one.

Among the many curious results of civilized methods in the present dancing-master's walk. The excessive turning out of the toes, which is the rule of military tactics as well as of the dancing-school, is not a natural method of walking. The highest medical authorities now agree with the sculptor, who takes for his models the great statues of antiquity, that the correct position of the foot in walking is straight ahead, the footsteps falling on two parallel lines and the toes swerving neither to the right nor left. This walk is to be distinguished from the stealthy tread of the Indian, where the successive footsteps fall on the same line, not on parallel lines. For a classic example of noble lines look at the statue of the Venus de Milo, where the weight of the body is poised on the right foot, with the left foot straight forward. The same position of the feet is seen in other statues, where nobility of carriage, strength and power are the essential characteristics of the figure. It is also noteworthy that the full foot from heel to toe, not the ball alone, rests firmly on the ground. In some of the other statues, which are not so highly esteemed and which were done in a more frivilous vein, there is a tendency to turn out the toes, and the foot rests weakly on the ball, making but little use of the toes, and this position has been most severely criticised by anatomy as well as artists.

Our best authorities in physical culture require that the foot should rest naturally, and turning the toes out slightly seems to be the most natural position with the people of today, though it is undoubtedly the result of many generations of habit. The best sculptors, however, require that their models shall pose with their feet pointing straight forward and swerving neither in nor out.

Sleep.

There is an old axiom, so familiar that it has become hackneyed, to the effect that early rising is a sure road to health, wealth and wisdom. The child who asks for a little more slumber is too generally condemned as slothful. This is a remnant of the stern old Puritanical doctrine that all indulgence of the natural inclinations partook of the kingdom of Satan.

As a matter of fact every sensible person knows today that early to bed and rise does not necessarily give wealth or wisdom, and it is a disputed question whether it gives health. To a delicate child, the rest that comes with the early morning hours is a tonic and blessing. It can readily be admitted that a healthy person can have too much sleep, and the robust boy who idles his time in bed in the early morn instead of getting up and doing his mother's chores is to be sternly reprimanded. Such cases, however, are not especially common. The sturdy child is wideawake with the birds and daylight. There can be no exception to the rule that all small children, and even older school children, should go early to bed. Nine o'clock, the old hour of the curfew, should be the rule of the young student, and little children should be put to bed with the chickens before the twilight darkens.

In families where breakfast is served at six o'clock, the hour for retiring should be no later than nine o'clock, and eight o'clock for the tired housemother, who must get up an hour earlier to prepare the breakfast. The average hour for breakfast in most country houses is about seven o'clock and the hour for retiring ten. Most of these figures give the full eight hours sleep out of the twenty-four that is generally conceded to be the minimum time that a person ought to spend in sleep. Little children who are put to bed at seven require a great deal more sleep than adults, and ten hours is none too much for them. The schoolboy who is forming bone and muscle by his daily growth, needs proportionately a larger amount of sleep than his grown up brother. While it is much better that he should get this by going to bed early; if he does not do so, he must disobey both parts of the proverb, for if he goes to bed late the natural needs of his age will compel him to rise late.

Many a delicate schoolgirl has been hurried to an early grave by burning the midnight oil and at the same time attempting to rise with the lark. Sleep is a tonic. It is nature's sweet restorer. Grown persons of a frail, nervous organization, and especially women, who, as a rule, are of a more nervous temperament than men, require a proportionately larger amount of sleep. It was said of the great Napoleon, that man who never faltered through all momentous and exciting events of his wonderful career, that he required but six hours sleep. There was no wear and tear of vitality, because his nerves were as inflexible to all outward strain as if they were made of iron. Men and women of such a stamp naturally do not require much sleep, but the delicate girl, whose nervous energies are daily taxed to their fullest limit, must have an extra allowance of rest to meet her daily tasks. Because one or two members of the family, like the head, must be up early in the morning to go to his daily task, it need not necessarily follow that all the members of the household are to be aroused when he gets up. The health of the family is of far greater moment than the task of setting an extra table for breakfast or keeping the meal waiting a while. It is the duty of the house-mother to see that every one in her charge has sufficient sleep quite as much to see that they have sufficient food. Yet the same mother who will allow her child to eat almost to the limits of gluttony will deny him sufficient sleep because it upsets her plans or because she ignorantly mistakes for slothfulness the natural desire which all healthy growing children have for extra rest.—*N. Y. Tribune.*

Home Dressmaking.

