



"You Are Working Too Hard, John"

"WELL, I cannot help that. I am trying to figure out how the business is going to pull through and meet the liabilities with prices falling the way they have been lately."

"But, John, if anything happens to the business your health will be more necessary to you than ever, and you cannot afford to take chances of putting such a strain on your nerves. You are looking so worried and nervous, and you do not half sleep."

"What am I to do? You know I have got to keep plugging along and try to see things through."

"One thing you can do is to begin a treatment of Dr. Chase's Nerve Food. You know how well that brought me around when my nerves gave out and I was so miserable."

Mr. Charles E. How, R. R. No. 5, Aylmer, Ont., writes: "My system became generally run down, and I suffered from dull, heavy headaches. I was nervous, could not sleep at night, and my appetite became poor. I had indigestion and weak spells. I consulted a doctor, who gave me a tonic, but it did no good. I used other remedies, too, before finally trying Dr. Chase's Nerve Food. I found that this did me more good than anything I had ever taken."

Dr. Chase's Nerve Food, 50 cents a box, all dealers, or Edmondson, Bates & Co., Ltd., Toronto.

Hogs

It was a wise hog man who first said, "It's largely personal care and management that saves the young pigs."

The farms known to the writer offer an excellent example. Ninety-three per cent of the pigs farrowed were raised to weaning age on one of these farms last spring; only 37 per cent on the other.

The man who raised 93 per cent of his pigs had his farrowing houses arranged in a row, panels measuring about 15 feet square for each pen. The sows farrowed their litters separately where the other litters could not disturb them. Each sow and her litter was kept separate until the pigs were five or six weeks old. Dry bedding was rarely provided at frequent intervals. The young pigs had every opportunity to live and to get a good start.

The other man had his farrowing

EFFICIENT FARMING

Why Not Raise Turkeys?

It seldom pays to try for real early hatches of turkeys—April is early enough to set the eggs, and May is the best month for hatching. It is often advisable to gradually remove most (but not all) of the eggs the turkeys lay in their chosen nests and set them under chicken hens or in an incubator. The hatching results are usually about the same—and an extra clutch of eggs can be secured from the turkey hen before letting her start to set. Of course, turkey eggs require four weeks of incubation instead of three as with hen eggs.

Tame, quiet hens of the larger breeds, such as Plymouth Rocks, and Orpingtons, make the best turkey mothers. Ten turkey eggs are about right for a good six-pound hen. If the turkey hen is to do her own hatching, fifteen eggs is the best number. The heat and general care is the same as for hen eggs, but it never is satisfactory to try to hatch turkey eggs and hen eggs at the same time. The difference in size, thickness of shell, and length of hatching period all operate against the mixed hatch.

We always wash and dry the eggs carefully just before setting them. In very dry weather, or if the eggs have been kept ten days or more before being set, a couple of subsequent washings in lukewarm water during the incubating period help insure sufficient moisture to the eggs. Especially when they are being incubated under chicken hens is there little likelihood of providing too much moisture.

Turkey eggs for hatching should be kept in a cool, dry, dark place, and turned to a different position every day. Care should be taken that they are never roughly handled, knocked or jarred. Eggs for hatching should not long be exposed to sunlight or other strong light.

The hatching power of an egg decreases with each succeeding day that it is kept before setting. Turkey eggs that have been kept four or five weeks will frequently hatch, but a time limit of two weeks is advisable—and the fresher the egg the better its chance of producing a strong poult.

To prepare a nest for turkey eggs, scoop a hollow in fresh moist earth and over this shape with your hands a nest of clean, dry straw or excelsior two or three inches deep. Sprinkle a few crumpled tobacco leaves under the straw, or spray or sprinkle lye-killer on the ground. Don't put this directly on the nesting material, however, as it might injure the germs in the eggs by contact. It is quite necessary to keep the nest free from vermin, and it is also advisable to catch the hen once or twice while she

Shall the importation and the bringing of intoxicating liquors into the Province be forbidden? **NO**

Shall the importation and the bringing of intoxicating liquors into the Province be forbidden? **YES X**

Your Vote Will Decide

You Voted against the SALE— —Vote Now against the IMPORTATION

THE people on April 18th decide by the ballot reproduced above whether liquor for beverage purposes shall be allowed to come in, or whether the door shall be shut.

