

# FARM-FIELD AND GARDEN

## CROP ROTATION.

This is a subject that is of much importance to the farmers. We are usually in the habit of thinking of crop rotation as of quite recent date, writes Mr. C. A. Wilson.

Crop rotation is by no means of recent or modern origin, for we find in the writings of Cato, Pliny, Columella, and Festus, that it was practiced at the time of the Roman civilization. Their method of rotation was to grow a grain crop for two years and then let the ground lie fallow for a year. By so doing, they reasoned that the land gained a needed rest, while the truth was, that the year's rest added no fertilizing elements to the soil but simply increased the soluble salts in the soil.

But our more modern system of crop rotation dates back to the recent time, when in England the farmers lived in village communities, and was made necessary by the methods of agriculture which then prevailed. The management of the farm was not in the hands of the individual, but was under the control of the village. Each family was allotted a piece of land for a single season upon which to grow a certain kind of crop. And to avoid all conflict of interests, each of the large, common fields was marked off into three great parts, and each part was rotated with winter wheat or rye, barley or oats, and fallow. This was the crop rotation that was practiced on the more fertile soils of Europe for centuries. So thoroughly did this rotation become established that it actually became an impediment to a more rational system of agriculture.

It is folly to talk crop rotation to a man who is cultivating a virgin soil; for he is not growing good crops of hay or wheat on the same field year after year? It is true. But let us see what he is doing. He is taking from the soil, without replacing anything in return, the capital that nature has taken centuries to place there.

### FOR HIS BENEFIT.

He does not stop to consider that he is drawing out the money from nature's bank without giving as much as a receipt for it. Lawes and Gilbert grew wheat for fifty years on a manured and on an unmanured field and found at the end of that time that the manured field contained 5,018 lbs. of phosphoric acid and the unmanured 2,956 lbs. of phosphoric acid, or a difference of 2,062 lbs. At present commercial fertilizer prices it would cost \$144.34 per acre to replace this element alone. We have only to look to the older parts of our country to-day to see what has been the result of such a system of spoliation.

What means this statement that a soil is "worn or run out." It is simply the loss of one or more essential plant elements from the soil below the amount needed to support plant life successfully. It is surprising to what extent some of the farmers of this state continue to crop a field with the same kind of a crop year after year, when we have at our very door in the eastern states examples of what has been the result of such a system. There may be bought to-day, by paying the back taxes, "wornout lands in the east that were once as fertile lands as we have in any of our western states. They were abandoned because they ceased to give a profit after the labor and taxes were paid.

But how are we to redeem our wornout soils or to maintain the fertility of our richer soils? We answer, by a proper system of rotation and by returning as far as possible the plant elements that we remove from it.

## Endorsed by the Justice of Peace

Chronic Liver and Stomach Trouble Thoroughly Cured by Using Dr. Chase's Kidney-Liver Pills

In every home there is more or less suffering as a result of constipation and derangements of the digestive system. Because Dr. Chase's Kidney-Liver Pills cure such ailments more promptly and thoroughly than other preparations they have come to be considered almost indispensable as a family medicine.

Mr. C. F. Immel, shoemaker, Western Hill, St. Catharines, Ont., states: "I have used Dr. Chase's Kidney-Liver Pills regularly for some time and consider that they are unsurpassed for torpid liver, defective circulation, indigestion, headache and constipation, as these were my troubles. I used many remedies, but got no relief until I tried Dr. Chase's Kidney-Liver Pills, and a few boxes of this preparation have entirely cured me. I am not in the habit of endorsing any medicine, but in this case I cannot speak too highly in praise of Dr.

## ONE THING DONE WELL.

The True Secret of a Remarkable Success.

Dr. Williams' Pink Pills for Pale People do only one thing—but they do that one thing well. That is the secret of their success. They actually make new blood; just that and no more. But good blood is the best cure—the only cure—for most diseases. Most diseases are caused by bad blood. Anemia, paleness, pimples, eczema, indigestion, biliousness, kidney trouble, backaches, sideaches, neuralgia, nervous troubles, rheumatism and the special secret ailments of growing girls and women—these are different diseases but they are all due to bad blood. Ignorant people sometimes laugh at the idea that one little medicine can cure all these different diseases—but they forget that they were all caused by one little trouble—bad blood. The foolish people are those who take a different medicine for every symptom without thinking of the one cause at the root of them all. Dr. Williams' Pink Pills strike at the root, bad blood and nothing else. They fill the veins with new, strong, rich red blood, which reaches to every corner of the body, toning the nerves and bracing each organ to throw off weakness and disease. In a brief way here is some strong proof of confirming the above statements:—

John Craig, Kells, Ont., says:—"I was paralyzed and had no power over my right arm or leg. I had to be lifted like a child. Dr. Williams' Pink Pills have cured me and to my neighbors the cure seems like a miracle."

Miss Blanche Durand, St. Edmond, Que., says:—"The doctor told me I was in consumption. I had alternate chills and fever, and severe cough and was daily growing weaker. Then I began the use of Dr. Williams' Pink Pills and my health and strength have fully returned."

