HEALTH NOTES FOR AUGUST.

August is the month of internal catarrh. The mucous membranes, especially of the bowels, are very liable to congestion, causing summer complaint, and catarrh of the bowels and other internal organs. Pe-ru-na is an excellent remedy for all these conditions.

Peruna is sold by your local druggist. Buy a bottle today.

So. 33-'07.

HICKS' CAPUDINE IMMEDIATELY CURES HEADACHES Breaks up COLDS IN 6 TO 12 HOURS Trial Bottle 10c. At Druggists

ASPARAGUS.

There is no garden complete without an asparagus bed. A bed 4x25 feet will supply an ordinary family with this healthful and appetizing food. I will give information for starting an asparagus bed large enough for home use. If for market the bed can be enlarged, the culture being the same. Also if for market the roots should be set 1x3 feet apart, while for home use, or in a small bed, the roots should be set 12x12 inches apart.

Select a place on the south side of the fence, if it is a board, rail or picket fence, to keep off the north wind. The bed should have plenty of sunshine. The ground should be rich, black, sandy loam, free from gravel and stone and well drained as possible. Prepare your bed in the fall. First cover your ground with a good, heavy coat of well rotted horse manure. Work the manure into the ground at least 12 inches. The richer the soil the better the shoots grow. If the shoots grow rapidly they will be sweet and tender. Then the next spring work in the soil some more well rotted manure and pulverize well. Next secure two year old roots of some seedsman, and set in rows 4 inches deep. Do not try to raise your own plants, as they take a great deal of work and care. The roots can be purchased at $1.00 per 100.

Do not cut any of the shoots that come up the first year. Give thorough and frequent cultivation during the summer. In autumn, when the tops are fully ripe and yellow, they should be cut and burned. In the fall cover the bed with a coarse horse manure. Then in the spring rake off the manure, spade in a heavy dressing of well rotted manure, and 1 quart of salt to each square yard.

The second spring a few cuttings can be made. Cultivate till the plants meet in rows. Afterwards keep free from weeds. The third season the bed can be cut over five or six times, which is the limit for an asparagus bed. After the cutting season is over give the bed a good, heavy coat of horse manure, ashes and salt. The ground can never be made too rich for asparagus, and it is always sure to produce a crop.

Sometimes young asparagus beds are threatened by the asparagus beetle. In such cases scatter air slacked lime freely over the foliage, when heavy with dew. An asparagus bed when well established and properly cared for will last for years. There are many ways of preparing the plant for the table.—Article That Won First Premium in the Indiana Farmer Contest.

Lizzard Crick In Summer.

The old Crick looks inviting now,
So lazy 'neath the summer sky;
The water seems to beckon me
Down where the perch and pick'rel lie.
The old scow boat is on the shore,
And in it baler, oars and pole;
A hungry feling hovers near
And takes possession of my soul.

Reflected in the liquid depths
The hills beyond inverted lie;
While from a dead limb on the shore
A fish-hawk scans with watchful eye.
No sound is heard; the moments flee,
Oh, bitter-sweet the cup I quaff!
Why don't I take the boat and go?
I'm looking at a photograph.

The green burns for the dry, and the righteous pay for sinners.—Spanish.

Modern Farm Methods As Applied in the South.

Notes of Interest to Planter, Fruit Grower and Stockman

When to Pick the Fruit.

The fruit consumer and the fruit grower are usually too far apart. Too often what is sweet, juicy, luscious fruit in the orchard and vineyard of the grower is on the table of the consumer an overripe, pulpy or partially decayed product. It is a lamentable fact that many of our finest fruits are very bad travelers and present on arrival in town a very unattractive appearance. Many growers do not know the proper time to pick fruit, that is, the stage of maturity that puts it on the market in good condition. Very often one sees fine, large pears and peaches that are rotting when the [illegible] allowed to [illegible] before picking.

