MARKDALE STANDARD

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BUSINESS DIRECTORY

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Flesherton. Conveyancer, Appraiser, Valuator and Money Lender. Deeds, Mortgages, Leases and Wills drawn up and Valuations made on shortest notice. Charges very low. Apply to R. J. Sproule, Flesherton.

LEGAL:

P. McCULLOUGH
Barrister, Solicitor, etc. Office—Mark street, Markdale. Money to lend.

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Barristers, Solicitors, Etc.
Offices—Lucas Block, Markdale; Traders Bank Bldg., Toronto
H. B. Lucas, K.C., W. D. Henry, B.A.

MEDICAL

DR. J. W. LEACH
Practicing Physician
Rocklyn, Ontario.
Phones:—Markdale exchange, 21 r 2-3. (2115 pd.) Meaford exchange, 213 r 4.

DENTISTRY:

DR. J. A. MacARTHUR
Dentist
Office in Artley Block (over Bowes' hardware store). Entrance at south-west corner of building, Toronto street.

L. G. CAMPBELL
(L.D.S., D.D.S.)
Dental Surgeon. Graduate of Ontario College of Dentistry and University of Toronto. Office over the post-office. Office hours 9 a.m. to 5 p.m.
Appointments made by phone.

FRATERNAL.

A. F. & A. M.
Hiram Lodge, No. 490, G.R.C., Markdale, meets in Masonic Hall, McFarland Block, on Tuesday evening on or before the full moon every month. Visiting brethren cordially invited. T. H. Reburn, W.M.; S. A. Morrison, Secretary.

C. O. C. F., No. 399.
Markdale Council, Canadian Order Chosen Friends, No. 399, meets second Monday in the month in Haskett's Hall, at 8 o'clock. A Jackson, Chief Councillor; Herb. M. Irwin, Recorder.

MARKDALE L.O.L., No. 1045.
Meets in Haskett's Hall on Thursday evening on or before full moon in each month. Visiting brethren made welcome. Jos. Richardson, W.M.; Everard Walker, Secretary.

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B. H. WALDEN,
Licensed Auctioneer for the County of Grey. All sales promptly attended to. Farm sales a specialty. Arrangements for sales may be made at Standard Office or B. H. Walden, Markdale.

R. D. CARRUTHERS
Licensed Auctioneer County of Grey. Reasonable terms. Satisfaction guaranteed. Phone 52 r 3-3, or write. R.R. No. 2, Markdale, Ontario. 2036

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, $1; No. 2, $3; No. 3, $5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

J. W. PATTON, J.P.
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The Great English Preparation. Tones and invigorates the whole nervous system, makes new Blood in old Veins. Used for Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price $2 per box, 3 for $5. Sold by all druggists, or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

PATENTS PROMPTLY SECURED
In all countries. Ask for our INVENTOR'S ADVISER, which will be sent free.
MARION & MARION.

The manufacture, sale, or keeping in stock of matches containing phosphorus is illegal in Belgium.

Owing to an ice jam the American Falls went dry on March 29, 1848, and the Horseshoe Fall was reduced to a rivulet. From a similar cause the American Falls disappeared for a few days in the winter of 1909, and, in April, 1909, an ice jam in the lower river lifted the water 35 feet above normal at Queenston, flooding the banks and obliterating the Whirlpool and rapids.

HIDES-WOOL-FURS
Always open to buy, and always prepared to give you the highest price and a square deal. Try us.
WILLIAM STONE SONS LIMITED
WOODSTOCK, ONTARIO
ESTABLISHED 1870

Imperial Mica Axle Grease and Imperial Eureka Harness Oil lessen the strain on wagon, team and harness. They make heavy hauling safe and easy.

The mica in Imperial Mica Axle Grease forms a smooth, heat-resisting coat on axle and hub. Over this the grease works easily and kills all friction. Imperial Mica Axle Grease goes twice as far as ordinary greases.