Mrs. John McKerr, Chickney, N. W. T., says:—"For some years I was a great sufferer from the ailments that make the lives of so many women miserable. I never got anything to relieve me until I began using Dr. Williams' Pink Pills and they have made me feel like a new person."

Mrs. Albert Luddington, St. Mary's River, N.S., says:—"I was a cripple from rheumatism until I began using Dr. Williams' Pink Pills. Now the aches and pains have left me and I am as well as ever."

Mr. M. Cook, Lamerton, N. W. T., says:—"Dr. Williams' Pink Pills cured me of a severe attack of erysipelas."

Mr. William Holland, Sarnia, Ont., says:—"I suffered for two years from kidney trouble. I tried many medicines but got nothing to help me until I took Dr. Williams' Pink Pills, and after using them about a month every bit of the trouble was gone."

What Dr. Williams' Pink Pills have done for these people—and for thousands of others—they will do for you, if you will give them a reasonable trial. Sold by medicine dealers everywhere, or by mail from the Dr. Williams' Medicine Co., Brockville, Ont., at 50 cents a box or six boxes for \$2.50.

While agriculture is one of the most thoroughly investigated sciences of our day, yet it is one in which the investigations are the least put into general practice, although many of the theories resulting from investigations on crop rotation have been to some extent erroneous, yet when put into practice they have given

A PRACTICAL SOLUTION of how to maintain soil fertility. The benefits derived from crop rotation were formerly explained by chemists in this way, that each plant secreted a substance that was poisonous to itself, but which another plant could use in its growth. But this has been found by later agricultural scientists to be not true.

The modern systems of crop rotation are based upon the following principles:

1. That all plants do not draw to an equal extent upon the manurial ingredients of the soil.
2. That they send their roots to different depths and have a different solvent action upon the constituents they reach.
3. That the soil is maintained in good tilth by the addition of humus; and bacteria which is beneficial to the soil and the plant is encouraged.
4. And that weeds are more easily eliminated and the farm work distributed more evenly.

## Fashion ...Talk

### SUMMER SHIRT WAISTS.

The tailored shirt waist has a rival in the simple sheer blouse, but it has by no means been supplanted, and, for certain purposes, it is decidedly more desirable than any other separate waist.

For outdoor summer sports the shirt waist is the thing, and a host of women maintain stoutly that a trim tailored shirt waist is more chic in connection with a coat and skirt morning costume than the daintiest of sheer embroidered blouses. The latter is, perhaps, more distinctly feminine, more exquisite in quality, and strongest argument of all, more Parisian; but it loses its freshness and daintiness readily, and when mussed has little charm.

The shirt waist, made of stouter stuff and severely tailored, stands rough wear better, resists the reckless assaults of the laundress, and is really an indispensable feature of the summer girl's wardrobe.

The shirt waist suit is of course smarter than the separate shirt waist and there is a marked tendency this season to make up simple skirts to match shirt waists of all kinds. If the prices asked at popular shirt waist makers' shops for the whole frock are out of proportion to a woman's income she in many cases has her waists made at the shop, buys enough material matching the waists for skirts, and makes the skirts herself at home.

Some very good shirt waist makers will use materials bought by the customer; but unless one goes to a good maker the safest course is to buy a good pattern, hire an inexpensive seamstress, and have the waists made at home under one's own direction.

To make a shirt waist may seem a simple proposition, but as a matter of fact a really satisfactory shirt waist is a rare thing. Very careful fitting is required; and in the large shops, where hundreds of the waists are turned out in a week, and many workpeople are employed, mistakes are of frequent occurrence. A careless workwoman may undo the work of a careful fitter, and often the home-made shirt waist, fitted early and often, and watched at every point in its progress, turns out much better than the expensive shirt waist ordered at the fashionable shop.

### RUCHINGS A FEATURE.

Ruchings are a feature of wraps, and oftentimes the ruchings showing about the edges of a garment are a decided contrast to the body of the wrap or to its trimmings. One very handsome wrap is made of pale grey pongee. The shirred yoke is trimmed with choux of shaded crepe, and long crepe streamers ending in knotted fringe fall from the round neck to the hem of the long wrap. Huge medallions of grey lace are inserted so as to form a border to the wrap, and are also used at the bottom of the immense sleeves. These sleeves are gathered into the huge armholes and fall in straight folds to the wrists where they measure fully three-quarters of a yard across.

Heavy silk crepe is being made up into coats and loose wraps. It is a material that lends itself with especial grace to shirring, puffing, and ruching, and falls in soft and graceful folds. Open canvas, tamine, and voile are also made up over silk or chiffon in loose coats and wraps, but are not nearly so clinging and graceful as the crepes and soft silks. Pongees and Shantung come in all shades of brown, and in soft faded reds, for coats and their trimmings; the red being effective in pipings and bindings. Many of these pongee coats are most elaborate, having puffings and shirrings galore, to which are added heavy lace insertion flounces. The coats, however, are usually quite plain and have pipings and buttons as their sole ornaments, the loose wraps being the much-trimmed garments. A smart touch is given by carrying with one's pongee coat or wrap a parasol matching the pipings of the overgarment.

