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OF THE

MISSOURI

STATE BOARD OF AGRICULTURE

FOR THE

YEAR 1894.



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1895.

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E. S. W.

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Missouri
State Board
Agriculture
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One of the latest methods for clearing the complexion is that known as the steaming massage, and the treatment is advised when there is a tendency to blackheads and the skin is oily and never quite clean-looking. A well known society woman who rejoices in the possession of a remarkably clear complexion takes the steaming massage in the following manner: At night a basin is filled with very hot water, and over it is placed a canopy formed of a thick quilt and supported by four posts, the arrangement being broad enough to admit the basin and high enough to cover the woman's head when she bends forward in a low sitting posture. After the head has been held in this vapor bath for five minutes the face is gently wiped with a soft towel, and then the massage proper is performed, the skin being rubbed carefully upward from the chin, from the temples to the eyes, on the forehead between the eyes, and so on. A thin coating of cold-cream is then applied to the face to prevent chapping and provide food for the relaxed muscles. Next morning the face is washed with very cold water, gently dried, and rubbed with soft chamois skin to remove any oil that may remain upon the surface. This treatment administered twice a week will purify and whiten the skin, strengthen the muscles and improve the appearance of the face generally.

The wise woman of to-day bestows as much attention upon her neck as upon her face and hands. The V-necked house-gown is now almost universally worn during the Summer, but it can hardly be deemed becoming when one's neck is thin and dark. The tight, high neck-bands of Winter costumes invariably form a dark line about the neck unless some precaution is taken to avoid it, and the mark is simply disfiguring when a low-cut bodice is assumed. To prevent this stain, or to remove it after it has formed, bathe the neck and chest every morning with cold water, not by means of a wash-cloth, but by leaning over the basin and laving the parts with the water applied by handfuls; then dry with a soft towel, and rub briskly with a crash towel until the skin is hot and glowing. This simple method, if followed faithfully, will whiten the throat quickly and beautifully. A friend of mine was compelled during a recent severe illness to submit to an application of iodine upon her throat, and she was annoyed by the discoloration until she tried the cold-water remedy, which soon removed the stain. There need be no fear of taking cold under this treatment; on the contrary, it strengthens the skin and renders it less sensitive to cold and draughts.

Katherine has asked me how to brighten the gold fillings in her teeth, which have grown dull in spite of her constant care. For this purpose it will be necessary to procure some dentists' silk thread and a small quantity of pulverized pumice-stone. This thread is a heavy strand of soft silk manufactured especially for dentistry; the pumice-stone should be as fine as flour. Hold the thread between the thumb and forefinger of both hands, wet a half-inch length of it, dip the moist portion in the powder, gently slip the thread between the teeth, and work it slowly back and forth, bringing the part to which the powder adheres directly upon the filling.

A reliable tooth-powder may be made of the following ingredients:

Precipitated Chalk,	1/2 ounce.
Powdered White Castile Soap,	1/8 ounce.
Orris Root,	1/4 ounce.
Cassia Powder,	1/8 ounce.

Have the druggist mix all thoroughly in a mortar, being careful that the chalk is of the variety named and not that known as *prepared chalk*, which is much coarser.

E. S. W.

No article of attire requires more ventilation than shoes that are worn daily, and none, perhaps, receives less attention in this respect. Excellent hygienic results may be obtained by applying ammonia of moderate strength to the inner surfaces of the soles by means of a small sponge attached to a wire, and allowing the shoes to dry. This treatment of the insoles will add greatly to the comfort and health of the feet, and should be repeated at least once every fortnight.

W. S. E.

TREATMENT FOR THE NECK.

The vigorous winds of Autumn have brought with them the usual array of chapped hands and faces and cracked lips, which demand some emollient. The remedy of our grandmothers was mutton tallow used *au naturel*; and the same humble specific, disguised and in some important respects improved, is still considered a sovereign cure for the ills caused by frost and biting blast, being now sold under various high-sounding names. To make an excellent emollient, first cut a quantity of mutton tallow into small pieces and place it in a saucepan without water. Set the pan in a kettle of boiling water, let it remain until the tallow is melted, and then strain the liquid grease through a fine sieve, and to every cupful add a tea-spoonful of essence of camphor. When the two are thoroughly mixed, add a tea-spoonful of any perfume, pour the preparation into toilet jars, and set it away to cool. It will keep indefinitely; and it costs but a trifle when made at home, while in the shops the same remedy is offered under an attractive name at several times its actual value.

E. S. W.

Women who are compelled to stand a great deal, and who consequently suffer from swollen feet, should know that relief may be found in a powder that is in very general use in the German army, the soldiers sifting it into their shoes and stockings to prevent irritation on a long march. This powder is composed of the following:

- 3 grains of salicylic acid.
- 10 grains of starch.
- 1/2 ounce of pulverized soapstone.

When used regularly the powder keeps the feet dry, prevents chafing and heals chafed or bruised spots. Indeed, pulverized soapstone alone has been found very beneficial. But feet that are too moist are not as annoying as those that

ELNISS C. — For removing freckles, the colorless iodine should be made by adding one part of pure ammonia to three parts of tincture of iodine. After this has stood for a day or two it will be white. It should be applied to each freckle with a camel's-hair brush or a swab made by wrapping a wisp of cotton around a toothpick. Apply just enough to cover the freckle. Use it night and morning until the skin is reddened, but not too irritated. The pigment of the freckle is deposited in the upper layer of skin, and that must be destroyed. If you find it too tedious to use this treatment, try the old-fashioned remedy of lemon juice. A little rose-water rubbed in afterwards will serve to allay extreme irritation.

A word of warning, my dears, for the cold weather. This is the time of year when cold cream or some other preparation of a similar nature is lavishly used to counteract

A WORD OF WARNING.

the effects of frosty winds; and it must be remembered that too liberal and too frequent applications of any oily substance are likely to produce a fuzzy growth of hair upon the face. It is undoubtedly necessary to use some emollient, such as cold cream, lanolin or camphor ice, when the face is chapped; but she who applies an unguent every night to prevent chapping will find that she has made a serious mistake when the hairy growth begins to make itself visible.

I am quite sure you will all remember that the best way to remove grease from the face is by first washing the face with very warm water and soap, and then with cold water. Should you have occasion, however, to go out immediately after thus bathing the face, do not neglect to use a little rice powder, or one equally harmless, to keep the face from chapping. In regard to the soap, Castile and olive oil soaps, I know, are far less agreeable than perfumed soaps, but they are infinitely better and purer than the latter, the oil from which they are made tending to soften the skin.

And now, my dear girls, a very merry Christmas to you all!

E. S. W.

BOARD OF AGRICULTURE,
IA, MO., April 1, 1895.

the twenty-seventh annual
and noting agricultural condi-

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J. R. RIPPEY.

We are told that "by taking thought" we cannot add to our stature, but we can, by the use of proper discretion, prevent many defects both in ourselves and in those under our care. Occasionally we see a woman with protruding ears that are a lasting reminder that her mother did not "take thought" in caring for her growth. The ears naturally lie gracefully back against the head; but if a child is allowed to crowd its hat or cap down over those appendages so they are displaced for hours at a time, or if a tiny babe is laid to rest with its tender little ear bent away from the head, the result will be the positive deformity which is so disfiguring in either man or woman. When the ears are thus displaced they should be pressed back against the head as often as possible. Occasionally the lower lobe is the refractory part; but in any case perseverance in pressing the ear into shape will certainly do much to remedy the evil. When one is seated for an hour's reading the hands may easily be employed in this corrective process.

A certain well known actress is said to have actually changed the shape of her nose, which had a decided upward tendency, by sleeping as much as possible with her face against the pillow, and by remembering, during her waking hours, to stroke the inartistic feature downward between her fingers. Massage of any part of the body, and particularly of an offending part, is always a success. The wrinkles across the forehead and between the eyes that will develop strongly with even one day of hurry and over-anxiety or of severe nervous headache, may be entirely effaced by five minutes' stroking and rubbing. The benefit of this process may not be apparent until the following morning, but if the face is smoothed out in this way every night, all signs of the friction of life may be brushed away, and your friends will certainly give you credit for possessing the secret of perpetual youth.

E. S. W.

Nobody likes hands that are moist and perspire freely; they are disagreeable, to say the least. Bathing the hands in tepid water in which a few grains of alum have been dissolved and then dusting the palms with infant powder is said to remove this trouble, which usually results from extreme debility. In wiping off the powder an old, soft handkerchief is commended.

If my little artist happens to get stains upon her nails—stains that savor of her profession—, try a strong solution of vinegar and water. These are ingredients that are always at hand; how often one remembers only a remedy that is difficult or impossible to obtain! To tell the truth there are a number of drugs that a thoughtful maiden ought always to have on a convenient shelf, such as ammonia, vaseline, glycerine, borax, alum, camphor and alcohol. Keep them in glass bottles with tightly fitting glass stoppers. No; I don't suppose you are going to open a miniature drug shop; but there is often urgent need for every one of these. If you are a little feverish and your breath is not quite sweet, put a few drops of camphor in a tumbler of water and rinse your mouth and throat with it. If you are in doubt as to the condition of your throat, rinse it thoroughly with very hot water to which a few grains of salt may be added.

Not the least of the ills that follow the influenza is the falling out of the hair; and many physicians are now prescribing a regular diet for feeding the roots and strengthening the scalp. It has been found by analysis that the hair contains sulphur, silicic acid and manganese, but the beef solutions, starchy mixtures and milk constituting the usual regimen of an influenza patient do not supply these elements, with the result that the roots of the hair are literally starved. Hence a diet of foods that largely contain the three substances mentioned will greatly strengthen the hair after illness and, for that matter, will tend to increase its growth in a generally healthy person. Two soft-boiled eggs each morning or a raw egg taken with milk twice a day will do much to correct a weakened condition of the hair, and so will oatmeal and brown bread eaten daily.

Many forms of Winter illness leave the system in a weak condition that is made painfully apparent by the arrival of the first warm day of Spring. Herbs have always been approved for counteracting such debility, and one of the best of these is a tea made of the male dandelion, which may be distinguished by the fact that its central root is most above the ground, while the female plant grows straight downward into the soil. Steep the dandelion slowly for three hours in enough water to cover it; then turn it into a colander, and press out all the water. Return the liquid to the fire, and boil it down one-third. The dose is a wine-glassful every morning for ten days or two weeks.

It seems as if with the coming of the early Spring days there should go forth a manifesto beginning "Know all ye women who care for your complexions, that now is the day and hour to look after the same"; for that is really the state of the case. You feel languid, tired and, sad to say, cross; and your skin is on a lemon tint. It is time you began your Spring diet of sulphur and molasses, a tea-spoonful every other morning, until you feel better. Mix it yourself, procuring a few pennies' worth of sulphur in enough molasses to make a smooth mixture about the consistency of thick custard. You think it is a most disagreeable dose to take? But, Margie, you will learn as you grow older in wisdom that many of the good things in life come to us by ways that are not altogether as pleasant as we hope to have them. Take it in the morning before eating. At first spots and pimples may come out on your skin; but gradually your complexion will clear, your eyes will brighten, and you will be amazed to find how much your temper has improved.

