

The St. Mary Banner.

Subscription Price, \$1.00.

THE INTEREST OF THE WHOLE PEOPLE IS UNDIVIDED AND INDIVISIBLE.

Singles Copies, Five Cents.

VOL. XVII.

FRANKLIN, LA., SATURDAY, DECEMBER 30, 1905

NO. 43

Don't Let Your Nerves Get Control

By Dr. John K. Mitchell.

BEFORE nervousness has been established and become a habit is the time to attack it. Once it has got possession, more severe measures must be taken to eject it—and advice will have to wait till the war is over. To read the riot act to a mob of emotions is valueless, and he who is wise will choose a more wholesome hour for his exhortations. Before and after are the preacher's hopeful occasions, not the moment when excitement is at its highest and the self-control we seek to get help from at its lowest ebb.

The woman who suffers from nervousness must try to study for herself her life, habits, environment, temperament, in order to discover whence the trouble springs. Oftenest some departure from proper ways of living will be found at the starting point. It may have been unavoidable when it occurred, or have been thought so at least, or more likely not thought about at all until the mischief was done.

Few things will more certainly insure a future disastrous result upon the character than a habit of yielding to or cultivating to excess the expression of all emotions. Tears for trifling pains or loud complaints, about small annoyances—physical, social, or what not—may give at first momentary relief to the weeper, but soon become a habit which weakens the power of self-control, and lessens the possibility of endurance in all forms. It is not within the ability of every woman to absolutely suppress all manifestation of suffering; it is surely within the power of every one to make up her mind—and to teach her children—to endure the smaller necessary woes of existence without an outcry, and thus aid in the acquisition of control over larger forms of trouble.

I said that often one cause of nervousness lay in the dull mechanical routine of household work and management, work unvarying in kind and for many people uninteresting, involving many small annoyances and constant struggle with untaught and unteachable ser-vants. Since this cannot be done away with, every endeavor must be made to supply new interests in such lives.

Active physical exercise is a good corrective for ordinary nervous irritability. To acquire an interesting hobby or two and to ride them pretty hard is another and more lasting form of help. To raise chickens or pigeons may be made amusing and profitable if you raise good ones of known and valued breeds. To make your own garden is a delightful occupation, but do not let it be a mere matter of seeding and weeding. Try for the finest flowers, or to fix a new color in a familiar flower, or study cross fertilizing of plants. The other day a charming lady told me no hand but her own had touched her garden for two years, and that she had hybridized two thousand carnations in the previous season.—Harper's Bazar.

That Hunted Feeling That Pervades Us All

By Edward Carpenter.

THE outer life of society today is animated first and foremost by Fear. From the wretched wage-slave, who rises before the break of day, hurries through squalid streets to the dismal sound of the "hummer," engages for 9, 10 or 12 hours, and for a pittance wage, in monotonous work which affords him no interest, no pleasure; who returns home to find his children gone to bed, has his supper, and, worn out and weary, soon retires himself, only to rise again in the morning and pursue the same deadly round, and who leads a life of monotony, inhuman, and devoid of all dignity and reality, simply because he is bound to it by the dread of starvation; to the big commercial man, who, knowing that his wealth has come to him through speculation and the turns and twists of the market, fears that it may at any moment take to itself wings by the same means; who feels that the more wealth he has, the more ways there are in which he may lose it, the more cares and anxieties belong to it; and who to continually make his position secure is, or thinks himself, forced to stoop to all sorts of mean and dirty tricks; over the great mass of people the same demon spreads its dusky wings.

The "Japanese of Europe"

By Consul-General Guenther.

OF European countries Italy has, comparatively, made the greatest progress in the last decade. Italian finances are now in a healthy state and most of the bonds of government, of the railroads and the municipalities, etc., held abroad have been bought back or redeemed.

The savings of the Italian people show large gains; manufacturing industries have increased amazingly. The abundant water power is beginning to be used for industrial purposes, largely for the creation of electric energy. Within the last decade the exportation of manufactured goods has advanced from \$31,400,000 to \$80,400,000. The cotton factories not only supply the home demand but export heavily to the Levantine countries and to South America.

Another cause of the betterment of Italy is the accumulation of property by the Italian emigrants in the United States, Brazil, Argentina and other countries. Every year a large part of their earnings is sent home to relatives and for investment. One-half of the Italian emigrants return to their native country after they have saved a competency.

Some economists see in the Italians the Japanese of Europe. They are constantly gaining in the trade with Turkey and other countries of the Levant, and they have strong aspirations for getting colonies in Asia Minor and Africa.

Use of Telephones Increasing.

The increase in the number of stations which the New York Telephone Company had in use and under contract for the month of August was 56. The total number of stations in the five boroughs of New York in the end of August was 220,155, which is largely in excess of that of any city in the United States or Eu-

Trade Advantages.

A shoemaker is a whole-soled man and generally well heeled. A baker can always raise the dough. A butcher can usually contrive to make both ends meet.

A hatter is sure to be a block ahead of all other men. A huckster has no trouble with the police in making a good living out of green goods.

A baby-carriage manufacturer never fails to push his business. A hairdresser, as a rule, does a thriving business in combination locks.

