# Worn Out? 

Do you come to the close of theday thoroughly exhausted? Does this continue day after
day, possibly week after week? day, possibly week after week?
Perhaps you are even too exPerraps you are even too ex-
hausted to sleep. Then somehausted to sleep. Then some-
thing is wrong. All these things indicate that yous 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 cod-
liver oil gives the needed strength, enriches the blood, feeds the nerves, and the hy-
pophosphites give them tone and vigor. Be sure you get

All druggists; ; 50 , and $\$$ s.coo.
SCott \& Bowne, Chemist, New,

Lespediza or Japan Clover
Prof Lloyd, of the Mississippi A.riculitural
Cullege in Southern Farmer and Horti-
culturls.
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 cotton 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 rapidafter that time grows very rapidwill 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 adapted
of land.
tains its dwarfish habit of growth. green finc froum 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 dous red clover feeding value than red clover, and where known will demand a 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
this character of land will be low and spreading, it will be thick
and tall enough to furnish fine 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, 1 have seen it under $f a$ vorable conditions crowd or shade
out bermuda grass and take full possession in' less than thre years.-This plant is affected less by long drouths than is most of the grazing plants. In seeding
land to Lespediza,one-half bushel seed per acre is ample. The seed the dancer as early in spring if preferred, the seed can be sown on oat land in the fall. After the spring the Lespediza makes rapid growth, and in September or October a fine crop of hay can be mowed.

## Poultry At Clemson.

At the last meeting of the Board of Trustees, authority was given 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 influ ence in egg production; to demonstrate the profit of poultry keeping under judicious and economical management and teach the students the best breeds to keep for diffenent purposes,and the best methods of handling This is a much needed addition o the experiment work being conducted at Clemson College. Poultry breeding is an industry which is seriously neglected on our farms and yet it is one of the most profitable small industries when it is given proper attention. Every family is interested in poultry keeping no matter how contracted the premises. It is difficult to realize the fact that the poultry products of the United States far exceed in value that of fact. It is hoped and believed that the experiments made in this

profits of the form and

## \% ${ }^{2}$

 Sheep Hasbandry.Editor Southern Farmer and Horticulturist: Why is it that heep 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 management, for the conditions of soil and climate are certainly favorable for success. Abundant evidence might be given of hand some profits from individual in this and it seems so strange
in every branch of agriculture,
when the necessity for diversify ing our products is apparent all, that our farmers should neg lect a source of revenue invols ing less labor and yielding larger and surer returns in proportion to the capital invested, than any thing else on the farm. Think of only 61,054 sheep being kept in the State of South Carolina
with her $115,00 \mathrm{~S}$ farms with her $115,00 \mathrm{~s}$ farms ! Cannot
at least one-half of your We persuaded to try a few sheep
With hope and purpose, an old With hope and purpose, an old
irginia shepherd whose experi ence runs throuch thirty years of lambs for the early market, and surgentions. In Virginia, under realize 100 per cent. on the in restment in a flock, after payin and with good attention even bet ter results may be expected Farther South, with the short open winters and the profusion of vegetable growth, a small flock o sheep could be kept at minimum
cost-indeed the farmers would cost-indeed the farmers would -save in cropping of noxious weeds that would otherwise be cumberers of the ground. Even if the farmers is not prepared to take care of more than a dozen 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 neigh boring sheep growers is, when we butcher to "divide up" with each other in turn-thus avoiding the 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
through a period of general depression in prices of all farm pro ducts, and sheep have been no oxception, but they are now in ues, and the farmer who secures a bunch of good young ewer now, will hold a winming hand for some Let
Let us hope that your farme eaders will think and act on this we will have something to say abont the breeds of sheep an the special

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Do not fret-worry is the indel punish weak natures, aud frettin 8 early death to beauty.
Exercise all the muscles every
day of your life for ten minute Never overtax thor ten ill revenge themselves. Watch the soap you use as care in change. Soap of an receiv quality is the cause of half th and dangerous frequently whe being too vile to contemplate. Bathe every day, winter a fummer, when able to be about
the house. Study carefully th kind of bath which suits you bes and then stick
heavens fall.
Hold the head as high as possi While sleepurg or Etandinh lows unless you admire a double or tripple chin or tlabby neck. Breathe from the diaphraghm inhale deeply, keep the mouth closed and hoid the chest well up 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 an
kidneys are working properly. as the ancient Greek possessed is to be instansly obtained by th application of a bottle of "lily
 are upon the boxes as vouchers. Know that "beauty is the othe health name for "health," that blood, excellent digestion and steady nerves. A "beautiful in valid" is but a novelist's dream. Uultivate grace, without which
Venus were not lovel a enus were not lovely; walk
from the hips, and remember that the hands are as capable of con but if you love your fellow man use them gracefully, not a la handle.

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IT FREE TO NEN
ackage) ABSOLUTELY FREE
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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 found stronger after than before con finement-in short, it "makes Child birth easy," as so many have said Don't be persuaded. Use nothing but

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