How good it would be if we could set down to bad health all the disagreeable words and actions of ourselves and our friends. In reality a great many of them do come from just that source. "Ill-tempered! Who is ill-tempered?" asks Margie. You are, sometimes, my dear girl, and you show it very plainly. A slight disappointment, a feeling that you do not look as well as you ought, a sense of being neglected for some one of more importance—any of these things will cause you to lose your temper with great rapidity. True, you may not say much, but you look it and act it; and manner means so much! I'll tell you how ugly it makes you. Your eyes contract, your face wrinkles and your lips seem to grow thin and to tighten. Don't lose your temper. It never pays, to say the least, for you are making yourself ugly in mind, as well as in face, and you cannot do this often without its leaving a perceptible mark upon your whole character. Meet the small disappointments of everyday life with a smile; then, if a great one comes, you will be the better able to endure it.

Do not let the real brightness of your character be hidden under the dust of little tempers, for, oddly enough, there is no habit that grows on one so certainly as quarreling—not in its worst form, but in its meanest. Contradiction is so easy, while a mere ignoring of disagreeable words or deeds seems so hard. To "quarrel and make up" sounds delightfully piquant, but in reality it only removes you farther from your friend each time. The making-up brings you no nearer; and there are little scars left upon the heart that after a while form one great one and separate you two who began by really loving each other. Stop, Margie, while there is time. Decline to "have everything out" with your friend because she has annoyed you; simply ignore your grievance and act as if it had never been. A hard thing to do? Yes, just at first; but after a while it will become easy and will make a good many other hard things easier. The incentive for unpleasant discussion will not then arise, and life will run on smoother wheels. By declining to quarrel, you will be able to ride in the most comfortable of carriages over the great railway of life to a most pleasant destination—which will be the place of true happiness.

THE HOUSEHOLD—(Continued)

A SUBSCRIBER.—Lime water is easily prepared. Get a good-sized lump of lime and slake it by pouring water over it. Let the water settle, then pour it off and pour more water over the lime. This too should be left to settle and then decanted off, after which the lime is put in a large bottle and water added. As the water is used, the bottle can be refilled. Replace the lime once in two or three months.

People who like that odorous vegetable the onion, but do not wish to inflict its perfume upon others, will find that a sprig of parsley, carefully chewed and swallowed, will do away with the unpleasant effect. As parsley is said to improve the memory and, in addition, to add to the brain power, it should have due consideration shown it.

Judging by his constant recommendation of them, Dr. Erasmus Wilson evidently believed in the advantages to be derived from the liberal use of lemons in the Spring-time. As a beverage, and also (diluted with rain water) as a cooling wash for the face, he places them before everything else and commends them as the chief acid in removing spots from the nails, because they will not in any way injure the delicate surface. Therefore, if used with liberal discretion, lemons may be cited as a valuable medicine and aid to the woman who wishes to make her complexion clearer.

of this department seem pertinent and on the assembling seventy-six counties. Quite a number of the work this series of 1895. last year, and a large, varied and

Naturally you like a smooth skin; it really makes the face more charming than any other element of beauty, for when the skin is clear, the eyes are apt to be bright and the hair looks its natural color. Somebody has said the skin is the thermometer of the body, showing by outward signs just what its condition is; therefore, if your skin is mottled or of a bad color, has little specks upon it or any of the blemishes it is subject to, then be sure that external applications will do little good unless used in connection with another medicine. You think some of my doses are severe? Possibly; but they are effective and certainly will not harm you. Ask your mothers; they will tell you that when they were young nothing was thought so good for the complexion as sulphur and molasses. A table-spoonful taken every other morning is the prescription. Mix it until it is as smooth as custard and then it will not taste "gritty." A word of caution about sulphur: do not begin using it during cold weather, and then beware of draughts and of getting into a profuse perspiration. There is such a temptation when one comes in very warm to throw open a window and drink in the fresh air, but it is very dangerous, especially when the pores of the skin are all open as they are from the sulphur treatment.

Yes; you can use an outward application if you wish, and here is a very good one copied from a book that belonged to a celebrated beauty: Take thirty-six grains of bi-carbonate of soda and one drachm of glycerine, and mix them with one ounce of spermaceti ointment. Rub this gently on the face; let it remain a quarter of an hour, and then with a soft linen cloth wipe off all but a slight film.

Somebody has asked about the desirability of taking sulphur for the skin. Its use without a physician's advice is not advised. It is best to take it with milk, for then the objectionable taste is neutralized. Mix two tea-spoonfuls of the flowers of sulphur in a tea-cupful of slightly warm milk that has been boiled. To prevent lumps stir the powder well into the milk until a light-yellow shade results and the granulated appearance has become uniform throughout. An hour before breakfast is the proper time to take the draught. There exists an idea that the taking of sulphur will result in a wondrously beautiful skin in a very short time, a delusion doubtless due to some rather remarkable stories of its use. Of course, it clears the skin and so is beautifying in its effect; but when the skin has been bad for years it must not be imagined that a complexion like milk and roses will immediately ensue. By the use of sulphur a naturally good complexion that shows the effects of bad treatment by the rest of the system will return to its normal condition, and a bad one may be improved; but miracles are seldom worked.

In the Spring and early Summer you can care for your complexion without fear of taking cold, so all the girls who have been asking me questions about blotches and spots and sallowness on their skin can do no better than mix sulphur and molasses together until of the consistency of custard and take a tea-spoonful in the morning for three successive mornings; then stop for three mornings, after which commence again. This should be continued until there is an absolute improvement in the complexion and also in the general tone. It is not at all hard to take. Jenny tells me she gives her pet fox-terrier two doses of this mixture a week, and that it keeps his coat glossy and his digestion good.

With the Spring time comes a feeling of lassitude and general debility, and Nature demands a little extra care in the matter of diet, which in most cases is just the drop of oil that is needed to make the physical machinery run smoothly. There is an old adage which says:

"Eat leeks in Lide and ramsines in May,
And all the year after physicians may play."

"Ramsines" were a kind of garlic, and we know the medicinal and corrective properties of this strongly odorous family have never been disputed. Leeks or onions, then, eaten at least twice a week, will act as a tonic to the system. When the appetite flags, as it usually does at this season, numerous relishes should be provided at the table. The value of salads and other greens cannot be overestimated. Pickles made of beets and of fresh cabbage are especially welcome during the Spring. A sip of hot water taken at breakfast time is said to strengthen the digestion; and if oranges are freely eaten at this meal, a dish of oatmeal and a cup of coffee will be sufficient to sustain nature until luncheon.

There can be no doubt that hot milk is the most harmless and, at the same time, the most efficacious of stimulants for women, as it answers all the requirements of the feminine system. For the woman who is troubled with "nerves," milk is a tonic, as it contains the ingredients necessary to make blood. Taken cold, it is a nourishing beverage, but it is stimulating only when heated. By slowly sipping a glassful of milk as hot as the lips can comfortably touch, one may completely rout the most dismal fit of "the blues," that ever attacked a brain wearied by a day of work and worry. Even Mrs. Dives, who now spends one day of every week in her called to a halt—confines her nourishment at such times almost entirely to frequent glasses of hot milk; and her busy neighbor, who finds it difficult to hide away in her room for even half an hour's rest each day, is wise enough to follow the rich woman's example when her system cries out against the treadmill which many of us find so discouragingly wearisome.

FRUITS AS MEDICINES.

Fruit acids will cure most skin diseases, and will keep the complexion clear when medicine has failed. Apples will relieve torpidity of the liver, a disarrangement that results in most undesirable sallowness of the face; plums and peaches contain a wine that will correct acidity of the stomach; grapes will stimulate digestion, the juice being, in fact, the very purest of wine; the shaddock, or grapefruit as it is commonly called, is the best of tonics; oranges supply food, wine, and a medicine for the throat; and berries of any kind will cure cases of skin eruption. In the economy of the human body fruit chemicals exercise a cooling, refreshing and stimulating influence that is almost incalculably beneficial. A prominent physician recently asserted that the best skin and blood tonics were made from fruit acids.

EDNA S. WITHERSPOON.

One of the best and most effective remedies to apply to an inflamed ingrowing toe nail is a flaxseed poultice. It should be kept on over night and in the morning the inflammation will be so reduced that the edge of the nail may be raised and a bit of absorbent cotton, dipped in white vaseline or any healing salve, inserted under the edge of the nail. The shoe worn through the day should be large enough not to press on the toe. Repeat the treatment until the nail returns to its natural shape.

A noted New York specialist who is an acknowledged

THE USES OF HOT WATER.

authority on skin diseases believes firmly in the efficacy of hot water as a curative agent for a poor complexion. His theory is that all complexional defects are an outward and visible sign of an inward rebellion on the part of Nature against the kind and quality of the food eaten. In other words, he claims that indigestible food causes pimples and muddiness of the skin, and that by using care in the choice of edibles and by taking plenty of hot water, any woman can greatly improve her complexion.

It is not so difficult to drink hot water as is commonly believed. A cupful should be taken before breakfast every morning to cleanse the stomach, and a generous supply throughout the day; and the discouraged woman whose mirror tells her only too plainly that her eyes are dull and her skin yellow and rough, will be surprised to find how little there is that is disagreeable in the remedy, and how quickly its results will be apparent. A quart of hot water every day is none too much to commence with, and in extreme cases of gastritis the physician referred to, who swears all his patients to secrecy regarding the exact quantity prescribed, insists on three quarts as the daily allowance.

Hot-water treatment is not entirely new, as it was originally prescribed with great success for extreme stoutness by a London specialist. The patient was put upon an allowance of one pound of cooked fish and one pound of lean cooked meat a day, with a pint of hot water every two hours, to be sipped at intervals. The fish and meat were distributed in meals according to the taste of the patient, but vegetables, bread, milk and all other foods were prohibited. Under this rigid diet the weight of one person decreased fifty pounds in four months. The regimen was then slightly modified by the addition of two small slices of bread and butter at breakfast and supper, and milk and sugar in a cup of tea in the morning and at night; and after six months the ordinary diet was resumed with no perceptible increase in flesh. Those who have exhausted all the processes for reducing their weight may take heart and try this one.

The first few days of real Spring weather generally suffice to throw us in what our grandmothers called a Spring fever. Languor, loss of appetite and a general feeling of exhaustion are its symptoms, and the expectation that this unpleasant condition will pass away as soon as the system becomes accustomed to a higher temperature is not always realized. A craving for acids is a marked feature of this annual complaint, and it is one of Nature's signs that should certainly be heeded. A timely and regular use of the fruits that may be readily obtained will often furnish the ounce of prevention which is better than a pound of cure. One of the most valuable additions to the list of medical fruits is the shattuck or, as it is known in some parts of the country, the grape fruit. It looks like a huge, lemon-colored orange and tastes like a mixture of orange and lemon. Eaten every morning at breakfast it will do more than most medicines to tone up the system and purify the blood, being quite acid, yet very pleasant to the taste.