A newspaper man rarely fails to get his paper on the street. An electrician is always posted on current topics.—Baltimore American.

The Doll She Wanted.

Clarence Mackay, school companion of Roslyn, wanted to make a present to a good little girl to go to school. "I'll give you a doll," she said. "Thank you." "And kind of a doll?" "Twins, please." was.—Harper's Weekly.

FARM AND GARDEN



LIGHT AND HEAVY HOGS.

It is very well-known that the market demands and prices vary for the different weights of hogs. Explaining this a commission man who has long handled fat hogs in the market says that beginning in September the heavy hog comes more into evidence and commands a premium over lighter ones. The height of the demand for fat-backs is reached in December, January and February, for in those months the great slaughter-houses at every market center are packing thousands of hogs every day. The time was when nearly all hogs were marketed as heavy-weights, but now even in the winter months, the demand for extreme weights is not so great as formerly. This can be largely attributed to an increasing consumption of fresh pork and most of the fresh meat cuts can only be obtained from the lighter grades of hogs. Beginning about April 1st the light hog sells on a par with the grades and a month or so later the light-weights command a premium at every market.

There is one system of hog management quite prevalent among farmers that seems to be in direct opposition to these market demands. Many hog raisers, and good ones at that, sell their eight-month-old pigs in the winter at a weight of 250 pounds and then dispose of the old sows in the summer when they weigh around 400 pounds, thus bringing their light hogs on a heavy hog market and vice versa. However, the loss in such a system is rapidly becoming less as the demand for the extremely heavy hogs grows smaller.

A prime, well-finished hog weighing about 250 pounds will generally land nearer the top and this may be said to be somewhere near the ideal market weight. We don't mean that this weight of hogs will top the market every day of the year, but prices on that class will average the best during a whole year.—Indiana Farmer.

LARGE RETURNS FROM POULTRY.

Upon a recent visit to Indiana our attention was called very forcibly to the immense sums received by the Indiana farmers for their poultry product. One establishment at Waterloo handles about three-fourths of the poultry and eggs marketed by the farms in De Kalb County. The establishment is taking in eggs at the rate of 1,000 cases per week, gathered from the various stores throughout the county. Last Fall it bought and packed over fifty carloads of dressed poultry, averaging 18,000 pounds to the car. The poultry is picked and dressed before shipment to the Eastern markets. More than \$200,000 dollars is paid through this one establishment to the farmers of one county for their poultry products every year.

Wisconsin is practically as well located for poultry raising as any portion of Indiana, particularly this section of it. It is a business which requires no little time and attention, but it yields large returns. When Jackson county farmers raise as many chickens and market as many eggs as the farmers of De Kalb County are now doing they will receive a larger sum from their poultry product than they now receive for their dairy product. The Jackson County farmer can well afford to go more extensively into poultry raising. No branch of farming offers better inducements.—Black River Falls Journal.

THE RICHEST MILK.

The rule is that the richer milk is given at the milking that occurs after the shorter number of hours between milkings. If the milking is done in the winter at 7 in the morning and 5 in the evening, the evening's milk will be the richer, for there is only ten hours between the morning and evening milkings. In the summer when the hours of milking are reversed, the morning milk will be richer. After allowance has been made for all the above mentioned causes, there is still a daily and weekly fluctuation in the richness of the milk due to causes as yet unknown. But the fact of this variation is certain. I have found it in single cows and in large herds, when there was no assignable cause. I have isolated a fine, healthy, vigorous cow and treated her with exceptional care and regularly, and yet she has varied in a whole per cent in the richness of her milk during a single week. This phase of the subject needs to be made prominent because a lack of knowledge of the fact has led to many a wrangle and much

harsh feeling at creameries that pay by test. Because your test one week is different from the week before do not jump at once to the conclusion that the creamery man has made a mistake or is trying to cheat you. Either may be true, but the variation in the test is not proof of either.—Prof. W. W. Cole in the Indiana Farmer.

THE VALUE OF SAWDUST.

A good absorbent to use in the dairy stable is always desirable, and for this purpose there are few things that excel sawdust. It is really the only way that it can be profitably utilized, anyhow. It does not contain anything matter enough to justify its application to the soil, and is mixed with other materials. Applied alone in large quantities when fresh and green, its effect upon the soil would, in all probability, be detrimental. Spread very sparingly, it might occasionally rest in some good soil, but hardly enough so to make it pay. And as to using it for mulch around fruit trees, that is simply out of the question. It makes excellent bedding for cows, since, owing to its absorbent quality, it keeps them almost perfectly clean. Dry sawdust, in fact, will absorb about three times its weight of liquid manure, and when thus enriched it constitutes, along with the solids, a first-class fertilizer, being easily shoveled and readily spread when hauled to the field. Horse manure, on the other hand, needs complete saturation and compactness to keep well, and for this reason very little sawdust should be mixed with it. Another reason why horses should not be bedded with sawdust is that it is liable to make their hoofs dry and brittle.—F. O. S., in the Epitomist.

MANAGEMENT OF OUR HORSES.

