

Agricultural Department.

Two Minute Health Talks.

Farmers Should be the Healthiest People in the World--Why are They Not?

"Farmers ought to be the healthiest folks in the world; but the fact is that the country physician has the best all-round practice of anyone."

The doctor was right when he said the farmer folks ought to be almost immune from disease. Think of the pure water they might have to drink! Look at the fresh air and pure food they have always within their reach! The air they breathe is pure and untainted by any dangerous things that come between the city man and good health. The farmer's house ought to be free from the many defects which work such havoc to his city neighbor.

Most of the sickness on the farm is due to ignorance of the simple laws of health or to a disregard of those laws. I wish these might be posted in every farm house the whole wide country over:

Keep the source of the water supply clean.

Do not permit the drains about the house to become clogged. Do all you can to make the premises clean. Disease has its home in filth.

Eat only wholesome well-prepared food. Hosts of farmer folks are not as careful here as they should be.

Avoid exposure to storms. If you get wet, put off the cold, damp garments, and thoroughly dry yourself the first thing you do.

If you do not feel well, do not take drugs, but do stop eating, and drink all the fresh water you can. Even the animals at the barn know enough not to keep on eating when they do not feel well. Are we less intelligent than they are?

Finally, use good, sound common sense about your house, your clothing, your food and your doctor.

In every household the box of pills is the never-failing panacea for all stoppages of the bowels. But that is the most foolish thing imaginable. What then? Stop eating and drink plenty of water until the system has been purified of the dangerous stuff that clogs the alimentary canal.

I know of one farmer that had the habit of taking pills. He began with one or two and kept on until he would take six or seven great pills at one dose. The more he took the more he needed to bring about the desired effect. All the time nature and common sense would have helped him out of his trouble better and with much less danger, if he had only given them a chance.—E. L. Vincent, in Farm and Fireside.

Does Coffee disagree with you? Probably it does! Then try Dr Shoop's Health Coffee. "Health Coffee" is a clever combination of parched cereals and nuts. Not a grain of real Coffee, remember, in Dr Shoop's Health Coffee, yet its flavor and taste matches closely old Java and Mocha Coffee. If your stomach, heart, or kidneys can't stand Coffee drinking, try Health Coffee. It is wholesome, nourishing, and satisfying. It's nice even for the youngest child. Sold by Bennett Grocery Co

How to Care for Your Work Stock in the Spring.

Progressive Farmer.

April is the hardest month of the year for the farm work stock. They are usually soft and out of condition for hard work, their coats are long and the weather is warm, and the breaking and preparation of the land constitute the hardest work on the farm. No man thinks of requiring a race horse to work without a period of training or preparation, but few farmers stop to consider the necessity of "training" their work stock to prepare them for the extremely hard work of putting in the spring crops. The results of suddenly increasing both the work and feed during the first few weeks of spring are that the horse or mule suffer from indigestion, loses his appetite, contracts sore shoulders and gets out of condition to do effective work. A little care to slowly and gradually increase the work and feed, and thereby put the animal in good condition to do hard work before requiring too much of either his muscles or digestive apparatus, would very greatly increase his capacity for work during the season, taken as a whole.

To those who have already gotten their work stock off their feed and out of condition we advise that they now pursue the course which should have been followed at first. Reduce the feed to about one-tenth of a full ration and make the same reduction in the work. Continue this for a few days, and then gradually increase both so as to have the animal back on full feed and work at the end of about two weeks. Don't imagine you can't afford to take so much time to get the animal in condition to do work again. By such a course you will get more work out of him during the season. The morning and noon feeds of hardworking animals should be light and the heavier night feed be given after the animal has had time to rest from the hard day's work. If the appetite is poor and a tonic needed, give one dram each of powdered nuxvomica and dry sulphate of iron twice a day.

To keep the shoulders from getting sore, use a properly fitting broad, firm leather collar and keep it clean. Sweat-pads are only necessary or beneficial when a cheap, narrow, ill-fitting collar is used. For galled shoulders, get proper collars and keep them clean, wash the shoulders clean with cold water noon and night and rub dry, and then apply a solution consisting of two drams each of acetate of lead and sulphate of zinc in one pint of water. Shake the bottle before using.

There is no other time of the year when grooming is so important as in the spring. The hair is long, dust collects in it readily, and the profuse sweating all combine to render grooming necessary to keep the skin in good condition, and without it disease is more likely to occur.

DON'T NEGLECT YOUR GARDEN.