When this fruit is not obtainable, lemonade, either hot or cold, taken immediately after rising is a good substitute, and it will have an excellent effect upon the system if persistently used for four or five weeks in the Spring. Strawberry or blackberry acid, made last Summer in anticipation of the debilitating Spring weather, now makes a most wholesome dinner drink, a tea-cupful being added to a quart of cold water. Home-made catsups sharpen the appetite and are very wholesome when used in moderation. The prudent house-keeper is careful to have an abundant supply of pickles and relishes for Spring consumption, for she knows the need for them is greater then than at any other season.

A friend of mine who has become famous for the excellence of the lemonade served at her house lately imparted to me the secret of her success, which is that she always uses freshly boiled water. She said: "I have my regular rule, which insures success, whether I am making lemonade or any other beverage. I take the water

from any carpenter a piece of pitch or "fat" pine—that is, pine wood that is heavy and discolored with the resinous sap of the tree. Shave this wood very thinly, place the shavings or chips in a saucepan, cover them with dark-brown sugar (granulated will do if the other cannot be procured) and pour in enough water to cover the whole to a depth of two or three inches. Then set the vessel on the stove and let the mixture boil very slowly, stirring occasionally; and when the resulting syrup is the color of ordinary molasses, but not quite as thick, remove from the fire, strain and bottle securely. A table-spoonful of this syrup, which is known as "Lightwood Syrup," taken three times a day or, in case of a very severe cold, once every two or three hours, will be surprisingly curative and comforting.

FAMILY DOCTOR.—One of the simplest and most efficacious remedies known for sore throat, congestion of the lungs, hoarseness and, indeed, all throat and lung troubles is made as follows: Procure from any carpenter a piece of pitch or "fat" pine—that is, pine wood that is heavy and discolored with the resinous sap of the tree. Shave this wood very thinly, place the shavings or chips in a saucepan, cover them with dark-brown sugar (granulated will do if the other cannot be procured) and pour in enough water to cover the whole to a depth of two or three inches. Then set the vessel on the stove and let the mixture boil very slowly, stirring occasionally; and when the resulting syrup is the color of ordinary molasses, but not quite as thick, remove from the fire, strain and bottle securely. A table-spoonful of this syrup, which is known as "Lightwood Syrup," taken three times a day or, in case of a very severe cold, once every two or three hours, will be surprisingly curative and comforting.

lock. If the winter largely in excess of the fall of 1894 of ground in good con-

A woman who has dark rings under her eyes either takes insufficient sleep, or has a disordered liver. An eminent specialist advises those inclined to a yellow complexion to massage daily that part of the body which is over the liver, in order to increase the activity of that organ. The flesh should be vigorously beaten and slapped to quicken the circulation. Painting the left side of the body twice a week with a generous coating of iodine will also tend to tone up the liver, which is the most frequent cause of a muddy complexion.

A simple remedy for clearing the complexion is made of the following ingredients:
2 ounces of Rochelle salts,
1 ounce of cream of tartar,
1 quart of water.

Pour the hot water on the dry ingredients, strain when cold, and bottle. Take a wine-glassful every morning before breakfast.

It seemed for a while as if all the ills the skin is heir to—brought on for the most part by lack of care—were to be cured by the Turkish or Russian baths. Undoubtedly these baths do good in many instances, but it is also true that they are entirely too severe for many persons whose general health is not of the best. For these persons the warm bath and a good rubbing will be found excellent. Rubbing does much to improve the digestion, lends added life to the skin and makes the entire system more vigorous. Years ago rubbing was rather derided as an "old woman's" remedy, but there are few cases of aches and pains which it will not soothe and few people suffering from undefinable weaknesses whom it will not invigorate. Rubbing, however, does not mean treating the subject as if she were devoid of feeling, but it means graduating the enthusiasm of the rubber to suit the victim, for that is what one feels like at the time.

The celebrated Liebig objected to all kinds of violent exercise (and rubbing is, of course, one form), on the ground that it induces too violent an appetite and makes digestion difficult; whereas gentle exercise incites a proper appetite and assists digestion. That too much food may be eaten, with the effect of making the skin "doughy-looking," the eyes dull, and the temper very unreliable, is a fact that we have all observed and, perhaps, regret.

A sure remedy for nervous headache and feet made cold from the same cause is a very hot foot-bath followed by a very quick, cold dash and a thorough rubbing of the feet. Women know that the headaches called nervous are not conducive to good looks, and so should appreciate any simple remedy for them.

It is desirable to maintain the entire body at an even temperature, and the extremities, in particular, should be kept warm; for if the feet are cold, the head is almost sure to be hot. Sometimes by leaving the bed for half a minute, the surface of the body may be momentarily chilled, and the rush of blood to restore the surface temperature will relieve the brain. The utility of artificial heat as a remedy for sleeplessness can scarcely be overestimated. Insomnia is frequently quite overcome by the persistent use of hot foot-baths, and of hot water as a drink at bedtime. Bathing the feet in hot water draws the heat from the head, and the hot drink tones up the stomach and produces a general sense of comfort. A person troubled in this way should have a regular time for retiring and should remain quiet for half an hour before it, in order to prepare the mind and body for sleep. Plenty of fresh air by day and thorough ventilation of the bed-room at night are also strongly conducive to somnolence.

Madame, who is slender and pale, writes that she cannot understand why she should be subject to those singular flushings of the face. Is she going to die? Oh dear, no! Her system is generally disordered; that is all. She needs plenty of fresh air and exercise and good nourishing food; and she should see that her corsets are not too tight and that belts or garters do not restrict the free circulation of her blood. Some physicians attribute this flushing, which usually occurs just after a meal, to studious reading or vigorous mental application of any kind while the vital energies are being concentrated upon the processes of digestion. At such a time the circulatory and nervous systems are peculiarly sensitive to sudden demands upon them, so that at least a quarter of an hour for rest should be allowed after each repast. If this flushing is very aggravated, try bathing the feet in water as hot as can be borne; this will tend to draw the blood from the head. No, madam, you are not going to die! but you must take better care of yourself if you wish to remain charming; do not allow yourself to be irritated—which is but an expression of moral ugliness quite liable to leave its physical mark—or to magnify a small affliction that by a little attention may be made to disappear.

Timothy and clover suffered severely by reason of the drought.

In some instances meadows were worthless other than for the pasturage they would afford, and no locality was able to report a full crop.

The quality was good, was harvested in fine condition, but there was a

She also asks what shall be done for enlarged toe joint caused by an ill-fitting shoe. This is difficult to remedy. Bind it with a strip of adhesive plaster, the zinc oxide plaster that surgeons use is the best. Take a strip as wide as will cover the joint and bring it round so that it covers the joint smoothly. Put between the first and second toe, just at the tips, a pledget of cotton so that it will straighten the joint. Be very careful in future to have the inside line of the shoe straight, for if it slants off it twists the large toe out of place.

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Then, how to grow plumper. This depends to a large extent upon your eating and sleeping, and the latter is a very material item. Brillat-Savarin, even while accounting diet the chief means toward increasing the avoirdupois, says that sleep goes far to induce the making of flesh. A good hypnotic, and one that need not be feared, is a tumbler of milk taken just a minute before getting into bed, no matter how late may be the hour of retiring. To eat freely of lettuce is good, but it should be taken without vinegar; if you like oil, a few drops will improve it, although their addition is not a necessity. The man who counted gastronomy as a fine art recommends, first of all, that she who wishes to gain flesh should eat as much of the crumb of the bread as possible, leaving the crust for those who need to reduce their weight. Drink chocolate, unless you find it indigestible (well made, it is not usually so), and eat eggs and cutlets, or anything else fancied, for breakfast. At dinner take as much fish, soup and meat as you can enjoy, avoiding acids and choosing vegetables having farinaceous qualities. Eat as many sweets as you choose, but do not cloy the appetite. All dishes containing flour, eggs and sugar in quantities are most desirable. Do not take cold baths or too much exercise, let the air you breathe be pure, and pray control your temper, as nothing will make you so angular or give your face such an undesirable look as the free indulgence of an imperious will. This is almost exactly the great Frenchman's *menu* for gaining flesh, and he says and repeats that, "whatever can eat may be fattened."

The exact reversal of the rules for making flesh, especially that in regard to one's temper, will cause it to decrease. Eating only enough to keep one strong, sleeping less and taking plenty of exercise, and especially avoiding sweets, liquids and farinaceous food, will, if adhered to, bring about the desired effect. A day or two or even a week or two of care will amount to nothing; but a trial of from two to three months will convince you that natural laws are the best to follow in the reduction of corpulence, and, indeed, are the only absolutely safe ones.

So many requests have lately been received for information in regard to a proper diet while endeavoring to increase flesh, that we will give it again. In this *menu*, compiled by Brillat-Savarin, the digestion is thought of, and not merely fattening foods offered, without regard to their other effects upon the system.

Eat a great deal of fresh bread and cultivate a liking for the crumb. If possible, have a cup of chocolate before rising. For your breakfast have eggs, poached or boiled, cutlets, chops or steak, a cup of coffee and some fruit; but do not neglect the eggs. At dinner have soup, meat and fish, according to your taste; but be sure to have rice, maccaroni, potatoes, cauliflower, asparagus—indeed, all vegetables. Avoid acids, although salads are good. Choose desserts that are sweet, especially those containing milk and eggs. Grapes are said to be fattening, and sugar undoubtedly is. Do not take cold baths, nor indulge in very violent exercise; sleep as much as possible and do not allow yourself to be exceedingly interested in anything that will cause you to worry. Physicians say that if this regimen is adhered to the thinnest woman, unless she has some disease, will grow plump.

Sallowness, common to both the plump and the thin, is said to bleach out if one lives much in the sun, but observation has not shown this to be true. As it is usually caused by some disorder of the digestive organs it will not disappear until they have been regulated and all the machinery of the body put in order. A coarse diet, hot baths and that simple medicine, taraxacum—the amount of which should be prescribed by your doctor—will cause the sallowness to disappear if it results from a temporary ailment; but if of long standing it will be necessary to go through a course of treatment under a physician.

Not only must immediate attention be given every part of the body that seems to demand it, but it must be remembered that patience and perseverance are also necessary to reach a good result. When the average woman attempts to correct an imperfection she looks for beneficial effects in twenty-four hours. The women of the East obtain better results from their washes and cosmetics

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a youth, my dears, the complexion is largely a matter of nutrition, but later on it is one of nerves. The nerve specialists feed their patients upon lean beef, mutton, poultry and sea food at its very freshest; also upon coarse bread and salads, with a sour orange, or even two, at each meal. On this diet, plenty of pure air and sleep and the changing of the clothing daily, the faded, wrinkled woman will be soon transformed into a fresh and wholesome one. The most inviolable foe to a fresh face is insomnia, which causes wrinkles and sallowness. The careful woman marks the first appearance of an enemy and at once gives it battle. The cause may be one of many and the cure not always the first remedy tried. The presence of blood in the stomach while the brain is unduly supplied is one of the causes of sleeplessness. If the digestive apparatus is given occupation the blood will quickly leave the system, hence a light luncheon will often solve this distressing problem. If indigestion or an abnormal condition of the nerves is the trouble, a tea-spoonful of lemon juice in half a glassful of water will help the sufferer. If these fail, resort may be had to the doctor's next best restorer, rubbing. There are few kinds of physical discomfort that brisk, sympathetic massage will not relieve, but it must be done by the willing hands of another. No small wonder is it that so many faddists place undue faith in the laying on of hands, for nothing will so quickly soothe a tired, nervously worn-out, would-be sleeper as a mild, quiet rubbing.