Imperial Eureka Harness Oil keeps harness soft, pliable and strong. It protects leather from sweat, dust and moisture, and prevents cracking. It is easily applied and quickly saves its small cost in harness and repairs. It improves the appearance of any dark dressed leather and keeps it in good condition.

IMPERIAL OIL LIMITED
Power Heat Light Lubrication
Branches in all Cities.

Imperial Mica Axle Grease comes in convenient sizes, ranging from 1 lb. tin to a barrel.

Imperial Eureka Harness Oil in sizes from a pint to a barrel.

Sold by dealers everywhere.

Spring Broilers Via the Incubator Route.

Broiler raising is a profitable adjunct to other branches of poultry farming. The incubators can be used at a season that would be too early to hatch breeding stock. Machines charged with eggs at this time will turn out youngsters that, with proper care and feed, will make good broilers just when the demand is strong and the prices are the highest.

Broiler raising calls for careful nursing, constant attention and eternal vigilance. The work is very exacting and can not be slighted, especially so when the chicks are turned out at a time of the year when the weather outdoors is cold and unnatural for the delicate baby chick.

The ability of the incubator operator is not measured so much by the large percentage of chicks he secures from a given number of eggs as it is by the getting of chicks with strong vitality that will live and grow. Carelessness and poor management are probably the greatest reasons for poor vitality.

While it is admitted that one large incubator can be run more economically than two small ones, the latter plan is preferred where it is necessary to hold eggs too long in order to accumulate the number required to fill a large machine. Where the capacity of the breeding stock will not guarantee more than 200 eggs a week—eggs of good size and uniform shape—it would be better to have three 200-egg incubators (starting a new machine each week throughout the season) than to have a 600-egg incubator and use the eggs that can be saved during the three weeks. Where a mammoth machine is employed, two or more compartments may be started each week, and in this way incubation can be continued without the loss of a day.

Where it is necessary to hold eggs for any length of time, they should be kept in a cellar where the temperature will not go higher than 70 deg. F. nor lower than 50 deg. F. More moisture in the incubator will be required for eggs that have been held than for those that are fresh, as the air-cell is larger. The germ, too, becomes weaker as the egg grows older.

In starting the incubator, a beginner frequently makes the mistake of warming up the eggs too quickly. He endeavors to accomplish in two hours what rightly should require two days. Before the eggs are placed in the machine the temperature should be run up to 105 deg. F. Having reached that point and the regulator adjusted, the eggs may be put in. The cool eggs will at once lower the temperature. There is no better non-conductor of heat and cold than the contents of an egg, and to give the eggs a thorough warming ordinarily will take two days, by which time the thermometer should register 103 deg. F. Warming up eggs too quickly is likely to injure them.

Some operators prefer 103 deg. F. the first week, 103 deg. F. the second week, 104 deg. F. the third week. My experience convinces me that a uniform temperature, and one that will even hatch out ahead of time, is the most important. A temperature of 102 deg. F., recorded by a reliable thermometer, often does better work than one of 103 deg. F.

Excellent results have been obtained by having a temperature in the egg chamber of 101 deg. F. (and not above 102 deg. F.) the first week, 102 to 103 deg. F. the second week, and 103 to 104 deg. F. the third week, always aiming at the lowest temperature mentioned, and not allowing the highest to be exceeded.

Scientists tell us that during the third week of incubation there is some heat developed within the egg because of the exudation of the blood, which is cirrulating through the veins on the inner surface of the soft shell, in the albumen, around the yolk, and in the growing body of the embryo.

Very little air is required by the egg during the first week, as there is very little blood to be oxidized. During the second week there is increased blood circulation, and consequently there must be a corresponding increase in ventilation, supplying fresh air which contain the needed oxygen for oxidizing the blood. Plenty of air must be given the third week, as at this stage of embryo development in the egg there is very great circulation of blood. The pure air passes through the shell of the egg to the blood-vessels that spread over the interior surface of the inner lining or "soft shell." Carbon dioxide and water pass out through the porous shell.