Earnestly we ask you to vote—vote to clinch your former vote.

By your last vote against the Sale of liquor you made Ontario safe from within.

Now vote against Importation, to make Ontario safe from without.

Prohibition should apply to all alike.

Take nothing for granted. Every temperance vote is needed. Every temperance vote must be cast.

See that your wife and every member of your household, with a right to vote, gets to the polls.

Let us roll up a decisive majority today and settle this question.

Get Out The VOTE

Mark your ballot with an "X" and an "X" only after the word YES

Ontario Referendum Committee

FOR EVERY PURPOSE

FOR EVERY SURFACE

Spruce Up

Now is the time you can greatly improve the appearance of your home with a touch of paint here and there. Don't neglect your furniture and woodwork. A coat of protection will work wonders. Save the surface and you save all!

MARTIN-SENOUR PAINTS AND VARNISHES

For the Walls and Ceilings
NEU-TONE—the enameled, sanitary finish that will not fade or rub off. Many pleasing tints and suggestions for speckled borders.

For Woodwork, etc.
MARTIN'S WHITE ENAMEL—the enamel de luxe, a beautiful finish for bathrooms, bedrooms, etc. It stays white.

For Floors
SENOUR'S FLOOR PAINT—a wide range of colors. It dries hard with a beautiful enamel finish that wears and wears and wears.

Paint Up

For Hardwood Floors
MARBLE-TITE—the perfect floor finish that withstands the hardest usage. A hard finish that will not mar nor scratch white. It can be washed with soap and water.

For Furniture
WOOD-LAC STAIN—in many shades, Oak, Mahogany, Cherry, etc. Gives to inexpensive woods the appearance of the more costly. Easy to use.

For Verandahs
OUTSIDE PORCE PAINT—dries hard in a few hours and wears like iron.

PERKINS & MANN
MARKDALE - ONTARIO

"Save the surface and you save all" —Paint & Varnish

Some successful feeders use a mixture of equal parts of ground oats, barley and corn, with table scraps, boiled carrots, potatoes or other boiled vegetables mixed with milk. Vegetables fed freely have a tendency to make the flesh plump and white.

In marketing turkeys it pays to have them well fattened and well dressed, so they will look better than the average. Attractiveness goes a long way in selling market fowls. Do not give food to the turkeys for twenty-four to thirty-six hours prior to killing; full crops and entrails taint the meat and prevent its being kept for any length of time without spoiling.

In dressing turkeys for city markets do not remove the head, feet or entrails, but have the whole carcass, including head and feet, perfectly clean. Kill by sticking a sharp knife into the base of the fowl's brain, through the mouth, instead of chopping off the head.

Dairy Notes.

It is much easier to manage calves if each one has a halter. They are more easily halter-broke at an early age and this saves pulling contests later in life when the animals are very strong. Pulling a calf around by the ears is a hard job and apt to develop an unruly, stubborn nature in the calf.

The salt block is a sure method of providing a steady salt supply for the cows. Place a block in a box in the barnyard and the cows will enjoy licking the block a few moments each day. A steady supply of salt is better than large supply at irregular intervals, followed by a long period without salt. These salt blocks last a long time and do not easily crumble into fine bits that might be eaten by poultry.

On cold and wet spring nights the young cattle need shelter nearly as much as in the winter. If they do not have a dry resting-place the exposure may debilitate them and make certain individuals more susceptible to tuberculosis. The health and steady growth of the young heifers has a great influence on future dairy profits and such animals need the best of care.

