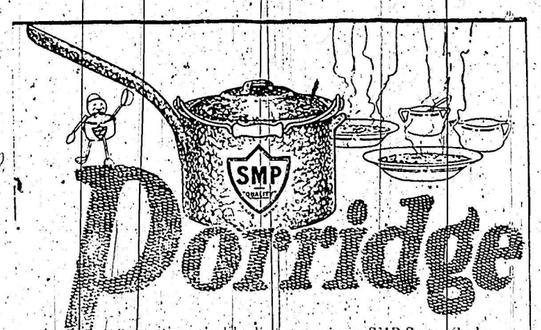
"My Heart Would Palpitate, I Had Weak Spells"

Mrs. L. Whiting, 202 King St. West, Brockville, Ont., writes—

"I took very sick with my nerves and stomach, and seemed to be all run down. At times my heart would flutter and palpitate so and I would take such weak spells in the pit of my stomach that sometimes thought I would never get better. I had almost given up hope when a friend advised the use of Dr. Chase's Nerve Food. I did not stop until I had taken twenty-five boxes. It has done wonders for me and I want to recommend it to everyone."

DR. CHASE'S NERVE FOOD

50 Cents a box, all dealers, or Edmanson, Bates & Co., Ltd., Toronto



It's cooked by live steam in an SMP Savoy Cooker ... for over and tastes better, too! The inner ... holes around the top through ... the steam generates. The live steam does the cooking. No need for stirring. No scorch, ... nothing to clean, as there is no burnt or dried meal to scrape off. The Savoy Cooker is one of the most useful ... made. Ask for

SMP Enameled WARE

Pearl Ware, two coats of purity ... Diamond Ware ... Blue ... Grade and ...

CANADIAN PRODUCTS CO. LTD.

Vandeleur

(Special to The Standard)

Mr. and Mrs. Alex. Carson spent a day with friends here.

Miss Marian Boland was home from Wodehouse over the week-end.

Misses Alice and Devona Cutting, of Markdale, spent a week with their aunt, Mrs. Wyville.

Mrs. W. R. Burnett, of Markdale, visited with her sister Mrs. J. I. Graham, recently.

Mr. and Mrs. Edwin Cullis are home from Sprucedale, after an extended visit with their son, Rev. Wilfred Cullis, who has been transferred to Heathcote appointment.

The local Orange Lodge and also a large number of others attended the monster celebration in Flesherton on the 12th.

Mr. and Mrs. Ben. White and Allan, of the West Backline, also Mr. and Mrs. James Ritchie and son, John, of Markdale, called on friends here one day last week.

Mr. H. I. Graham and Misses May and Annie Graham, also Mr. and Mrs. W. R. Graham, of Markdale, visited with friends at Feversham one day recently.

Miss Mildred Cullis, of Markdale, spent a few days with her aunt, Mrs. E. Brodie.

Mr. R. Patterson, of Inistioge, occupied the pulpit in the church here on Sunday afternoon, and gave a very interesting sermon. Messrs. Acheson and Duncan accompanied him.

The July meeting of the Women's Institute will be held at the home of Mrs. F. R. Boland on Thursday afternoon of this week. Miss Agnes MacPhail, M.P., will be present to give an address.

Miss Lillian Buchanan, 1st Vice-Pres., gave the topic at the League Services on Sunday evening.

Berkeley

(Special to The Standard.)

Mr. and Mrs. Bert Carter, of Toronto, arrived on the 12th to spend two weeks with the latter's father, R. J. Boyd.

Misses Mae and Jack Fitzsimmons of Toronto, are visiting the former's ... B. B. ...

... Fitzsimmons ... Emerton on the 12th.

Mr. and Mrs. ... Walker motored to Owen Sound ... the latter's ... Mrs. Thos. Bradley, Sunday.

Mr. and Mrs. Jack Fitzsimmons ... with friends ... Sunday and spent the day ...

Mr. Donald Cameron, who has been with friends in Owen Sound for a few days ... the latter part of last week.

Miss G. Tuffin spent Sunday with ... in Chicago.

Mr. and Mrs. Jas. Caswell and Mr. and Mrs. Art. Stafford motored to ... Sunday to see Mrs. Chas. ... in the hospital.

... Mr. Thos. Mitchell ... Mr. A. M. ... We hope she ... able to be out among ... soon.

Mr. and Mrs. McFadden, of Toronto, are visiting at the home of Mrs. Wm. Crawford.

Mr. W. Rowe of Clarkson, and Miss B. Duff, are visiting with the former's brother, Mr. T. Rowe.

Miss Rita Watts returned to her home, after visiting friends in Owen Sound.

Holland Centre

(Special to The Standard.)

Mr. and Mrs. Campbell, who have been visiting at Mr. Geo. Hanna's, left for their home at Maxwell on Saturday.

The Orangemen, of this vicinity, celebrated the 12th of July at Walters Falls.

Mr. and Mrs. Weiler spent Sunday, 8th, in Mildmay.

