

FARM FIELD AND GARDEN

FARM ARRANGEMENTS.

One of the most important problems that presents itself to the farmer is how to put his occupation on a good practical, business basis. Just as many business men have made fortunes by introducing labor-saving methods and by utilizing what was once thrown away as waste so the farmer can greatly increase the profits of his business by utilizing all wastes and by the introduction of labor-saving methods, writes Mr. C. A. Willson.

One of the most frequent losses that occur is that of time and labor through lack of proper arrangement of the farm. A great deal of thought is oftentimes given to the planning of the future house or barns, but not always to the plan of the farm. Although we see many farms that have very neat fences, and show in a general way the progressiveness of the owner, yet almost invariably they are so planned that the lanes pass down the centre line of the farm with almost perfectly square fields lying on each side. A square field is the most unpractical form of a field there is because of the large number of turns that have to be made when the field is plowed, harvested or the hay taken off. In plowing or reaping a field, the number of rounds increases as the distance from the centre to the sides becomes greater.

There are at least three things to be considered in planning a farm: First, the general shape of the farm; second, the location of the buildings, and, third, the rotation of crops to be followed. Sometimes it is not possible to make the arrangement that we most desire because of the contour and general lay of the farm, but where it is possible the fields should not be square, but made as long as is practical, and with their openings as near to the barn as is possible.

I submit herewith plans for a 160-acre farm. While not exactly suited for all farms yet the general idea may be incorporated into almost any farm, especially one that has, as yet, not been much improved. If a farm is oblong in shape the buildings should never be placed at one end or a corner where it is possible to place them at the centre of one side. The ideal location of the buildings for economy's sake would be at the centre of the farm, but the home and social side of life on the farm must be considered as well.

There is no place of residence that offers the advantages for making the home surroundings beautiful as that of the farmer except perhaps among rustic mountain scenery. Usually there is such an utter disregard among our farmers of their immediate surroundings, which should go to make farm homes beautiful and pleasant, that I cannot refrain from making a few suggestions here as to the improvement of our homes. It is too often true, that the farmer's home is devoid of many of the little things that go to make the home surroundings cheerful and homelike and yet they will wonder why their boys and girls will leave the farm for places more beautiful in the city. The farmer has such chances for landscape gardening as the city resident has not because of more room which he has. A careful selection and placing of trees, shrubbery and flowers, together with a well kept lawn, will make a comparatively small cost the humblest home and surroundings look beautiful. Such trees as mangolias, catalpas, and spruces, and such shrubs as hydranges, spiraeas, lilacs, and rose bushes, properly grouped and placed would be far more beautiful for the front and side yards than would apple trees and raspberry bushes.

Pale, Weak and Languid Girls

It is to Your Best Interests to Know About the Extraordinary Restorative Powers of

Dr. Chase's Nerve Food.

There are hosts of girls in this city who are in need of just such a medicine as Dr. Chase's Nerve Food.

By monotonous work in factories, stores or offices they have exhausted their nervous systems, and suffer from nervous, sick headaches, loss of appetite, energy and ambition, and weaknesses and irregularities peculiar to their sex.

Dr. Chase's Nerve Food forms new, rich blood, creates new nerve force and actually adds new flesh and weight. When you have read the letter quoted below we believe that you will be satisfied that this is the very treatment you need.

Mrs. E. McLaughlin, 95 Parliament street, Toronto, states:—"My daughter was pale, weak, languid and very nervous. Her appetite was poor and changeable. She could scarcely drag herself about the house, and her nerves were com-

pletely unstrung. She could not sleep for more than half an hour at a time without starting up and crying out in excitement.

"As she was growing weaker and weaker I became alarmed, and obtained a box of Dr. Chase's Nerve Food. She used this treatment for several weeks, and from the first we noticed a decided improvement. Her appetite became better, she gained in weight, the color returned to her face, and she gradually became strong and well. I cannot say too much in favor of this wonderful treatment, since it has proven such a blessing to my daughter."

Dr. Chase's Nerve Food, 50 cents a box, at all dealers, or Edmondson, Bates & Company, Toronto. To protect you against imitations the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

A SPRING MESSAGE.

To All Who Are Weak, Easily Tired and out of Sorts.

Spring should be the most joyous season of the year. It is the harbinger of sunshine, and birds and flowers; it breathes of freedom and out-of-door life. But unfortunately there are thousands who cannot enter into the spirit of the season. Close confinement during the long winter months has left them weak, dispirited and oppressed; the appetite is fickle; the blood is sluggish with impurities; the eyes lack the lustre of health; weariness and lassitude have taken the place of vigorous energy. What is needed at this season by such people is a health-renewing, blood-making tonic—something that will send new, rich red blood coursing through the veins, bring brightness to the eye, a healthy appetite, and a clear skin free from pimples and eruptions.

