

## Our Farm Department

Devoted to the Interest of Those Who  
Till the Soil

CONDUCTED BY J. M. SEATY

### Health On The Farm.

The neglect of the body is one of the evils of the time. The body is a machine with which men have to earn a living, yet they neglect it as they would no other piece of machinery which they use.

Not only ought you to keep it going, but you ought to keep it in perfect condition. The value of health is being recognized more and more throughout the whole country. There is a world-wide movement for eradicating tuberculosis, which in the old days we called consumption.

In those days we treated a patient with consumption as though he were a martyr. Now we treat him as the victim of disease, as one who may contaminate the house in which he lives and the family which is devoted to him. It is possible to protect the family and at the same time serve the patient. It is not possible to estimate the tax imposed upon the human race by unnecessary ill-health—that is, by diseases that are preventable by conditions of the body that ought to be avoided.

Cities are cleaning up. They are improving their water supply. They are inspecting their milk supply. They are spending millions for drainage purposes.

These things are not all possible on the farm, but much is possible. Typhoid fever is a disease that sweeps over the whole country and is especially malignant in country districts, yet typhoid fever is entirely a preventable disease. It must enter the body through the mouth, through the food you eat, through your milk or water. Now if you can keep your food supply free from contamination and your milk supply and your water supply, if you can banish the house fly, you can be reasonably certain of protecting your family against typhoid fever.

Let a sick man stop commiserating himself and consoling himself. Let him begin to inquire: What have I done I ought not to have done? What have I eaten that I ought not to have eaten? In what have I failed to take care of this body of mine?

If after the simple remedies of the household you are still unable to regain your strength and health go to the doctor and go to the best doctor in reach. If he promises to cure all your ills with one prescription go to some other doctor. There is a science of medicine. It is not exact; it is not complete; but to the trained physician the symptoms of a patient can, under ordinary circumstances, reveal his condition. When that is known, it is possible in most cases to restore the patient to health.

But do not begin now on yourself, neglecting your children; begin with the children. Let them lead healthful lives. The mind has much to do with the body. Let the mind be healthy and the spirits cheerful. Give to the farmer's children a variety of occupation. Give them some of the pleasures and comforts of social intercourse. Give them all the amusements you can afford. Clothe them as well as possible. Make the table an attraction to them. Have it clean and neat. If you have no great variety of foods have them healthful food attractively served.

The health of the family depends very largely upon the condition of the kitchen. The first inspection made ought to be an inspection of the kitchen. Keep the flies out. Keep all forms of dirt away from the kitchen that attract the flies. Wherever there is a fly there is filth. Kill the fly and clear away the filth.—Home and Farm.

### Winter Work On The Farm.

"I should think it would be fine to work on a farm and when the work is finished in the fall not have anything to do all winter."

I heard this remark made by a young city fellow to an old farmer one day, and he smiled at him rather grimly.

"It is true," he answered, "that there are days in the winter when a farmer can do nothing but his regular chores, but even these might tax you somewhat, and if he is a good farmer he puts in about all the time there is, even in the winter. How many hours do you work?" he continued.

"Ten; from seven to six," was the prompt answer.

"Ahem, let me see," began the farmer; "I get up at five and begin to do the chores. If everything goes well I am usually through at nine o'clock. Then I begin again at about

four or five—depends on whether I have anything else on hand—if I am busy it is five, and it takes about four hours then. That makes a total of eight hours, and it is but the beginning of a farmer's work."

The young man's face was a study, as the farmer continued:

"If a man is a good farmer his winter work is almost as important as his summer work is. About the first thing that I do, after the other work is out of the way is to look over the fences carefully and mend any broken ones that may need it, or set a new post or string some new wire. Of course if there are posts to set it must be done before the ground freezes. You cannot imagine what a help it is, in the rush and hurry of spring work, to know that my fences are all in ship shape. Then too, if there are any little repairs needed about the buildings I manage to do that in the winter also.

"Then all the brush and refuse that will gather about the best conducted farm is gathered and burned. Before it is frozen all the manure is drawn to where it is wanted, and this also saves much time in the spring. It is not nearly so hard a job, if it is kept done.

"When the snow comes however and these things cannot be attended to I always cut our wood supply for the next year, and draw and pile it near the house. Then there is no having to burn green wood and so try the temper of the wife.

"The first warm days that come we finish up drawing the manure and everything is ready for a good summer's work."

"I do not see where the easy life of a farmer, that I have always been hearing about, comes in," declared the city man.

"Easy! Well it is hardly that, but it is the most independent and the only life worth living," answered his companion with a jolly laugh.

What say you gentlemen?—Indiana Farmer.

A pill in time that will save nine is Rings Little Liver Pill. For biliousness, sick headache constipation. They do not gripe. Price 25c. Sold by Hood Bros.

### The Farmer Who Becomes a Town Laborer.

I have no sympathy with the unrest of our rural population. We are upon the eve of radical changes for the betterment of country conditions. Today the safest place for investment is the farm. Land values will increase rapidly with increasing population. They will more than double in 30 years. Already the abandoned farms of New York and New England are being bought by capitalists for investment. There is many a man planning to sell his paternal acres in the country for a pittance and invest the proceeds in a cottage in town—and then earn the support of his family by daily toil. It is the act of an irrational man. He does not stop to think that that farm will give him a home and support and soon quadruple in value. He fails to note the possibilities of rapidly increasing his wealth by the planting of valuable trees, and he voluntarily exchanges the rights of a king and the privileges of a freeman for a daily wage and the badge of service.

The prosperity of the cities, so far as relates to the masses, is illusory.

The number of toilers who finally acquire a reasonable reserve for old age in the country as compared with the same class in the cities, is as ten to one, taking the whole country into account.

