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The Markdale STANDARD

is published on Wednesday by
COLGAN & MACINTYRE
Markdale, Ontario.

SUBSCRIPTIONS—to subscribers in Canada, \$2.00 a year; in the United States, \$2.50. Fifty cents less when paid in advance. No paper discount until all arrears are paid, except at the option of the publisher.

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Advts. of Farms and Real Estate for sale, not exceeding 1 inch, are charged, 60c first insertion and 25c each additional insertion.

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Card of thanks, one cent a word with minimum 25 cents.

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All advertisements subject to the approval of the Publisher.

Information covering Special Contracts will be supplied promptly upon application.

All correspondence intended for the firm should be addressed to The Markdale Standard, Markdale.

BUSINESS DIRECTORY

R. J. SPROULE, Appraiser, Conveyancer, Auctioneer, 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, Flesher-ton.

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

LUCAS & HENRY, Barristers, Solicitors, Etc. Offices—Lucas Block, Markdale; Traders Bank Bldg., Toronto. 1 B. Lucas, K.C., W. D. Henry, T.A.

DR. J. W. LEACH, Practising Physician. Rocklyn, Ontario. Phones—Markdale exchange, 11 r 2-3. (2115 pd.) Meaford exchange, 213 r 4.

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.

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. Hebrun, 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; Councillors: 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. Everard Walker, W.M.; J. England, Secretary.

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.

J. D. CARRUTHERS, Licensed Auctioneer County of Grey. Reasonable terms. Satisfaction guaranteed. Phone 52 r 3-3, or write. i.R. No. 2, Markdale, Ontario. 2032

Cook's Cotton Roof Compound, A safe, reliable roofing medicine. Sold in three sizes: No. 1, 2, 3. No. 1, 50c per lb.; No. 2, 35c; No. 3, 25c per lb. Sold by all druggists, or direct from the manufacturer. Price on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Vicinity Winton).

Farm Crop Queries

WOOD'S PHOSPHODINE, The Great English Preparation, purifies the whole system, makes new blood, and is used for Nervous Debility, Headache, Dizziness, Loss of Energy, Palpitation of the Heart, Failing Memory, etc. Sold by all druggists. Price 50c per bottle. Free pamphlet mailed on receipt of price. THE WOOD MEDICINE CO., TORONTO, ONT.

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

Protein grows on the farm in the form of clover, alfalfa, and various other crops.

Place setting hens in colonies in other rat-proof buildings with tight floors for setting hens. Many a pair has been ruined by the eggs. Rats are shrewd and they will dig through the floor. Clean up their places as much as possible and place the setters in protected nests.

W. P.: I have some Lombard plums twelve years old which bloom heavily every spring, then the little plums drop off; some are half-grown. I do not spray very much. What must I do to get a crop of plums? The trees are large and nice.

W. P.: Kindly tell me what is the proper temperature for cow stables where much cows are kept.

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Vegetables Are Important

"Vegetables other than potatoes have never cost me over fifty cents a year, but I am canning every kind I can get for I've been using vegetables since last spring when my children joined a class for the malprurished. We have not had to spend one cent for laxatives and we are all feeling better."

This was what a mother said to me who had waked up to the fact that her children were eating plenty of food but that food was not being used by the body for building up a physical organism which could resist disease.

A very noted physician, speaking recently in a convention of medical men, said that many of his patients fruit to diagnose as disease. When their food habits were analyzed he usually found that they live chiefly on few foods—meat, potatoes, bread, some desserts, now and then lettuce is used and occasionally a vegetable added to give looks to the meal rather than because it is considered necessary. "I find that very few of these people use more than two or three vegetables. They have never cultivated the habit for when children they liked vegetables and now as adults they do not think of them."

A little attention to the subject shows that Canadians have a greater variety of meats, fish and poultry than have other nations and more of these in bulk as well. Although it is also true that many common vegetables, such as the potato and tomato, originated or were brought to the highest perfection on this continent, very many of us do not eat vegetables every single day at least once and probably twice. If every housewife who reads this article will resolve to do this and will keep her resolution, she will be surprised at the improved health, the added zest in life, the increased ability of every single member of the family to meet daily tasks and obligations.

By "vegetables" I mean any variety of a score or more, other than the potato.

Effects of Wrong Diet. The dentist asks, "What does this child eat?" when he discovers poor teeth. The doctor asks, "What does this child eat?" when he discovers flabby muscles and emaciation. Then he recommends an abstinence of vegetables and an abundant use of their may and probably will recommend other things, but doctors know that a strong body cannot be built or kept in repair without the daily use of those foods which have sprung up from our mother, the earth.

Older people who suffer from high blood pressure, from aching joints, excessive fatigue, and kindred ills, are recommended to reduce the use of meat, eggs and such hearty foods, to a small portion two or three times a week, and to increase their use of vegetables, which too often they plead they dislike, although they acknowledge that life is more precious than vegetable tastes!

What are the virtues found in vegetables that they should be so vigorously considered in our food program? They contain fibrous or rough material which cannot be completely digested and in consequence acts as a ballast for the ever active digestive system. Human beings require rough food as much as does a cow or horse and it should be included in every day's menus. The root vegetables, green leafy vegetables, stem vegetables, such as celery, are unexcelled for regulating purposes. For the time we need we must turn to them.

When Are Hens Too Fat? We find that culling out hens which become blegg with fat soon removes alert hens which sing and scratch. A certain amount of fat is needed on the pullets before they begin egg production. Handle the birds and examine the bird that roosts and proves to be laying regularly. Will prove to be about the right amount.