For teting eggs, devices can be purchased from any dealer in poultry supplies. The principal thing is to have a lamp in a box or some other enclosure, and in it an opening sufficiently large to place the egg before the glare of the light. Experts hold the eggs in the left hand before a lamp or electric light, and shadow with the right hand. In this way the work is quickly done.

By closely observing the sitting hen, by looking into her methods and manner of turning and airing her eggs, of controlling the heat of the eggs, and of giving them the proper airing, valuable lessons were taught both the expert and the scientist.

In artificial incubation, practice makes perfect. It will require a full season, if not two, for the beginner to understand just what to do at the right time.

Hogs

Experts may say that oats are not one of the best hog feeds in the world on account of the hard dry hull or husk, but I find clean dry oats a very good feed for pigs during the winter, and also during other seasons when the grass is short.

I have seen fellows try to get around the experts' advice by soaking oats overnight. I never soak oats, and I rarely grind them.

My pigs and shotes get all their threshed oats scattered evenly over a clean cement floor, and I believe the hogs get much more good out of it fed in this way. If the oats are soaked up and fed in a slop, those old sows and pigs merely gulp the mess down in great mouthfuls and chew scarcely a grain.

Oats eaten in this way are apt to swell and cause impaction of the bowels. I have seen a number of fellows blue over their losses due to this cause.

I feed the oats dry, right out of the bin, in reasonable quantities, and the pigs must chew every mouthful well and good to get it down. Oats are a natural laxative in their way, and the hulls do not bother after the pig has started eating shelled corn.

When I first began feeding oats dry to little pigs, I noticed they messed around over the grain on the floor considerably, and seemed to enjoy it a great deal, but they didn't seem to clean up the stuff very well.

Close inspection, however, showed me that those pigs had merely shelled out those oat kernels and left the tough, unpalatable hulls lying on the floor. They had done a remarkably clean job of hulling, and there was but a minimum of waste. Older hogs do not bother with the hulls, and chew them up indiscriminately. Hogs never get in a hurry on dry threshed oats, and with a dry, clean floor to feed them on I consider oats fed in this way a very thrifty growth-producing feed.

Yeast as a Food.

The value of yeast as a food is no new discovery, but when food was plentiful such extra nutrients received less attention. The food value of yeast is owing to vitamines, the absence of which from a regular diet may be the cause of disease even when the ration is bulky and apparently nutritious. Bakers' yeast is not palatable, but, according to an English periodical, there are extracts on the market that are like a delicious, clear soup. No one would suppose that the substance had yeast for its basis, so successfully has the sour taste been removed. The yeast plant is not killed in the process.

The world's consumption of sugar is estimated at between 14,000,000 and 15,000,000 tons a year.

The Danger Your Children Run From Getting Over Tired

By WILLIAM EMERSON, M.D

"John Brown has bought that fine horse. He will spoil him in three months!" This remark indicates the prevalence of well-recognized standards for the care and training of horses. But how many men and women who would not think of overdriving a horse have similarly definite ideas as to the fatigue limit of the growing child?

Farmers work under heavy pressure, which makes leisure and recreation difficult of attainment. As a result some are apt to under-rate the value of these factors to themselves, and, what is a more serious matter, to their growing boys and girls. They fail to distinguish between recreation and loafing, and do not realize the right use of time. Most fatal of all, they come to think that overfatigue is normal.

Fatigue is normal, but overfatigue in a growing child is a means of deadly destruction which should be avoided like the plague.

Fortunately, the farmer of to-day is ready for progress in this direction as in others, once he has been shown the new venture is worth while.

It is the purpose of these articles to show the value of a health program which will conserve the energy of girls and boys so as to make them men and women physically fit for their part in life.

Chores and Contests.

The relationship between malnutrition and the topics already discussed in these articles—physical defects, bad feeling, faulty health habits, etc.—is evident. Another condition which is often accepted as a necessary cause of discomfort rather than a fundamental cause of permanent injury is the condition of overfatigue. In our nutrition clinics many of our most difficult and obscure cases of malnutrition which fail to gain after defects have been removed and regular food and health habits established, are finally traced to overfatigue. This may be from work, study or play, or from a combination of these causes.

