

The Farm,

The Up-to-Date Farmer
Must Read this Column

Horses often have what is called the vice of shying—that is, of starting suddenly at the rustle of a leaf or a piece of paper or at the approach of any object to which they are not accustomed. Clearly this is the remnant of an instinct inherited from their progenitors in the steppes or prairies, where the sudden rustling of a leaf might indicate the presence of a wolf and where everything strange was therefore suspicious.

It is idle as well as cruel to beat a horse for shying, says Our Animal Friends. That only increases his alarm and may easily reduce him to the state of terror in which he loses his head entirely. Horses in that state seem to lose not only their heads, but their perceptive senses, and a horse in that condition may dash headlong against a stone wall. The habit of shying when once formed is difficult to cure, but it may almost always be prevented by such consistent kindness of treatment as to overpower the inherited instinct of instant flight from possible danger in which the habit originates.

When the winter feed begins to give out, the man who is a poor calculator or an unsystematic feeder finds that he must go into the market and buy more feed, sell off some of his stock or put them on short rations for the balance of the season. Any one of these processes is disastrous to the bank account, writes E. P. Smith in The American Cultivator, and it would be hard to say which one to adopt. There might be little less compulsion to do this if a reserve amount of fodder was kept for such an emergency or if the fodder was less wastefully fed when it was plenty. There is no food that is so generally wasted as corn fodder. It is a cheap and coarse food, and hence many a farmer uses it as if it were of little consequence. Doubtless there are plenty today who wished they had been a little more saving with it early in the season. Because a food is cheap and plentiful there is no reason why it should be wasted or slovenly fed to the stock. There is never justification for such work on any farm, and the man who stoops to it will be sure to suffer.

Corn fodder should never be distributed around the yard for the stock to eat and trample upon. Not even the claim that what is lost in this way goes to make good, coarse manure justifies such course. The fodder is an article of food primarily and first, and it should therefore be treated as food. It is just as easy to feed this in racks constructed in the yards as to scatter it about. Let the animals come to the rack and eat all they will. Then clean out what is left for another time. It is better to find out just how much the stock will eat at one time and then give them that amount and no more.

They will have a better appreciation of the food if they are not stuffed too full of it. If bread or potatoes were left standing around your workshop all the time so you had to walk over it, you would soon lose all appetite for either and ignore it. Cattle do the same with corn fodder spread about the yard. It is a demonstrated fact that they will eat much more of this fodder when fed to them regularly and cleaned up after each meal than when it is thrown into the yard faster than they care for it. There seems to be something human in the animals on the farm, after all, and they are getting a little fastidious in their likes and dislikes. We cannot exactly blame them either, for we require a good deal of them in these days, and they have a right to ask for something in return.

It is easy to make mistakes, says The Sheep Breeder. One may be

neglectful or may be not well informed as to his special business—inexperienced, we may say. No one man knows everything. Every man does not know what other men know. But when we all put our heads together there is very little worth knowing but what we know. In regard to sheep, we are all the time finding out that there is still something new to be learned. The most important knowledge which has been gained of late years is in regard to feeds and feeding. And, while we have learned much in regard to the causes and reasons for things of common practice—that is, we have gained much practical knowledge by observation and study and from our own work, as well as others, learned through books and periodical publications—yet there is still room to get more information by carefully noting the results of our own work, which may be done on the lines suggested by the large number of experts who are always seeking to teach and tell us something new.

To a great extent our most recent knowledge has been in regard to the reasons why the old shepherds chose to feed in this or that way. And it is to be noted that to a very great extent our recent knowledge has only corroborated the wisdom of the old lines of feeding. Of course, any intelligent man in the feeding of a flock will note the results, and we cannot justly go back on the good sense and practical knowledge and wisdom of the old feeders of sheep who showed their intelligence and skill in founding such breeds as the Lincoln, the Leicester, the Shropshire and all the other of our present breeds and equally in the feeding of their flocks. But we may learn all the more satisfactorily in both ways when we think how their practice is justified and sustained when tested by our modern science and so guide ourselves by following in their steps.

Thus the history of the sheep and the culture and improvement of it are among the most valuable and entertaining subjects for the intelligent shepherd to study and pursue, for he learns what has been done in the past century, and by comparison with the present he sees what may be done now and in the future.

Feeding is the basis of improvement. Breeding only fixes on the animal what is gained by feeding. And thus the feeder must follow in the steps of the breeder who gathers in the best and reproduces it, when the feeder comes in and work on the results of the breeder and improves it still further by his skillful feeding. Thus it is that there must be these two at work in sustaining, if not improving, our modern breeds, and knowing what has been done of late years, no one can justly belittle the work of our modern breeders, who are still most effectively sustaining, if not improving, the work of the old breeders. It requires skill to improve a breed of sheep. We cannot doubt that equal skill is needed to maintain the improvement first made, to say nothing of advancing it. No one can justly say or think that our present breeders are ones with less capable or successful than those of the old, palmy times of the improvement of the uncouth and unprofitable coarse breeds which existed before the modern Southdown or Leicester or others no less excellent were brought out of the coarse, rough, raw material and given the modern form and polish. But let us keep at work, still improving, for we must not believe we have, if we ever shall, reached perfection.

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Gossip

About Women, Their Children, and Their Home.

