Worn Out?

Do you come to the close of theday thoroughly exhausted? Does this continue day after day, possibly week after week? Perhaps you are even too ex-hausted to sleep. Then something is wrong. All these things indicate that you are suffering from nervous ex-haustion. Your nerves need feeding and your blood enriching.

Scott's Emulsion

of Cod-liver Oil, with Hypophosphites of Lime and Soda, contains just the remedies to meet these wants. The codliver oil gives the needed strength, enriches the blood. feeds the nerves, and the hypophosphites give them tone and vigor. Be sure you get SCOTT'S Emulsion.

All druggists ; 50c. and \$1.00. SCOTT & BOWNE, Chemists, New York.

Lespediza or Japan Clover.

By Prof. Lloyd, of the Mississippi Agricultura College, in Southern Farmer and Horti

This plant, it is claimed, was introduced into this country from Japan, and was first noticed in South Carolina, but is now perfectly at home all over the South, and as far West as Texas and North to the Ohio river.

The clover in some of their varieties are adapted to almost any soil where the plow can provide the means of human existence. Were nature as thoughtless as man, some portions of our Southland would soon become, and I fear remain, a desert waste, but nature is ever aiming to build up and restore. As an example of this, we might note the fact that the Japanese clover, or as it is commonly called, Lespediza, sown by no human hand, spreads over the abandoned fields of the South and restores the wastes of the cot ton planter-the robber of the Southern soils. Lespediza is rather slow to start in spring, making little growth before June, but after that time grows very rapidly, and even on very poor land will furnish excellent grazing from July 1st until frost. While it is an annual, it will perpetuate istelf without care. This plant will furnish more good grazing and keep stock in better condition on poor land than will any plant I have ever seen, and unlike the other members of the clover family, Lespediza seems to be adapted to nearly every character of land. On poor land it maintains its dwarfish habit of growth, covering the ground with a thick green foliage from two to four inches tall. On good land, especially a rich, loamy valley, the growth will be from twenty to thirty inches high, and will yield from one and a half to three tons per acre of fine hay, and the hay is the easiest to cure of any of the clovers. And another point in its favor as a grazing plant, it never bloats animals as does red clover and alfalfa. The hay has a greater feeding value than red clover, and where known will demand a better price than either timothy

and tall enough to furnish fine pasturage.

It is claimed by some writers on the subject that Lespediza will rid land of broom sage. While I have very serious doubts as to its ability to do this even on rich land, I have seen it under favorable conditions crowd or shade out bermuda grass and take full possession in less than three years.—This plant is affected less by long drouths than is most of the grazing plants. In seeding Virginia shepherd whose experiand to Lespediza, one-half bushel ence runs through thirty years of seed per acre is ample. The seed can be sown as early in spring as lambs for the early market, and the danger of frost has passed, or for stock sheep, ventures a few if preferred, the seed can be sown suggestions. In Virginia, under on oat land in the fall. After the oats have been harvested in the realize 100 per cent. on the inspring the Lespediza makes rapid vestment in a flock, after paying growth, and in September or Octo- all expenses of keeping each year, ber a fine crop of hay can be and with good attention even betmowed.

Poultry At Clemson.

At the last meeting of the Board of Trustees, authority was given the head of the Department of Agriculture to establish a poultry divison, and the funds necessary for that purpose were appropriated. Much of the material has already been purchased, and the work of constructing the yards will soon be commenced.

It is proposed to keep, for accurate comparison, a number of broods most promising of success in our climate; to test the use of different thoroughbreds for improving the common stock; to test different foods in their influence in egg production ; to demonstrate the profit of poultry economical management and teach the students the best breeds to keep for diffenent purposes, and the best methods of handling them.

This is a much needed addition to the experiment work being through a period of general deconducted at Clemson College. Poultry breeding is an industry ducts, and sheep have been no which is seriously neglected on exception, but they are now in our farms and yet it is one of the active domand at advancing valmost profitable small industries ues, and the farmer who secures when it is given proper attention. a bunch of good young ewer now, Every family is interested in poultry keeping no matter how years to come. humble may be the home or how difficult to realize the fact that line-and with your permission the poultry products of the United we will have something to say the cotton crop, and yet such is their proper management with cure LOST MANHOOD, WEAKfact. It is hoped and believed that the experiments made in this lambs for the early markets, in all unnatural drains. Speedity renew division will excite new interest in poultry amongst the farmers of the State and their wives, and add materially to the profits of the farm and the comforts of our rural homes.