### LACE COATS ARE STYLISH.

These reports we heard early in the year to the effect that lace coats would be seen in all well-dressed crowds this summer are being confirmed as the season goes forward. It was said that the lace affair would be seen in the skirted length which has "gone out" so completely for cloth coats. Here, too, the prophet has proved a true one.

Half at least—if not the majority—of the lace models seen are in lengths reaching to the knees or below. The "Loud" cuts are especially fetching in heavy Irish crochet. Some women are combining lace and linen in coats for wear with linen skirts. Pale-pink, champagne and light blue linen—in fact, any delicate tint of the fabric—are available for this use, as well as white.

### HANDKERCHIEFS IN COLORS.

Colors will be more of a feature in women's handkerchiefs than they have been in many seasons. A certain number of colored novelties are sold each year to accompany the colored summer frocks, but owing to the reign of white in general fashions the number of these has greatly decreased

### BIRDS THAT SEW.

The little tailorbird not only sews but spins, weaving raw cotton into thread for its own purposes. With this thread, it sews with actual stitches a sack of leaves in which to rear its young.

## ADVICE TO MOTHERS.

"Keep your little ones stomach and bowels right, and they will be healthy, happy and grow well." This is the deliberate opinion of a physician of world wide reputation. One mother, who followed this advice—Mrs. Albert Boisvert, St. Claude, Que., proves the truth of it. She says:—"I have the greatest faith in Baby's Own Tablets for young children, and I always keep them in the house. Both my little ones were troubled with constipation and sour stomach. I gave them the Tablets and they are now perfectly well. Once in a while I still give them a dose to prevent the trouble coming back." If all sensible mothers follow this advice there will be fewer cross, peevish, sickly babies in the land. These Tablets are guaranteed to contain no opiate or harmful drug. Sold by medicine dealers everywhere, or sent by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

during the two past summers. Now that the white corner is broken, colored handkerchiefs are rapidly returning to favor—for the summer, at least. So far the color portion consists of patterns formed by embroidered dots—the "jewel" effect of the embroiderer.

## Piles

To prove to you that Dr. Chase's Ointment is a certain and absolute cure for each and every form of itching, bleeding and protruding piles, the manufacturers have guaranteed it. See testimonials in the daily press and ask your neighbors what they think of it. You can use it and get your money back if not cured. 60c a box, at all dealers or EDMANSON, BATES & CO., Toronto, Ont.

## Dr. Chase's Ointment

### CANADIAN WOMEN WARNED.

Vile Wretches Trying to Induce Them to Go to St. Louis.

A caution to young Canadian women is as necessary as that which is finding place in many American religious papers, to the effect that an organized attempt is being made to entice young women to St. Louis for infamous purposes, under the guise of attractive and profitable employment, says the Canadian Baptist. The great Exposition to be held there will call for domestic help of every class, and many favorable positions will open for industrious and competent girls, but there is a fearful risk in any young woman going to such a city to find employment in answer to an ordinary advertisement, and without certainty as to the responsible and respectable character of the advertiser. A woman's society in the Western cities is sending out circulars and publishing papers showing that there are gangs of vile wretches scouring the country towns and places to lure girls to cities where it is promised they will be met and cared for by kind friends and provided with a home and employment. To their dismay they are taken to dens of infamy, and only escape as by a miracle, if they escape at all. And the scoundrel who sent them forward is paid a large commission for every one he thus sends to the snare of the Fowler. This seems too diabolical to be true, but the facts are verified and the operators of the shameless game have been traced and convicted and imprisoned, though much oftener they escape. Knowing this, the young women of Canada should not only keep far away from all such treacherous schemes and schemers, but they should put all their young acquaintances in possession of the facts referred to, and unite with them in a crusade for purity and happiness within the range of their acquaintance.

### SOAKED IN COFFEE

Until Too Stiff to Bend Over.

"When I drank coffee I often had sick headaches, nervousness and biliousness much of the time but about 2 years ago I went to visit a friend and got in the habit of drinking Postum.

"I have never touched coffee since and the result has been that I have been entirely cured of all my stomach and nervous trouble.

"My mother was just the same way, we all drink Postum now and have never had other coffee in the house for two years and we are all well.

"A neighbor of mine a great coffee drinker, was troubled with pains in her side for years and was an invalid. She was not able to do her work and could not even mend clothes or do anything at all where she would have to bend forward. If she tried to do a little hard work she would get such pains that she would have to lie down for the rest of the day.

"I persuaded her at last to stop drinking coffee and try Postum Food Coffee and she did so and she has used Postum ever since; the result has been that she can now do her work, can sit for a whole day and mend and can sew on the machine and she never feels the least bit of pain in her side in fact she has got well and it shows coffee was the cause of the whole trouble.

"I could also tell you about several other neighbors who have been cured by quitting coffee and using Postum in its place." Name given by Postum Co., Battle Creek, Mich. Look in each package for the famous little book, "The Road to Wellville."