Sometimes [illegible] the fruit [illegible] for cooking. This will be while the seeds are white and before the fruit shows much sign of coloring. The market is always looking forward to the earliest apples. Dessert and winter apples should not be picked until well colored. Those that stay on the trees late are better flavored than those picked early. Winter apples will usually keep better if allowed to ripen in the cool weather of the fall, though by this waiting there is danger of heavy windfalls. Apples should not be separated from the twig by a straight pull, but by a twist upward or sideways. The ease with which some fruits separate from the twig by a nip sideways gives a good idea of maturity. With summer apples two or three pickings are generally made. Pears should always be picked from the tree before becoming mellow and be allowed to ripen after storing. [illegible] Plums can be picked greener than any other fruit. With plums size is about all one needs look for, as the fruit seems to ripen as well off the tree as on it. Grapes, on the other hand, should never be picked from the vine until fully ripe and sweet, for they will not develop sugar and ripen after they are picked. I have known unprincipled growers to spoil the market for white grapes by shipping Niagaras before they had become ripe and sweet. Tasting is the sure test with grapes. Cherries are picked with the stems on as soon as they are big enough, and they always have the color with the size. A day, or even a few hours, too long on the tree may mean the loss of the whole cherry crop by brown rot. Color is the shipper's test with strawberries. Raspberries may be picked as soon as they will separate from the receptacle.—Maryland Experiment Station Bulletin No. 116.

Raising Guinea Fowls.

We have at different times quoted from exchanges articles showing that there was good profit in raising guineas. There are some objections to them, they are extremely noisy, [illegible] fly so that it is as easy to tame a mocking-bird as a guinea, and they will not thrive in confinement. Still if you can overcome these objections there is no doubt good profit in these fowls. A correspondent of the American Agriculturist says:

I find guinea fowls a very important help on the farm in giving the alarm when crows, hawks, stray dogs, cats or foxes [illegible]. [illegible] [illegible] with thirty-three [illegible] and hatched only twelve [illegible] but seven of them to maturity. I find them difficult to [illegible] very tender when hatched. The best mother for them is a [illegible] and the next best a common hen rather than a guinea hen. [illegible]

[illegible]

them excellent for our own table use, as they have a slightly gamey taste, and are juicy and tender. I have been informed that one should keep them in pairs, the same as pigeons, but this is not so. I have kept four females with one male with best of results and I know of no reason for not mating more hens with one male if necessary. If I were going to keep many, I would house them apart from other poultry.

They begin to lay May 1 to 15, and lay continually till September, sometimes later. They will not lay well in confinement, but are extra good layers when on range. They seldom lay with other poultry in the hen house, liking to steal away in grass and weeds, preferring burdock leaves for nests, if they can find them. I found [illegible] nests in the last year with twenty-four to thirty-one eggs in each. As soon as one disturbs the nest the hen will steal another, therefore I do not take away more than one or two eggs at a time unless I wish them to find another nest. They have no use for a china egg.—Florida Agriculturist.

The Sweet Potato.

A short time ago, in writing of the sweet potato root borer, we said that probably no crop would be so much missed as the sweet potato, if it should be destroyed. The editor of the Tampa Times, calling attention to one effect of the drouth mentioned the difficulty of getting out the usual area of sweet potatoes. All that is said is good, but we doubt if very many will feel that they can afford to water the vines as they are planted. The Times says:

The spring drouth probably has caused a good deal of vacant ground which is fit for the cultivation of the sweet potato. The Times is a firm disciple of the potato, and it would recommend all of its readers who have the ground and can get the cuttings to plant it. [illegible] where they are put in on rich land, even a little preliminary cultivation [illegible] raked up in the hill and fertilized somewhat. The prices of potatoes range from a dollar a bushel in August down to fifty cents in December. But at fifty cents a bushel there is a profit that would make the rich wheat grower of irrigated mountain valleys open his eyes.

Moreover, the sweet potato is acceptable food to all kinds of farm stock. The largest and best being marketed, the smaller and more unshapely tubers may be profitably converted into meat. Boiled, the fowls will receive them gratefully as a portion of their daily ration. The young pigs are fond of them. And if anybody kicks on the work of boiling the potatoes they should remember that it adds about forty per cent. to the acceptability and nutritious value of the food.

By the way, there are two things connected with the potato that should not be forgotten by people who want to grow them. The ground must be fitted and fertilized, and when the slip is poked into the ridge it should always have a cupful of water poured in with it. It makes the difference of a week's growth in the first month. Even in rainy weather, unless the moisture is actually coming down, it pays to wet the ground around the slip.

Buying Meat and Corn on Credit.