The best guarantee that a cow will prove all right is to buy her of an honest farmer or dealer. If you buy a cow that is due to freshen at a cer-

tain date and she never freshens, the best seller will be anxious to make it right, if possible. If the honest seller tells you that a cow is a profitable milker you will not be able to see the bottom of the pail after milking that cow. Of course, the buyer must use some judgment but it is true that many experienced farmers are fooled when buying cows. They can take some of the risk out of such deals by purchasing cows of honest dealers. When you have good luck in buying a cow do not fail to give the seller credit. In this way the honest cow dealers are encouraged and the others soon lose a lot of business.

The farmer who raises an occasional heifer for his herd often finds that he obtains better cows than he can buy for prices he can afford to pay. When you raise a heifer from a good cow and a pure-bred bull, there is always a chance that you will obtain for the cost of production a cow that you cannot easily duplicate for that amount of money.

Unexpected casualties often take the heart out of the dairy farmer. Many cows have died from eating staples, pieces of fence wire and other foreign materials. Be careful about making repairs around the barn and keep the barn and pasture as free from junk as possible. One farmer recently lost a good cow because she licked up nitrate of soda which was placed in a heap in a shed to use as fertilizer.

Cows do not seem to have their instincts of preservation sufficiently developed to protect them from eating foreign materials in their fodder. The wild cattle of the plains did not find bits of barbed wire in the clover. They found no pills of spray dope in their pasture. Cows now live under more or less domestic and artificial conditions and their owner must do much thinking for them. A cow is a very friendly and docile creature but no one can accuse her of being overdeveloped mentally.

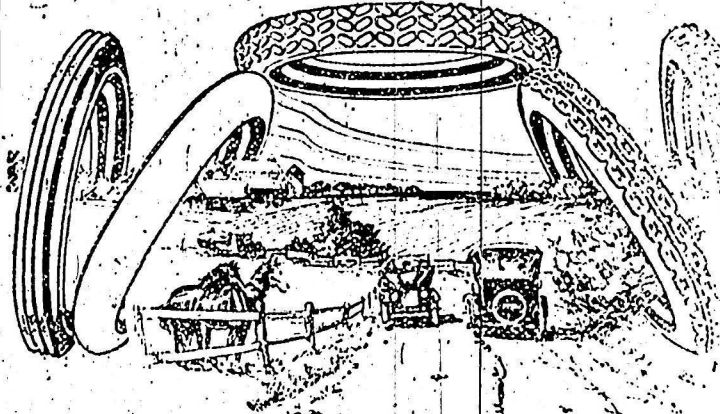
A box stall is a great help in managing a cow at freshening time. If it is well bedded the calf will find a warm, clean nest soon after it is born. The cow will have plenty of room and

will be easy to take care of her and the calf. When cows freshen in the woods or pasture it may take time to find the calf and the cow will not be under observation, is anything should go wrong. The box stall is the dairyman's hospital and often a very necessary part of the farm equipment.

Squash cooked, chopped, seasoned, and moulded is extremely wholesome served with an egg-sauce.

A delicious cake filling is a cupful of cream sweetened with one-fourth grated maple sugar.

One kindly deed may mean a gain of the soul. To love's sweet day-dreams, over the luncheon as its currents pass.



Small Tires That Give Big Mileage

The owner of a small car gets the same quality in DOMINION 30 x 3 1/2 Tires as does the owner of a big, heavy car who must buy large size tires.

All DOMINION TIRES are built to one standard, regardless of size. Quality and workmanship are consistently maintained, so that every car owner will get the utmost in mileage, service and satisfaction, no matter what size of tires he buys.

There are DOMINION TIRES for every car and every purpose. DOMINION INNER TUBES to insure perfectly balanced tires, and DOMINION TIRE ACCESSORIES to complete your repair kit.

They are sold by the best dealers from coast to coast.

DOMINION TIRES ARE GOOD TIRES