Anyone who has been brought up on a farm, and has watched other children grow up under less favorable circumstances, knows that chores have a great educational value. But that does not mean that a child should be overloaded with them. Great injustice is done by requiring of any child tasks that are beyond his strength, but in the case of the malnourished child this will lead to certain disaster.

We know that the appearance and health of an animal depend on the food and the care which he received, but a child may be "dragged out," irritable and faultfinding, and it is assumed that this is a natural state for a growing boy. Symptoms which in a calf or a colt would lead to prompt action will be passed over in a child with the remark, "Oh, that's just his way—he was always like that!"

Many parents resent being reminded that their children are little animals, but nothing is gained by ignoring that fact. The whole of a parent's job is not fulfilled, it is true, by providing proper conditions for body growth and the means to insure it, but without these all other plans are built upon an insecure foundation.

There are dangers even in the clubs and contests which the boys and girls enter. This is especially serious when they are added to an already full program. Many an underweight, malnourished child, carried away by ambition and the spirit of competition, will throw himself into a piece of work, excellent in itself, but requiring strength which is needed in daily growth.

It is difficult for many adults to appreciate how much energy and strength are required in simply growing. Holidays and rest times should not all go into work. It is desirable that children should be profitably employed, but there must also be some margin for growth. The active, energetic child does not see the ill-health and possible invalidism that will result from overdoing, but the parent must learn to look forward to such consequences in children as well as in the farm animals.

Every family needs a health program. Parents complain when children will not look ahead. They do not realize that time spent in planning is the best of investments. Here is a chance for parents and children to work out together a plan in which all will have a part. This plan, when adopted, should be without trivial interruption or unnecessary change, but capable of adaptation to greater needs as they arise.

Make a Program.

The first item in this health budget to be considered is the high cost of overfatigue. Children should be taught to view their health as capital, and that overfatigue means overdrawing one's account. This is not investment but waste. There is no justification for putting a mortgage on one's nervous strength.

In order to make a successful health program, the first step is to make a record of the present activities of the malnourished child. We have found a 48-hour record the best basis, as this gives a view of the child's activities for two days, and the average will therefore be typical. If the school days are fairly similar, a Friday and Saturday will serve to give a comprehensive picture. Notice the total amount of time given to play, to work, and to school. What part of the day is spent in the open air? How much time is actually spent in bed, and how many minutes at the different meals? Is there too little time out-of-doors or at play, or too much exercise, too much school pressure, late hours, too many outside interests, etc?

Such a "close-up" picture will often prove to be a revelation, and it will not be hard to find changes which can and should be made at once. The new program should provide for rest periods and lunches in the middle of the morning and the middle of the afternoon for every underweight child, and activities should be proportioned to the child's needs and strength. A time budget will help you to a better distribution of his energy.

Some Bad Schedules.

James G., age 13, 9 lbs. underweight.
5 to 7—Rises, chores, breakfast.
7 to 8.30—Trip to next town and half-mile walk to high school.
8.30 to 12—In school, with 15-minutes recess at 10.15.
12 to 12.30—Cold lunch at school; eaten in basement with other boys.
12.30 to 2—In school.
2 to 4—Return trip home, with cold lunch on arrival.
4.15 to 7—Chores and supper.
7 to 9.30 or 10—Reading, games, study or moving pictures.
9.30 or 10 to 5—Sleep.

Times between meals: 6 hours from breakfast to lunch—too long for a malnourished child; 4 hours to afternoon lunch; 2½ hours to supper. Continuous schedule, 13½ hours. Sleep 7 or 7½ hours.

Saturday schedule: Chores, 1½ hours before breakfast; farm work 5 hours to noon-day meal; 4½ hours in the afternoon. Steady physical labor, broken only by meals, 11 hours.

