

On the Farm

Comfort of the Dairy Herd.

Good stable management is an important factor in determining the profits from the dairy herd during the winter. The first essential is that the cows be comfortable. A cow kept otherwise than never do her best, writes Mr. M. Kelly.

She must have a comfortable place to lie down, stand up, move and stretch her limbs and lick her nose. She must have plenty of light and this means that the stable must be provided with some system of ventilation to give a frequent change of air.

This need not be expensive, only a little forethought and a few dollars' worth of material and labor will do it. The floor should be at least twice a day, or better still, have an automatic water basin at her side.

The stable should be cleaned daily, and be thoroughly disinfected. The ceiling, floor and concrete construction, and the fixtures, should be kept sanitary and permanent.

Large, smooth, concrete manure pits for feeding are about the best known to-day. Judgment and common sense must be exercised in the methods of feeding and handling the cows. Fixed rules in feeding are not practical.

Overfeeding is wasteful, underfeeding is unprofitable. The cow must be well nourished at all times, but given more than they need they waste it, as a rule.

The quality of milk that is the amount of milk and fat that it contains is controlled more by the constitutional characteristics of the cow than by the feed.

Never stir up dust or foul air at milking time. If you do, a lot of it is sure to get into the milk. Whether to feed the cows just before milking is a much debated question. It is held that all danger to feed them a little grain, provided you stir up no dust or disagreeable odors.

As a rule, the cows will give you their milk more freely when they have contented minds, and a little of the right kind of feed goes a long way toward bringing about this contented state of mind. Never clean the stables just before milking, for it will stir up a terrible amount of dust.

Young Folks

An Indoor Garden.

It is like to start a garden in the winter. It is a picture of a garden, and it is a picture of a garden. It is a picture of a garden, and it is a picture of a garden.

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SICK HEADACHES PERMANENTLY CURED

Dr. Williams' Pink Pills Correct the Cause of This Trouble

There are few ailments that cause more genuine misery in the home than attacks which are generally termed sick headaches. The attacks are often periodical, and when the mother of a family is prostrated at intervals there is not only her own suffering to consider, but the discomfort caused to the other members of the household. Sick headaches arise from a variety of causes, and most of them can be relieved or cured through the tonic treatment with Dr. Williams' Pink Pills. Mrs. Hugh Docherty, Rockville, Sask., says: "I suffered for years with what the doctors called nervous prostration and sick headache. When these spells came on, I could not work, nor walk, and the pains in the head were almost unbearable. At times the pain in the head was so dreadful that I feared it would drive me mad. I tried four different doctors at times, and not only took bottles of medicine, but quarts of it, but to no avail. Then I quit taking medicine altogether and tried dieting, but it made no difference. Finally, my husband urged me to try Dr. Williams' Pink Pills and got me a supply. After taking the Pills for some weeks I felt a little better and I gladly continued their use. My nerves began to feel stronger, the terrible headache came with less frequency and after taking the Pills for some time they disappeared altogether. From that day to this I have had no return of the trouble, and all who know of my illness regarded my cure as marvellous. I cannot say too much in praise of the Pills, as they certainly saved me from a life of almost constant agony."

It is by building up and enriching the blood and strengthening the nerves that Dr. Williams' Pink Pills work. It is a marvellous cure, and what they have done for others, they will do for all suffering people. If you do not find these Pills at your medicine dealer, you can get them by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

CARDINAL FACTS.
This is Canada's war.
What will the Harvest be?
Increase of knowledge means increase of production.
The first essential for the highest yield is good seed.
Not only grain growers, but breeders and all producers are making history at this juncture.
Value of the crop is increased if treated for smut prevention.
Failure to secure suitable varieties is a frequent cause of poor results.
All grain intended for seed should be cleaned and graded, in order to retain only the strong kernels.
Farmers who have separate houses for their laborers have no difficulty in securing help.
Good labor is worthy employment in winter as well as in spring, summer and autumn.
If labor is scarce now, it will not be more plentiful in another year, so it is wise to encourage present help.
A bureau of employment could find useful work in every town of size.
When manure is piled and allowed to heat, the vitality of most of the seeds is destroyed; but when drawn to the field from the stables, it becomes well rotted, manure is one of the most important means of seed dispersal.