Complexion specialists now lay great stress upon the necessity of correcting any flatulent, constipated condition of the system. Pure blood is impossible with such derangements, and pure blood is essential to the possession of a pure skin. To correct this condition, medicine is needed, together with a reform of the diet. Fresh bread of all kinds should be given up. New yeast-made bread in its process of digestion causes a fermentation that is responsible for many alimentary ailments and for wretched looks, their inevitable sequence. The use of stewed fruit, figs and lemons will do much to correct intestinal torpor. When necessary they may be supplemented by some such simple medicine as this:

FOR THE COMPLEXION.

75 grains of calcined magnesia.
75 " " sulphur.

This prescription should be made into twenty powders, one being taken after each meal.

HOW TO PREVENT COLDS.

Colds are potent and remorseless destroyers of the complexion and at this time of the year, when sudden changes of temperature are the rule, and raw, wet days occasionally seen, that person is endowed with great vitality or else is very fortunate who is able to escape cold of greater or less severity. Proneness to take cold is a disease of personal weakness, and one that most of us may combat. She who has to avoid every draught of air is indeed to be pitied, for she is never safe anywhere. With a little patience, such susceptibility may be greatly lessened by a liberal daily use of cold water. The throat and the upper part of the chest should be bathed every morning with cold water and then rubbed with a rough cloth until quite warm; and after every warm bath the throat, chest and limbs should be sprinkled with cold water. She who takes cold most easily can gradually accustom herself to a cold shower-bath after a warm tub-bath, and when she has done this, she will find that she is much more hardy and that her general health is better. One woman of my acquaintance who formerly caught cold at every change was induced to try this very simple treatment, and she has not had a cold for over two years.

A Good Cough Remedy
Into one pint of kerosene oil (coal oil) put five ounces of finely powdered camphor gum. Shake often, until dissolved, then add one half pint of sweet oil. It is then ready for use.

Camphorated Oil
A simple home-made liniment that is almost magical in its results is composed of kerosene, camphor-gum and sweet-oil. Into a quart bottle put one pint of kerosene, and add as much camphor-gum as will dissolve, adding a little more day by day and shaking thoroughly. Then add one half pint of sweet-oil, shake well, and it is ready for use. It should be well corked and kept out of the way of children. Use for burns, cuts, bruises, stiff neck, stiff joints, sore throat, bunions, and about all the ailments that flesh is heir to, as it will cure, and that right speedily, almost everything; in our family it has gained the sobriquet of "cure-all."

For a Bad Cold
At this time of the year children are subject to bad colds and sore throat, especially when the little one has gone to sleep. If, when the little one has gone to sleep, you stir up sufficient quinine in large water to make a thick paste and rub on the throat and chest, the little sufferer will be almost well by morning. The same rubbed on the nose and forehead, if the head is stopped up, will give almost instant relief. For people who cannot take quinine or capsules, try this; it is good for old or young, and does not hurt the head and taking it does sometimes.
Thornberry, Ark. E. J. HOLLAND.

Remedy for Coughs or Colds
Beat the yolk of one egg a three teaspoonfuls of granulated sugar together until almost white, then add boiling water, stirring all the time till thick as tea-cup is full. Drink while hot.
MRS. WM. CARMICHAEL.

along the same general line, the necessary service. Meteorological stations have been discontinued, leaving a total of 50 are equipped with rain-gauge, 29 are equipped with exposed thermometers and rain-gauge, and 23 have rain-gauge only.

*Pulverized extract of Iodine 3 drachms
Gum arabic 3 drachms
Antimony wine 3
Paregoric 1 ounce
hot water 6
Mix all well together & take 2 teaspoonfuls every two hours shaking the bottle vigorously before each dose.
from the Schmiator for the annoying cough after influenza*

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HEALTH.

394, a publication issued by the State Board of Health, under the head of suggestions approved by the Board and ordered to be submitted to the Executive of the State and the General Assembly, I find the following recommendation:

It is deemed advisable to recommend that the State Veterinary Surgeon be made subject to the orders of the State Board of Health whenever any condition in the State concerning the diseases of live-stock and the diseases of milk and meat shall, in the judgment of the Board, demand the co-operation and assistance of this officer.

After conferring with members of the State Board of Health, we understand that they will ask the Legislature to authorize this Board to detail a veterinary surgeon, when needed, to aid them in making investigations of diseases of live-stock when such diseases may be liable to affect the health of the human family. I've no doubt but you will commend their efforts to give our people pure food, and be ready to aid them in every possible way to secure better sanitary service.

The only change necessary in the law, in order to secure what is asked by the Board of Health in conference, is authority for this Board to instruct the State Veterinarian to look after cases presented by the

Infusions are made by pouring boiling water over medicinal herbs, in proportion of a pint of water to an ounce of the herb, cover tightly from three to four hours, strain. It is generally most effective taken hot. To make decoctions use water, one and one-half pints to one ounce of the herb. Boil to one pint, strain. Extracts are prepared by pouring a little alcohol over the bruised plant to extract the juice. Set in the sun or by the stove till of the consistency of honey. Onion syrup is the fluid extracted from sliced onion sprinkled with sugar. Never pour water on the onion, never cook it. An astringent causes contraction of the tissues; a tonic increases physical strength by supplying a lacking element or by improving the condition of the stomach; a

Medical Wisdom.

stimulant increases the strength of the heart's action; a sedative diminishes the strength of the heart's action; a narcotic diminishes the activity of that part of the brain which is the seat of consciousness; an alterative improves the constitutional condition; a diuretic increases the excretion of urine; a diaphoretic increases the perspiration; an expectorant separates mucus from the air passages.

MRS. M. A. HOYT.

Boiling water 1 qt
 Rock Candy 1/4 pound
 Flax seed (unground) 1/4 lb
 Licorice 1 stick
 Lemons (juice only) 3
 Glycerine 1/2 poun 2
 pour the water on the flax seed & steep slowly for about three hours when there should be only a pint of the liquid left strain & add the juice of the lemons Candy & licorice finely broken place the mixture in a bowl over the top of the tea kettle & when the licorice & candy are dissolved strain into a bottle and add the glycerine to be taken in the same manner as the preparation mentioned above
 Cough mixture very soothing from the Delinicate

But to trans or give them full request, "make b lead to a conflict proval and earne

The crop re valuable to farm mate correctness mous among agr possible, that al earliest practical obtaining the a government repc from the percent reason to believ least, misleading My predec requiring assess

to convey average of all crops grown in Missouri.

Olive oil 2 ounces
 Paregoric 2 "
 Honey 2 "
 dose - one tea spoonful every 2 hours if the Cough is severe
 But perhaps there is nothing that will more quickly relieve a cough than the old fashioned mixture of equal quantities of whiskey & glycerine
 Although this is sometimes varied by the introduction of a little extra glycerine shake the mixture well & take a table spoon every two hours
 This medicine may be quickly made in case of emergency by filling a bottle 1/2 of a little more with glycerine & filling the balance with Whisky from the Delinicate

where. If the estimated amount needed for clerical work is appropriated, and an allowance of probably \$1500 per annum for printing and distributing bulletins and maps, much valuable work might be done in the interest of immigration.

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Infusions are made by boiling water over medicinal plants.

GRAPES IN HEALTH AND SICKNESS.—My experimental vineyard of about one hundred varieties, the leading ones represented by perhaps half a dozen vines each, has given me many times the grapes every season that I could possibly use in the family, so that I had to give away or sell my surplus to neighbors a lot of grapes and some other seedy and skinny fruits in my now favorite way of canning currants; namely, by putting the fresh fruit through the "fruit-press," thus getting rid of seeds and skins, and retaining only the pulp and the juice for heating and canning. Grapes thus canned are simply delicious—a little thicker and richer than the commercial unfermented "grape-juice," but undoubtedly as wholesome and nutritious. Grape pulp and juice are not simply a relish, but a food. The chemical analyses of unfermented grape-juice and mother's milk is almost exactly identical. This year, provided I have the grapes (and a failure of that fruit is a rare exception), I shall have a good lot of grapes canned in the same way I canned them last year—in fact, dozens of cans, so that I can have this delicious jam or juice almost daily on my table. I am convinced, too, that in unfermented grape-juice I have possibly the best article of steady diet for typhoid-fever patients—safer in some cases than milk—so fully convinced, that if I were attacked by that treacherous malady myself, I would, with or without the physician's consent or advice, put myself on an almost exclusive diet of grape-juice, and risk the consequences. In cases in my own family, physicians have allowed or advised prune-juice to be given occasionally, but I did not then think of leaving off milk and the stimulants and using natural grape-juice. I wish I could present extended trials with grape-juice. I feel sure it will be generally adopted as such a gratifying, thirst-allaying beverage in place of the fermented drinks now so freely indulged in.

GRAPE-juice, to keep for a long time and retain all its health-giving qualities, is simply heated to above one hundred and seventy degrees Fahrenheit without actually coming to the boiling-point, and held at that temperature for an hour or two, then bottled or canned while hot, and hermetically sealed. What a blessing it would be for the people at large if they were to use such a gratifying, thirst-allaying beverage in place of the fermented drinks now so freely indulged in.

The Fruit Cure As bees and fruit-trees go well together, so may the products of both—honey and fruits—be considered companion remedies. A paragraph taken from "Green's Fruit-grower" states that Dr. J. W. Kellogg has found from the examination of over eight thousand stomachs that in thirty per cent of the cases objectionable bacteria are present. In bacterial diseases he recommends an exclusive fruit diet for several days. The fruit acid serves to sterilize the digestive system and make the germs harmless. Any fruit acid is good, and it should preferably be eaten raw. I am fully convinced of the potency of fruit acids as destroyers of disease germs.
T. GREINER.

...and an earnest advocate of its free use, I beg leave to quote from the columns of the California "Fruit-grower" as follows: "The most effective and enjoyable way to benefit from the general use of pure honey is to have in every home a ready supply, diluted with say one pound to one quart of water, placed in a suitable glass or porcelain vessel—metal must not be used—from which about one tablespoonful put into one cupful of warm or cold water and taken at each meal would benefit one a thousandfold more than the stupidly conventional decoctions with which we daily clog and seriously disarrange our physical and mental machinery. Let any one who suffers from kidney and bladder trouble try this simple and pleasant substitute for one week or more and then faithfully report the wonderful results."
I will not say anything for or against the cure for indigestion here recommended, but I am quite confident that if the advice to substitute honey-water for our nerve-destroying strong teas and coffees were generally accepted and heeded we would hear far less complaints about nervousness, stomach troubles, sick headaches, etc., than at present. The quoted suggestion seems to be so much in line with my remarks concerning the keeping of a few colonies of bees by the average farmer that it gives me particular pleasure to call attention to it.

