FARM·FIELD AND GARDEN

EXTENSIVE VS. INTENSIVE FARMING.

That there are two kinds of farming goes without saying—extensive and intensive—and while most all admit that the results of thorough tillage are more paying, comparatively few really practice it. Many farmers who seem to delight in telling of the broad acres which they have devoted to certain crops, rarely indulge in telling how much they produced per acre. Then, there are many farmers who may be deemed land-poor, though they live in commodious dwellings, and have sheds full of machinery, and some out-of-doors with the blue canopy of heaven for a covering.

The farmers who are to-day making the most money are those who have but few acres and who have time to employ the best methods of cultivation. Hence it is that his land improves instead of yielding less and less as the years go by. The large farmer has not the time to consider the importance of suuplying his land with the necessary humus by the plowing down of green crops and the practicing of devices so necessary to keep up the fertility of the soil, without which the farmer feels that his occupation consists of hard work and no pay. If we can produce a much better crop than that crop generally is, it is indeed a pleasure to look at it, and a greater pleasure when we come to harvest the same. After all it is only the good crop that is going to pay any dividend.

Some kinds of soils need more thorough tillage than others, Lands with a goodly mixture of clay needs to be frequently sown to clover or other green crop which can be plowed under; or the application of corn stalks, straw, or anything that will lighten and loosen it; besides more time spent in rolling and harrowing than lands of a sandy nature. Plant food and moisture, which are necessary to keep the crop in a growing condition through the dry season, exist in the lumps that have not been crushed, and are therefore not available. Soils devoid of humus are not capable of retaining moisture. When the ordinary farmer does not have a good crop, he says, "It has been too dry for a crop," when as a matter of fact, lands which are properly treated do best when there is only a moderate amount of rain. It well becomes the farmer of to-day to study these conditions and to so treat his lands that failures become exceptions and not the general result.

Many seem to be possessed of the idea that farming is the creature of chance, who say that those who always have good crops are favored by the All Wise—their good luck— but good luck is generall the result of good management, and when we adopt the best methods our luck, too, will be good, and the reward will be commensurate to the brains and pains we put into the work.

WINTER FARMING.

These exteemely cold days and the heavy body of snow tax a farmer's energies to the utmost, but they should also stimulate thought as to needs amd methods for better conditions and higher expenses in other winter seasons, as well as better work and supplies for the summer campaign, and the securing of better results therefrom.

The most successful farmers are those that farm winters as well as summers. In fact, the most important work on the farm must be done during the winter, if we are to make the most of opr business, viz.: caring for the stock and planning for the summer. Without constant attention what might have been a good profit on the stock can be turned to an absolute loss. They need not only good feed, but must have the watchful eye of the feeder.

Besides this there is the planning for the summer campaign. Spring comes on in a hurry, and the farmer that is caught unready for the struggle when the weather opens must be the loser thereby. The farmer that meets with success is the one who has the crops for every field planned, the seed well selected and prepared, the tools in perfect condition, the harness repaired and well fitted to the team that is to wear them, the horses mated to work best together and put in good working condition, and his help secured before the spring is upon him. With this all out of the way, the most important part of the work is done, and he is in a position to drive his field work instead of his field work driving him.

One can easily see how his feeding and watering atrangement need changing so as to give more comfort and better results with less work, less feed and less loss. He can see how he can use some other articles of feed so as to vary the diet or better the ration and then work out plans as to how and where to provide for changes. It may be that the drainage, or tge ventilation, or the outside shelter can be modified at slight expense and a moderate application of labor that will bring large returns in gain, in health or in saving valuable feed. All these matters have important bearing on both farm and farmer, and a wise application of obsercation, of thought, of pencil and notebook will show well one year hence.

SHEEP NOTES.

Some corn should be fed in extreme cold weather.

Valuable lambs always pay for the best possible care and attention.

As a gleaner of small crops, and a saver of little waste, the sheep is unexcelled.

No one breed of sheep can succeed best on all soils and in all situations.

There is as much opportunity for profitable economics in the care of sheep as in any other business.

The more neatly mutton yearlings are trimmed up, docked, etc., the better they will sell.

The secret of successful sheep husbandy does not lie so much in the ability to cure diseases as to keep the flock healthy.

Sheep, grain fed and well protected from the weather, will furnish wool of a stronger fibre than that from sheep unprotected.

The term "scoured" does not of itself mean perfectly clean wool, but is a technical expression in the manner of cleansing.

It is only good fat sheep that pay in current markets and in many cases the profits of even these are doubtful.

If any profit is to be derived from keeping sheep it must come from those kept in a good average condition.

Every man who owns a flock will find it an advantage to keep an account with it by which he will be able to tell just what his returns are.

