

The Farm

MY CLOVER CROP.

One does not wonder that there are few good pieces of clover when he considers the extremely dry season of 1900 and the fact that such pieces are highly prized makes one curious to know how they were secured. It is often said that it is no trouble to secure a catch of clover with abundant fertility, but where to a great extent this element is lacking the problem becomes much more difficult of solution. My field of two and a half acres, which is as finely set to clover as one could wish, is of only ordinary fertility, so that I consider the process worth describing. Mine is one of perhaps a dozen fine pieces of this invaluable farm crop, and to tell how it was secured would to a great extent answer for all.

The piece is naturally well drained, slanting gently to the west. In the fall of 1899 it was sown with wheat, following successive crops of corn, potatoes and oats. It is readily seen that the clover or wheat did not find a rich soil, and it was but sparsely top dressed with barn and poultry manure. The wheat did not make a good growth. I sowed the clover and timothy seed about April 1, using a wheelbarrow seeder, scattering about twelve pounds of clover and five of timothy to the acre. It grew rapidly from the start. Clover is not a sun plant, and will start in a pretty cold soil. The danger from late frosts are not to be considered, the main thing being to secure a start before the ground is dry and settled. The top root does not easily penetrate well settled ground, and a dry time finds the young plants without this necessary safeguard. Give the young plants the double advantage of earliness and a soil loosened by frosts and the matter will take second place, for the roots will reach out and get it.

As a result of a few weeks' earliness in sowing, and of a clipping in the fall, I have a literal bed of clover blossoms and a promise of one and a half tons of fine hay an acre. The fall clipping has prevented a large intermingling of weeds and otherwise helped the young plants. This plant will not uniformly secure the best results on account of the varying seasons, but the rule of early sowing with winter grain and never on spring ploughing will be found a

COFFEE DID IT.

Would Have Been Fatal if Kept Up.

'Coffee!! Oh how I did want it after the nervous strain of public work. Something warm to brace me up was all the breakfast I craved, but every time I drank it, I inferred the dying sensation that follows it with heart fluttering and throbbing of the throat and ears.

I had no strength to throw away in that way, so decided that hot water must do for me.

One morning I came to breakfast in the home of some friends in Pueblo, Colo., just in time to see the Mother pouring some rich deep yellow coffee into mugs for the two little boys. One little chap had thrust his fingers into the mug and was licking them with such approving smacks. This opened the way for me to say, 'Are you not afraid of the effects of coffee on the little folks?' The mother explained that it was Postum Food Coffee made at Battle Creek, Michigan, and remarked, 'We think there is nothing like it.' Then she explained how the new coffee had weaned them away from the use of the old-fashioned coffee and tea because 'it is so wholesome.' I drank it there for the first time, and was delighted, not only with the delicious flavor, but the after satisfaction it gives. One day I was speaking with our family physician's wife about Postum, when her daughter remarked, 'Yes, Mamma, we are out of Postum, and I have used coffee for the last two mornings and it always brings the tired feeling and troubles my stomach and bowels, but Postum makes me feel all right.'

In one home they served Postum in such a way that it was tasteless. I have found that Postum boiled sometimes five minutes, and sometimes ten, is nothing more than spoiled water, but when it is made with two heaping teaspoonsful for each cup, and boiled fifteen or twenty minutes it becomes a tried and proven breakfast favorite, and for refreshment and wholesome nourishment, has no equal.' M. M. Yates, Gothen, Ind.

pretty safe one to follow.—(C. M. D., Ingleside, N. Y.)

WEEDS—A NEW IDEA.

If you want flowers, keep down the weeds. This is the advice that with variations is bestowed upon every amateur gardener.

A young friend set out some lines of flowers along a wall, but in the presence of school duties neglected to water them. The soil was good but the weather dry. When at last they were looked after, the only thrifty one was found with its roots entwined with that of a burdock that had grown rapidly above it, affording it not only shade, but with its long tap root drawing moisture from the deep soil which it had shared with the dock. A row of docks would have nurtured the flowers without the gardener's care. This is an extreme illustration, for if you want flowers you must keep down the weeds.

And wanting flowers I went out to weed. Among the seeds I had planted was one of a delicate vine, and near it was a thrifty flea bane that had shot up like a rocket and broken into a shower of white stars.

'What do you let such a weed grow for?' asked one accompanying me.

But, about to destroy it, lo! it had not only shaded but given support to the vine I had neglected.

