FRESH AIR IN YOUR BED ROOM AND PLENTY OF BED CLOTH-ING TO KEEP WARM.

ING TO KEEP WARM. You can't find a man in a Sabbath day's journey who has the nerve to admit that he does not believe in fresh hair. But how much do they really be-lieve in fresh air? The next time you come in late at night or go out early in the morning, just steal a glance at all the closed bed room windows on your street. You are from a civilized town if one family in ten has its bed-room windows wide open or if one family in 100 is using a sleeping perch. Why? They believe in fresh air. Sure, but they are afraid of cold air. Here's the secret. Keep warm at night and don't sleep cold. About the meanest thing we know of is to try to sleep with just enough to get sufficiently awake and half alleep all night and yet not cold enough to get sufficiently awake to get up and get the right kind of bed to the the secret warm at night

enough to get sufficiently awake to get up and get the right kind of bed clothes. And what are the right kind of bed elothes? Well, keeping warm at night consists of about three things: first, the high clothes you wear; second, the bed clothes on top of you; and third, the bed clothes under you. Aside from the aesthetic aide of wear-ing different clothes at night from those worn in daytime, a complete charge of clothes with the consequent airings our hodies get is now believed to be beneficial to health. It is need-less to say the airing given one's day and night clothes respectively is also worth while. But the point is that with the de-reased activity at night one can wear to excellent advantage soft, warm, loose-woven garments that would ne-ward the wear of the activities of the any the feet get cold, don't hesitate to wear some big woolen stockings and if the head gets cold add a cap. In real cold climates for outdoor sleeping bey sometimes wear besides elser-down pajamas or night dress, a suit of underwear, cap, stockings and a sweater. Remember what you are after is to keep warm in the fresh air in winter.

HELPS FOR HOME MAKERS FROM LONG SHANKS

Reduce High Cost of Living With a Garden all Year Round. (E. E. Balcomb). The ole foks keep a sayin' that livin's gettin' high. That wheat an' pork is goin' up, an' money's gettin' shy; That you must min' your speedin'.

MORE ABOUT THE LONG AGO-CHANGES IN FASHIONS-OLD TIME SCHOOLS DESCRIBED.

Reduce High Cost of Living With a Gamma all Year Round. THE SCHOLS DESCHIED.
Reduce High Cost of Living With a Gamma Cost of Living With a Gamma

ESSENTIALS FOR CORN

ESSENTIALS FOR CORN
Conditions so far this year have
for a large corne crop. Raina here spectrate encyls were been abundant, freezes have been fire of per large corne (rop land corn to plant corn to plant corn to prospects.
The corn plant is rather rigid in its termelies who are to plant corn to prospects.
The corn plant is rather rigid in its termelies on prospects.
The corn plant is rather rigid in its termelies on plant corn. And unloses such corne the master, an old man, hills of North Carolina. Aug Nol, who belonged to Mr. Willaw termily the solar of people above the prospects.
The corn plant is nather rigid mining to corn. And unloses such corne the master, an old man, hills of North Carolina. Aug Nol, who belonged to Mr. Willaw termily perturbed and diagrunties to corn. And unloses such corne the spectal arge croys warmed to a plantation, even when the blast is no ur power that have yrield of corn. Let were than those generatively rield of corn. Let were the spectal arge croys awarmed in the spectal crops awarmed in. To see the spectal paragon children are provide with spectales.
The the first place corn requires on the trops awarmed in to cond the spectal arge croys awarmed in the spectal to conditions the spectal warmed in the spectal to conditions the spectal warmed to conditions the spectal to conditions the spectal warmed warmen with the spectances of carpet or other rough chort has development, for saids and the were special to the verse is nuch trops were many the sold the provide with the special to the prevent or the rough chort has development, for saids and the were special to the prevent the special warmed ware there and could neither wear shoes not the trops were many the special to the prevent the trops were there are special to the trops were the moder are trough the special to the prevent the special to the

intii the stalks and ears are fully developed. Phosphoric acid is needed to be properly. Potash is also important for coh development, for stalks and for kernels. The plant food which is necessary the soil should have sufficient humas, that is, decayed vegretable matter, to make the soil light, mellow and capable of retaining moisture and retain a portion of it is in good fix for corn. Furthermore, humas readers the soil multicles about the direction that the army had taken. A futer a while he came to and walked unatead is a work in the direction that the army had taken. A futer a while he came to and walked unatead is good fix for corn. Furthermore, humas readers the soil multicles about the direction that the army had taken. A futer a while he came to and walked unatead is good fix for corn. Furthermore, humas readers the soil multicles about the direction that the soil particles about the direction that the army had taken. A futer a while he came to and walked unatead is good fix for corn. Furthermore, humas readers the soil method taken. A futer a mony called, for want of a better, and being a mighty hunter, he roses of nitrification is one striking exas. The pines were as stills and that is underiaid by "hard-part. The process of mitrification is one striking exas. The pines were as still and reavers thill, while the moonlight in the science that is packed into the human body there is no anore and is blood chiled. Arose the path lay the science that is packed into the human body there is no anore were still.

BY A WOMAN'S HAND

DANGER TO THE EYES

