GETTING A START

NATHANIEL C. FOWLER, Jr.

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is dissipated, extravagant, indifferent and caroless. You cannot make a normal success of business unless you are normal both physically and mentally; your brain cannot do its full work unless it is supported by a healthy bely, and your body cannot be in good condition unless it is given as good care as that between you he heartiess engine or the nervoless loom. Late hours, overeating, lack of exercise, and every form of mild or other dissipation predisposes one to physical 'downfail,' resulting in mental incapacity and in the inability to accomplish.

To abuse your body is robbing your-

pilsh.

To abuse your body is robbing yourself and your employer as much as
you would be doing if you deliberately,
cast your savings into the sea or
empited his cash drawer;
Your both has
a constant to the sea or
employer and you will be held reapproached for it.
Health stands for comfort, pleasure,
peace of mind, and prosperity.

If you are strong, keep yourself
strong; if you are weak, take all the
more care of yourself. Look upon
your body as not a mere physical asset, but as an investment, to be husbanded and to be protected more than
you would the family levels or the
savings of your lifetime. Tou can lose
money and regain it. If you lose your
health, you may not be able to find it.

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Utilizing All the Ground.

This country is so new and so given it is considered to the first of cultivation that the tide of utilizing every bit of land as Europeans do, makes little headway here. Intensive cultivation is practiced, but on the outskirts of eastern cities, where some farmers are making good living by intensive cultivation of small tracts of land there are other tracts; just as good lying lidle which at least could be made to yield vegetable supplies for several families and et it same time pay a small tracts of land there are other tracts; just as good lying lidle which at least could be made to yield vegetable supplies for several families and et it same time pay a small tracts of land there are other tracts; just as good lying lidle which at least could be made to yield vegetable supplies for several families and et it same time pay a small tracts of land there are other tracts; shown the possibilities of sund ventures. The old American ledians to it is an excellent one. It would be good to have it revived.—New York Tribune.

Basque language.

The Rasque language is like no other at present spoken in the civilized word, though it has many features in common with the languages of the North American Indians. Of it Baron Alexander von Humboldt once wrote. The words are spelled Napoleon and yronounced Nebuchadnezzm? The Basques, so far as history treats of them, have always been a quiet and tracticed that the light waves which reach our eyes.

Midnight Causes III Health.

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Not to much smilight, but too much middle is the real nerve destroying the passing and the reach our eyes.

pronounced Nebuchadnezar." The Basques, so far as history treats of them, pave always been a quiet, pastern, pave always been a quiet, pastern, pave always been a quiet, pastern and agricultural neople. Even in office slave who exposes his putylike are so, sheep and milkers of kine. "Cole leur, non animum, mustant qui trans mare current;" so we find that the man whom this story concerns, when about twenty-one years of age, crossed the seas and under new skies toost up once again the customs of his taret on the cole man became as shepherd, and later a sheep-owner and rancher.

HE CLOSED THE DOOR.

HEALTH AND SALARY.

Good health to not always a gift of nature. Like other commodities, it may be acquired or carned.

Soventy-five per cent of our aliments are soft-made or self-induced.

Nature intended to start us in health and to keep us well, and most of us can have the health we want if and to keep us well, and most of us can have the health we want if any cannot be some or any cannot receive the health was a mitting. The source of the same of the same

"Get into that chair, so as to be comfortable."
John slid into the seat.
"Here, have a cigar," and the business man pushed a box toward him. The teeman held the clagar in his dispers, not daring to light it.
"Light up, sir. While you're smoking, I have something to say to you. Like your job."
"Why, yes, sir," replied John in surprise.

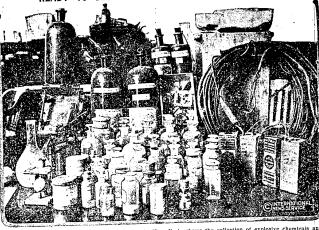
prise.
Ever thought of getting something

prise.
"Ever thought of getting something better?"
"Guess I ain't fit for anything else."
"I differ with you," said the millionaire empirateally. "You are the only gentleman who delivers goods at my house; the only one who is considerate, who thinks while he works. The fit of the works of the constant of the works of the constant of

Midnight Causes III Health.

Not too much smight, but too much midnight is the roal nerve destroying district the roal nerve destroying the roal nerve destroying the road that the road nerve destroying the road that the road that road the road that are oftened overdine. The poor office slave who exposes his puttylike hody to strong sun and retires to his noted to cot tired, bilastered and home sick, probably hasn't done his nerves a hundredth part of the harm that he might have been able to buy in less violent follies of midsummer mad inees.

READY TO BLOW UP SHIPS AND FACTORIES



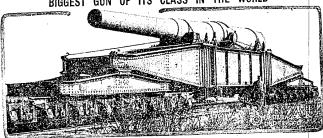
This photograph, taken at police headquarters in New York, shows the collection of explosive chemicals and devices found in an apartment on Seventy-eighth street where plotters were making bombs for supposed use in destroying munitions-carrying vessels and munitions factories.