this character of land will be low in every branch of agriculture, and spreading, it will be thick when the necessity for diversifying our products is apparent to

all, that our farmers should neglect a source of revenue involving less labor and yielding larger and surer returns in proportion to the capital invested, than anything else on the farm. Think of only 61,054 sheep being kept in the State of South Carolina with her 115,008 farms ! Cannot at least one-half of your farmers be persuaded to try a few sheep : With hope and purpose, an old successful effort, both in raising ordinary conditions, we always ter results may be expected. Farther South, with the short open winters and the profusion of vegetable growth, a small flock of sheep could be kept at minimum cost-indeed the farmers would scarcely miss what they consume -save in cropping of noxious weeds that would otherwise be cumberers of the ground. Even if the farmers is not prepared to to be instansly obtained by the take care of more than a dozen application of a bottle of "lily ewes, the comfort he will derive from an occasional quarter of nice lamb or mutton on his table, and

the sale of a few muttons to the butcher, will be so helpful that we venture to say, he will not be willing to give them up. A good old Virginia custom among neighboring sheep growers is, when we butcher to "divide up" with each other in turn-thus avoiding the keeping under judicious and danger of stale meat, and at the same time fostering a good neighborhood. Nothing can be more wholesome and palatable than neatly dressed-well cooked lamb

or mutton-we have passed pression in prices of all farm prowill hold a winning hand for some

Let us hope that your farmer contracted the premises. It is readers will think and act on this States far exceed in value that of about the breeds of sheep and

BEAUTY IS POWER.

Women Know This, Therefore Let Them Follow Rules That Create It.

Do not fret-worry is the indelible pencil Father Time uses to punish weak natures, and fretting is early death to beauty.

Exercise all the muscles every day of your life for ten minutes. Never overtax the muscles or they will revenge themselves.

Watch the soap you use as caretuliy as the money you receive in change. Soap of an interior quality is the cause of half the kin diseases we see. "Cheap soap' is an expensive economy of ttimes, and dangerous frequently when the cuticle is tender, its origin being too vile to contemplate.

Bathe every day, winter and ummer, when able to be about the house. Study carefully the kind of bath which suits you best, and then stick to it though the heavens fall.

Hold the head as high as possible when sitting or standing. While sleeping avoid high pillows unless you admire a double or tripple chin or flabby neck.

Breathe from the diaphraghm inhale deeply, keep the mouth closed and hold the chest well up if you would secure a high chest, a firm bust and induce longevity.

Remember that the sanitary conditions of the body must be literally without fault; that good means that the heart, liver and kidneys are working properly.

Never believe that beauty such as the ancient Greek possessed is white" or a box of "rosy red" even if famous prima donnas' names are upon the boxes as vouchers.

Know that "beauty is the other fairer name for "health," that health is the synonym of good blood, excellent digestion and steady nerves. A "beautiful invalid" is but a novelist's dream.

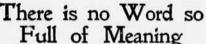
Cultivate grace, without which a Venus were not lovely; walk from the hips, and remember that the hands are as capable of conveying thought as eyes or mouth : but if you love your fellow man use them gracefully, not a la handle.



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with a legal guarantee to permanently



and about which such tender recollec-



tions cluster as that of "MOTHER" -she who watched our helpless infancy and guided our first tottering step. The life of every Ex-Mother is beset with danger.

Mother's Friend

so assists Nature in the change taking place that the Expectant Mother is enabled to look forward without dread to the hour when she experiences the joy of Motherhood. It insures safety o both Mother and Child, and she is found stronger after than before confinement-in short, it "makes Childbirth easy," as so many have said. Don't be persuaded. Use nothing but

"Mother's Friend"





Scientific American.

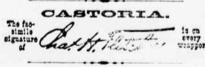
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better price than either timothy or bermuda hay. After Lespediza has gotten a start on poor land, and if let alone, it will in a short time crowd out the weeds and other worthless plants, and while its growth on



Sheep Husbandry.

Editor Southern Farmer and Horticulturist: Why is it that sheep husbandry receives so little attention at the hands of the Southern Farmer? Can it be that it has been tried, and found unprofitable ? If so, there has been something radically wrong in the

the special view of preparing NESS, VARICOCELE; stops forever SHEPHERD, in Southern Farmer and Horticulturist.



An Omaha Company places for the first time before the public a MAGICAL THEAT-MENT for the cure of Lost Vitality, Nervous and Sexual Weakness, and Restoration of Life Force in old and young men. No worn-ont French romedy; contains no Phosphorous or other harmful drugs. It is a WONDERFUL THEATMENT-magical in its effects-positive in its cure. All readers, a WONDERPUT TREATMENT-managical in its effects-positive in its care. All readers, who are suffering from a weakness that blights their life, causing that mental and physical suffering peculiar to Lost Man-hood, should write to the STATE MEDICAL COMPANY, Omaha, Nob., and they will send you absolutely FREE, a valuable paper on these diseases, and positive proofs of their truly MAGICAL TREATMENT. Thous-ands of men, who have lost all hope of a care, are being restored by them to a per-fect condition.

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Nov. 18, 1896.