A teaspoonful of warm honey taken every fifteen minutes has a surprising effect on catarrh.

HERE is no need to praise the strawberry as a delicious fruit, but it may be remarked that it also has valuable health qualities, particularly in cases of gout and biliousness. One of the most celebrated strawberry cures was that of the botanist Linnæus, who by their free use recovered from the gout, while a diet of strawberries cured Wilson the ornithologist of chronic malarial fever after the doctors had failed. A noted Swiss physician restricts patients with pulmonary troubles to an almost exclusive diet of strawberries, the wild berries gathered on their native heath being possessed of the highest value of all. Some persons find that the strawberry acid does not agree with them; but these are the exception, and the addition of a little cayenne pepper, not enough to detract from the flavor of the fruit, will often prevent any difficulty in digesting them.

...and its constituents, is suggestively connected with the remarkable effects of the latter as bovine, in typhoid fever, and with experiments by the Chicago Board of Health, applying grape-juice to typhoid bacilli, which brought out the interesting fact that while lime-juice, apple-juice and grape-juice all had a more or less inhibiting effect on the growth or vitality of these bacilli, bottled grape-juice gave the most conclusive results. Cultures of the typhoid and the colon bacilli were used to infect distilled water and water from the laboratory tap, in a strength of about ten million bacilli to a cubic centimeter. Bottled grape-juice was then added in proportions varying from one to five per cent. Examinations made at one-minute intervals showed that some brands had killed the germs at the end of the first minute, the effect being almost instantaneous. The advantage of bottled grape-juice, it is said, is that the quantity required (one per cent) does not affect the flavor of the water or disturb digestion, as lemon-juice does with some individuals. But the freshly extracted juice of the grape prepared in the laboratory had no effect on the bacilli, even in proportion as high as one hundred per cent. Must there be fermentation, or some germicidal preservative in the grape-juice?—Modern Medical Science.

THE FRUIT CURE.—I have repeatedly stated that I believe in the great health-restoring power of our common acid fruits. Currants, lemons, tomatoes, etc., have been worth more to me, and more effective, than any medicine I have ever bought or procured through physicians' prescriptions. A severe case of rheumatism, and another of eczema, both of long standing (perhaps twenty-five years), have been entirely cured, as I believe, by nothing but the free use of tomatoes, currants and hot lemonades. Again I wish to quote what "Youth's Companion" has to say on the subject: "Those who suffer from rheumatism or gout need a plentiful allowance of the acids furnished by many kinds of fruit. For these people especially, apples are invaluable. There is no reason why they should not be cooked so long as they are not made into pie, nor is there anything poisonous in a well-made pie; but medicinally, fruit is better in its simple state. Oranges are among the most useful of fruits, and when eaten freely tend to correct many sluggish bodily conditions. The smaller fruits—currants, strawberries, raspberries, and so on—agree with some people and not with others, and must be adapted to each case. . . . Of oranges, grape-fruit, peaches, apples, pears and grapes it is safe to say that most people would gain in health by making one of them serve each day for an entire meal."

THE NEW GRAPE CURE.—This morning, while at Buffalo enjoying my usual drink of unfermented grape-juice, I was told that one of the Buffalo physicians is very pronounced in favor of giving this pleasant beverage to typhoid-fever patients. He claims to have just carried a rather desperate case through successfully, the patient having taken as much as a quart a day right along. This seems to support my contention in favor of grape-juice for typhoid-fever patients, published in these columns before, and I wish to say that if I were taken with this treacherous disease I would surely depend on this grape-juice cure entirely.

NOT even the indispensable potato or apple has so many domestic uses as the lemon. Without it the cook is reduced to citric acid or vinegar for her sauces and salads, poor substitutes, both. Lacking lemon-juice, the housewife must resort to more or less harmful mineral acids to remove stains from her linen or to cleanse various delicate articles. Without the juice of the lemon my Lady Beautiful is at a loss for various simple lotions and jellies, harmless and invaluable for whitening and softening her skin.

Even the sick-room pays tribute to the acid ellipse, and much of comfort and healing depends upon its cheapness. Nothing takes the place of the lemon as the basis of a refreshing drink in cases of fever. Not long ago a prominent physician announced the discovery that lemon-juice is a specific in typhoid. Other doctors have pronounced the remedy impractical, but no doubt time will vindicate the pioneer and put the specific in practical form.

HOT lemonade is an old home remedy for colds and it has the advantage over bromo-quinines and anti-pyrines of having no after-effects. Take a hot foot-bath in a warm room, roll yourself in a blanket, and drink at least a pint of lemonade as hot and strong as you can stand it. Get into bed immediately. This is an important part of the cure sometimes overlooked. Moving around the room, emptying the bath and straightening things up may give you an attack of pneumonia instead of curing your cold. A profuse perspiration results, and if you have taken the remedy within forty-eight hours of catching the cold, a complete cure is almost certain by the next day. It is little short of marvelous.

LEMON-JUICE and sugar mixed very thick make a common remedy for coughs. A better way, however, is to put a large lemon in the oven and allow it to remain until thoroughly baked, when it will be soft all the way through. Add enough honey to the pulp to make a thick sirup. Sugar will answer the purpose, but honey is more medicinal. Keep the sirup warm and take a teaspoonful every fifteen minutes. This is warranted to relieve hoarseness in short order. Chronic bronchitis may also be relieved by the use of lemon-juice, honey and hot water. Diarrhea is said

to be cured very quickly by the use of lemon-juice and pure honey—the juice of two lemons to two teaspoonfuls of pure honey. For heartburn, take the juice of a lemon and half a teaspoonful of baking-soda in half a glass of cold water. Drink while it is effervescing. Lemons in almost any form are said to be good for people with rheumatic tendencies. Sick headaches may often be banished by taking half the juice of a lemon squeezed into a cup of black coffee. Headaches from biliousness or a torpid liver often yield to the simple treatment of half a lemon squeezed into a cupful of hot water, without sugar, taken on an empty stomach each morning. It should be taken regularly.

THE home pedicure will find the lemon invaluable. A poultice made of bread-crumbs soaked in lemon-juice will cure the most obstinate corn. Bind a fresh poultice on the corn each night, removing it in the morning and substituting a thin slice of lemon during the day. Chilblains, if the skin is not broken, should be rubbed with a slice of lemon sprinkled with salt. For tired and swollen feet rub with lemon-juice and alcohol mixed in equal quantities, after a hot bath.

What a Lemon Will Do. Lemonade made from the juice of a lemon is one of the best and safest drinks for any person, whether in health or not. It is suitable for all stomach diseases, excellent in sickness, in cases of jaundice, gravel, liver complaint, inflammation of the bowels, and fevers. It is a specific against worms and skin complaints. The pipin crushed may be used with sugar and water, and taken as a drink. Lemon juice is the best antiscorbutic remedy known. It not only cures the disease, but prevents it. Some people make daily use of it for this purpose. I advise every reader to rub their gums with lemon juice to keep them in a healthy condition. The hands and nails are also kept clean, white, soft and supple by the daily use of lemon instead of soap. It also prevents chilblains. Neuralgia, it is said, may be cured by rubbing the part affected with a cut lemon. It is also valuable to cure warts. It will remove dandruff by rubbing the roots of the hair with it. It will alleviate and finally cure, coughs and colds, and heal diseased lungs, if taken hot on going to bed at night. It will also be of great use in making old straw hats look more white. Its uses are manifold, and the more we employ it internally the better we shall find ourselves. Just try it.

W. M. H. AMSPACKER, McClure, Pa.

WORTH KNOWING.

The hygienic properties of lemons which contain citric acid have been well known for many years, but it is only lately that scientists discovered the acid was powerful enough to kill the germ of typhoid fever in 24 hours. Some typhoid fever bacilli, treated with raw lemon juice and placed in the sunshine, were killed in two hours, the sunshine proving a quick agent in connection with the medicinal properties of the fruit. Lemons have been found beneficial in the worst forms of smallpox and cholera, so it is well to know the medicinal properties of a harmless yet powerful fruit

LEMON-JUICE AS A BACTERICIDE.

The daily press is just now much interested in exploiting a statement from Dr. Asa Ferguson, of London, that lemon-juice kills the typhoid bacillus in drinking-water. Although it has long been known that citric acid is a powerful germicide, Doctor Ferguson is apparently the first one to popularize lemonade on such a basis. The wholesome and effective manner in which a teaspoonful of lemon-juice will destroy the pathogenic microorganisms in a glass of water is certainly astonishing, if not spectacular. It is from both of these points of view that the experiment appeals to the public. The Chicago Board of Health hastens, in its disinterested and public-spirited way, to confirm the conclusion, and the boon is launched accordingly. Something more than this confirmation will be needed by the profession before the adaptability of this wonderful discovery can be demonstrated. If in the end, however, it can be proven that lemon-juice or citric acid can do all that has been promised, Doctor Ferguson will deserve all due credit for practically applying a new principle of typhoid-prevention. In the meantime it may be somewhat comforting for the people to believe that they are protected from infection by the use of this new drink, but it is hardly fair to encourage them to feel any safety against the infected oyster merely because a few drops of lemon-juice are sprinkled over its surface.—Medical Record.

There is a general idea that fruit acids are contraindicated in rheumatism, yet Desplats is reporting cures from lemon-juice after failure with salicylates. Starting with two lemons, the number is increased until marked improvement is seen, the dose being kept at this point.

Lemon-juice is a useful adjuvant to other measures in acute rheumatism, and should not be forgotten, because it is generally extremely grateful to the patient.

The pure, fresh juice of raw cranberries given freely, either undiluted or with an equal part of water, is an excellent means of relieving the thirst in fever, and moreover is markedly antipyretic. In the thirst and vomiting peculiar to cholera it is even more effective. In fifty cases in which ice and narcotics failed to make the slightest impression, cranberry-juice in small but repeated doses rapidly checked both vomiting and nausea.—Goriansky.

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Celery and Rheumatism.
 Ho, all ye rheumatics! Celery never was finer than that which you find in the market just now. Chop up the stalks in pieces an inch and a half in length, boil them in water until soft, then drink the water. Or stew them in milk and butter, thicken with a little flour and eat warm with toast or potatoes. Rheumatism is impossible, it is said, if the vegetable be cooked and freely eaten. Besides, there is no greater delicacy than stewed celery. The value of the plant lies in the apiol, or parsley-camphor, it contains. This dilates the blood vessels, and has few equals as a diaphoretic and diuretic. Anything that produces a profuse perspiration is good for the rheumatic patient. All the world knows that celery is the best absorbent a drinking man can take, and its action on the kidneys and viscera is most healthful.—*New York Press.*

It is said that rheumatism is almost unknown in Japan, and that this is due to abstemiousness of diet and very limited use of tobacco and alcohol. Military experts attribute the ability to withstand fatiguing marches, as shown by the Mikado's troops, to the same cause.