DESTRUCTION OF HOPEWELL, MUNITIONS BOOM TOWN

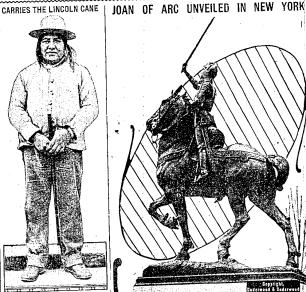


Hopewell, Va., where the Du Font Powder company has one of its many plants where ammunition for the warring nations is being manufactured, was destroyed by a fire which was caused by the accidental overturning of a
lamp. Twenty-five thousand were left homeless when the collection of finesy mooden buildings in which they were
housed went up in the mooster bonfire. While the ruins were still smoldering plans were made to rebuild.

BIGGEST GUN OF ITS CLASS IN THE WORLD



This is one of the monsters upon which America will have to rely for protection against any foreign power that may get the notion to selze the Panama canal. This 16-inch disappearing gun is the biggest gun of its in the world and is capable of throwing a projectile 21 miles.



Lorenzo Lucero, chief of all the Pueblo tribe at Sandia, N. M., recently went to Washington to call on the needent and see the sights. The near the contract was given in 1833 by Juraham Lincoln to the theu chief of he tribe and has but a handed down as an emblem of chief sainship. This beautiful equestrian statue of Joan of Arc. which, in the words of Ambassador Jusserand, 'would cemon more strongly the friendship which has bound this country to the republic.' was unveiled by Mrs. Thomas E. Edison in the Eucle of a gathering of distinguished guests on Riverside drive, New York, recently. The statue was designed by Anna V. Hyatt, an American sculptress.

CARING FOR DAIRY UTENSIL'S

Tin is Regarded as Best Material and Vessels Should Never Be Used for Any Other Purpose.

(By CARL E. LUE.)
Dairy utensils should be made of
the best grade of the and never used,
for any other purpose. Wooden or
galvanized pails are objectionable.
See that all joints in the pails, cans,
and strainers are well made and filled
with solder.

with solder.

Cans with the tin partly worn off are not suitable receptacles for milk



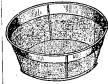


Milk Strainer, Showing Center Removed.

and cream because they rust and this and cream because they first and concondition imparts a metallic flavor to
the butter. Utensils that come in contact with milk or cream can best be
cleaned by first rinsing with cold water and then washing with a brush
and hot water.

and hot water.

Washing powder suitable for use in the dairy should contain no grease. Ordinary sal-sodi used in small amounts is also a good dairy cleanser. After washing the utensits with hot



water, rinse thoroughly with boiling water and place them where they will come in contact with the direct rays of the sun.

of the sun.

In washing the ordinary five, eight, or ten-gallon milk cans, be sure that the inside of the shoulder of the can is rubbed with the brush, as this is the most difficult part to clean.

FEEDING CALVES DRY GRAIN

Digestive Tract of Young Animals Is Small and Giving Small Amounts Often Is Favored.

Often is Favored.

In feeding kidm milk calves the grain needed to supply the missing farm my be corn, barley, cuts or a mixmer. Occasionally a feeder has skin milk or altafa or clover hay on hand, and to these he adds lineed meal, cottonseed meal or giuten feed. These are all high in protein, and when any one of them is combined with skin milk and altafa—both high in protein—an unbalanced ration results and secure or other digestive troubles follow.

The digestive tract of a calf is small and frequent feeding of small amount during the first mouth is best. During the first mouth is best to grind the grains fed. At the may for dunground. His darm in like kaffrand mile grains fed. At the may for dunground. His darm is like kaffrand mile ground. Alterain should be fed dry mouth of the protess of the season of the seaso

RING FOR SELF-SUCKING COW

Habit is Brought on by Putting Off Milking—There Are Numberless Ways of Prevention.

In most tases it pays to try some remedy, for a cow of this kind is usually a heavy milker. The hobit is brought on by putting off milking. The cow suffers and trics to relieve herself and the habit is formed. Ways of prevention are numberless. A cure after the habit is formed is almost impossible. The most effective remedy is putting two rings in this cow's nose. Hing the cow in the usual way, and in this ring hang accompany to the cow is not a continue one ring will see the continues one ring will see the continues one ring will see the code it in the cow is not a good milker better sell her to the butcher.

MILK AT SEASONABLE HOURS

No Time on Farm When Hired Man Is Making So Much Money as When He is Busy Milking.

Early milking and late milking in the evening may be all right if a man is overly anxious to make momey and do the work himself. But, if hired help has to do it, the owner of that particular farm will some gain the rep-utation of being a hard man to work

utation of being a hard man to work
for,
Now hot send the man who takes
care of the cows home from the field
at five o'clock in the afternoon, and
have the chores done in seasonable
time? There is no time when a man
is making so much moop as when lie
is miking. Then why shouldn't it be
done during seasonable hours of the
day?