In all the world there is nothing that can do this so effectively and so thoroughly as Dr. Williams' Pink Pills. Every dose creates new blood, strengthens the nerves, and up-builds the whole body. Here is a bit of strong proof, given by Mr. John Burke, of Elmsdale, P. E. I., who says:—"I was left an almost hopeless wreck by an attack of pneumonia, my nerves were almost paralyzed and though under the care of an excellent doctor I found I was not regaining my health. My wife urged me to try Dr. Williams' Pink Pills, and I have reason to be thankful I took her advice, for under this treatment my system has been built up and I am again well and strong."

If you were at all unwell give Dr. Williams' Pink Pills a trial, and see how speedily they will restore you to health and strength; but you must get the genuine, with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around each box. Sold by medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

But in laying out a farm the planning of the buildings and yards is not the only thing to be considered. In figuring out the diagram submitted I have planned for a five-year rotation of crops, a permanent pasture, and a permanent wood lot. It is so planned that each of the fields are of equal size, oblong in shape and as nearly equidistant from the barn as possible. The benefit to be derived from having the fields of this shape may be readily understood when we consider that if they were square it would require 257 more rounds or 1,028 more turns to plow the field round and round, or it would require 43 more rounds or 172 more turns with the binder to cut the grain. Now multiply these results by the number of fields to be plowed and reaped each year and the results become more striking. All of this means a waste of time and labor. The advantage of having the fields nearly equidistant from the barn is evident when we consider that each year's labor and time is more nearly equalized by not having to draw all the manure to the back end of the farm one year and close to the barn the next, also the distance travelling to and from work is the least possible.

At first inspection of this plan it would appear that it would require an extra amount of fence, but such is not the case, for when arranged in the old conventional way it requires even a little more fence.

Lastly the placement of the woods to the windward side of the buildings, where it is possible, needs no comment upon the protection they would afford in the winter.

Although this plan will not apply to all farms in every detail, yet the ideas for the saving of time and labor are applicable to every farm.

FATTENING CATTLE.

A mixture of grain will always give better results than any single variety fed alone. If any peas are to be fed it is good practice to keep them until the close of the feeding period. When cattle are put on a heavy ration of grain they will make rapid gains for a time, probably for two months, and then they seem to come to a standstill and make little or no improvement. A number of them go off their feed and the feeder gets himself into all sorts of trouble. The point to be determined is not the amount of grain that we can get an animal to consume, but the amount he is able to digest and assimilate.

No other grain will put so good a finish on cattle as peas. A little pea meal fed during the last month seems to firm the cattle up and make them handle and weigh just a little better than anything else I know, but they are such strong feed, and so hard to digest that they cannot usually be fed with advantage for more than five or six weeks unless it is in very small quantities. Regularity is one of the first principles of good feeding.

An important matter is to make the cattle comfortable and induce them to lie down as much as possible, allowing no one to disturb them except at feeding time. A mistake of which many of us have been guilty is that of tying up more cattle than we could feed and bed properly; so that we were compelled to use a lot of straw for feed that we should have used for bedding. Straw that is musty or damaged in any way will make more beef when used for bedding than when eaten up and forced on the cattle by mixing with the better feed.

A man should so plan his work that it will always be done at the right time, and yet he should never be in a hurry and never out of patience. A rough, noisy, blustering man is worse than useless on a cattle farm. There is no royal road to success in cattle raising; it is the attention to, or neglect of, the apparently trifling details that makes for success or failure.

HOME-MADE WEEDER.

Take three pieces of oak, three by three feet long, make the front ends of outside pieces round and bolt all three together with two strips of iron at front, one on top, the other on bottom, so outside pieces will work on hinge, fasten handles to centre piece, for back braces take two pieces of old wagon tire two and one-half feet long, fasten to each outside piece at back end, punch four holes in each brace and bolt to centre piece; by punching several holes in the back braces you can widen or close the weeder to suit the width of row; join handles to centre piece and brace handles; take 12 harrow teeth and shape like shovel plow, saw a notch on outside piece two-thirds the depth of tooth, fasten teeth with bolts by boring one hole through the outside piece and another half way, in the form of a stable; by this method you can raise or lower the teeth as desired.

SOME OLD INNS.

Taverns That Have Done Business for Centuries.

