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THE HEALTH COLUMN

TO MAKE A FLY SWATTER.

Get a piece of wire cloth 8x24 inches, double it back and put a handle to it thus: get a stick or shrub, three feet long; split it back a few inches, insert the wire cloth, and then use a few No. 6 or 8 tacks to fasten.

Everyone knows that from four to six p. m. flies congregate on piazzas if the house has been screened. Let someone get his swatter and commence work. In a few minutes he can have all the outsiders killed, and then in the morning there is none to come in.

Be watchful and make sure that no dead chicks, or any other animals, or meats, are left in runs to get putrid. The dead birds or meat will attract cats, snakes, crows, hawks, skunks and other vermin that will not hesitate to catch young chicks. Then if allowed to remain until filled with worms, the chicks will feast on them and thus invite attacks of "limberneck." Allow them no animal feed, aside from ordinary insects, than perfectly fresh bone or meat, or clean, sweet, dried meat scrap.—The Progressive Farmer.

APPLE DIET AS AN ANTI-FAT.

Vienna, Aug. 4.—Princess Pauline Metternich, now an old lady, was never pretty, but always fascinating. She is so still with her beautiful complexion and wonderful white hair. The other day, one of the numerous archduchesses, complained that a daughter of hers, a girl of seventeen, suffered from too much flesh, which nothing could cure.

"As you know, I lived at many courts and know society in all the capitals of Europe," said the Princess, "and in my day I tried numerous cures for reduction of flesh, mostly diet cures. But it is my experience that nearly all diet cures leave a woman poor in vitality and strength."

"What, then, would you advise?" asked the Archduchess.

"Apples," said Princess Pauline. "But Marie can't digest apples." "Nonsense," cried the Princess. "Maybe she can't digest raw apples, but she certainly can digest them baked, stewed or in a pie. I say apples, because the apple diet positively helps to improve a woman's looks."

The Princess laid down the following regimen: "Let her commence by eating one apple a day. If it is easily digested, let her eat two or three, or as many as she likes at every meal. At every meal there should be a dish of stewed apples at the very least.

HOW GOOD LOOKS HELP MAKE GOOD SALES

Once two farmers lived near me. One of them had a large orchard, raised quantities of fruit and would gather his peaches in a cotton basket, take along his peck measure and carry them to town in a "carry-log" cart, and peddle them out by the bushel, peck or half-peck, and get about a dollar a bushel for them. The other farmer whose lands adjoined the land of the other man had a few choice trees, would carefully gather his peaches and as carefully pack them in small baskets with the colored side up, and then take them to town in a regular truck spring-wagon and sold them by the basket, realizing from two to four times as much for his peaches as his neighbor just across the branch got for his. There was not such a vast difference in the quality of the fruit, but there was a great deal of difference in the way it was gathered and attractiveness of the packages.

The first farmer mentioned has sold his farm and gone to a cotton-mill town. The other one is still farming, selling nice peaches in nice packages, improving his farm, building nice cottages and settling his children around him and is one of the most independent farmers in the community.—Will B. Crawford, in The Progressive Farmer.

given the Archduchess for her daughter, she stated what follows: "I have tried the apple diet, and I know it's the best thing for a woman or a girl to indulge in. A friend of mine lost 25 pounds in six weeks by the method, and grew stronger and better looking during that time. Now she is rid of forty pounds, but she wouldn't give up eating apples for anything. By eating apples continuously, she can even afford to indulge in sweets now and then without adding to her weight."

The Farm And The Home

A SWEET POTATO HOUSE.

A correspondent wants to know how to construct a curing-house for sweet potatoes. I will try to explain. The size of the house will, of course, depend on the number of bushels one grows. In large potato growing sections many have quite expensively built houses, and in some sections some sections the houses are owned by a company which stores and keeps the potatoes at the railroad stations, charging a fee per month for storing and shipping. But a cheaply built house can be made that will keep the potatoes all right. A good width of the house is ten feet and the length according to the amount to be stored. Set posts six inches thick around the area to be enclosed and face on each side. Sheath these inside and out and cover the outside with building paper and weather-board it. Some pack the wall with sawdust but the hollow, tight wall will be all that is needed. Let the posts be five feet above the ground and a plate on top. Then make a roof with a ventilator in the middle arranged so that it can be opened or closed. Sheath the roof inside closely. At the north end make a furnace opening under a shed outside just as is made for a tobacco barn. From this take a sheet-iron flue overhead. The potatoes are best stored on slatted shelves on each side of a central walk, so that the potatoes will not be in too large bulk.

In digging let the potatoes lie right along the rows in the sun as dug and do not bruise them by throwing into heaps. Haul into the house in boxes or baskets and handle them very carefully to avoid bruising. When all are in, open the ventilator and start the fire and run the heat up to about ninety degrees and keep it up till the potatoes have sweated dried off. After that a temperature of forty-five degrees during the winter will be warm enough, for much above fifty will be apt to start them sprouting. Fire will seldom be needed if the ventilator is kept closed, and in warm spells in winter it will be necessary to open the ventilator to keep the proper temperature. With a thermometer in the house the temperature can be easily regulated.—W. F. Massey, in The Progressive Farmer.