Miss Jane Telford, of Chatsworth, is visiting friends in the village.

We are glad to report that Mrs. Weiler, who was operated on in the Owen Sound hospital last week, is home and is improving.

Mr. and Mrs. Wm. Gordon and Miss Gertrude Minion motored to Stratford on Saturday.

Miss Florence Weiler, of Mildmay, is visiting at the Railway Station.

Mr. and Mrs. Geo. Hampton and family have moved into the village.

Misses Maria Troughton and Euphemia Telford are visiting in Oshawa.

Miss Olive Hawley and cousin, Agnes Anderson, of Toronto, visited at Mr. Hawley's last week.

Farmers' Sun Pleased With New Cabinet

SAYS FERGUSON IS RESISTING PRESSURE OF THE WET FORCES

TORONTO, JULY 10 — The Farmers' Sun, in a lengthy editorial on the new Cabinet, expresses its general satisfaction with Premier Ferguson's selection. While mildly criticising some features, the Farmers' Sun says "With only one member beside himself able to boast of administrative experience, Premier-elect Ferguson's Cabinet will have to demonstrate its fitness or unfitness before the public will be able to pass judgment upon it. It is apparent, however, that Mr. Ferguson has avoided some of the pitfalls that were in his path. It was somewhat generally believed that he would not be able to resist the claims of men like Colonel Carrie and other Conservatives in his following, but the list, as published, shows that ... a full man from Southeast Toronto has been left out in the cold. In ... the Cabinet contains only one member who can be fairly labelled an opponent of the O.T.A. In that respect its personnel may not be all ... to the army of "wet" voters who ... to the Conservative standard. ... Mr. Ferguson was their man ... dope, but the Province at large will breathe a sigh of relief. The Premier-elect has also shown unexpected independence in resisting Tory Toronto domination in making his selections. Apart from the inclusion of Hon. Thomas Crawford as Minister without Portfolio, which is more in the nature of an honorary post, with no authority or responsibility, there is only one Toronto member in the Cabinet. The Yorks, of course, have two, but the rest of the Province seems to have been fairly dealt with. The choice of W. E. Nickle, K.C., as Attorney-General is one of ... ing feature. The post is an all-important one, and under a politician interested mainly in preserving party fortunes there would very soon have been ample reason for charging that Mr. Ferguson was rendering thanks to the "wets" by indifferent enforcement of the Ontario Temperance Act. Mr. Nickle is not the type to play that sort of game. He has always had remarkable little concern for the fortunes of the Tory party, and a strong sense of duty is one of his dominant characteristics. Whether Tory "wets" like it or not, the O.T.A. will be enforced so long as it remains on the statute Books, and the excellent measures of enforcement inaugurated by Hon. Mr. Raney are not likely to be moderated in important particulars.

Berkeley

Bacon Hog Clubs

Last week Mr. W. Wade, Director, Live Stock Branch, Toronto, and Mr. A. B. Macdonald, Director, Ontario Hog Graders, Toronto, visited Grey County, inspecting the boars supplied to the twenty-four Hog Clubs in Grey. The caretakers are to be congratulated on the efficient manner they are looking after the hogs, and Grey County farmers are to be congratulated on the grade of boars they have secured.

Priceville

(Intended for last week)

We had a heavy down pour of rain on Sunday, when 3 inches fell during the evening and night.

Farmers who commenced haying last week report a heavy crop this year.

Mrs. M. Rudd, of Toronto, has been visitting with her father, Wm. Taylor, here.

Geo. Rutherford, insurance agent, Shelburne, was here last week doing considerable business in the village and vicinity. His daughter, Miss Elethea, a trained nurse of Detroit, made a short call on friends in the village.

Mr. D. Hetherington, wife and little son, of Shelburne, motored up on Thursday, of last week, and spent a few hours with friends in town.

J. W. Fleck, of Shelburne granite and marble works, had a stone cutter here for a few days last week, and he will return again in a short time to finish some work in the public cemetery here.

When you feel uneasy in your spectacles, don't hesitate to call and see us. Examination free.—J. Lucas.

Wodehouse

Some from these parts celebrated the Glorious Twelfth in Clarksburg; some celebrated in Flesherton, and the remainder spent their day at the basket picnic in Lot 10, New England. All report a fair good time.

Quite a number are experiencing short, sick spells, and at the same time due to an unknown cause, but no serious results have brewed.

Mr. and Mrs. A. O. Fawcett, of Detroit, Mich., arrived at the home of Mr. and Mrs. T. I. Fawcett on Wednesday, July 11th, for a three weeks' vacation.

Mr. and Mrs. E. Wilcox and Nelson, accompanied by Mr. J. T. Lawson, of Harkaway, motored to Collingwood on Sunday and attended the funeral of Manual Hutchinson, of that place.

Church services here were put off on account of the misfortune Rev. J. S. Veals had with his auto.