We feel an interest in every phase of farm life and conditions and high prices are to our advantage if we manage well, but our sympathy certainly goes out to the farmer who has to buy corn and meat on a credit at the prevailing high prices. It is an old saying, "a pound of cotton for a pound of meat," but at twelve and a half cents to fifteen cents as many will have to pay, the meat keeps ahead of cotton in value. Then [illegible] of a poor man having to make [illegible] corn at $1 per bushel, when, if he would, on his farm he could grow it for twenty cents. It is certainly a sad comment upon our boasted [illegible] our slavery to an [illegible]. Many are breaking away from the old one-crop system, but we must keep preaching against and working until at least a great majority are raising their own supplies. Friends, if any of you are buying corn and meat on credit, take an oath [illegible] and as deep as hell never to place yourself in such a dependent and unfavorable [illegible].—Southern Cultivator.

Value of Salt For Cows.

[illegible]

[illegible]

Caring for [illegible]

[illegible]

What [illegible]

[illegible]

Proverbs and Phrases.

[illegible]

It Would Be Asking a Good Deal

[illegible]

Hard [illegible]

[illegible]

GOOD ROADS

To Create Good Roads.

An enterprise is being organized in Chicago that will do much to advance the movement for good roads in all parts of the country. The agitation of the question in the past has been almost entirely of a public character, and so general in its nature that necessarily it has not been possible to make much specific advancement. In consequence the engineering firm of Lassman & Lassman, of Chicago, has prepared plans for improved roads and highways, many features of which are being patented and the general design is copyrighted.

[illegible]

DOCTORS PRESCRIBE SULPHUR.

But Sulphur Should Be Used in Liquid Form Only.

"Hancock's Liquid Sulphur is the most wonderful remedy for Eczema I have ever known," writes Dr. W. W. Leake, of Orlando, Fla., who was cured of a case of years' standing.

Dr. W. A. Heard, of Maitland, Fla., was cured of Eczema after he had suffered for thirty years, and says: "Hancock's Liquid Sulphur is the finest remedy for all Skin troubles I have ever used or prescribed."

Doctors everywhere prescribe it, but they say Sulphur should be used in liquid form only, as it is in Hancock's Liquid Sulphur.

Druggists sell it. Booklet free, if you write Hancock Liquid Sulphur Co., Baltimore.

It cures all Skin and Scalp Diseases, if used in connection with the wonderful Hancock's Liquid Sulphur Ointment.

Sweet is revenge—especially to women.—Byron.

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"I was very badly afflicted with eczema for more than two years. The parts affected were my limbs below the knees. I tried all the physicians in the town and some in the surrounding towns, and I also tried all the patent remedies that I heard of besides all the cures advised by old women and quacks, and found no relief whatever until I commenced using the Cuticura Soap, Cuticura Ointment and Cuticura Resolvent. In the Cuticura Remedies I found immediate relief and was soon sound and well. C. V. Beltz, Tippecanoe, Ind., Nov. 17, 1905."

Something to every one is good division.—German.

A TERRIBLE EXPERIENCE.

How a Veteran Was Saved the Amputation of a Limb.

B. Frank Doremus, veteran, of Roosevelt Ave., Indianapolis, Ind., says: "I had been showing symptoms of kidney trouble from the time I was mustered out of the army, but in all my life I never suffered as in 1897. Headaches, dizziness and sleeplessness, first, and then dropsy. I was weak and helpless, having run down from 180 to 125 pounds. I was having terrible pain in the kidneys, and the secretions passed almost involuntarily. My left leg swelled until it was 34 inches round, and the doctor tapped it night and morning until I could no longer stand it, and then he advised amputation. I refused, and began using Doan's Kidney Pills. The swelling subsided gradually, the urine became natural and all my pains and aches disappeared. I have been well now for nine years since using Doan's Kidney Pills."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Laughing Song.

When the green woods laugh with the voice of joy,
And the dimpling stream runs laughing by;
When the air does laugh with our merry wit,
And the green hill laughs with the noise of it;
When the meadows laugh with lively green,
And the grasshopper laughs in the merry scene;
When Mary and Susan and Emily
With their sweet round mouths sing "Ha, ha, he!"

When the painted birds laugh in the shade,
Where our table with cherries and nuts is spread;
Come live, and be merry, and join with me,
To sing the sweet chorus of "Ha, ha, he!"

—William Blake.

Managerial Talk.

The Boss—What do you mean by such language? Are you manager here or am I?

Jones—I know I'm not the manager.

The Boss—Very well, then; if you're not the manager, why do you talk like an idiot?

High-Priced Meat may be a Blessing

If it gives one the chance to know the tremendous value of a complete change to diet.

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Some Nice, Crisp Toast,
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