Somehow one always hears with regret that one of England's famous old moss grown, ivy clad inns is about to be demolished, says the London Mail. The Old King of Prussia hostelry is the latest to pass into the house-breakers' hands. This old inn is in Finchley, and from 1757, when the place was built, until the present day, the license has been in the keeping of one family—perhaps a record in the licensing annals of England.

The Old King of Prussia is a picturesque half timbered house, and many a noted highwayman has partaken of its hospitality. The grandfather of the present proprietor was quite a noted character, having vanquished several notorious highwaymen on Finchley common. It is on record that he once had an encounter with Dick Turpin.

Round and about London and its ever extending suburbs there may still be seen inns and taverns of great age and interesting associations.

The Angel Inn, Highgate Hill, dates back to the time of the Reformation. Originally it was called the Salvation Inn. It is built entirely of wood.

Another famous inn is the Bald-Faced Stag at Edgware. Nobody knows when it was originally built, and it would seem as though each successive proprietor has endeavoured to place his mark on its architectural aspect, for many parts of it have evidently at different times been rebuilt. In the stables, it is alleged, Dick Turpin had his horse's shoes turned, so as to make his pursuers imagine he had gone in an opposite direction.

Among the very oldest of suburban London inns are the Plough at Kingsburg Green and the King James and Tinker Inn at Enfield. The first is said to be 850 years old, and the latter was reputed to have been first built as an inn and under another name 992 years ago.

Its present name is derived from an encounter which King James I. is said to have had with a tinker at the door of the inn. The tinker's conversation so pleased the King that he made the mender of kettles "a knight, with £500 a year," the records of Enfield inform us.

DO NOT JUMP OUT OF BED

THEORISTS ARE AGAINST SUCH A PRACTICE.

On the Contrary, They Say, A Person Should Wake Up Slowly.

Wake up slowly! No matter what has been your habit, begin to-morrow morning and wake up by degrees.

The modern girl lives too much in a hurry, anyway. She hurries out shopping, she hurries through the stores, she hurries home, hurries through her luncheon, hurries out to take her constitutional, hurries back to dress, and, finally, after a long day of hurrying, she hurries to bed, so as to wake up early the next morning.

Everybody wants to wake up early enough, but few people do it. They sleep a minute too long, jump out of bed, and the mischief is done. You will suffer the effects all day.

The theory of waking up slowly is this: During sleep, the heart beats sluggishly, and all the functions of the body are, in a sense, asleep. The vital organs are resting or as near it as they ever are.

When you wake up in a hurry and jump out of bed, you set the heart to beating rapidly, and you stir up all the vital organs with a suddenness that is a distinct shock to them. They should wake up leisurely.

There are persons who habitually wake up suddenly, jump out of bed and rush into a bath. Frequently the bath will be taken within five minutes after waking up, and the result is not the vigor which one expects to have in the morning, but a languor, a torpor, a feeling as though one had worked hard all day.

When you wake up in the morning it is very important to wake up slowly. As consciousness returns to you lie perfectly still for a while until you are wide awake.

OPEN YOUR EYES GENTLY,

to get accustomed to the light. Open them and close them again. Perhaps you want to doze a little before waking up.

When you do wake up, wake up very leisurely, like a kitten. Have you ever watched a cat wake up?

It will stretch one leg and then another. It will yawn. It will stretch this muscle and that muscle.

It will stretch its back, it will roll over, elongate its neck and roll over again.

And how does a baby wake up? Watch a baby some time and see.

DR. A. W. CHASE'S
CATARRH CURE ... 25c.

is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops droppings in the throat and permanently cures Catarrh and Hay Fever. Blower free. All dealers, or Dr. A. W. Chase Medicine Co., Toronto and Buffalo.

It opens its eyes and closes them again and rubs its fists into them. It tries to roll over; it stretches its arms out, and it stretches its legs.

It wakes up in a very leisurely way. You are not sure it really is awake until it begins to cry, which is a signal that it wants to be taken up.

A good natured baby will wake up and laugh. This is the healthy way of waking in the morning. If you are healthy, and if you are good natured, you will wake up slowly, stretch and yawn, and begin to laugh. That is the proper way to awaken.

Here are a few wake-up don'ts: Don't wake up worrying. Banish care from your mind. You have no idea what an important effect the first waking thoughts of your mind exert upon your body during the day.

Don't take your breakfast alone. Even though you may not want to talk, it is a good thing to have cheerful society in the room with you. It will keep you from brooding.

Don't plan things before breakfast. Many women are in the habit of laying out the day and making memoranda before they eat.

Don't think intently before breakfast. Try to keep the mind a perfect blank until you have fed the stomach.

