

# Temperance

Conducted by the Woman's Christian Temperance Union.

## ALCOHOL BRINGS ONLY HARM

German Ministry of Education Discourages Use of Wine, Beer and Brandy by Children.

The German ministry of education recently approved the following notice to be distributed by the board of health:

Give your children not a drop of wine! Not a drop of beer! Not a drop of brandy!

Why! Because alcohol of any kind, even in the smallest quantity, brings only harm.

1. Alcohol checks bodily and mental development.
2. Alcohol leads quickly to exhaustion and makes heaviness and inattention in school.
3. Alcohol causes disobedience to parents.
4. Alcohol develops sleeplessness and early nervousness.
5. Alcohol endangers the mortality of children.
6. Alcohol weakens the resisting power of the body and thereby leads to the development of all kinds of disease.
7. Alcohol prolongs the duration of every illness.
8. Alcohol continually awakens renewed thirst, and on that account leads easily to habits of drinking.

## INJURY WROUGHT BY ALCOHOL

Same Effect: and Conditions as Produced by Vitiating Air—Interferes With Repair of Tissues.

Many of you have been in a close room, and after a time you have felt a sense of suffocation; your face has got flushed and you have felt a headache coming on, and you have felt a lassitude which is very characteristic of the want of fresh air, or the condition produced by fresh air in a room. Alcohol produces exactly the same conditions, exactly the same effects; it produces exactly the same lassitude. First of all it produces a feeling of well-being because it impairs sensation, but after a time it induces a condition of lassitude, the face becomes flushed, the head very often aches simply because alcohol is acting in the same way that the bad air in a room acts. It interferes with the repair of the tissues, thus getting rid of the waste of the tissues and the work of the tissues.—Dr. Sims Woodhead.

## ALCOHOL KILLS BY INCHES

Moderate Drinker Destroys One-Third of "White Bodyguard"—Susceptible to Disease.

Physiology shows just how alcohol kills "by inches," or more accurately speaking, by millimeters. In one millimeter of blood a total abstainer will have about 75,000 "little white soldiers" (leucocytes or white corpuscles), a moderate drinker only 50,000, for defense against the army of microbes, germs and parasites, armed with poisoned arrows, that every hour rush into our mouths, and enter every scratch or wound or other broken place in our wall of flesh. Alcohol burns up one-third of the "white body guard" in the moderate drinker.

**Mr. Edison's Attitude.**  
"I am a total abstainer from alcoholic liquors," said Thomas A. Edison. "I always felt I had a better use for my head."

Not long ago a W. C. T. U. woman noticing Mr. Edison's pictured face in connection with an advertisement of whisky, wrote to the "Wizard of Menlo Park" in regard to the matter. She received a prompt response from one of his representatives, saying, "The use of Mr. Edison's name and picture in connection with the advertisement to which you refer is entirely unauthorized, and further is highly objectionable to Mr. Edison."

**Beer-Made Flesh is Diseased.**  
Do not forget that the fat caused by beer drinking is a sign of disease because, as is well known, beer prevents the oxidation of those substances which form superfluous fat in the body. Physicians nearly all agree that sickness is far more dangerous to beer-drinkers than to non-drinkers, and that serious accidents are usually fatal to them.

**Aims of W. C. T. U.**  
The Woman's Christian Temperance Union is not only anti-saloon but anti-brewery, anti-distillery, and any form of alcoholic liquor making or liquor selling for beverage purposes. The "trade" hates and fears a law that closes the saloons. It hates and fears still more the law that closes the saloon, the brewery and the distillery.—Lillian M. N. Stevens.

**To Be and to Do.**  
There are no times in life when opportunity, the chance to be and to do, gathers so richly about the soul as when it has to suffer. Then everything depends on whether the man turns to the lower or the higher helps. If he resorts to mere experience and tricks, the opportunity is lost; he comes out no richer or greater; nay, he comes out harder poorer, smaller, for his pain. But if he turns to God, the hour of suffering is the turning point of his life.—Phillips Brooks, D. D.

## LEARNING TEXTURE OF SOILS

One May Learn How Much Water Different Kinds of Soil Will Hold by Simple Test.