When gloves are taken off the hand, they must never be rolled into a ball, but carefully pressed out flat and laid in a glove box longer than they are. All holes must be mended as soon as seen and buttons replaced. As all gloves get to smell queerly if worn any length of time, have a small sachet of violet powder to lay inside each one, and on a fine day hang them out in the air and sun. When dirty, have them cleaned several times before buying new ones.

Here is the way a nice girl has made a pretty effect for her room and a great convenience as well. She has a set of shelves, and to fit each of them is a box covered with pretty chintz to match the color tones of the room. There is a little strap to draw out these boxes as if they were drawers, though they have covers at the top to protect the contents from the dust. Each strap is marked—one veils, one gloves, one handkerchiefs, etc. It is a useful arrangement, and any girl can make and fit up a similar set of shelves for herself. There are pretty little bamboo shelves, that can be bought for \$1.25 that would be excellent for this purpose and the boxes can be a home product or bought at the shop. The latter would be, of course, much more expensive.

It is the little things that count in life. In the household, in the daily expenditures of life and in the necessary buying for personal belongings, which is every woman's lot, the large sum outlay for an article of size does not cut into the hoard half as much as the dozen and one tiny articles which seem so little and insignificant by themselves that they are thought unworthy to be counted, but which end by making the entire sum laid out for the "sundries" vanish and not infrequently take a good sized slice out of some other provision. In the same way the "little things" are the very marks of refinement which is desired by every woman as a characteristic. The gown may be elegant, the hat expensive, but the little details—a well fitting shoe, a neat glove, the fresh ribbons or laces—all these things invariably tell the tale of delicate taste and a knowledge of the effect of dress which is the essence of style.

Lady Randolph Churchill is 53 and her future husband 26, a difference of twenty-seven years in the lady's favor, but she reckons, not in Yankee style, for ten years of happiness with him. At 63, then, will she be happy to resign him to another and younger woman?

They never have, except through the divorce courts. But, after all, shouldn't Mrs. Cornwallis West, who so strenuously objects to her son's marriage to a woman old enough to be his mother, be more generous for this very reason? She has a beautiful daughter over 20 who is waiting to be claimed by the Duke of Westminster, four or five years younger than her self. Disparity in this circumstance alters cases, but the Cornwallis Wests are sore because the late duke did not wish his grandson and heir to wed their fair Shelagh on precisely this account. If the young duke remains firm, their bitterness may be changed to gentleness for all other lovers.

To increase the girth of the chest breathing exercises are of first importance, and these, combined with proper physical exercises, especially in children, will accomplish wonders. Breathing exercises are one of the most important parts of physical exercise and every physical movement may be helped to a breathing exercise says Mrs. H. M. Beach in The American Opinion.

Of course, breathing must be carried on through the nostrils only. A couple of exercises selected for the development of the chest are herewith given:

Stand erect, with the heels together and the toes apart; knees straight; chest well raised, shoulders even and drawn back, arms straight down and the weight of the body thrown upon the ball of the foot. Raise the arms slowly, at the same time inhaling slowly through the nostrils as much air as can be taken into the lungs; then, while slowly lowering the arms, exhale. The breath must on no account be held; inhaling and exhaling should follow one another immediately.

A second breathing exercise is to, while standing as before inhale quickly and exhale slowly. With both these exercises after a little practice, one will be able to take very deep breaths and exhale them gradually and easily.

In taking exercise fresh air is of vast importance, for, while exercising, the blood is drawn more rapidly from the heart, and a greater amount of oxygen passes through the lungs, and as it is the oxygen that purifies the blood by breathing in the fresh air the entire system is invigorated and revived.

Exhalation must never be done quickly, and the shoulders should never be raised in the act of inhaling. If breathing exercises are practised indoors, the window should be opened wide, so as to make the air in the room as fresh as possible.

The word "club," used by women to designate the beginning of what was really an educational and intellectually progressive movement, was the occasion of considerable misconception. Men could only attach to it the meaning it had for them in their own vocabulary—viz., a place in which to lounge, drink, smoke and play cards. This was far from the idea of women. To women it meant "opportunity"—an experiment in co-operation which would enlarge their horizon, open the door to the acquisition of knowledge and give to their social life a meaning and a purpose. It meant also, as was stated in the first constitution of the first women's club, to break down the walls of prejudice, to bridge the chasms between women, obliterate the lines of separation and bring women together on the basis of womanhood alone.

Measurably, gradually and quite naturally this has been accomplished. No distinction of class or sect or opinion has entered into the foundation principles of any woman's club. Each one, started at different times and under varying conditions, by an apparently simultaneous impulse became an embodiment of purely democratic and altruistic ideas. Each for all and all for each was the motive which inspired their work and action creating in time a curiously strong and vital sense of fellowship and unity of spirit and action. The first effort of these clubs was to form a more or less elastic organization, says Jennie Jane Croly in Frank Leslie's, and acquire order—what is, parliamentary—methods of procedure. This alone to women whose lives had previously been for the most part isolated and desultory, though perhaps filled with domestic cares, was a tremendous step in advance.

For it must be remembered that the club life of women did not begin with women leaders and agitators. It advocated no propaganda; it simply addressed itself to the women in the home and endeavored to satisfy her desire to know and make herself more widely useful. An informal census taken several years ago revealed the fact that out of about 500,000 club-women 95 per cent were wives and mothers.

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