Celery, when eaten freely, produces alkaline blood, and where this exists there is neither gout, rheumatism nor nervous prostration to any extent. When cooked it is more healthful than when eaten raw.

Asparagus as a Medicine
 ASPARAGUS is a diuretic, an antilithic, aperient and deobstruent; it will make more urine, and seems to have the power of removing vast quantities of mucus adherent to the bladder and urinary passages. In the spring, when the young roots are tender, there is no remedy in our materia medica that equals it as a cleaner of the kidneys and urinary tract.—*Sanitary Era.*

That a tablespoonful of olive-oil taken three times a day will cure indigestion, banish sick-headaches, and make a thin person fat? A sprinkle of salt will make it more palatable. This was told to me by an old German doctor.

Asparagus is one of the dishes which cooking can make or mar. It has always been esteemed a great delicacy. According to mythology, asparagus grew in the Elysian fields, and doubtless accompanied ambrosia and nectar when the gods reclined at meat. It was the favorite vegetable of the ancient Romans and was introduced by them into Britain. Pliny devoted several chapters of his *Natural History* to its proper cultivation and virtues, saying, "Of all the productions of your garden, your chief can well be your asparagus." It is much more generally used in France and England than here. The French, es-

FRESH OLIVE-OIL has recently come to the front as a medical agent. One of the commercial travelers who come to this place on their regular rounds always carries a bottle of olive-oil in his pocket. He has kidney or bladder trouble, and an occasional dose from the bottle keeps him comfortable. Such oil is also recommended for rheumatism, and nothing is said to remove the recent deposits about the joints of rheumatics as promptly as pure ripe olive-oil given in tablespoonful doses four times a day. We might also try daily applications on corns and bunions for a month or two, as it is asserted by many people that such treatment will cure even the worst cases. Any-way, it can be very easily tried.

Comment By Dr. F. C. Hutchins	\$108 02
Olive Oil.—Properly prepared olives, either ripe or green, are a nutritious and suitable food. So also is olive oil very useful at times. The latter helps to overcome constipation in young children when given daily in teaspoonful doses. It would not be safe to depend to any extent on olive oil as a food in case of imperfect nutrition. With premature babies and in cases of extreme mal-nutrition in the very young, we often keep the skin clean and soft by daily cleansing with olive oil instead of soap and water.	207 70 209 65 368 50 171 89 144 80 2 00 7 10 8 15 1 96 5 80 12 04 40 41 100 00 10 00 66 75 7 50 41 20 2 00 3 00 6 00 2 00 68 25 10 25 100 00 100 00 5 25 50 00
No intelligent person resorts to patent cough medicine in these enlightened days. Neither does the physician prescribe as much medicine for coughs and colds now as he used to in earlier times. Instead we give the hot bath, steam inhalations, hot drinks easily digested but nutritious food, and above all plenty of fresh air both summer and winter.	2,251 38
Those of us who are thoroly strong and well and accustomed to be out in all sorts of weather are practically immune or else throw off a cold very quickly. Hence, no matter what medication we may employ to abort the attack, it will be likely to receive credit for the cure.	46 55 20 00 3 00 33 90 40 00
Irish Moss.—Irish moss, when properly prepared, makes a soothing drink, that seems to have a palliative effect in irritated conditions of the mucous membrane of the throat and bronchial tubes. In Patee's <i>Practical Diets</i> we find the following excellent suggestions as to the preparation of Irish moss:	6 85 20 00 51 50 105 60
October	53 30
November	47 30
December	20 63
January	14 75
February	40 00

The maligned onion belongs to the lily family and contains priceless elements of health and nourishment, especially for nerves and blood. The turnip, also, has medicinal and food virtue, though it is not so nourishing, containing, like cabbage, over ninety per cent. of water. When rightly cooked, its tops are antiscorbutic and digestible, and it is frequently prescribed as a "dyspepsia re." The yellow turnip is considered a mild nervine. The popular carrot is almost miraculous as a blood purifier, and women consider it as important as any cosmetic. It has, so, undreamed-of possibilities of preparation. Calling things by other names sometimes helps matters, or making fashionable by the name of the famous. In Ceylon they term okra "ladies' fingers;" the vegetable marrow of Europe is virtually the same as our Summer squash, but is used in, to us, unheard-of ways. Mr. Luther Burbank has improved the "pie-plant," and his new crimson Winter parsnip is a wonderful thing. But in the ordinary type of these stalks there are riches of oxalic and malic acids, the value of which the physicians of the world have always recognized. We do not need imported vegetables. The truth is we are like many youngsters of to-day who have such surfeit of toys they appreciate none of them properly. We have been only miserable in our riches, not joyously wealthy as we should be. The natives of Hawaii make themselves happy over their simple taro, a root which furnishes their chief food and is the foundation of their national dish "poi."

Irish Moss Lemonade.—One-fourth cup Irish moss, 2 cups boiling water, 4 tablespoons lemon juice, sugar to taste. Soak, pick over and wash the moss, then soak one-half hour. Pour off water and add boiling water; cook until spongy, keeping it just below the boiling point. If it becomes too thick, add more hot water. Strain, add the lemon juice and sugar to taste. Serve hot. Excellent for sore throat, cold on the lungs, or any inflammation of the mucous membrane.

Irish Moss Jelly.—One half cup Irish moss, 2 cups boiling water, 4 figs, juice of lemon or orange, $\frac{1}{2}$ cup sugar. Soak, pick over and wash the moss. Put it into the boiling water, add the figs cut into strips, and simmer about 20 minutes, or until it becomes very thick when dropped on a cold plate. Add the lemon juice and sugar. Strain into a cold, wet mold.

Irish Moss Blanc Mange.—One-fourth cup Irish moss, $1\frac{1}{2}$ cups cold water, $1\frac{1}{2}$ cups milk, $\frac{1}{4}$ saltspoon salt, one-third teaspoon vanilla. Soak the moss, pick over and put into double boiler with the milk. Cook about twenty minutes, or until it thickens when dropped on a cold plate. Add salt, strain and flavor. Strain again and turn into small, cold wet molds. Chill, and serve with cream and sugar or sliced fruit.

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Among the wholesome Spring vegetables, the onion stands first:

Eat onions in May, And all the year after, physicians may play.

runs the old couplet; and after that, spinach, "greens" of whatsoever sort, cress and asparagus, each of which has medicinal claims to recognition. Asparagus is supposed to calm the action of the heart, act as a preventive of calculi, and stimulate the kidneys.

Cress was believed by the ancients to excel as a mental stimulant and system-invigorator, this universal opinion becoming crystallized into the proverb, "Eat more cress and learn wit." Coming down to modern times, the *British Medical Journal* credits it with possessing the double quality of food and medicine. Analyzed, it contains a sulpho-nitrogenous essential oil, a bitter extract—iodin,

iron, phosphate and other "salts," which enable it to prevent scurvy, promote digestion, remedy phthisis and induce perspiration. Greens of all sorts purge the blood of humors created by Winter's fatty diet.

Broad as is the therapeutic field which other vegetables cover, the onion transcends them all in the extent and variety of ills with which it is fitted by nature to cope. Every one knows that as a complexion beautifier, owing to the large amount of sulphur it contains, it has no equal. Every one knows that it soothes

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For the "good-for-nothing," Spring feeling, onions raw, eaten early, often and late, will be found effective. As an appetizer there is nothing to excel young home-grown onions, or the Spanish or Bermudas, sliced water thin, lightly salted and placed between slices of fresh bread and butter. If one is distressed by a burning sensation after eating onions, the acrid properties may be removed by covering the sliced onions with cold water for an hour before eating, then pressing out as much of the juice as possible.

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Hot Drink as First Aid in Shock

H. L. Getz, in "Red Cross Notes," says: "The value and use of what may be termed hot internal application by mouth of nutritious broths, milk, tea, coffee, cocoa, or even plain hot water when nothing better is available, is, I am certain, not sufficiently appreciated, and therefore not sufficiently and properly advocated and resorted to.

"If any one doubts the value of heat administered through the stomach as a stimulant to the entire organism of the individual, I would suggest that he partake of a bowl of well-seasoned hot broth or soup, then note the effect. I have labored with patients suffering from severe shock with the whole category of remedies, applied hypodermically, and hopelessly so in some cases, nothing bringing about the desired result, when a cupful of highly seasoned hot broth administered would almost instantly quiet the restlessness, stimulate the enfeebled heart to better work, cause the patient to drop to sleep, and if any value existed in the hypodermatic medication previously administered, seem to have rendered it in a very short time of its fullest value and effect to the patient, diffused and directed quickly and easily to the parts and purposes intended; while without the administration of the heat internally even hypodermatic medication seemed as inert and valueless as though the applications had been made into a tin horn. I would rather take chances on my own life in a case of pure shock with an occasional well-seasoned cup of hot broth than with full doses of alcoholic stimulants, strychnia, nitroglycerine, etc., provided I must confine myself to one or the other."

Cold Feet and Indigestion

Coldness of feet and limbs is almost invariably an evidence of indigestion. The coldness is due not to the weakness of the heart or feebleness of circulation, as is generally supposed, but to the contraction of the small arteries, preventing blood from entering the parts. There is generally an irritation of the abdominal sympathetic nerve-centers which control the circulation of the lower extremities. This difficulty is not to be removed by exercise or by any special application to the limbs, but by removal of the causes of irritation. This may be a prolapsed stomach or chronic indigestion. Hot and cold foot-baths are valuable. These act not simply on the feet and limbs, but by reflex action affect beneficially the abdominal sympathetic centers which are in a diseased condition. Rubbing of the feet and legs is also an excellent method of overcoming spasm of the blood-vessels, thus preserving the normal circulation. The rubbing should be from the feet toward the body. The surface should be well lubricated with vaseline. To avoid irritation of the skin, care should also be taken to clothe the limbs very warmly. Often this is necessary even in the summer season.—London Health.

HOW TO DRINK WATER

A beginning of kidney-trouble lies in the fact that people, especially women, do not drink enough water. They pour down tumblerfuls of ice-water as an accompaniment to a meal, but that is worse than no water, the chill preventing digestion, and indigestion being an indirect promoter of kidney-disease. A tumblerful of water sipped in the morning immediately on rising, and another at night, are recommended by physicians. Try to drink as little water as possible with meals, but take a glassful half an hour to an hour before eating. This rule persisted in day after day, month after month, will improve the complexion, and likewise the general health. Water drunk with meals should be sipped, as well as taken sparingly.—Good Housekeeping.

A SIMPLE REMEDY FOR DYSPEPSIA

A physician has recently called attention to the use of water not only as a remedial and therapeutic agent, but also as a mechanical agent, in the treatment of certain forms of dyspepsia, especially those forms characterized by a fullness in the left epigastric region, with frequent eructations of sour and acrid matter, accompanied by loss of appetite, insomnia, and a mental condition closely allied to melancholia.