STRENGTH
Without overloading the stomach. The business man, especially, needs food in the morning that will not overload the stomach, but give mental vigor for the day.
Much depends on the start a man gets each day as to how he may expect to accomplish the work on hand.
He can't be alert with a heavy, fried-meat-and-potatoes breakfast, requiring a lot of vital energy in digesting it.
A Western business man found a food combination for producing energy. He writes:
"For years I was unable to find a breakfast food that had nutrition enough to sustain a business man without overloading his stomach, causing indigestion and kindred ailments.
"Being a very busy and also a very nervous man, I had about decided to give up breakfast altogether. But luckily I was induced to try Grape-Nuts.
"Since that morning I have been a new man; can work without tiring, my head is clear and my nerves strong and quiet.
"I find that Grape-Nuts with a little sugar and a small quantity of cold milk makes a delicious morning meal, which invigorates me for the day's business."
Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one comes from time to time. They are genuine, true, and full of human interest.

SPENDING DURING THE WAR

DILEMMA OF THOSE WHO HAVE MORE THAN ENOUGH

Not Right For a Nation to Spend Quarter of Its Income Thoughtlessly.

Is it too much to hope that, among other good things which may emerge from this dark crisis, there may come some awakening on our part as to the futility, as well as the danger of much of our present spending? asks Mr. E. J. Urwid, M.A., the writer of one of the most useful of the "Papers for War Times," published in London.

It is not good for a nation that a quarter of its income should be spent in unstable ways," he says. "It is not good for a nation that a quarter of its working capacity should be specialized into producing things which are seen and felt to be rather useless as soon as a crisis comes to apply a test of values."

Social Side Of Our Faith.
"Rich people are not, of course the only spenders who are at fault; poor people have a few useless luxuries, too; but it is the rich people, and not the poor, who are individually the most responsible for the misdirection of labor, since it is they who, individually again, possess the greatest spending power, and, therefore, also the freedom to choose how they will use that power."

"We are beginning to realize at last that upon the thoughtful exercise of this power depends the realization of the true social brotherhood which we all need as the good end of our social actions. We believe that we are all members of one another; this is the summing up of the social side of our faith. But we have been very slow to perceive that this membership one of another applies to us just as much in our ordinary family and neighborhood relationships."

Responsibility of the Rich.
"And they really have depended, and do depend, upon us in this literal sense, that we have called upon them to open shops and practise trades in order to supply our wants, and to earn their living by doing that and that alone. They are, therefore, our workers, our dependants, as literally as are our domestic servants; and that the moment we stop or alter our habitual spending, they are ruined."

Here, then, is our responsibility laid bare. And our first duty emerges equally clearly. However much we may feel impelled to subscribe to special funds for the relief of the wounded or the Belgians, it is doubtful whether we have any right to gratify our impulse until we have made sure that these our retainers, are provided for.

"The workers or makers of wealth are limited in number, and with all their hard work, the amount of things which they can make or of services which they can render in any year is severely limited, even though it may increase gradually as the years go on. And, in a land which is by no means overflowing with money, no individual and no class can draw very largely on the total stock produced without leaving a deficiency somewhere."

"Doesn't it give you a terrible feeling when you run over a man?" they asked him. "Well, if he's a large man," replied the automaton, "it does give one a pretty rough job."

Could Not Make One Step

THEN DODD'S KIDNEY PILLS CURED WALTER J. ROBERTS.

Newfoundland Man Finds a Firm Cure After Suffering Ten Months of Torture—Doctors and Other Medicines Failed to Help Him.

