

SUNSHINE COLUMN

NORTH CAROLINA DIVISION OF INTERNATIONAL SUNSHINE SOCIETY.

Mrs. J. M. Ransier, State President, Hendersonville, N. C.
The constitution, by-laws and names of officers of the society will be furnished on application. Each correspondent should enclose stamp for reply.
International Colors—Yellow and White.
State Colors—Turquoise, Blue.
International Flower—Coreopsis.
State Flower—Marguerite.
Motto—Good Cheer.
Society Song—Scatter Sunshine.

MRS. RANSIER'S LETTER.

Life's Paths.

It's a wonderful world we're in, my dear,
A wonderful world, they say,
And blest they be who may wander free
Wherever a wish may stay;
Who spread their sails to arctic gales,
Or bask in the tropic's bowers,
While we must keep to the pathway steep
In this workaday life of ours.
But though narrow our path may be, my dear,
And simple the scenes we view,
A heart like thine, and a love like mine
Will carry us bravely through;
With a happy song, we'll trudge along,
And smile in the shine, or showers,
And we'll ease the pack on a brother's back.
By this workaday life of ours.
—Selected.

The Sunshine Department of The Farmer is not managed as an information bureau, but from the letters that we receive on so many subjects one would really think that it was, and this time we will say a few words that are brought out by numerous letters of about the same general tenor asking advice or information in regard to wrinkles, pimples, blues, etc. When not the victims of dyspepsia, their stomachs are commonly weak and demand consideration. The reason for this is that the stomach is so sympathetically affected by the brain that the slightest mental depression checks the flow of the gastric juices and delays or arrests digestion.

Instead of anxious efforts to tempt the appetite the attention should be turned to alleviate the mental state. When the current of thought can be made cheerful and hopeful the whole body will respond with an unwonted buoyancy that will seem like new life; and no organ will respond more promptly than the stomach. The best cook cannot make dishes that will equal cheerfulness as an appetizer. Now, if you would gain flesh to round out sharp angles and fill up wrinkles and flabby, defacing folds of half-filled skin, learn first to sink your worries and daily pin-pricks of petty annoyances in wholesome interests of life.

Give cheerfulness a basis to work upon, all else will be easy, for you will have furnished nature with the elixir of life, lifting yourself up into the full current of health vibrations. These surround us at all times, but pass us by when we are not in harmony with them. The law of like seeking like is invariable.

Joy, hope and cheerfulness are organizers, inspirers and builders; fear, worry and anxiety are disorganizers and destroyers, and hence vibrate with disease. Health and beauty are synonymous. There can be no perfect physical beauty without health. If you are ill, bend your every effort toward getting well.

Let the ugly and petulant lines take care of themselves. If you would have a beautiful face, cultivate a lovely spirit, and in no way can it be done more rapidly or more successfully than to join the band of Sunshiners, and there is no recipe for permanent physical beauty that does not comprehend mental loveliness.

* * *

Miss Mattie Sale, secretary of Felicia Circle, Briar Creek, sends in her monthly report with a long list of new names. Miss Sale is teacher at Briar Creek, and when she commenced teaching there, the house was unfinished and the grounds in a state of nature. The Sunshine Circle has devoted their time and energies to remedying the defects with wonderful success. I think that Miss Sale will soon have the entire settlement enrolled in the Sunshine Circle. We have made arrangements to put a number of magazines in circulation among the School Circles.

* * *

The Wilkes County School Sunshine Circles are still increasing, and send in encouraging reports of kindly deeds, and one circle is doing great work in improving the school-house and grounds. We look for all the School Circles to take up the work of beautifying the grounds of not only the school-houses, but of the home as well. We can send some working plans to the circles who desire them.

We are in hopes to have every school in the State enrolled in the Sunshine ranks.

If you like out Progressive Farmer Sunshine Department, write and tell us so, and join The Progressive Farmer Circle.

* * *

The secretary of the Birthday Correspondence Circles reports many new members and two new circles forming. If you do not understand the rules, write to the Secretary of Correspondence Circles, Hendersonville, N. C., for rules. Always enclose a stamp for reply by mail.



THE Cutaway Harrow Company
Higganum, Conn.,
...MANUFACTURE...

Clark's Celebrated Cutaway Harrows, Orchard Harrows, Smoothing Harrows, Mower Knife Grinders, Solid Disks furnished when desired. Address
R. S. PETTY, General Agent,
GREENSBORO, N. C.

WE WILL PAY YOU TO SOLICIT SUBSCRIPTIONS.

The Progressive Farmer will pay a liberal commission to reliable men who wish to solicit subscriptions among their neighbors and friends. For particulars, address

THE PROGRESSIVE FARMER,
Raleigh, N. C.

FREY'S VERMIFUGE

is the same good, old-fashioned medicine that has saved the lives of little children for the past 60 years. It is a medicine made to cure. It has never been known to fail. If your child is sick get a bottle of

FREY'S VERMIFUGE
A FINE TONIC FOR CHILDREN

Do not take a substitute. If your druggist does not keep it, send twenty-five cents in stamps to

E. & S. FREY
Baltimore, Md.

and a bottle will be mailed you.

WILL SELL Grade Jersey Bull Calf—sire registered Jersey. Biltmore's Golden Lad successor third; mother three-fourths Jersey. Fine milker. A. A. MAYNARD, Harrell's Store, N. C.

A Golden Rule of Agriculture:

Be good to your land and your crop will be good. Plenty of

Potash

in the fertilizer spells quality and quantity in the harvest. Write us and we will send you, free, by next mail, our money winning books.

GERMAN KALI WORKS,
New York—93 Nassau St.
or
Atlanta, Ga.—22 1/2 So. Broad St.



Does Saving ONE or TWO MEN At the Cutter Mean Anything

in ensilage cutting time? Self Feed on "Ohio" cutters does that and more, and increases capacity 33 1/3%.

1903 "OHIO" Blower Elevators

solve the Blower problem. They successfully elevate ensilage into silos up to any height, as demonstrated by abundant proof in 1903 catalogue. 10 and 12 H. P. Engines drive Nos. 13, 16, 18 and 19 Cutters with blowers, and all other sizes "Ohio" Ensilage Cutters. In capacity "Ohio" Cutters lead; 10 to 30 tons per hour. 1903 Shredder Blades (patent applied for) are interchangeable with knives, all sizes. They put corn stalks into best condition for feed, running at normal speed. Our absolute guarantee goes with every machine. Made by



The Silver Mfg. Co., Salem, Ohio.
Established 1854.
"Modern Silage Methods" 10 cents, coin or stamps.

The greatest Cotton Fertilizer in the World.



Used on nineteen consecutive crops. Made from Fish and Animal matter.

Ask your dealer for it, and see that the trade mark -F.S.R.- is on every bag, none genuine without it.



Manufactured by **F.S. Royster Guano Co**
Norfolk, Va.
Tarboro, N.C. Columbia, S.C.
Macon, Ga.