Let the patient drink from one to three pints of water one hour before each meal, and then comfortably seat himself in an easy rocking-chair, and rock backward and forward for half an hour. The rocking will agitate the water in the stomach, wash the walls completely, detaching any mucus that may be adhering, and dilute and mix the contents thoroughly. By this means absorption will be more rapid, and as a consequence the skin, kidneys and bowels will act more freely, eliminating from the blood uric acid and all effete and deleterious matter, while the stimulus of the water will cause the stomach to contract and gastric juice to be secreted in such quantity as to cause digestion to go on uninterruptedly and painlessly.

An ordinary nervous headache will be greatly relieved, and in many instances entirely cured, by removing the waist of one's dress, rolling the hair high upon the head, and, leaning over a basin, placing a sponge soaked in water as hot as can be borne, on the back of the neck. Repeat this many times, applying the sponge back of the ears, and the strained muscles and nerves will be felt to relax and smooth themselves out, the pain either promptly vanishing or

Relief for Obstinate Hiccough

The occurrence of obstinate and persistent hiccough during the course of any disease is often a very serious complication, and clinical data bearing upon its relief are of value to medical men. I have recently had successful experience with a method which proved itself efficacious, and undoubtedly saved the patient's life.

I placed the bowl of a heavy teaspoon, concave side down, back of the base of the tongue, and pressed downward and forward, the mouth being widely opened and the head thrown back. Simultaneously with this maneuver the patient made twenty deep inspirations as rapidly as possible. The hiccough ceased as if by magic. Three hours later it returned, and was instantly checked by the same method. It returned four times during the next twenty-four hours, and was stopped each time, the patient himself manipulating the spoon. The relief each time was instantaneous, and convinced me that in this case at least we had an efficient remedy for a very dangerous complication.

I report the case because of the fact that the method is a new one to every medical man to whom I have mentioned it, and I feel that such a simple means of cure should be as widely known as possible.—Bishop, in Medical Century.

I have a remedy for cholera and similar complaints that I wish any one needing it would try. We think we cannot get along without it, and I usually get a gill or so at a time. Have your druggist mix it for you: Equal parts of Cayenne pepper, tincture of opium, tincture of rhubarb, essence of peppermint and spirits of camphor. Dose, fifteen to thirty drops in a little cold water, repeated every fifteen or twenty minutes until relief is obtained. This is the famous "Sun-cholera medicine," equally good for diarrhea, etc., and really worth its weight in gold.

SASSAFRAS TEA.

Many of us would prefer Job's afflictions to drinking sassafras tea for blood purifying purposes, yet the idea is that this very beverage does properly do the work. To make it the roots of the red sassafras are stronger and more medicinal than white sassafras. The bark should be peeled off and boiled, then strained and slightly sweetened. A cup of hot sassafras is recommended each morning for one week. If sulphur is taken, it can be swallowed easily if dissolved in cream. Take a teaspoonful three mornings, then a half-teaspoonful cream of tartar for three mornings, and sulphur to end the nine days' doctoring. This is the famous old recipe that has kept mothers chasing pimpled children with a spoon and bottle ever since the nasty stuff was found to work wonders with the sluggish blood, and it does do the work, too.

External Poisoning.

For external poisoning, such as poison oak, or Virginia creeper, bathe the affected parts in a

The Family Physician

By R. B. HOUSE, M.D.

Asafetida

NERVOUS people who are called upon to undergo a great mental strain will find this remedy of priceless benefit. When illness appears in the family, obliging an already overtaxed parent or relative to sit up nights or face some trying ordeal for which they have not sufficient strength, instead of resorting to such stimulants as whisky, quinine or coffee, give a pill of asafetida. It is potent and harmless.

To Relieve Internal Pain

To relieve deep seated pain of any kind, I have found that a piece of flannel doubled together several times and dipped into hot, strong salt-water, wrung out enough to prevent water from dripping from it and applied to the seat of pain, as hot as can be borne by the patient, is one of the quickest and most effective ways to relieve internal pain. If promptly resorted to it will often save the life of the patient until the physician can arrive and attend to the case. Change flannel frequently but be sure to keep patient protected from drafts or a serious cold may be the result.

CERTAIN CURE FOR A RATTLESNAKE BITE OR SPIDER STING.—A physician in Oregon writes: "Take the yolk of a good egg, put it in a tea-cup and stir in as much salt as will spread a plaster and apply to the wound. Do this when bitten or stung, and I will insure your life for a sixpence. I have tried this remedy in a number of cases, and never known it to fail."

WORTH KNOWING.—Every little while (writes a correspondent) we read in the papers of some one who has stuck a rusty nail into his foot or some other portion of his person, and that lock-jaw has resulted therefrom. All such wounds can be healed without such fatal consequences as follow them. The remedy is simple, almost always on hand; and can be supplied by any one, and what is better, it is infallible. It is simply to smoke such wound, or any wound or bruise that is inflamed, with burning wool or woolen cloth. Twenty minutes in the smoke of wool will take the pain out of the worst wound, and repeated once or twice, it will allay the worst case of inflammation arising from a wound we ever saw. It has saved many lives and much pain, and is worthy of being printed in letters of gold and put up in every home.

For Poison Oak.

Dear Sir—Please allow me space to give Peggy and the readers of the home department a sure cure for poison oak. Take one ounce each of spirits of ammonia and sweet oil; mix and shake well, and bathe

HOME MANUFACTURE OF UNFERMENTED GRAPE-JUICE

Use only clean, sound, well-ripened but not over-ripe grapes. If an ordinary cider-mill is at hand, it may be used for crushing and pressing, or the grapes may be crushed and pressed with the hands. If light-colored juice is desired, put the crushed grapes in a cleanly washed cloth sack, and tie up. Then either hang up securely and twist it, or let two persons take hold, one on each end of the sack, and twist until the greater part of the juice is expressed. Then gradually heat the juice in a double boiler, or a large stone jar in a pan of hot water, so that the juice does not come in direct contact with the fire, at a temperature of one hundred and eighty degrees Fahrenheit to two hundred degrees Fahrenheit; never above two hundred degrees Fahrenheit. It is best to use a thermometer, but if there is none at hand, heat the juice until it steams, but do not allow it to boil. Put it in a glass or enameled vessel to settle for twenty-four hours; carefully drain the juice from the sediment, and run it through several thicknesses of clean flannel, or a conic filter made from woolen cloth or felt may be used. This filter is fixed to a hoop of iron, which can be suspended wherever necessary. After this fill into clean bottles. Do not fill entirely, but leave room for the liquid to expand when again heated. Fit a thin board over the bottom of an ordinary wash-boiler, set the filled bottles (ordinary glass fruit-jars are just as good) in it, fill in with water around the bottles to within about an inch of the tops, and gradually heat until it is about to simmer. Then take the bottles out, and cork or seal immediately. It is a good idea to take the further precaution of sealing the corks over with sealing-wax or paraffin to prevent mold-germs from entering through the corks. Should it be desired to make a red juice, heat the crushed grapes to not above two hundred degrees Fahrenheit, strain through a clean cloth or drip-bag (no pressure should be used), set away to cool and settle, and proceed the same as with light-colored juice. Many people do not even go to the trouble of letting the juice settle after straining it, but reheat and seal it up immediately, simply setting the vessels away in a cool place in an upright position where they will be undisturbed. The juice is thus allowed to settle, and when wanted for use the clear juice is simply taken off the sediment. Any one who is familiar with the process of canning fruit can also preserve grape-juice, for the principles involved in both are identical.

One of the leading defects so far found in unfermented juice is that much of it is not clear, a condition which very much detracts from its otherwise attractive appearance and due to two causes already alluded to. Either the final sterilization in bottles has been at a higher temperature than the preceding one, or the juice has not been properly filtered or has not been filtered at all. In other cases the juice has been sterilized at such a high temperature that it has a disagreeable scorched taste. It should be remembered that attempts to sterilize at a temperature above one hundred and ninety-five degrees Fahrenheit are dangerous, so far as the flavor of the finished product is concerned.

Another serious mistake is sometimes made by putting the juice into bottles so large that much of it becomes spoiled before it is used after the bottles are opened. Unfermented grape-juice properly made and bottled will keep indefinitely if it is not exposed to the atmosphere or mold-germs; but when a bottle is once opened, it should, like canned goods, be used as soon as possible, to keep it from spoiling.

The uses are indeed many. It is used in sickness, convalescence and good health; as a preventive, restorative and cure; by the young, by persons in the

Unfermented Grape Juice

Making unfermented grape juice and selling it to physicians, churches, hotels or restaurants will be found profitable. Our family physician said that he could use all that I made among his patients, for it was better than that put up by firms who make a specialty of it. It readily sells for twenty-five cents a pint, or forty cents a quart. The pint bottles generally are preferred, as grape juice soon ferments if opened long before it is all used.

After washing the grapes, I place in a kettle, crush, and gradually bring to the boiling point, then remove from the fire, and drain through a cloth bag without pressure. Then I place the juice on the fire, bring to the boiling point, then add one teaspoonful of sugar to each pint of juice, and bring to the boiling point again. I do not allow it to boil, as it is not so good. Then I pour it into bottles, cork securely, and dip in melted paraffin to prevent the germs of mold from entering.

Unfermented juice is also made from apples, pears, cherries and berries of all kinds, and sells readily, as it is now being used more widely than ever.

MRS. N. E. MCD., Tennessee.

STOMACH, HOWEVER, IS IN THE STOMACH
any cause, the secretions from
t, dyspepsia or indigestion must
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APPLE JUICE.—Select sound, well-ripened fruit. The juice from green apples is dark-colored and will not clear up, while that from ripe fruit will give a bright, clear liquid. Put the juice into an enamel or glass vessel, put this into a larger vessel of water, to protect it from the flame, and heat gradually to the required temperature, 185 degrees, for fifteen minutes. Remove all of the skum that forms during heating. After heating, set the vessel aside closely covered for twenty-four hours. When ready to begin work the next day, first sterilize by boiling the bottles or jars to be used, then pour off the clear fruit juice into these bottles or jars, and heat the second time to about 175 degrees Fahrenheit for thirty or forty minutes.

For this second heating place a board in the bottom of a wash boiler, and after putting the jars on this, fill with water to within an inch of the top, and heat gradually. Immediately after heating put on rubbers and caps for jars, or press in the stoppers, and seal. In addition to screwing the top of fruit jars on tight we have sealed them with paraffin or sealing wax. Jars may be easily sealed by inverting them and running paraffin under the edges of the top while the jar is hot. Cover the stoppers of bottles with either paraffin or sealing wax. A considerable quantity of cider was run through a tubular cream separator two or three times, and practically all sediment was removed. This juice, after being heated twice, was a clear, bright liquid, and the bottles after standing almost a year are practically free

from sediment. Grape juice might be run through the separator in the same way and with good results.

