FARM·FIELD AND GARDEN

CONSTITUTION IN COWS.

Everybody is looking for some sign or external indication of vitality or staying power in their cows. We want cows that will stand to their work year after year, resist disease and do good service. We all value what we call "constitution" in our cattle, but we have some very queer and mixed notions of determining it. On this point, Prof. Haecker in one of his addresses says:

"An animal deep in brisket, with broad shoulders and fore legs far apart has no more stamina or endurance than one with a narrow, sharp shoulder and ewe neck. In fact, the latter, as a rule, has more nerve force and endures longer. So far as my observation goes, an animal with a good middle and carrying little surplus tissue is fitted for much work and a maximum period."

We thoroughly agree with Prof. Haecker in the above estimate. How often we hear men say that a deep brisket and much width between the lore legs indicates great lung and heart power, when indeed it does nothing of the kind. That is an old beef cattle notion and is without foundation in fact. If anyone wishes to prove the truth of our utterance, let them compare the heart and lungs of a 1,000 pound dairy cow with those of a 1,500 pound beef animal of the most approved build between the fore legs. They will find in most instances that both heart and lungs of the dairy cow are larger than those of the beef animal. Indeed,

THERE IS REASON FOR THIS.

The dairy cow secretes a large amount of milk daily. This is a great draft on the blood circulation. The blood is vitalized by the lungs and she requires strong breathing power. This fact should compel us to provide an abundance of pure air for our stables, for we are beating ourselves if we do not.

Compare the build of the race horse between the fore legs with that of the draft horse. Yet will any man claim that the race horse is deficient in lung and heart power? It is very evident that the facts in these two cases do not justify the judgment of those who have reasoned in favor of the deep, wide brisket as indicating increased heart and lung action.

The best and truest indication of constitution in man and animals is the construction of the walls of the abdomen. A large, strong frame with a weak belly will not endure. On the contrary, a deficient muscular build with a strong muscular abdomen will often show surprising endurance. This principle is established by the structure of the umbilicus. A weak, spindling umbilicus indicates that the mother has very imperfectly nourished the foetus and the walls of the abdomen will be thin and weak and the power of endurance correspondingly reduced. It is the animal, as Prof. Haecker says, "with a good middle" not unduly large or pot gutted, but a belly with very strong muscular walls that will go to the end of the course and endure best.

This is constitution. It is well to remember, always, that large size in both men and animals is no indication of constitution or staying power.

HUMUS IN THE SOIL.

During a recent trip through certain sections, says a writer in an exchange, our attention was forcibly arrested by the difference in the strength of the winter wheat on the hills and in the depressions between them, on land that has been long under cultivation. On the hills much of the crop had succumbed to the cold. In the lower lands between, the crop had been able to maintain its hold. The difference was to be attributed in part to the great fertility of the valleys, but more to the want of humus or vegetable matter in the soil. Some of those clay hills when in grass do not produce freely, hence when the grass crops are broken, not much humus is deposited in the soil.

Humus, in a certain sense, is more needed in soils, and is more valuable to them than fertility. In fact, humus is fertility, and it is something more. It is a substance that separates particles of soil so that the roots of plants can easily push through them to greater food. It is a substance that helps the soil to hold more water than it would otherwise retain, and it furnishes food in a form that is easily available. Whether it brings fertility to soils will depend upon the character of the plant grown to produce humus. If it is a deep feeding plant, it may bring fertility to the surface soil

FROM THE SUBSOIL.

If, in addition to feeding deeply, it can draw nitrogen from the air, as clover does, it will further enrich is a shallow feeding plant, it may the soil. On the other hand, if it only put in the soil virtually what it took from it. But, even so, it is then in a form more available for the plants than it was before. And the other benefits that result from a supply of humus in the soil are also present.

The value of humus to the soil is very great. Every attention should be given to keeping up a supply of the same. A soil may be highly fertilized and yet not be at its best for producing, for the simple reason that the supply of humus is deficient.

When soils are cropped for successive years, and no pains are taken to maintain humus in the same, production in such soils must wane. This may not be noticed very much in seasons when everything is favorable for growth, but in adverse seasons, more especially seasons that are deficient in moisture, the difference will be very apparent. This in part explains why the application of farm-yard manure is usually so helpful to land. It furnishes both humus and fertility at one and the same time.