'Pull the thing up!' said the friend, 'and give the vine a bit of brush to climb on, or an ornamental trellis; you can munch the root with cut grass, and if you screen it from the sun you'll have a thing of beauty. That weed is not only unsightly but is exhausting the soil.'

All that seemed useless to me when it already had support and shade and moisture, and the weed with its finely fringed blossoms did not seem unsightly but rather a thing of beauty in itself. So I supplied a little fertilizer and let the two grow together. That also is an extreme illustration, for if you want flowers you must keep down the weeds.

I sowed a bed with fine seeds and neglected it. The weather was dry and the seeds failed to germinate, but up sprang the weeds quickly, and their overlapping leaves made a green tent above, and their roots drawing moisture from below established conditions in which the seeds germinated and grew. 'If you expect those flowers to grow, you must pull up the weeds,' said one who knew. So I pulled up the fair green tents till I tired, and my head ached over the destruction I wrought and the tender plants, sustained and nurtured by the weeds, drooped and died, for the weeds are foster mothers of flowers, as has been said before. Now I let the weeds grow and explain their uses to my critical friends.

Weeds have their advantages; they are good assistant gardeners, and when time and help are lacking and a failure is likely to result without their assistance, it is good policy to let them grow. So far from exhausting the soil they will later give back to it all they have taken from it with an added amount gotten from the air. To spend time destroying them when they are little is to waste time and strength that might be put to better uses. Certainly to destroy them early in a dry season is to destroy friends. And my sceptical friends laugh.—Vick's Magazine.

SHAPE IN MARKET FOWLS.

Shape counts for much in beef cattle; it ought to be as highly considered in the case of market poultry. The choicest part of a fowl is the breast meat. One fowl, equally as fat as another, may have twice the quantity of breast meat. It isn't all fullness, as might be shown by a side view. The fowl must have good width, and this will be shown by a broad back across the wing butts and by wide placed legs. Wide placed legs allow the breast meat to run well back between them.—D.

If the dairy farmer makes it a point to



For several of the earlier years of my practice as a Catarrh Specialist, I limited my practice to treating Catarrh only, and strictly adhered to that determination. I was however induced to change this resolution, and will tell you the reason for altering my decision.

So many of my Catarrh patients used to write me that when I had cured their Catarrh, their Deafness also left them. Many also wrote me that the ringing, buzzing, crackling and other Head Noises had also stopped. How grateful these letters were—what pleasant words of thanks they contained, and Oh how I enjoyed those letters. They were not very numerous in those days:—sixteen years ago; perhaps not over two or three a week, now they come nearly a hundred every day. Perchance some reader is skeptical of this statement. To such a one I am perfectly willing to show over forty thousand of such letters, from all parts of the United States and Canada, which I keep filed away for reference, in eight rooms of my office. Many Canadians have seen these letters. They have taken a holiday trip to Boston and have called up at my office.

Many, many of the readers of this article, bless the day when my announcement in the paper induced them to write me, because I have with the divine assistance from on High, been enabled to once more restore them to that greatest of all God's blessings, HEALTH.

The writing of this book on DEAFNESS AND HEAD NOISES has been a labor of love with me because I knew how many poor suffering people only needed such an explanation as it gives to tell them how they can get cured, for they have become discouraged at the many treatments they have tried. There is no Province in Canada I have not hundreds, yes thousands of such cured patients.

This Book

Explains how Catarrh creeps from the nose and throat to the inner tubes of the ear, thus blocking up the passage and gradually destroying the hearing.

Explains the ringing, roaring and buzzing sounds in the head and ears, which are caused by Catarrh.

Explains very fully why former advertised treatments and ear doctors failed to cure.

It has several illustrations showing the anatomy and structure of the ears. These pictures are explained so anybody can understand them.

If you want a copy of this book "THE NEW CURE FOR DEAFNESS AND HEAD NOISES" just write Catarrh Specialist SPROULE, 7 to 13 Doane Street, Boston.

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Middleton, N. S.

select the best heifers from his best cows there is no reason why decided improvement will not be possible. There are too many farmers keeping cows that produced but little more than 125 pounds of butter a year. Authorities on this matter urge that it requires at least 150 pounds of butter before the cow's feed and care is returned. There is no reason why our ordinary cows such as the farmer can profitably keep cannot produce at least from 200 to 300 pounds of butter per year. In many cases herds will now average 300 pounds of butter per year.

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