While the wage is high in the cities, the costs of rents and living are in proportion. The multiplied attractions induce a habit of liberal spending, not conducive to economy. The small farmer may earn less, but he can save more.—Dr. Seaman A. Knapp.

### A Horrible Hold-Up.

"About ten years ago my brother was 'held up' in his work, health and happiness by what was believed to be hopeless Consumption," writes W. R. Lipscomb, of Washington, N. C. "He took all kind of remedies and treatment from several doctors, but found no help till he used Dr. King's New Discovery and was wholly cured by six bottles. He is a well man today." It's quick to relieve and the surest cure for weak or sore lungs, Hemorrhages, Coughs and Colds, Bronchitis, La Grippe, Asthma and all Bronchial affections. 50c and \$1.00. Trial bottle free, Guaranteed by Hood Bros.

### Our Indifference to the Proper Methods of Handling Cotton.

It is striking to see the wide-spread indifference to all proper methods of handling cotton among our farmers, both before and after ginning. But few have any cotton houses. It lies in the fields on the ground or sits in baskets and sacks, until hauled to the gin. Under such conditions, very little of the seed cotton can be ginned under the most favorable conditions. It will make a difference all the way from 1/4 to 1/2 of a cent per pound in the price. This is no small item, especially when we are making such a wall about the low price of our staple. Then out of a 1,000 bales one sees around the farm houses held for higher prices, not more than 10 will be under shelter, or put upon poles to protect from the ground. It is marvelous to see such a valuable commodity left entirely to the ravages of the weather. It is evident our farmers not only think they have a "God-given monopoly" in cotton, but also an indestructible product. This is not true, and each farmer loses more or less, who does not put his cotton under shelter or upon poles to keep it off of the ground. We are inevitably compelled to lose from every pound lost or in any way damaged. The mills must base their price only upon the number of pounds that can be spun into good cloth, and not upon the gross weight. Commence to take better care of your cotton. Build shelters for the seed cotton and for the ginned. We can afford to do anything that will pay us in return.—The Southern Cultivator.

### "The Truth And Nothing But the Truth" Will Help Our Farmers.

All our farmers are interested in the price of cotton. We trust a good many read the New York report on the cotton market sent out for the holidays. They went on to say that they thought cotton prices would improve some, but would not go up rapidly. That "There was much talk of reduction of acreage, but that this came as regular as Christmas." This being interpreted means, the farmers have claimed this so often and then failed to carry out their promise, that we put no confidence in such talk. So you see that we gain nothing by our misrepresentation of the facts in the case, except to get ourselves in disrepute. This year we do not need any bluffs or resolutions. We need to plant a larger area in all other crops and thereby greatly reduce the area in cotton. Talk won't do, or denying facts will not do, or claiming a short crop will not do. The truth on our side will do us a great deal of good and this alone. Let's quit so much talking and promising as to this reduction of the cotton acreage and go to planting spring oats, corn, peas, sorghum, cantaloupes watermelons and various truck crops. Also put more land to pasture. Then never make a statement as to crop conditions that is not absolutely true. We should gain the confidence of the business world and never cause them to think we are trying to make statements merely to boost prices. It is the old story of the boy crying "wolf, wolf," when there was no wolf. We have always maintained that we wanted to give the exact truth as to crop acreage and crop conditions. These facts come out every twelve months, anyway, and any gain by misrepresentation could only be temporary. The truth and facts are what we want and will injure no one.—The Southern Cultivator.

Personal experience with a tube of Manzan Pile Remedy will convince you it is immediate relief for all forms of Piles. Guaranteed. 50c. Sold by Hood Bros.

### Foul Play Near Fayetteville.

On the morning of the 14th, Capt. F. Murray, section master of the Atlantic Coast Line at Fayetteville, discovered near the coal chute a pool of blood and nearby a pile of bloody clothing which indicated that a terrible murder had been committed. Papers found in the clothing tend to prove that their owner was Asa Eddie Skinner, Jr., late coal passer of the United States ship, Franklin.

The police being notified, a thorough search of the surrounding district was made but revealed nothing more suspicious. The police took charge of the clothing and later a negro named Vinson, who wore trousers corresponding to the bloody coat found near the coal chute was arrested. He was tried before the Mayor, but on being questioned would say nothing except that he had bought the pants at Bishopville, S. C. However he was sentenced for fifty-one days on the roads for vagrancy.

ITCH cured in 30 minutes by Woolford's Sanitary Lotion. Never fails. Sold by Hood Bros., Druggists.

## Read This and Fail Not!

I have a nice selection of New Buggies and Wagons and Harness to suit everybody. Also a fine lot of Fall Buggy Robes that I am offering at Cut Prices. Be sure to see them before you buy I have several second hand Buggies that can be had at a bargain. Just received a car load of Piedmont Wagons. I want your cotton seed and will pay the highest market price in cash or meal for them. See me before you sell.

Yours for business,

## Alonzo Parrish,

BENSON, N. C.

## Preston Woodall

## Come Now!

We have just completed our January inventory and find that our stock is so large that it will pay us to reduce it at a sacrifice, rather than carry it into another season. So if you are looking for bargains in Clothing, Shoes, Hats, Ladies Dress Goods and Ladies and Children's Coats and Cloaks—Come Now. The stock must go. In order to close up my last year's business, I urgently request all my customers to come and settle at once. Goods can be bought cheaper for the money than on time. From now on I shall attempt to do a strict cash business. I keep a complete stock the year round, and can supply your wants when you fail to be suited elsewhere.

Thanking you for past patronage and hoping to have a continuance of same, and wishing you a happy and prosperous New Year, I remain,

Yours very truly,

## PRESTON WOODALL.

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