How can humus be brought to the land? Chiefly by growing grasses and clovers for pasture and for hay, but in some instances by growing crops for the special purpose of burying them in the soil.

LITTLE THOUGHTS.

Bad luck generally follows in the wake of bad habits.

A married man always resents advice from a bachelor.

Some men never tire of doing good —because they never do any.

The man who fails is apt to regard success as a matter of accident.

Many a man gets a reputation for wisdom by leaving things unsaid.

It is safer to learn from your enemies than it is to instruct your friends.

The girls who tell you that diamonds are vulgar are those who have none.

The man who most frequently begs pardon cares the least whether he gets it.

Things that formerly came to those who waited now go to those who work.

If a man has no sense of humor he is sure to be funny at the wrong time

Half the discomfort in the world is caused by people neglecting their business to lie about each other.

Thorne — "Jack Gladhand says he has given up borrowing money." Bramble — "He had to. All his friends have given up lending to him."

W—f

About the ....House

TESTED RECIPES.

Cream Puffs.—Put half a pint of water in a saucepan with four ounces of sweet, fresh butter, a little lemon peel shaved thin, two ounces of sugar, and a salt-spoon of salt. As soon as the water begins to boil, throw in four ounces of flour (do not sift it in) and at once begin to stir rapidly with a wooden spoon or paddle held in the right hand while you hold the saucepan firmly with the left hand; continue to stir until a smooth, thick paste is formed, which will be in a few minutes. Then take from the fire, and as soon as cold enough not to scald the eggs, break in the first one and beat until it is smoothly mixed in the batter; then add two more and beat them in thoroughly and continue as rapidly as possible until eight have been added, unless you find that the batter is getting too thin, then do not add all the eggs the recipe calls for. The batter must be stiff enough to keep its shape without spreading much when put in the pans and the eggs should not be added before the batter gets cold. After the eggs are in continue to beat the batter until it is clear and smooth. When ready to bake, first butter the pans well then dust with flour, shaking off all that will not adhere. Drop the butter with a spoon or use a pastry bag and tube, leaving some space between each one. If you wish a rich brown color, brush each puff with beaten egg, but this will not be necessary if you have a good oven. Let the puffs bake until they are perfectly light to the touch, when handled; if they are taken from the oven too soon they will soon shrink and droop; they should be done in twenty-five minutes. As soon as they are cold, but before they loose their crispness, they should be filled with either the regular cream puff filling or whipped cream. To do this cut a slit at one side with a sharp knife, press the puff open slightly and put the filling in with a spoon. This same batter can be used for eclairs, Spanish puffs, etc.

Cream Puff Filling.—Put a pint of milk in a double boiler and put on to scald. Put two tablespoonfuls of cornstarch in a bowl with a cup of sugar and three eggs and beat until light. Pour the hot milk over this mixture and stir until well mixed, then turn back into the boiler and stir and cook until the mixture thickens, then remove from the fire and when slightly cool add a teaspoonful of vanilla. In making the puff batter some leave out the lemon peel and sugar and use only six eggs, but the number of eggs can be determined by the quality of the batter, leaving out one or two or adding as is necessary. The batter must have a thorough beating in any case. Home-made cream puffs are very much better than those usually obtained at the bakeries.

Good Egg Dishes.—Shirred eggs look pretty in their little fluted porcelain dishes. They are easily cooked, too. Melt half a teaspoon of butter in each little cup, break in each an egg, set in a pan of hot water, cover with greased paper and place in the oven five minutes. Remove and stick little tips of pepper grass about the rim of each cup, serve hot. A few spoonfuls of cooked tomato, a little cream sauce or some well-flavored minced meat may be placed in each little cup before breaking in the egg. To poach the eggs, have plenty of rapidly boiling water, break the egg on the side of the pan and drop right into the boiling centre, which, neatly done, prevents the white from hoing to rags, so no trimming is necessary. Take the egg out with the skimmer, and lay on a slice of buttered toast. The toast should be dipped once into hot water and buttered quickly. A celery or tomato sauce served with poached eggs is a pleasing variety. Cook half a pint celery, cut into inch lengths, in boiling salted water until tender. Melt a tablespoon of butter with a tablespoon of flour, add half a cup of water, in which the celery was cooked, half a teaspoon of salt, and a dash of pepper. Cook five minutes, then add half a cup of milk and the drained celery. Arrange the pieces of toast with a poached egg one each on a dish and pour round the celery sauce.