Levisport, Twillingate District, Nfld., March 8 (Special).—A thrilling story of a splendid cure by Dodd's Kidney Pills is told by Walter J. Roberts, a well-known resident of this place.

"My trouble started from a cold after measles," Mr. Roberts states. "For nineteen months I was confined to the house, and for ten months I could not make one step. I tried many doctors and medicines but got no relief from them. The trouble was in my feet, legs and ankles, and at times was almost unbearable. I could not feed myself for those ten months. At last I tried Dodd's Kidney Pills, taking twenty-eight boxes in all, and am glad to say they made a firm cure of me."

Mr. Roberts' troubles were caused by diseased kidneys. That is why Dodd's Kidney Pills cured him. Diseased kidneys fail in their duty of filtering the impurities out of the blood and the consequence is trouble all over the body. Dodd's Kidney Pills cure diseased kidneys.

NEWS OF THE MIDDLE WEST
BETWEEN ONTARIO AND BRITISH COLUMBIA.
Items From Provinces Where Many Ontario Boys and Girls Are Living.

Thomas Lauder, chief of Edmonton Fire Brigade, has resigned. Winnipeg has finally decided not to hold an exhibition this year.

Manitoba has added 61 new school districts to its list in the past school year.

Saskatoon Garment Manufacturing Company has turned busy on a bid order for shorts.

Alberta Rural Development League will campaign for home makers and advertise the province to agriculturists.

When a Woman Suffers With Chronic Backache

FOOLED GERMAN CENSOR

There is Trouble Ahead. Constantly on their feet, attending to the wants of a large and exacting family, women often break down with nervous exhaustion, and on a farm are weak, ailing women, dragged down with torturing backache and bearing down pains.

Such suffering is not natural, but it is dangerous, because due to diseased kidneys. The dizziness, insomnia, deranged menses and other symptoms of kidney complaint can't cure themselves, they require the assistance of Dr. Hamilton's Pills which go direct to the seat of the trouble.

To give vitality and power to the kidneys to tend aid to the bladder and liver, to free the blood of poisons, probably there is no remedy so successful as Dr. Hamilton's Pills. For all women irregularities their merit is well known.

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WHAT SOLDIERS WEAR NOW.
British Soldiers Look Like Robinson Crusoes.

War has struck a blow at both military smartness and military pretentiousness. These two features, which distinguished European wars of the past, are now yielding to the practical. The British "Tommy" in the trenches, wearing gaiters, rubber boots and knitted cap more like a Robinson Crusoe than a soldier.

Among the changes undergone in the British field uniform is a Sam Brown belt made of webbing instead of the more conspicuous leather. The belt, designed a couple of years ago by a British officer in India, supports sword, pistol and canteen, and is suspended by a strap crossing the shoulder. It has lately become the rage among Belgian officers. In view of the short range of trench fighting, the British officer has been forced to do away with the minor elegance of a khaki flannel collar and khaki colored necktie.

His full-skirted overcoat easily gave place to a short cut of the model of the seaman's pea-jacket, which is found warmer than the old model, besides being free from the annoyance of skirts. The men of the ranks have of their own accord cut off their overcoat tails because of their dragging in the mud.

France is re-uniforming its troops in the new tri-color of the Legion of Honor, the three colors of the national flag and a bluish color. It is used for the characteristic great-coats of the men and for officers' jackets.

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Choose your variety and ask your grocer for "Clark's".

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H. W. DAWSON, Colborne St., Toronto.

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An up-to-date High Cycle. Beautifully finished. Light and strong. High grade equipment. Free 1915 Catalogue.

ENGINE FOR SALE
New Wheelock 18 x 42 Automatic Valve.
Complete operating condition. Hydraulic frame, belt, cylinders and all parts. Can be shown running at present time.

MOTHERS
REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! Zam-Buk is purely herbal. No poisonous coloring. Use it always. 50c. Box of All Druggists and Stores.

ZAM-BUK
FOR CHILDREN'S SORES

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