If anyone wishes to prove to himself how much more water some soils will hold than others, let him take three tomato cans of the same size. With a nail punch a half dozen holes in the bottom of each. Then fill all three cans, one with sand, one with still clay and the other with a rich loam soil well filled with humus.

If such soil as the last cannot be had, then fill the can with the dark, rich top soil from the woods lot, after scraping away the leaves and other coarse materials. Pack the soil in all of them down solid, and put in all they will hold. Put these cans of soil in some place where they will dry out thoroughly. A good place is in the kitchen behind the stove.

When they are all well dried, pour a half pint of water slowly over the top of each can of soil. Repeat this, putting the same amount of water on each soil, until the water begins to trickle from the holes in the bottom of the cans.

The water will begin to run from the can containing sand first, and if this can be placed so that the water can be caught and measured it can be told how much less water this sand will hold than the clay soil, and by the same method it may be seen how much more water the soil full of humus will hold than even a heavy clay soil devoid of humus.

## FATTEN SHEEP FOR MARKET

Cull Animals Can Be Prepared Earlier in Season by Turning Them Into Rape as Pasture.

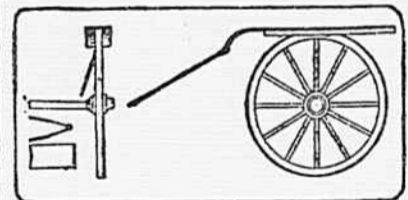
All old and such young ewes as the owner does not desire to keep should be culled out to fatten a short time before the ram is turned in with the breeding ewes. The cull sheep can be fattened earlier in the season by turning them into a rape field as pasture, but if you put off too late special food is required. In pure-bred flocks the ewes are often kept until they die of old age, as their lambs are worth more than they are, but in a graded flock it does not pay to keep ewes that do not have sound mouths. An old ewe is likely to prove unsatisfactory.

In selecting rams the aim should be to select those that are strong in the points in which the ewes are weak. For instance, ewes that have an open coat and are narrow breasted should be bred to rams that are strong on those points. By this method a very uniform flock can be established in a very few years. It is a good idea to turn the ram with the ewes in the evening after he has been fed and take him out in the morning before being fed. A ram should be well fed. Bran, oats, roots of vegetables, make a good ration with clover as roughage.

## QUITE USEFUL WAGON BRAKE

Attached to Any Stationary Part of Vehicle, It Will Effectively Hold on Steep Grade.

While traveling through the mountains with a horse and carriage, I found the brake shown in the illustration exceedingly useful, writes W. C. Thompson of Millington, N. J., in the Popular Mechanics. It is constructed as follows: The base is made of an iron wagon tire, 28 inches long and three and one-half inches wide, with a slight curve on the front so that it will not catch in stones or



A Wagon Brake.

other obstacles which are firmly set in the roadbed. The sides are made of one-inch square hickory sticks bolted to the base with three bolts for each guide, the rear ends being curved to allow the wheel to enter easily, and a hole is punched in the front for a rope or chain, the other end of which is attached to any stationary part of the wagon. If the wheel is allowed to rest in the center of the brake it will effectively hold the wagon on a steep grade.

**Rape Seeding.**  
In seeding rape broadcast from three to five pounds of seed are required to the acre. If sown in drills from one to two pounds of seed are sufficient. The quality and condition of the soil will give the exact amount, lighter seed being used on rich and clean ground. The condition of the seed bed should be fine, firm and moist.

A light top dressing of manure may be applied and the crop responds very readily to such treatment. As a soiling crop, it is desired to secure all the growth possible, so the more perfect we can make the conditions the greater will be the results.

**Keep Poultry Healthy.**  
Pure air, pure water and pure food, as well as thorough cleanliness, are all essential to the chick's health. The fowl's power to resist disease is due to these.

**High Egg Fertility.**  
In order to secure a high per cent. of fertility in the eggs that are to be hatched, it is necessary that the stock be properly bred, reared, housed, fed and mated.



No matter what your walk in life, or what your station may be, you have an opportunity to be the possessor of a bank account, and it only remains for you to realize the importance of this one thing, to render you independent.

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# Fertilizers

—FOR 1913—

We desire to notify our farmer friends that we are ready to supply them with fertilizers in all of the popular brands and formulas. We sell the celebrated brands

**Bradley, Baldwin and Etiwan**

These goods have been used by farmers of this county for many years and have given satisfaction. We also have contracted for a large supply of ingredients for mixing fertilizers at home. Bear in mind that we can fill your orders for any kind of plant food, the dependable kind. Come in to see us.