Isabel B., age 15, 30 lbs. underweight.
5.30 or 6 to 7.15—Rises, breakfast, gets ready for school.
7.15 to 8.30—Walks 15 minutes to car-line, 30-minute ride on car, walk of 5 blocks to rural high school.
8.30 to 12.15—In school.
12.15 to 12.45—Recess and lunch.
12.45 to 2.15—In school.
2.15 to 3.30—Return trip home; cold lunch.
4 to 6—Delivers milk to 3 neighbors, all on separate trips, making four miles of walking.
6.30 to 7.30—Supper; washes and wipes dishes for 8 people.
7.30 to 9.30—Studies lessons.
9.30 or 9.45 to 5.30 or 6—Sleep.

Time between meals: 6 hours between breakfast and midday lunch; 6 hours to afternoon lunch; 3 hours to evening meal. Continuous schedule, 16 hours without rest or recreation. Sleep, 7 to 8 hours.

Pauline L., age 14, 15 lbs. under weight.
5.30 to 7.30—Rises; cooks breakfast for 3 people, her mother who is sick, her little brother 7 years old and herself; gets her brother and herself ready for school.
7.30 to 8.30—Car to town and walk of 6 blocks to school.
8.30 to 12.20—In school.
12.20 to 12.45—Recess and lunch.
12.45 to 2.15—In school.
2.15 to 3.30—Errands in town and return trip home.
3.30 to 7.30—Straightens up the house; studies one or two lessons; gets supper and clears away.
7.30 to 9 or 9.30—Studies lessons and goes to bed when finished.
9.30 to 5.30—Sleeps with little brother who is restless; in room near mother; occasionally has to get up at night to wait on her.

Time between meals: 6 hours from breakfast to midday lunch; 6 hours to evening meal. Sixteen hours' continuous work or study. Broken sleep, [illegible] hours.

It will at once be assumed that necessity demands these overfatiguing programs, but it was not so. We have found that in the majority of cases overfatigue arises, not from necessity, but from lack of plan. Where the family circumstances are poor, there is all the more necessity for careful planning.

In the case of Isabel, [illegible] arrangements were made at our suggestion about delivering the milk, thus leaving her time in the afternoon for a rest period and some outdoor play and an opportunity to do some of her lessons before supper, and thus go to bed earlier at night.

Pauline was told that she must have a lunch at a regular time in the afternoon, followed by a rest period before starting in to study; and that errands must be left until Saturday or provided for in some other way. It was also shown how, by careful planning, she could reduce the amount of time needed for preparing breakfast, and thus lengthen her sleep.

The worst feature of James's schedule was the hour and a half of physical labor before breakfast, and the long unbroken day's work on Saturday. A little food before starting the chores, and a rest period of half an hour in the middle of the morning and of Saturday would greatly reduce the danger from overfatigue. We found that opportunity [illegible] school to [illegible] prepared under the [illegible] domestic science. [illegible] younger boys [illegible] themselves and [illegible] from home.

NOTE: The [illegible] will be continued [illegible] week.

THE WONDERFUL FRUIT MEDICINE

Every Home In Canada Needs "FRUIT-A-TIVES"

To those suffering with *Indigestion, Torpid Liver, Constipation, Sick or Nervous Headaches, Neuralgia, Kidney Trouble, Rheumatism, Pain in the Back, Eczema and other skin affections*, "Fruit-a-tives" gives prompt relief and assures a speedy recovery when the treatment is faithfully followed.

"Fruit-a-tives" is the only medicine made from Fruit—containing the medicinal principles of apples, oranges, figs and prunes, combined with valuable tonics and antiseptics.

50c a box, 6 for $2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

Horse Sense

[illegible]

[illegible] in England and Wales [illegible]

There are over [illegible] physicians in Japan.

Fertilize your farm with [illegible] the greatest fertilizer of them all.

Some weed seeds keep their vitality for twenty-five years. To down weeds keep them from producing seed.

When you pay 30 cents for a half-pound package of Red Rose Tea (Crimson Label) you get exactly the same tea for which you formerly paid 35 cents a package.—Quality in Red Rose Tea is the first consideration.