A small flock of sheep can be kept on almost every farm with very little inconvenience, and with a little care can be made to return a good profit.

The experiment in sheep breeding has an advantage over the breeder of horses or cattle in the more rapid development of stock, and is able to tell the effect sooner.

That the sheep breeder is usually more successful who breeds in as nearly a straight line as the requirements of his flock for new blood will permit.

Under present conditions it is a mistake to ignore the mutton side of flock returns when the outcome of the business is being considered.

Sheep should be turned out for a short time every day that the weather will permit in winter. Cold air will not injure sheep, but a wet coat and cold wind is injurious.

Feed largely nitrogenous foods, particularly to the breeding ewes as those foods not only produce the best growth of muscle and wool, but are best for the unborn lambs.

Many weak lambs are the result of compelling the ewes to subsist on straw and other coarse foods, during the winter. To secure the best results with this kind of food, some grain should be given.

Case of Nervous Prostration

For Months Mrs. Myles Lay a Helpless Sufferer—Attributes Restoration to

Dr. Chase's Nerve Food.

Mrs. John Myles, senior, of South Woodslee, Essex County, Ont., is well known throughout the surrounding country because of her work among the sick and suffering, and it was on account of over-exertion in this regard that her health broke down, and she lay weak and helpless, a victim of nervous prostration. Doctors could not help her, and she resolved to try Dr. Chase's Nerve Food. As a result she has been thoroughly restored, and by recommending this treatment to others has been the means of bringing back health and happiness to many a weakened and discouraged sufferer from diseases of the nerves.

Mrs. Myles writes :—"When I began the use of Dr. Chase's Nerve Food I was confined to my bed with what the doctors said was nervous prostration. My stomach was very weak, and I could not sleep at all for any length of time. Nervous chills and trembling would come over me at times and I seemed to be getting weaker and weaker all the time. There were also pains on top of the head, which caused me much suffering and anxiety.

"After using half a dozen boxes of Dr. Chasejs Nerve Food I began to gain in weight and to feel stronger. Since then I have been gradually restored to health, and in looking back can say that the improvement has been something wonderful. I used in all forty boxes of this preparation and feel it a duty, as well as a privilege, to recommend it to all who are suffering from nervous disorders. Several persons to whom I have described my case have used it and been cured, and I am sure that I owe my present good health, if not life itself, to Dr. Chase's Nerve Food."

Dr. Chase's Nerve Food, 50 cents a box, at all dealers, or Edmanson, Bates & Company, Toronto. To protect you against imitations, the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

WOMAN'S DANGERS

THE LIVES OF ALL WOMEN BESET BY SECRET TROUBLES.

A Simple and Certain Method by Which the Ills of Girlhood and Womanhood May be Overcome.

Every woman's health depends upon her blood—its richness and its regularity. Sometimes it is hard to believe that nearly all common diseases spring from the blood, no matter how different they may seem. It is hard, for instance, to realize that rheumatism and indigestion are both the cause of bad blood, and both cured by good blood. But there can be no doubt in the case of the secret troubles of a woman's life, from fifteen to fifty. The blood is plainly the cause of all her irregularities in health. Then comes the signs of secret illness, the headaches; backaches and sideaches; the pale cheeks and dull eyes; the failing appetite and irritable nerves; the hysteria and biliousness; the weakness and langor; the distress and despondency and all the weary wretched feelings that attack women in their times of ill-health. And the blood is to blame for it all. When the blood is rich and red and regular, there is little trouble in the life of maid or mother. That is why Dr. Williams' Pink Pills for Pale People are worth their weight in gold to every woman. They actually make new blood. Every dose sends galloping through the veins pure, strong, rich red blood that strikes at the cause of the secret ill-health. The new blood restores regulatity and braces all the special organs for their special tasks. In this way Dr. Williams' Pink Pills banish the backaches and headaches, sharpen the appetite and the energies, soothe the nerves and bring back the rosy glow of health to faded cheeks. This is the special mission of Dr. Williams' Pink Pills and there is no other medicine in the world can do it so successfully. Mrs. Geo. Danby, of Tilbury, Ont., has proved the truth of these statements and says so for the benefit her experience may bring to other suffering women. Mrs. Danby says : "I think Dr. Williams Pink Pills a blessing to suffering women. For a long time I was a great sufferer from the ailments that afflict so many of my sex. I was extremely nervous at all times, suffered a great deal with headaches and indigestion. In fact I was in a most miserable condition when I began the use of Dr. Williams' Pink Pills, but after taking them a short time I began to improve, and through their further use I am altogether like a new woman. I am sure if more women would take Dr. Williams' Pink Pills they would be convinced of the great good they can do."