It is a matter of wonderment, writes Mrs. A. E. Whitaker in *Our Grange Homes*, that more women do not seriously turn their attention to making their own dresses, and learn how to set their sleeves in properly, and sew their collars so that they will not draw at the nape of the neck, or cut their skirts so that they will hang evenly. Women will study the intricacies of a crochet pattern, and sew together innumerable bits of cloth, but just how to lay a pattern on to cloth and cut it out to the best advantage looks problematic. There is scarcely anything in which women can save so much money as in making their own dresses. It may be said that the faults of the amateur dress-maker are many, but, on the other hand, it takes a great deal of money to get silk worked, and it is beyond many women to obtain this. They can learn to do as well as the average village dress-maker and save their money.

A Bare Floor.

One of the richest ways of treating a floor is that used in the elegant suburban home of a well known artist. Two successive coats of burat umber thinned with turpentine were applied, and then one of hard-oil finish. This latter comes put up in cans or may be purchased by the quart—a pint will be sufficient for a room 15 by 15; it will dry in twelve hours, and will cost twenty cents. It cost me five dollars to learn this. I employed a tramp painter to stain my dining-room floor, for doing which he charged me that sum, but he used such cheap varnish that every footprint or the pressure of a chair leg left a white mark. It was only by a thorough sandpapering, at the expense of much muscular labor, and a coat of hard-oil finish, that it acquired anything like a respectable surface.

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THE FARM.

Cabbage and Turnip Lice.

The little plant lice that cover the cabbage and turnip leaves so closely with their bluish-green bodies in the late summer and fall are common everywhere and suck much of the life out of the plants. If the subscriber from Nebraska will pick up all waste and fallen leaves and pull all headless stumps, or, in other words, if he will clean up every scrap and vestige of the cabbages in the fall after he takes out all the good heads, and feed this refuse to stock, or burn or bury it, he will find that very few lice will be found on his cabbages the next year. The reason for doing this is that late in the season the plant lice lay their little black eggs on the refuse leaves and then die. The eggs remain over winter on this garbage, unless it is destroyed, and hatch out the next spring into cabbage lice that continue to reproduce and feed on the cabbages. By destroying all the garbage the eggs are destroyed and the lice are prevented from doing any further harm as long as the practice is continued.

Plant lice live by sucking the sap from plants and so are not killed by poisons. Kerosene emulsion is the best remedy to kill them. It kills only when it strikes their little soft bodies, but is sure death when it does. The emulsion is made as follows: Dissolve one-fourth pound hard soap or one quart of soft soap in two quarts of water. When dissolved take from the fire, add one pint of kerosene and mix thoroughly with a force pump until the soapsuds and oil will not separate on standing. This will require rapid pumping for from three to five minutes. If hard soap is used dilute the mixture before using with twice as much water as there is of the mixture, or if the soft soap, as much more as there is of the mixture. It is then ready to apply. Use a force pump in applying if possible, as it can be applied much easier by this means to the under side of the leaves. If the kerosene is not well emulsified it is apt to injure the plant, but if properly made there is no danger and there is nothing as effectual on plant lice and bugs.—Professor G. C. Davis, in Farm, Field and Fireside.

The Barn Cat.

There is no end to the usefulness of a good barn cat. If well fed, in the barn, its proneness to hunt will keep it busy catching rats and mice, and in the day it will be on the lookout in the garden for the trespassing birds. Its life will thus be useful to its owner, and when its living work is done may be made even more valuable than when alive. It will even pay to buy a dead cat, or even several of them and have them stuffed by the taxidermist in the very best and most skilful manner, that it may be as like an ordinary cat as possible.

And this remodelled cat will be found far more useful than it ever had been before. It will always be found when it is wanted. It will rest peacefully at night, not making itself a nuisance in the general chorus of the nightly concerts heretofore held on the piazza roof. One of them put in the cherry tree will save the fruit, and one for the strawberry bed will do equally good service there. One in the chicken yard will bewilder the hawks, who, sailing above, taking notes, may see the little chicks roosting on the cat's back, and, seeing such a strange sight, will be filled with fear and sail off to the next farm. A dozen of them will fall stock a farm at no cost of food and without the usual annoyance of the frequent dereliction of duty the common barn cat is subject to. Besides it will make a market for the dead cats, which now go to waste and lie about disagreeably.—Coleman's Rural World.

How to Make a Water Meadow.