HAS IT OCCURRED TO YOU.

That to put a statuette or other piece of bric-a-brac on a stand in front of the window, between the glass and the lace curtains, is a frank confession that its beauty is for outsiders and not for the family?

That potted palms, ferns, etc., are out of place around a fireplace?

That a delicious sandwich may be made of day old Boston brown bread, cut in slices the length of the loaf and put in alternate layers with white bread, with cream cheese between? The sandwiches have the appearance of chocolate layer cake.

That stockings and socks past their usefulness as such make good holders for the kitchen? Cut off the feet, fold the leg several times and sew in place. Cover with a bit of calico or gingham.

That almost all vegetables are cooked with the lids off the pots? The water in which onions are boiled should be changed several times.

That stains of vaseline, which are the most obstinate of all to remove from clothing, may be removed with ether? Saturate the spots with ether and spread smoothly on a clean surface. Cover with a bowl to prevent too rapid evaporation. Ether will remove most grease stains, but must be used with caution.

FEATHER PILLOWS.

Feather pillows which are never aired become dead and at times odorous. Every few weeks they should be pinned on the line on a sunny day and left there for several hours. If they have an unpleasant odor and no renovating establishment is near, turn them from the tick into a stout muslin bag, make strong suds with good white soap and a little ammonia and soak the bag of feathers for several hours, beating them often with a stick. Transfer to second suds and soak and beat as before; then rinse through four or five waters, beating and sousing vigorously to remove all traces of soap. Pin on the line and leave exposed to rain and wind for several days, wetting them once a day if there is no rain. Leave in the sun for a week, taking in at night and shaking often to fluff them well. Feathers so treated will remain fresh and sweet for years.

SWEET PEAS.

For support, have a wire netting nailed to posts, set at equal distances. This will support two rows of sweet peas. During the hottest weather it will be best to provide a mulch for the vines, even though they are watered repeatedly and thoroughly. A mulch will retain moisture about the roots and keep them cool, so that the vines will remain fresh and green. For the mulch use grass clippings. Cut the blossoms off twice a week, at least, so that new ones may speedily take their placed, or the vines will run to seed. You can have every room in the house supplied with these lovely blooms, and a different color in each. The white and pink varieties are the best.

A VICE-REGAL VISIT.

Lord and Lady Minto at the Massey-Harris Company Works.

The Governor-General and Countess of Minto spent a couple of hours visiting the immense Massey-Harris works this morning.

At the special request of their Excellencies the visit was kept private; it being their wish to view the great works while in operation and the men actively engaged in performing their accustomed duties.

Notwithstanding the care exercised by the officials and superintendents of the company to this end, the familiar features of the Vice-Regal party were soon recognized by the employees, and cheer after cheer rang through the building and flags and bits of bunting appeared on the scene in a moment to give the party a royal welcome.

Captain Bell was with their Excellencies, and the party were escorted through the plant by Messrs. C. D. Massey, Hon. President; Hon. L. Melvin-Jones, President and General Manager; J. Kerr Osborne, Vice-President and Assistant General Manager; R. H. Verity, General Superintendent, and C. J. Love, Superintendent Toronto Factory.

Their Excellencies experienced keen delight in watching the various wonderful methods of manufacture employed to produce the world-renowned Massey-Harris implements.—Toronto Star, June 3, 1903.

TOTAL ABSTINENCE ISLAND.

Englishman to Make an Experiment at Osea.