What Dr. Williams' Pink Pills have done for Mrs. Danby they can do for every growing girl and ailing woman in Canada, if they are given a fair and reasonable use. But you must make sure you get the genuine pills with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. To be had from dealers in medicine or by mail at 50 cents a box or six boxes for $2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

DR. A. W. CHASE'S CATARRH CURE ... 25c.

is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops droppings in the throat and permanantly cures Catarrh and Hay Fever. Blower free. All dealers, or Dr. A. W. Chase Medicine Co., Toronto and Buffalo.

ATE THEM HIMSELF.

Drenched with rain and benumbed with cold he arrived at a country inn, which he found so full of people that he could not get near the fire at first. Addressing the landlord he called out:—

"Take a feed of oysters to my horse."

"To your horse!" exclaimed the host; "your horse will never eat them."

"Do as I ask you," replied the traveller.

All the people hearing the strange order given, and seeing the waiter about to execute it, rushed out immediately to the stable to see a horse eat oysters. The traveller, now having all the room to himself, sat down comfortably by the fire and warmed himself at his ease.

When the landlord returned he said to the traveller:—

"I would have wagered my head your horse would not eat oysters."

"Never mind," replied the stranger; "put them on the table, and when I am thoroughly dried I will eat them myself."

Philanthropic Visitor (to gaolbird) —"My friend, may I ask what brought you here?" Gaolbird—"The same thing that brought you here: the desire to poke my nose into other people's business. Only I used generally to go in by way of the basement winder."

PURE GEMS OF GEOGRAPHY

WHICH ADORN ENGLISH SCHOOL BOOKS.

Wonderful Facts About Canada Learned by British Schoolboys.

The following are selections from the chapters relating to Canada in a number of geography books prepared for use in English schools :

The Great Lakes are subject to dense fogs and terrible snowstorms.

Manitoba is treeless.

Halifax has almost all the essentials of a successful harbor.

Montreal harbor is handicapped by the climate.

The small population (of Canada) and the attraction of high wages in the States have retarded manufacture.

The chief States at present are Quebec, Maine and New Brunswick.

Montreal is the most important river harbor, but is handicapped by the climate.

The fishing season lasts from June 1st to August 1st, and the shooting season from August 1st onward, until winter drives the huntsman from the woods.

Victoria bridge, over 3,000 yards long, and one of the finest bridges in the world, connects Montreal with the mainland to the south.

The sleigh is a kind of carriage, but instead of wheels at the sides it has long runners of steel.

Sleighs are drawn by horses, etc. In some cases dogs are trained to draw sleighs just as the Eskimos train their dogs to draw the sledges.

The farmers' wives and daughters make an abundance of cheeses, which find their way both to American and British markets.

As we get near Montreal we see two black lines stretching across the river, which turn out to be the two great railway bridges across the St. Lawrence.

If the whole of Canada had a temperate climate without great extremes of heat and cold, it would ultimately become one of the most prosperous countries of the world.

The Niagara Suspension Bridge, which crosses the Niagara River, like a number of others in America, has two storeys, the lower track being for carriages and foot traffice and the upper for trains of the Great Western Canadian line.

The roar of Niagara Falls is said to have been heard in Toronto, over forty miles away.

A Canadian lady once said that the winters were "delightfully cold," though milk is delivered to customers in a solid state, though the thermometer sometimes registers 60 degrees of frost, and the ground is covered with four or five feet of snow. The rivers and the lakes are then held in bondage by the iron grip of the ice, and the vast territory of millions of square miles is one mass of dazzling white.

Although the inland lakes and rivers are unnavigable for six months in the year—although they are fields of ice from October to June—and although frost reigns supreme for five months out of every twelve, winter to the Canadian is a season of activity.

The Atlantic coast is the most useful at present, for several reasons. It has splendid railway communication inland by railways. It has one great drawback—most of it is frozen up in winter.

At Montreal the St. Lawrence is bridged by the Victoria tubular bridge 1 3-4 miles long.

Ottawa, although quite a small town, is a suitable place for the capital of the Dominion.

When in winter we have come round Newfoundland, sailing past the desolate Island of Anticosti into the Gulf of St. Lawrence, we find the sea there, too, all turned to ice. Only half the year is the navigation open to let us finish our voyage by steaming up the St. Lawrence to Quebec and Montreal.

Winter over the most part of Canada is most severe. The coldest snap of frost we ever get is nothing to what they must put up with for months together. Their winter comes on early; ice and snow will sometimes begin in September. When once it sets in the people make up their minds to be snowed up till spring.

In the large towns people build great palaces of ice, lit up like a scene from fairyland, and they hold torchlight festivals, where the guests skate about in gay fancy dresses, disguising themselves, we may guess, rather as fur-clad Indians than in the light costume fit for warmer climates.