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SUCCESSION SALES ESTATE OF ADELIA DELOUETTE, widow. No. 534, Probate Docket, 16th Judicial District Court, Parish of St. Landry, La. By virtue of an order of the Hon. B. H. Fry, Judge of the 16th Judicial District Court, in and for the Parish of St. Landry, State of Louisiana, there will be sold at public auction, to the last and highest bidder, by the undersigned administrator, or any duly qualified auctioneer, at the last residence of the deceased, on the Washington road on Saturday, Aug. 17, 1912, at 11 o'clock a. m. the following described property, belonging to the above estate, to-wit: A certain tract of land on the road from Washington to Opelousas, in this parish, with buildings and improvements thereon, bounded on North by road leading from Washington to Palisades, South by property of G. R. Baillie, East by public road and a grave yard, and West by property of Harvey E. Smith, being same property which deceased acquired from Mrs. Julia L. Ballard wife et al., on Feb. 5th, 1884, recorded in conveyance book "J" No. (4) pp. 123 and 124. 2nd. Eighteen arpents of mixed land with buildings and improvements thereon, situated at Mail in St. Landry parish, saving and accepting on store building belonging to H. R. Showell, bounded on the North by the property of J. Perrotin, East by church property and West by Dr. Armand Lafiteur, being same property acquired by deceased from the estate of Amanda M. Guillory on Dec. 18th, 1888, recorded in conveyance book "J" No. (4) pp. 123 and 124. One dun cow about seven years old, two calves; 1 dun and 1 red about three years years old, one red heifer about two years old, one dun horse about seventeen years old, one bay horse about fourteen years old, one dark brown mare about seven years old, one old buggy and harness, one lot of farming implements consisting of one springtooth harrow, one old harrow, one old cultivator, one old sweep, one old plow, one worn out mangle, one old clock, two old trunks; one old posthole digger, one hundred and seventy feet of wall boarding, one lot household furniture consisting of three old bed and bedding; in north room one old armoire in north east room, one old sewing machine, one old clock, two old trunks; in armoire North East room one decanter, waiter and six glasses, two old Rogers and Co. silver knives, one status and furniture, five old watches, one box plated ware, six large spoons, six small spoons, four tin cups, one old tin, one cash till, one lot medicine, two glass statuettes, one plaster of Paris horse, and one small Swiss clock, one old iron safe and box of cartridges, one lot crockery and glass ware, one lot junk in box, one status and one glass dish; in south room, one old bureau, one old rocker, nine old chairs and one old Morris chair, one old wash stand, two glass bottles, one old lantern, one old round table, one old mirror, on kitchen gallery, two old tables; in kitchen, one glass stove and kitchen utensils; in dining room; two old tables and one old safe, three stove jacks, two tin crock, three old buckets and miscellaneous articles, one lot of ground with buildings and improvements situated in the town of Washington, St. Landry parish, La. measuring — feet on bridge street, one having a depth of — feet, and bounded as follows: North by V. W. Boagni, South by Wm. A. Crawford, East by — street, and West by bridge street. CELESTE DELOUETTE, administrator. July 15, 1912

COOL COLORADO Can Now be Reached Through Car Via The OBSERVATION SLEEPERS On The Texas-Colorado Limited Through Without Change to Pueblo, Colorado Springs and Denver THE BEST SUMMER ROUTE TO CALIFORNIA Excursion Tickets on Sale Daily See T & P Agent, or Write A. D. BELL GEO. D. HUNTER Asst. Genl. Passr. Agt. General Passenger Agt. Dallas, Texas.

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SHERIFF'S SALE. LYMAN WHITE GEO. CO., LTD. CHARLES M. HANSON. No. 19488, Sixteenth Judicial District Court, Parish of St. Landry, La. By virtue of a writ of seizure and sale issued out of the Hon. 16th Judicial District Court, in and for the Parish of St. Landry, in the case of Lyman White Geo. Co., Ltd. and to me directed, I have seized and will offer for sale, for sale at public auction, to the last and highest bidder, at the Court House of the Parish of St. Landry, at Opelousas, La., on Saturday, August 3rd, 1912, at 11 o'clock a. m. the following described property, to-wit: No. 1. A certain parcel of land situated in the town of Eunice, measuring — feet on the front and parallel with Third Street same being the north West corner of Block No. 2. No. 2. A certain parcel of land situated in the Herculani Addition to the town of Eunice, La., more fully described as lot No. 2 in Block No. 13. Terms—Cash. M. L. SWORDS, Sheriff. jun29-12

Notice. All persons having claims against Mrs. Alice V. Shigg, widow of the late L. B. Sanders deceased, are hereby notified to present same to the undersigned for classification and payment in due course of administration. All persons indebted to the estate will please make payment to the Executor. Re: V. JOHN ENGBERINK, Testamentary Executor. W. J. SANDOZ, Attorney. Opelousas, La., Aug. 3, 1912.

Strayed or Stolen. From my yard, on my place, 1 1/2 West Bellevue, on Monday night, July 22, 1912, two mares, one bay and one dun; the bay is branded on the left shoulder as follows: The dun is not branded, but has ear marks, which I do not remember. Has black, clean spot on the point of the right shoulder; black short mane. Size of both would indicate Creole stock. Any information as to their whereabouts can be communicated to the undersigned. THADEUS LEE, Opelousas, La. Aug 3-12

Valuable Properties For Rent or Sale FOR RENT— Fifty arpents of land with the residence, large barn, outhouses, cabins, etc., one mile and a half from Opelousas, on road leading from said city to Bellevue. The land is all under cultivation with several acres in cane. A long lease if required and on easy terms. FOR RENT OR SALE— TWO STORE BUILDINGS at the corner of Landry and Liberty streets, with large lots. One neat, large residence, with a cabin and seven arpents of land within the corporate limits of the city of Opelousas. FOR SALE— A FOUR ROOM BUILDING. One VACANT LOT. ONE LOT AND BUILDING. The three last mentioned properties are near the O'Gee and Frisco railroads, in the city of Opelousas. Easy and Long Terms of Payment. For terms and conditions, apply to E. D. ESTILETTE, Or to ISAAC LITTON, at the Lacombe Insurance Office, south LANDRY STREET.

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