F. N. Charrington, of London, is about to try an interesting experiment of the effect of total prohibition under fair conditions. He has purchased the well-wooded island of Osea, on the coast of Essex, and intends to convert it into a seaside resort, in which the manufacture, sale and consumption of alcohol will be absolutely prohibited. No license of any kind will be granted and stringent conditions as regards intoxicants will be inserted in all leases. The island will be a large sanitarium, conducted on strict temperance principles. Probably at first the place will be a resort for those wishing to break themselves of the habit of using intoxicating liquors to excess.

It is hoped that evidence will be gradually accumulated to help settle three disputed points: Will total abstinence for a time eradicate the desire for drink? a question on which the evidence of prisoners released from jail is not hopeful; does total abstinence develop a tendency to the use of drugs, such as opium and ether? doubt as to which is suggested by a mass of experience acquired in the East; and has total abstinence any effect in diminishing working energy? a point which the teetotalers declare has already been answered in the negative, although none of the modern races yet show themselves convinced on this point.

New York police are the best paid in the world. They begin on $675 a year.

WELL EARNED POPULARITY

J. J. BURNS SAYS DODD'S KINDEY PILLS SAVED HIS LIFE.

Could Scarcely Sit, Sleep or Walk When He Started To Use Them —His Trouble Gone For Good.

Darnley, P. E. I., June 1st (Special).—The popularity of Dodd's Kidney Pills in Prince Edward Island has been earned by cures complete and permanent. John J. Burns, Lot 18, Darnley, is one of the cured, and his story is a splendid example of the work Dodd's Kidney Pills are doing.

"For over eight years," says Mr. Burns. "I suffered from what the doctors pronounced Chronic Inflammation of the Loins and Kidneys. In the year 1896 it got so bad that I could scarcely walk, sit or sleep. I was about to give up when an advertisement led me to try Dodd's Kidney Pills and they did a wonderful work for me.

"Dodd's Kidney Pills saved my life and though years have elapsed since my cure I have had no trouble since I used them.

"I belong to the I. O. F. and any number can vouch for my condition and that Dodd's Kidney Pills cured me."

Dodd's Kidney Pills never fail to cure any form of Kidney Disease now and for all.

JUDICIAL PROMPTNESS.

Lord Coleridge Had a Curious Habit on the Bench.

Lord Coleridge, Lord Chief Justice of England, from 1880 until 1894, has been described as England's greatest criminal judge. A writer in the Pall Mall Magazine says that in appearance he was the very embodiment of judicial dignity. He was ever courteous and considerate, and never tried to win cheap applause at the expense of an experienced barrister or overwrought witness.

He had a curious habit, on the bench, of leaning back in his chair and closing his eyes, and this sometimes led the unwary to conclude that he was asleep.

On one occasion, during the trial of a prisoner for setting fire to a dwelling-house, the counsel for the defence was much upset through his ignorance of the chief's habit. Throughout the day he had been trying to get before the jury the fact that a man other than the prisoner had openly threatened to burn down the particular house.

Each attempt to introduce the testimony which the rules of evidence would not admit, was checked by a prompt objection, sustained by the court. But when the speech for the defence was begun Lord Coleridge went off into his usual doze, and the counsel saw his opportunity.

"Gentlemen of the jury," said he, "let me come to another and most serious point. We have heard from the witnesses that a certain Bill Smith had, prior to the fire, been dismissed by the prosecutor from his service. Now, gentlemen, I can tell you something—"

"But not about Mr. William Smith, I'm afraid," came from the bench, in gentle tones which conveyed no sense of irritation or annoyance.

INVISIBLE COLORS.

Teacher (to class) — "I will give two cents to the boy who can name three invisible colors."

Tommy Smith—"I can, sir."

Teacher — "Go on, then."

Tommy Smith — "A lawn after a snowstorm is an invisible green."

Teacher — "That's very good. Now, the next."

Tommy Smith — "During the recent burglaries about our neighborhood there was no policeman about. That's an invisible blue."

Teacher — "It's very wrong to say that. You shall only have a cent now."

Tommy Smith (angrily) —"Well, stuff the cent in your pocket and that will be an invisible brown."

Mind This.

It makes no difference whether it is chronic, acute or inflammatory

Rheumatism

of the muscles or joints

St. Jacobs Oil

cures and cures promptly.

Price, 25c. and 50c.

t—f