Firmness, kindness and patience are three of the essential elements in the make-up of any one who is a success in handling horses. Without the first, a man would naturally be a failure. The condition of the horse when under the subjection of man is unnatural, although no domestic animal submits to its surroundings more cheerfully and gracefully. To control a horse perfectly, the one doing it must be master of the situation under all circumstances; a firm man will prevent disasters where a faint one would fail. When a horse is to be brought under subjection it must be done by conquering his will and not his strength. It would indeed be a dismal failure if the reverse were true; now as to kindness, the more of this the better, no horse or any animal was ever spoiled or injured by kind treatment. There is no animal upon the mind of which kindness will make a greater impression than upon that of the horse. Now in regard to patience; no man without patience can hope for success in handling horses. The man who can patiently develop the good traits of an animal and discourage the vicious ones has it within his power to change the horse of bad habits into one that will be valuable. These points are certainly apparent to every thinking man and should be acquired, if not already possessed, by all who have the management of horses to look after.—Louis Campbell in the Epitomist.

DOES NOT DEPEND UPON FEED.

That all does not depend upon the feed may be tested by feeding two cows alike, the one cow from a milk-producing breed and the other cow (bought to replace a dry cow, perhaps), and the well-bred cow will give much more on the same allowance of food, and she will not take up more room, will not eat a greater labor and her calves will be more valuable. It does not pay the farmer to keep a poor animal when the same food required for her support will keep a better one. A good cow should also have a good appetite, for the more food she eats the greater her yield of milk.—Home and Farm.

KICKING COWS.

Take a snap ring, attach a half inch cord about a dozen feet in length, but the snap in the kicker's nose and draw the cord around her, letting it rest on her gambrel joints or below. Let a person stand at her shoulder and hold the cord just tight enough so that it shall not slip down to the floor. Any person can then proceed to milk her without trouble.—E. L. Bates, in the Epitomist.

France allows her soldiers to cultivate gardens in any spare barrack and to help out their rations by growing vegetables.

The Oldest and the Most Extensive

Albert Hanson Lumber Company, Limited

Successors to Albert Hanson

FRANKLIN, LA.

Manufacturers and Dealers in

Rough and Dressed CYPRESS LUMBER

Sash, Doors, Blinds, Mouldings, Cistern Trimmings, Shingles Etc.

OUR PATRONS get the advantage of the Most Complete Shipping Facilities by Rail and Water.



Southern Pacific

SUNSET ROUTE.

H. L. & T. R. & C. CO. — L. V. R. L.

Unquestionably the best route to principal points in Texas, New and Old Mexico, Arizona, California and Pacific Coast. Pullman Standard Sleepers, Tourist Excursion Sleepers, Superior Dining Car Service, Through to California without change.

For full information, Tickets, Sleepers, Reservations, apply to any agent of the Company, or W. H. MASTERS, Traffic Manager, New Orleans, La., F. S. BATTURS, Asst. Gen. Pass. Agt., New Orleans, La., C. W. OWEN, Div. Pass. Agent, New Iberia, La.

You Should Own This Book!

IT SHOULD BE IN EVERY HOUSEHOLD AS IT MAY BE NEEDED ANY MINUTE.

A Slight Illness Treated at Once Will Frequently Prevent a Long Sickness, With Its Heavy Expenses and Anxieties.

EVERY MAN HIS OWN DOCTOR

By J. HAMILTON AYERS, A. M., M. D.

This is a most valuable book for the household, teaching as it does the easily distinguished symptoms of different diseases, the causes and means of preventing such diseases, and the simplest remedies which will alleviate or cure.

598 Pages, Profusely Illustrated.

This book is written in plain every-day English, and is free from the technical terms which render most doctor books so valueless to the generality of readers. This book is intended to be of service in the family, and is so worded as to be readily understood by all.

60 Cts. Post-Paid.

The low price only being made possible by the immense edition printed. Not only does this book contain so much information relative to diseases, but very properly gives a complete analysis of everything pertaining to Courtship, Marriage and the Production and Rearing of Healthy Families; together with Valuable Recipes and Prescriptions. Correct Use of Ordinary Herbs.

New Edition, Revised and Enlarged with Complete Index. With this book in the house there is no excuse for not knowing what to do in an emergency.

Don't wait until you have illness in your family before you order, but send at once for this valuable volume. ONLY 60 CENTS POST-PAID. Send postal notes or postage stamps of any denomination not larger than 5 cents.

BOOK PUBLISHING HOUSE 133 Leonard St., N.Y.

PRICKLY ASH BITTERS

CURES CONSTIPATION.

GUMBERLAND TELEPHONE & TELEGRAPH CO.

(INCORPORATED)

Long distance lines and telephones of this Company enable you to talk almost anywhere in Southern Indiana, Southern Illinois, Kentucky, Tennessee, Mississippi and Louisiana. We can put you in quick and satisfactory communication with the people of this great section of the country. We solicit your patronage. Rates reasonable. Equipments and facilities unsurpassed.

JAMES E. CALDWELL, President & Gen'l Manager. LELAND HUME, Sec'y & Asst Gen'l Mgr. T. D. WESS, Treasurer.