GRAPE JUICE.—Use only clean, well-ripened fruit, and by selecting certain varieties, almost any desired flavor may be obtained. Any device, as a cider press, may be used for crushing the fruit, or they may be crushed by hand. If a light-colored juice is desired, place the crushed grapes in a stout bag and press out the juice or let it drip through. After the juice is obtained, treat exactly as for the apple juice. If a red juice is desired, heat the crushed grapes and juice to 175 degrees Fahrenheit, then strain out the juice, and heat again for a few minutes to 180 degrees Fahrenheit; allow it to stand for twenty-four hours, and treat as for the apple juice.

If a thermometer is not at hand, some care will have to be taken in heating the

HOME-MADE GRAPE-JUICE.—This year I will have an unusually large crop of grapes, provided they come to proper maturity. Thus far I have not failed to get plenty of them ripe before frost, and the probabilities are that I shall get them this year. After the past two seasons' experience in making and canning grape-juice, and the enjoyment this home-made, unfermented article has afforded us, I propose to use a large share of my crop in this way. A writer in an exchange recommends the selection of ripened, but not overripe, fruit, to be pressed in a hand cider-mill or by hand; then for light-colored juice, put into a clean cloth, and squeeze the juice out by twisting either end, of course with the help of an assistant. When most of the juice is pressed out, put it into a stone jar, and heat slowly to one hundred and eighty degrees or more, but not above two hundred degrees. The jar should stand in a dish-pan full of water to prevent scorching the juice. Hold it to this heat for ten minutes, pour into an enameled vessel or glass dish, and let it settle for twenty-four hours. Carefully drain the clear juice from the sediment, and run it through a flannel filter, then can it in thoroughly sterilized bottles or cans, bringing the juice again up to nearly, but not quite, the boiling-point. To make red juice, cook the fruit first, then drain the juice off without pressing. If the juice is put in bottles, the corks should be sealed over with sealing-wax or paraffin. In my own case I have taken a somewhat different course, and arrived at just as good, and surely very satisfactory, results. I followed a recipe found in a cook-book which I got some years ago from FARM AND FRESIDE. It is a recipe for making "sweet grape cordial," and is as follows: "Take twenty pounds of Concord grapes, add three quarts of water, crushing the grapes in the water, and put them in a porcelain kettle. Stir them well until it reaches boiling-heat, let them cook fifteen or twenty minutes, then strain through a cloth. Add three pounds of white sugar. When the sugar is dissolved, strain again through a cloth, heat it to the boiling-point again, pour it into pint or quart bottles, and seal instantly." It will not keep after being opened, so it is best to put it up in small enough bottles to be used at once. Have the bottles thoroughly heated, and use new corks. Dip the necks with corks in into the hot sealing-wax.

Unfermented Grape-Juice

A GOOD recipe for making unfermented grape-juice is as follows: Five pounds of thoroughly ripe grapes, wash clean and pick from the stems. Put over them three pints of cold water and cook in a porcelain-lined kettle. When sufficiently cooked strain the juice through a bag made of cheese-cloth. Add one pound of granulated sugar; heat to at an boiling-point, and bottle in clean sterilized bottles. Treated in this way there will be very little sediment, but in the course of a few weeks a small amount will form. If it is desired to get rid of this the juice can be put in large bottles or jugs until the sediment has formed, after which it can be drawn off by a tube, and after sterilizing again put in bottles. I think it is customary with the merchantable product to get rid of the sediment in this way.

GRAPE JUICE.—Pick the grapes from the stems and crush them; put into a large vessel and let them stand till next day, then press out. To each quart of grape juice add a half pound of sugar and boil ten minutes. Fill in bottles and

Coffee I believe that health is the normal condition of the normal person. Sickiness is simply the penalty for faulty living, errors in eating or drinking or other things. People can use tea, coffee, alcohol, tobacco, etc., and live to a good old age. My own experience, however, is that my general health, my nerves, my stomach, etc., are better without tobacco than they were with it; that I feel better when using alcohol as a medicine (rarely) than as a beverage, and that I can easily overdo the matter in the use of coffee and tea. For these reasons, too, I have expressed myself repeatedly in favor of coffee substitutes rather than of the genuine strong coffee and teas. We need something to drink, it is true, but I think there are plenty of harmless beverages that we can use without taking into us what may do harm. Mr. T. B. Terry says in the "Practical Farmer:" "Tea, coffee, cocoa and chocolate are all unnatural drinks. Even when pure they contain much the body does not need, and it taxes the vitality to throw off this foreign matter. They stimulate, but do not furnish much permanent nutrition. As a result stomach, heart and kidney troubles may come." What we are mostly after in all these drinks is liquid (water) and flavor. It is not absolutely necessary that they are nutritious in the strict sense of the word, although I believe that chocolates (cocoa), and coffee as usually prepared, with cream and sugar, contain considerable nutriment. Coffee and tea are stimulating, no doubt, but I am not sure whether it is wise to spur us on to faster living by any kind of stimulant except in cases of necessity. Good wholesome food properly prepared is probably all the stimulant we need, as it builds us up in the only natural way, or as it was intended for us to be built up. On the whole, therefore, I still hold to my preference for cereal drinks, so-called coffees, rather than to the beverages made of real coffee or tea. I am going to have some soy-bean (American coffee-berry, so-called) coffee again, and would like to hear from those of our friends who have grown this cereal and are using it in this way; especially also whether they find it preferable to clear wheat when to be used for the purpose of "coffee-making." The Ralston Health Club, of Washington, D. C., publishes the following recipe for making coffee of wheat: "Get whole clean wheat such as you would use for seed. Put one quart or more in a roasting-pan and set it in the oven, watching and stirring it so it cannot burn or even scorch. There is a wide difference between roasting and burning. The latter removes all life from the grain; the former cooks it and opens the cells, so that they freely give up their nutrition. If the browning is not thorough this release

fail if it is scorched or burned. It will assume a rich brown color when done. See that it is stirred so that all grains are evenly roasted. When apparently cooked add two tablespoonfuls of molasses and one heaping teaspoonful of butter to every quart of the wheat. Then roast a few minutes longer until the grain has absorbed all the molasses and butter. It will now burn more readily, and greater care is needed. The wheat will now be as porous as a fine microscopic sponge. It is rich and valuable food, but will not keep long. Seal up in glass cans, and it will probably keep good a month. Now we are ready for boiling, which should be done just before it is to be served on the table. Do not grind it. Use nothing to clear it. Put one and one half heaping tablespoonfuls of roasted wheat to each cupful of water and a little over, and boil for ten minutes. Drink while hot, the same as coffee. You can drink it clear or use cream or sugar." The Ralston Club warns against the use of the prepared coffees and coffee substitutes found in our groceries, as they usually contain deleterious substances mixed in to produce the coffee flavor and keeping qualities. I shall try soy-beans prepared after the foregoing recipe, and am thankful to my friend Terry for having called attention to these things. When we prepare our foods at home rather than buy them ready-prepared for us we know exactly what we have, and if we do our part properly we can eat and enjoy just as good things as money can buy without the fear of putting a lot of injurious substances and adulterated foods into our stomachs and systems. I do not like to take unnecessary risks.

T. GREINER.

"Will You Have a Cup de Blé?"

Those who desire to relieve the nerves as well as the pocketbook from unnecessary strain will find the following recipe valuable:

Take wheat, carefully selected, and as well cleaned by mechanical screening as if for particular seed-sowing, wash it in warm water several times, drain, and at once put into a large oven-pan; roast it to a light brown, or cinnamon, color, or until it grinds easily. Allow a heaping tablespoonful of the cereal for each individual, regulating the strength as desired. Put the desired amount in a cheese-cloth bag, and boil fifteen or twenty minutes (thorough boiling is requisite, keeping the stage of water in the pot up to the amount of decoction needed when finished).

Now, with sugar and cream (or boiled milk) of superior grade, you have a cup fit—not "for the gods," who easily secure health and happiness more airily, but for children, whose nerve-centers cannot be built too solidly; for ladies, who seek the complexion which captivates; for men, whose "hankerings" are well regulated rather than morbid.

Concerning the benefit or injury—as the case may be to the individual—incident to the use of tea and coffee, it appears to be the consensus of able opinion that while these do good under certain conditions, they

JUNKET.—Into one tablespoonful of cold water in a cup drop a junket tablet and crush with a spoon, to dissolve quickly. In one quart of new milk dissolve four tablespoonfuls of sugar, and set the quart cup containing the milk in a dish of hot water. Be careful to remove at once when the milk is lukewarm, for junket cannot be made of milk that is overheated, and for this reason it cannot be made of milk that has been boiled or sterilized. Flavor to taste—one teaspoonful to a quart is sufficient—then stir in quickly the dissolved tablet, and pour immediately into junket-glasses or a glass serving-dish. Let it stand undisturbed on the table in a warm room until firm, like jelly, then put in a cool place until ready to serve. Moving or stirring junket while jelling spoils it. A teaspoonful of liquid pepsin may be used when the tablet cannot be procured. Junket when served ice cold with cream and sugar is a dainty dish for tea, and particularly grateful to invalids with weak stomachs.

F. B. C.



FITCH

itive injury and often bring on permanent disorders.

The writer has used wheat steadily for years with results most gratifying. It is something more than a mere substitute—it has become the real thing itself.

It is doubtless true that nothing conforms equally well to the needs of all organizations; nothing is equally injurious to all persons—a fact behind which many people develop (if they do not hide) their weaknesses. At any rate, the cereal drinks are remarkably economical if home-made, and are nutritious and generally satisfying to normal appetites. Barley or rye may be used, wholly or blended with wheat, with very pleasing and satisfactory results.

Do not call the decoction "coffee," nor by any name given by the manufacturer of high-priced cereals. Originate a euphonious name to suit yourself. The Latin name for winter wheat is "triticum libernum;" the French call wheat "blé" (pronounced blay). We are not at this moment prepared to give the Italian; possibly you may be able, while grinding the grain, to

vitality and free spirit of his wild your own farm, and even that of They are, however, more gentle imid.

here others would starve. Some large growth, and many of them three-year-old mammoth gobbler pounds. They grow very rapidly, ce per pound as any other turkey; equire even less food and bring ht than any other variety of the in size.

lish bird. The neck, breast and onzy-red reflection as they move s should have a narrow lacing or

night air—as soldiers, for instance. On the other hand, the "coffee-heart," "coffee poisoning," etc., rather long, black tail, with seem well established in both theory and fact. Tea is said to contain an element which prevents the waste of tissue in elderly or aged people, but it is declared to be injurious to the digestion of many. Those in high authority assert that "nerves need no stimulus but good nutrition."

Those who use the wholesome cereal preparations certainly do not escape the adulterations which are found in many specimens of tea and coffee. Besides the fraudulent substitution, and the dirt which may be classified as merely unwholesome, there are coloring and glazing mixtures, and still other features which convey

proven himself the superior further discussion. Every reys, and they seem more

ed from their scarlet heads, The shank and toes of the medium height, as a short-