By keeping the flock in the condition of that hen it will be possible to keep most of them laying quite regularly. The pullet that soon becomes baggy from fat is not a life-time hen that does not spend much time in laying.

Hens that are laying profitably use the elements in making eggs that a hen stops laying and becomes too heavy she is in greater danger from liver trouble and other poultry diseases. If such birds are marketed the thrifty hens which are easily kept in good laying condition and do lay.

Bean pods are a very good feed for any kind of stock. Of course, so long as some are more valuable than others, just as some hay is more valuable if the beans are harvested before they get too ripe and when the weather is favorable so they are not bleached out in the rain good bean pods are nearly as good as clover hay. There is nothing in the idea that bean pods will injure a cow heavy in calf.

I don't think you can give her any better food. You can feed bean pods to any kind of live stock with the assurance that no harm will come.

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THE TORTOISES OF RHEUMATISM

Happy Stopped When He Began To Take "Fruit-a-lives"
3 OTTAWA ST., HULL, P. Q.
"For a year, I suffered with Rheumatism, being forced to stay in bed for five months. I tried all kinds of medicine without relief and thought I would never be able to walk again. One day while lying in bed, I read about "Fruit-a-lives," the great fruit medicine; and it seemed just what I needed, so I decided to try it. The first box helped me, and I took the tablets regularly until every trace of the Rheumatism left me."
LORENZO LEDUC,
55, a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

JOS PORTER AND THE AUTOMOBILE

"Well, I'm awfully sorry I can't agree with you, Uncle Jim," said Tom in his most impressive tones. "When a fellow has once shown himself honest, that's enough for me. Of course I'll be decent to him, but when he tries to get into our club, why, I'm against him."

"You don't believe in living a thing like that? Now, as I happen to know, Joe Porter is thoroughly sorry for what he did and has made whole restitution he can."

"He ought to do that, of course," answered Tom. "I'm glad he did. But a thing like stealing sticks to a fellow. You can't forget it. Joe Porter can't come back here in the East High, anyway."

Uncle Jim dropped the subject, and the talk turned finally to automobiles. "I'm glad to see you are running the car so well, Tom," said Uncle Jim. "I was talking with Joe Porter when you went by to-day; he said he'd like to hire you for an all-time chauffeur. He'd admit the car, but he'd be for a second-hand car."

"Why, Uncle Jim, you didn't tell Dr. Locke that our car was second-hand, did you?"

"Why not? Certainly it was a new when your father bought it. What else can you call it?"

"You can call it rebuilt, which is a very different matter," said Uncle Jim. "That's what I mean."

"Well, a second-hand car is just an old junk that some fellow wants to get rid of, but a rebuilt car is a new one."

"Any old junk," interrupted Uncle Jim. "That's a present that I've given you."

"And has thoroughly overhauled and continued Tom (triumphantly) that he'd been part substituted and the thing tested, and pointed out that he can't tell it from a new one."

"Well, I'm sorry I can't agree with you, Tom. Really, when a car is second-hand, that's enough for me. You may pretend all you like, but the car will always be second-hand, you know."

"Why, Uncle Jim," said Tom in a perplexed voice, "don't you know what Bill Jenks said: 'Don't let a car be rebuilt unless it was first broken down by a new one because the weak spots have been tested and strengthened? And you agreed!'"

"But it's second-hand just the same, isn't it? I can't forget that. And as to its being stronger for having been rebuilt, why, that's absurd. As you said about Joe Porter."

"Oh! Tom's face flushed, then turned sheepish. "So that's what you are driving at? Not our automobile, but Joe Porter? Why, Uncle Jim, do you really think..."

"That Joe Porter is rebuilt instead of second-hand? I really do, my boy. At any rate, if it isn't giving you a square deal to call it second-hand, don't you think it means just as much to a boy?"

Tom redded. "You're right, Uncle Jim. Rebuilt is a much better name to be the other, and the chances are that the weak spots will be all the stronger for the testing."

Why Their Flocks Failed. I had often been told by my neighbor farmers that their hens did not produce well in winter, in spite of the fact that they are fed liberally and housed nicely. "Naturally," I wondered why my flock failed and theirs didn't. On investigation I soon learned why. In three cases I found overcrowded quarters to be the sole cause of non-production. In one case I found overcrowded quarters and the flock uncleaned, although it was most liberally fed. I know from experience that to amount of feed will produce satisfactory results where a flock is confined to small, dirty pens. It pays to provide many quarters, allowing plenty of sleeping room and a large quantity of clean, well-ventilated straw bedding. We have had plenty of sunlight, and well and large flocks, having as few as 25 and as high as 600 laying hens. My experience has been that a few well kept hens will pay a larger profit on the investment than a bigger flock that is confined to a small pen where overcrowding is the result.



MAGIC BAKING POWDER
THE WHITEST, LIGHTEST
1 LB.
CONTAINS NO ALUM

HIDES-WOOL FURS
MEACON BEANS—The smoothest looking axle is rough and pitted under the microscope. The powdered mica in Imperial Mica Axle Grease fills in this roughness and makes every rubbing surface smooth. Grease can then lubricate properly and will last twice as long as it ordinarily would.

What the Glass Shows
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Imperial Mica Axle Grease is the best and most economical grease you can buy for your wagons and trucks.

Leather is honeycombed with pores—thousands of them to every square inch. To prevent these tiny openings from absorbing dust, sweat and moisture, use Imperial Mica Axle Grease.

It closes up the pores of leather and keeps it from cracking. It contains no acid, and it will not turn rancid. Farmers, teamsters and liverymen use and recommend it.

Sold in convenient sizes by dealers everywhere.

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