What of your garden? Farmers, as a rule, are now getting "too busy to bother with the garden," and that is just why so many farmers have poor gardens and an insufficiency of vegetables, small fruits, etc., both in quality and variety. We are given to neglecting this very important part of real farm work. The early set cabbage now need attention. Cultivate frequently and use fertilizers with a lavish hand. A mixture as follows will be about right for them: 100 pounds nitrate of soda, 200 pounds cottonseed meal, 300 pounds 16 per cent acid phosphate, 100 pounds muriate potash, at the rate of 1,000 pounds per acre as a side dressing. This same mixture will do for many other garden crops.

Tillman's Mild Moods.

Has Moments When He Feeds on Angel Cake.

Last Sunday afternoon a party of gentlemen met in Senator Tillman's rooms at the Normandie and, strangely enough, the conversation did not touch upon the negro question, Mr. Roosevelt, State rights or any political topic. Mr. Tillman directed the talk to the shams and humbugs of modern life, particularly among the class that had recently acquired great wealth. His remarks, if reported, would have made an admirable sermon that could have been delivered from almost any pulpit. Mr. Tillman especially deplored and condemned the practice that so many men had followed of deserting the partner of their earlier struggles and seeking younger women with whom to share their newly-acquired wealth.

"To my mind," said Senator Tillman, "there is nothing finer or more beautiful in prose or poetry than the second stanza of that gem of Bobbie Burns, 'John Anderson, my Jo John.' Gazing out of the window at the driving rain, Mr. Tillman repeated the verse he had mentioned.

"John Anderson, my Jo John,
We clamb the hill thegither;
And monie a cauty day, John,
We've had wi' ane anither.
Now we maun totter down, John,
But hand in hand we'll go;
And sleep thegither at the foot,
John Anderson, my Jo."

"Those are my sentiments exactly," said Mr. Tillman softly, after a brief interval of silence.—"What a world of trouble and heartache would be saved if we would all live up to them!"—Washington Dispatch.

Monkey Bottom and Buggies Burned.

Salisbury special in Charlotte Observer: The section of the city known as Monkey Bottom was swept by fire this morning and, but for the effective work of the two Salisbury and Spencer fire companies, great property damage would have resulted. Monkey Bottom is in itself a paradise of colored people, but there are several old wooden frame buildings that have been converted into utilities, and they went in



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5 pcs. 40-in. India Lawn 12 1-2.
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2 pcs. 36 in. black guaranteed Taffeta Silk, 1.25 grade, 98c.
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Three Doors South New Postoffice **A. J. BROOM COMPANY.**

general conflagration. Particularly does the Barber Buggy Company suffer, losing 150 new buggies and the building in which they were stored. George R. Martin's cement works suffered total destruction, only the bravest and fiercest work saved the livery stable of D. G. Tatum and the Salisbury-Spencer Railway's gas plant.

Dangerous to Hug this Woman.

New York, Apr. 4.—A puzzling case is under reception at a hospital here. A woman cook apparently in perfect health is detained because she is suspected of having communicated typhoid fever to twenty five persons within the last six years.

According to Dr. Benzel the woman is a living typhoid factory. She was stricken with the disease six years ago but recovered. It is now found she has been developing typhoid germs all the time. Although immune herself, is a constant source of contagion to all who come in contact.

Lancaster & Chester Ry Co.

Schedule in Effect Jan. 13, 1907.
Daily Except Sunday—Eastern Time.

WESTBOUND.			
	No. 14.	No. 16.	
Lv. Lancaster.....	7 00 am	4 00 pm	
" Fort Lawn.....	7 19 am	4 50 pm	
" Bascomville.....		5 05 pm	
" Richburg.....	7 35 am	5 30 pm	
Ar. Chester.....	8 00 am	6 00 pm	
" Charlotte, So Ry	10 45 am	8 15 pm	
" Columbia, "	2 00 pm	3 25 am	
EASTBOUND.			
	No. 15.	No. 17.	
Lv. Columbia, So Ry	6 05 am	4 00 pm	
" Charlotte, So Ry	5 25 am	5 30 pm	
" Chester.....	9 30 am	8 00 pm	
" Richburg.....	10 20 am	8 24 pm	
" Bascomville.....	10 30 am		
" Fort Lawn.....	11 00 am	8 41 pm	
Ar. Lancaster.....	11 30 am	9 00 pm	
" Camden, So Ry.	2 15 pm		

CONNECTIONS:
Chester—Southern, Seaboard Air Line, and Carolina & North-Western Railways.
Lancaster—Southern Railway.
Orrs, Knox, Bascomville and Grace are flag stops for Trains Nos. 14 & 17.
Orrs, Knox and Grace are flag stops for Trains Nos. 15 & 16.
A. P. McLURE,
Superintendent.

Teachers Examination.
The next regular Teachers' Examination will be held at Lancaster C. H. beginning at 9 o'clock a. m., Friday, April 19th.
W. M. MOORE,
County Supt. Education.
Lancaster, S. C., March 16, 1907.

Do you take The News?