Don't worry before breakfast.

Don't quarrel until you have been awake at least two hours. Quarrelling before the morning meal is a GREAT WRINKLE MAKER.

Don't talk much before breakfast. It tires the voice and taxes the mind.

Try to think pleasant thoughts.

Try to get the mind in a calm, pleasant state.

Try to remember that a calm hour before breakfast makes a calm mind all day.

Try to smile and think of nothing at all. Don't tax the thought and don't tax the spirit.

Then there are things you can do as well as things you must not do. One of the most important principles of correct living is that of a bath before breakfast.

Take a bath on rising in the morning. Let it be a tepid bath, just the same temperature as the room, and to secure this, draw the bath the night before.

FRETFUL CHILDREN.

If children are cross, or fretful, or sleepless, in ninety-nine times out of a hundred the reason can be traced to some little trouble of the stomach or bowels. Remove the cause and the little one will be bright, good-natured, and will sleep soundly and naturally. There is just one always absolutely safe medicine for little ones—Baby's Own Tablets. In homes where this medicine is used there are no sickly, cross, crying children. The Tablets will cure all the minor ills of little ones, and will do it safely and speedily—there is no doubt about this. Give the Tablets a single trial and you will be as enthusiastic about them as other mothers are. As for instance, Mrs. David Duffield, Ponsonby, Ont., says: "Baby's Own Tablets saved my baby's life. They are a wonderful medicine for children and I gladly recommend them to other mothers." Your children will take this medicine as readily as candy, and it is guaranteed free from harmful drugs. Sold by all druggists or mailed at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

and gives all the effect of the friction of the bath and the bath towel.

But if you cannot get massage, there is still another resort. Wake up slowly and stretch every muscle of the body. Wake up by degrees, wake up in a leisurely way, wake up, roll over, yawn three times and stretch again.

That is the way to wake up in such a manner that you do not need a bath or massage.

"A good yawn is better than a cold bath any time," said an instructor in physical culture. "Let me wake up, taking half an hour for the exercise, and let me yawn all I want to yawn, and I will do without the cold bath and without massage."

One of the rules of waking is to exert every muscle of the body alternately, first the arms, then the legs, then all the other muscles. Go through with all the muscular contortions, while you stretch, and you will find yourself rested thereby.

SHARKS IN EUROPE.

The disagreeable fact has to be faced, according to the concurrent testimony of fishermen of several nations, that the shark has once more to be reckoned with in European waters. In the Baltic, where sharks had been extinct since 1759, they have made their reappearance in considerable numbers, and several fishing boats report having had whole draughts of fish devoured from the nets, which were broken in the Belt and the Cattgat. A fisherman who fell overboard narrowly escaped with his life. Shoals of sharks, some of them of large size, have been seen off the German coast, and they are even reported as becoming far from rare in the North Sea. Their presence is attributed to their pursuit of the herring shoals on the west coast of Norway.

"Have you nothing else?" inquired Mrs. Schoppen, who was looking at half-hose for her husband. "No, ma'am," replied the shopman. "I've shown you every pair in stock." "Are you sure," she persisted, leaning over the counter, "there are none there I haven't seen?" "Yes'm," stammered the shopman, "except—the pair I'm wearing."

EMPTY NOW.

How One Woman Quit Medicine.

"While a coffee user my stomach troubled me for years" says a lady of Columbus, O., "and I had to take medicine all the time. I had what I thought was the best stomach medicine I could get, had to keep getting it filled all the time at 40 cents a bottle. I did not know what the cause of my trouble was, but just dragged along from day to day suffering and taking medicine all the time."

"About six months ago I quit tea and coffee and began drinking Postum and I have not had my prescription filled since, which is a great surprise to me for it proves that coffee was the cause of all my trouble, although I never suspected it."

"When my friends ask me how I feel since I have been taking Postum I say, 'To tell the truth I don't feel at all only that I get hungry and eat everything I want and lots of it and it never hurts me, and I am happy and well and contented all the time.'"

"I could not get my family to drink Postum for a while until I mixed it in a little coffee and kept on reducing the amount of coffee until I got it all Postum. Now they all like it and they never belch it up like coffee."

"We all know that Postum is a sunshine maker. I find it helps one greatly for we do not have to think of aches and pains all the time, and can use our minds for other things." Name given by Postum Co., Battle Creek, Mich.

The one who has to bother with coffee aches and pains is badly handicapped in the race for fame and fortune. Postum is a wonderful re-builder. There's a reason. Look in each package for the famous little book, "The Road to Wellville."