On the prairies such a thing has been known as haymakers freezing to death in their tents.

Canada is a land of great lakes. The highest up of these and the largest is Lake Superior—the largest lake in the world. Farther east comes Lake Winnipeg and other smaller ones; then to the north of this another chain of Lakes, of which the Great Slave Lake is the largest.

The red Indians of Canada are now quite tamed.

Many of the colonists married among the Indians, their children being the race of half-breeds so common over Canada.

The river at Montreal is crossed by a long railway bridge that count as a wonder for length. But in the winter people have only to lay rails on the ice and be carried across to the opposite bank.

There are places where haymaking has all to be done at night, because men dare not face the flies in the hot days of summer.

KEEP THE CHILDREN HEALTHY

If the children's digestive organs are all right, the children are all right. They will be hearty, rosy, happy and hungry. They will sleep well, and grow well. You can get your children right, and keep them right by the use of Baby's Own Tablets, which cure all stomach and bowel troubles, nervousness, irritation while teething, break up colds and fevers, prevent croup and destroy worms. And you have a positive guarantee that there is no opiate or harmful drug in this medicine. Mrs. Joseph Herbert, Killarney, Ont., says:—"I am glad to say that Baby's Own Tablets have done my little one a great deal of good. I have also given some of the Tablets to friends who have found them equally satisfactory. "All medicine dealers sell the Tablets or they will be sent by mail at 25 cents a box by writing The Dr. Williams Medicine Co., Brockville, Ont.

In winter railway cars are warmed by great stoves.

In America railways go straight ahead in a more free and easy fashion than is done in our country. Engines are built with a curious funnel wider at top than the bottom, to let out freely the smoke of wood, which is often burned instead of coal. In winter the trains may be stopped by heavy storms, the snow sometimes drifting on the line twenty feet deep. Then the engine will have a machine, called a snow plough, in the front of it, by help of which it clears the way through the snow. When the drift is very great several engines may be employed to clear the track in a similar fashion. Two or more of them coupled together push themselves into the snow, another following behind to pull them back out of it if they stick fast. In the Rocky Mountains parts of the lines have to be covered by long sheds to protect them from avalanches of snow that come bounding down from the heights. In summer the danger is fire. A train may push across a burning prairie, though the smoke be so thick that the passengers are almost stifled. But in a blazing forest there is the risk that a fallen trunk or branch may at any moment block the line and throw the train off the rails. Exciting stories are told of engine drivers having to put on all steam to race the flames. Another cause that seems small enough sometimes brings a train to a standstill. The rails become covered by such a multitude of worms or insects that the wheels get greasy with crushing them and will not turn.

It is only about thirty years back that the French-speaking halfbreeds of the Red River rebelled against our Government. This is the last time there has been any serious rebellion in Canada.

NO EXTRA TROUBLE.

It was in the dead of night, and a cold night at that. Mr. Smith was away, and Peterson Smith, aged six, was getting over the measles.

"Mother, may I have a drink of real cold water?" he asked, waking Mrs. Smith from a refreshing slumber.

"Turn right over and go to sleep!" commanded Mrs. Smith. "You are a naughty boy to wake mother up when she put a pitcher of water on your table the very last thing before you went to bed."

Ten minutes later the small voice piped up again: "Mother, I want a drink of water."

"Peterson," said Mrs. Smith, sternly, "if you say that again I shall get up and spank you!"

There was five minutes' silence, and again Petersin spoke.

"Mother," he said, cheerfully, "when you get up to spank me, may I have a drink of water?"

DOCTOR'S COFFEE.

And His Daughter Matched Him

Coffee drinking troubled the family of a physician of Grafton, W. Va. who describes the situation briefly:

"Having suffered quite a while from vertigo, palpitation of the heart and many other derangements of the nervous system and finding no relief from usual methods of treatment, I thought to see how much there was in the Postum argument against coffee.

"So I resorted to Postum, cutting off the coffee, and to my surprise and satisfaction have found entire relief from all my sufferings, proving conclusively the baneful effect of coffee and the way to be rid of it.

"I have found Postum completely takes the place of coffee both in flavor and in taste. It is becoming more popular every day with many of our people and is having great demand here.

"My daughter, Mrs. Long, has been a sufferer for a long time from attacks of acute indigestion. By the dismissal of coffee and using Postum in its place she has obtained complete relief.

"I have also heard from many others who have used your Postum very favorable accounts of its good effects.

"I prescribe Postum in place of coffee in a great many cases and believe that upon its merits Postum will come into general use." Name given by Postum Co., Battle Creek Mich.

Look for the famous little book "The Road to Wellville," in each package.