**W. W. Adams & Co.**



## Saves Expensive Trips

IT WAS NECESSARY for the Attorney to have a personal talk with a client in a distant city. The journey would seriously interfere with several important engagements made for that day.

He used the Long Distance Bell Telephone, had a satisfactory talk with his distant client and was able to keep all his engagements at home.

The Long Distance Bell Telephone increases the efficiency of business men who adapt it to their needs. It can serve you with equal satisfaction and economy.

By the way, have you a Bell Telephone?

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## FAULTY FEET OF THE HORSE

Important That Draft Animal Should Be Able to Walk Fast Without Tiring—Few Essentials.

A draft horse does most of his hard work at the walking gait. It is, therefore, important that he should be able to walk fast without tiring. He should be able to walk four miles an hour with a load. If his feet are deformed in any way, whether it be by disease or hereditary, he cannot do his best work.

The soles of the feet should turn up and show the shoes plainly as the horse moves away from the observer. The feet should be lifted quickly and evenly and be set down squarely and firmly.

The hoofs should be ample in size, sound, smooth and symmetrical in shape. The hoof is a continuation of the skin of the parts above. The color of the skin decides the color of the hoof. Color counts for little, however, if the hoofs are of poor shape and texture. The horn should be smooth, waxy-looking and free from cracks or ridges, and the coronets should be open, prominent and wide at the heels. The sole should be slightly cupped, not flat or bulging; the frog large, elastic, healthy and without a deep cleft; the bars prominent. Poor fore feet are one of the commonest and most serious faults in draft horses.

## SECURING STAND OF ALFALFA

Seven-Acre Field on Ohio University Farm Presents Argument in Favor of Spring Seeding.

A seven-acre field of alfalfa on the Ohio State university farm, at Columbus, presents a good argument in favor of spring seeding, with oats as a nurse crop. This field was seeded April 11, at a rate of fifteen pounds of alfalfa and a bushel of oats per acre, both sown in the grain drill at the same operation. On July 15 the oats were cut for hay, making a yield of a little over a ton and a half per acre.

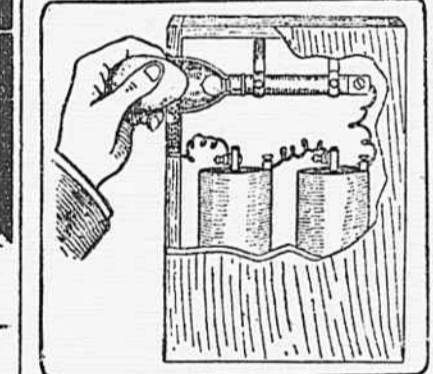
By September 10 the alfalfa was ready for the first cutting, and the yield of field-cured hay on the seven acres was 18,380 pounds, or a little over nine tons. It is rather unusual to secure a crop of hay the first season after seeding, but good seed preparation and favorable weather conditions last summer are partly accountable for this excellent stand.

The field, which is level and well drained, was in potatoes in 1910. That fall it was sown to rye, which was plowed under the following spring and the land planted to corn. In the fall this corn ground was plowed with a deep tilling machine and left for the winter. In April it was thoroughly disked and harrowed before the alfalfa and oats were sown.

## GOOD PORTABLE EGG TESTER

Electric Flash Lamp Contained in Reflector Causes Strong Illumination of Its Interior.

A small electric flash lamp contained in a reflector is the basis of a patent recently issued to William D. Bixler of Fort Worth, Tex., upon a portable egg tester made as shown in the illustration, says Popular Electricity. An



Portable Egg Tester.

egg is lightly crowded into the opening of the reflector and this action closes a spring contact that completes the circuit of the lamp and two dry cells which furnish the current. This reflector causes a strong illumination of the egg's interior which decides its future.

**Silage for Horses.**  
The Pennsylvania station experimented with feeding horses silage, and here is what Prof. Cocheil says of feeding it to draft horses:

Silage, which is made from mature corn, is free from mold, has not been exposed to air too long before feeding, and is properly supplemented with other feeds which will make up the deficiency in protein, can be fed to horses with safety when care is used to have them become gradually accustomed to it.