A water meadow is a level piece of land on the bank of a stream that is embanked, so as to retain the water of the stream in freshets, and permit it to settle and deposit the soil which it holds in suspension. As the mud which comes down with the high water is the washing of the best of the land above, this inclosed land gathers a large quantity of valuable soil in the course of a few years, and the grass grown on it yields very abundantly. In a dry time the water of the stream may be turned on to the meadow by means of a channel made further up, or at a low dam made in the stream for the purpose, and the growth of grass thus greatly increased. If the land is almost level, the bank on the side of the stream and on the lower limit of the field need not be more than a foot high. Of course it is provided with gates to let in the water and discharge it at the lowest point. It is often the case that the water thus turned on to the field is permitted to flow slowly over it, settling the suspended matter as it flows. Land thus improved has been known to pay an interest every year on a valuation of $1,000 an acre.

Care of Horses' Feet.

One of the mistakes often made by farmers is that of keeping their horses shod that do work in the field. Of course this sometimes becomes necessary, remarks the Nebraska farmer, but in the great majority of cases it is not only uncalled for, but it is actually a hinderance to the best service the horse is capable of giving. Everybody knows that when a horse is once shod the necessity of keeping shoes on his feet grows upon him. It is also recognized that a horse can do all sorts of farm work just as well without shoes on as with them, and a critical observer of horses soon discovers that farm horses are kept wearing shoes merely from a fancied and mistaken kindness toward them rather than from any sound and logical reason. If people were in the habit of giving a little personal attention to their horses' feet upon frequent occasions, instead of leaving it all to the blacksmith, it would be all the better for the horses.

In the limits of the United States are found 413 species of trees, of which sixteen, when thoroughly dried will sink in water. The black ironwood (Coudelia ferra) is the heaviest of all, being more than thirty per cent heavier than water. It grows only in Southern Florida, and all other species heavier than water are confined to the hot and dry regions of the country.

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From the Toronto World.

One of the most popular officers at the recent meeting of the Masonic Grand Lodge of Canada was Rev. L. A. Betts, of Brockville, Grand Chaplain for 1893-94. While on his way to Grand Lodge Rev. Mr. Betts spent some time in Toronto, and among other points of interest visited the World office. It seems natural to talk Dr. Williams' Pink Pills to any one hailing from the home of that world-famous medicine, and incidentally the conversation with Mr. Betts turned in that direction, when he told the World that he had that day met an old friend whose experience was a most remarkable one. The friend alluded to is Mr. John Soby, for many years proprietor of one of the leading hotels of Napanee, but now a resident of Toronto, and proprietor of one of the Queen City's newest and finest hostelries the Grand Union Hotel, opposite the Union depot. The World was impressed with the story Mr. Betts told, and determined to interview Mr. Soby and secure the particulars of his case for publication. Mr. Soby freely gives his testimony to the good done him by Dr. Williams' Pink Pills. A few years ago rheumatism with its attendant legion of aches and pains fastened upon him, and he was forced to retire from business. "For months," said Mr. Soby, "I suffered and could find no relief from doctors or medicines. The disease was always worse in the spring and fall, and last year I was almost crippled with pain. From my knee to my shoulder shot pains which felt like red-hot needles. Then all my limbs would be affected at once. Half-a-dozen doctors, one after the other, tried to cure me, but did no good. The rheumatism seemed to be getting worser As I had tried almost everything the doctors could suggest, I thought I would try a little prescribing on my own account and purchased a box of Pink Pills. The good effects were soon perceptible, and I procured a second supply, and before these were gone I was cured of a malady six doctors could not put an end to. I have recovered my appetite, never felt better in my life, and I give Dr. Williams' Pink Pills credit for this transformation. My wife, too, is just as warm an advocate as I am. A sufferer for years she has experienced to the full the good of Dr. Williams' invaluable remedy, and recommends it to all women." "From what trouble was your wife suffering?" asked the reporter. "Well, I can't just tell you that," said Mr. Soby, "I do not know, and I don't think she did. It's just the same with half the women. They are sick, weak and dispirited, have no appetite, and seem to be fading away. There is no active disease at work, but something is wrong. That was just the way with my wife. She was a martyr to dyspepsia, never in perfect health, and when she saw the change the Pink Pills made in me she tried them. The marvelous improvement was just as marked in her case as in my own, and she says that her whole system is built up, and that the dyspepsia and sick headache have vanished. She, as well as myself, seems to have regained youth, and I have not the slightest hesitation in pronouncing the remedy one of the most valuable discoveries of the century. Let the doubters call and see me and they will be convinced."

These pills are a positive cure for all troubles arising from a vitiated condition of the blood or a shattered nervous system. Sold by all dealers or sent by mail, from Dr. Williams' Medicine Co., Brockville, Ont., or Schenectady, N.Y., at 50 cents a box, or six boxes for $2 50. There are numerous imitations and substitutions against which the public is cautioned.—Advertisement.

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