Horses fed silage as a portion of their ration consumed less grain, made their gains at lesser cost per pound, were sleeker and better finished than when fed on rations not containing silage.

## Keep Chicks Quiet.

Keeping the egg chamber darkened during the hatching will tend to keep the chicks quiet, as they would be under the broody hen. If the front of the incubator is of glass it may let out too much heat and also encourage the chicks to pick up the lighter portions of their droppings.

## Keep Out the Wind.

The doors to the farrowing-house should be placed in the center with a wing at the edge in order to prevent the wind from blowing on the sow and the young pigs.

# THE KITCHEN CABINET



LD friends are the blessings of one's later years. Half a word conveys one's meaning. They have memory of the same events and have the same mode of thinking.—Horace Walpole.

## HOUSEHOLD CONVENIENCES.

Many people have large, useful trays, but they are never used except on state occasions, while every day weary steps are taken which might be divided by ten if one used some utensil for removing dishes and food from the table to the pantry. A wire dish tray is convenient and light. If one does not care to use a tray, the dishes may be piled into it and quickly removed.

If one was handy with tools, the handy man could make, with little expense, a wheeled tray which could hold the entire meal, and remove it in another trip.

The small wheels from a go-cart are used on home-made trays.

The use of paper or wooden plates in the kitchen for much of the left-over food are light and easy to handle, and not expensive to replace when soiled.

Paper of all kinds in the kitchen saves the table, saves dish washing, and is an all-round step saver. A roll of paper toweling to use for greasy dishes, wiping knives of grease and acid, wiping out greasy plates, is invaluable. Manila paper may be used for many purposes as work savers. Use it for a molding board or for crumpling croquettes, then the soiled paper can be burned, where a board would have to be washed.

A bottle of kerosene near the sink to wipe it out, will save much scouring.

When cooking a salad dressing or a white sauce, a custard or many vegetables, prepare more than is needed for the time being. It takes but little more fuel and time to practice this economy.

If one has a table covered with zinc in the kitchen it will save much cleaning, and is indeed a joy forever.

Keep small squares of cheese cloth to wipe the meat before cooking. These may then be dried and burned. These small bits are nice for use in straining soups, fats or vinegar.

*Nellie Maxwell.*

# The KITCHEN CABINET



LARGE was his bounty and his soul sincere; Heaven did a recompense so largely send He gave to misery (all he had) a tear, He gained from heaven ('twas all he wished) a friend.—Charles Lamb.

## INVALID COOKERY.

In cooking eggs for those who are ill, it is of utmost importance that they should not be toughened.

They may be cooked from the very soft to the hard stage by using the simple method of boiling water. Allow a pint to an egg, cover the dish and keep in a warm place. If wanted hard, leave the egg thirty minutes; if wanted soft, take out in eight to ten minutes; if liked medium, take out at the end of fifteen minutes.

Egg baked in cream is a very appetizing manner of cooking an egg. Place a tablespoonful of cream in a small ramekin, drop in the egg, season with butter and salt and set in the oven long enough to coddle the egg.

Beat the white of an egg until stiff, season with salt and drop the white on a piece of buttered toast, making a nest, then place the yolk in the center and season. Put into the oven for a few minutes to just set the egg.

**Shirred Egg.**—Mix together an eighth of a cup of bread crumbs and a half tablespoonful of butter; stir until well mixed. Cover the bottom of an egg shirrer or ramekin with the buttered crumbs, break in an egg, sprinkle with salt, cover with more crumbs, and set in the oven to cook until the white is set.

**Coddled Egg.**—Scald a third of a cup of milk, add one egg beaten slightly, cook over hot water, stirring constantly, until a soft, creamy consistency, then season with salt and a dash of cayenne. Serve with toast points or fingers.

Sometimes dainty bread and butter sandwiches will be eaten with relish when bread with butter would be refused.

*Nellie Maxwell.*

## His Ore Request.

"Do you want your wife to vote?" "I do," replied the man, who has a high idea of civic responsibility. "All I ask of her is that she won't say 'What a bother!' when election happens to come on the same day with one of her bridge parties."

## Woman's View.

Nell—They say every man has his price. Belle—Well, mighty few of them are worth it.—Philadelphia Record.