Mr. and Mrs. W. O. Fawcett and son, Hilliard, of Owen Sound, and little niece, Verna Burnside, of Markdale, spent Sunday afternoon with Mr. and Mrs. T. I. Fawcett, having called to see Mr. and Mrs. A. O. Fawcett.

The long looked for has come at last in the way of a big soaking rain, and we are looking forward to another before such a great while.

Miss Orlie Kirkpatrick celebrated the 12th of July in Walters Falls, remaining with friends there until Sunday.

Mr. T. A. Gilray has been drilling wells for the neighbors close by. Having finished drilling one for Clarke Bros., he will commence this Monday to do a job for Mr. Kirpatrick.

Miss Margaret White visited on Sunday with her sister, Sadie, who is engaged working with Mrs. Chas. Camack, of Kimberley.

GOOD MONEY IN GOOD FARMING

"Let's Get to Work and Pay Off the Mortgage"

NINE years ago Canada's national debt was about one-third of a billion. It is more than two and one-third billions today.

Our debts have greatly increased—our revenues must also go up. The farmer has to bear his share of the increased burden. That means he must increase his revenue.

Complaint has been heard that farmers under present conditions in Canada cannot make farming pay. And yet many thousands of Canadian farmers do make it pay.

How Is It Done?

Patient and industrious "carry on" will do wonders; but something more is needed. Too often "patient industry" is coupled with "dull persistance" in poorly thought out methods.

Farmers today more than ever must plan ahead, as well as "plug along"; indeed they have no option, if they wish to succeed.

Co-ordination of head and hand will mean real success. Farming in Canada has paid and pays now on many farms. It can be made to pay on almost every farm. Canadian agriculture has passed through low profit-making eras successfully in the past and can do so again.

With the increased cost of production, the higher standards of living now prevailing cannot be maintained by poor farm management, "boarder" milkers, scrub beeves, poor quality hogs or non-profitable hens.

That even under present conditions profits may be made is testified by many skilful, observant and non-plunging farmers, who believe more in the policy of "slow but sure" and "pay as you go" rather than speed, with excessive borrowing and the often consequent disaster.

The results on our Experimental Farms also bear testimony to the value of thorough, skilful work.

The Farmer Must Manufacture

But crops alone are not enough. The farmer must change his crops into less bulky and more high-priced products—milk, pork, beef, mutton, poultry, etc.

With fair yielding cows dairying shows good profits in Canada. The average cow has increased her yield 25% in the last 10 years. She can quite readily go up another 25% and more, and there where the profit lies. Better feeding, better selection and better breeding will do the job. Feed, weed, breed.

To do better feeding means better pastures and more generous supplies of palatable roughage. Short rotations including clover, ensilage crops (corn, sorghum), peas and oats, etc.) will prove in abundance for both summer and winter. The experience of the Dominion and Agricultural College farms has proved these crops highly profitable and recommended.

Crop Returns Should be Increased

On the Central Experimental Farm at Ottawa some crop returns and crop profits in 1922 as contrasted with Ontario average crop costs and crop profits are given below. The Ottawa figures are in brackets:

	Cost per acre	Profit per acre
Hay	$21.13 ($[illegible])	[illegible] ($55.09)
Corn for Forage	[illegible]	[illegible] ($2.80)
Oats	$26.[illegible]	[illegible]

Similar results on Experimental Farms in [illegible]

so that [illegible] at [illegible] exist [illegible] in [illegible] apply [illegible] which [illegible] is true [illegible]

THERE were 1021 forest fires reported in Ontario last season. The vigilance of the fire rangers kept 53 per cent. of these down to a size not exceeding five acres. But yet the total area burned was over 346,000 acres—equal to a strip of forest one mile wide from Toronto to Cochrane.

Of the total number, only 52 were lightning fires. In other words, out of every 100 fires, 59 fires were due to man's carelessness and were preventable.

Accordingly, the problem of forest protection in Ontario calls for the co-operation of the whole citizenship of the Province. If reasonable care be exercised by everyone in the woods to prevent the start of fire, our forests will be safe. Railway officials, campers, prospectors, lumber firms, settlers, construction firms—all can help by being careful of fire in the woods, and by joining hands with the press, the leaders of public opinion, and the business men of Ontario, in promoting educational propaganda to reduce forest fires.

Save Ontario's Forests

Ontario Forestry Branch, Parliament Buildings, Toronto, Ont.

GS

WANT ADS. CREDIT

For Sale—Cherries ... A. Graham, Clarksburg, Ont.

For Sale—Money for ... Ricketts, Markdale, Insurance Representative.

Notice—No Trespassing ... Picking allowed on ... Emphrasia Township ... Cherry, owner.

To Rent—7 Room ... and soft water, ... garage. Possession ... apply to Hugh Knox, ...

For Sale—... repair, complete ... wheel shed, ... For further ... Mr. Gillespie ...

For Sale—... Oliver ... Plows ...

Save the Wrapper ... Premium ...

H. G. Nesbitt, Markdale

Monuments

No matter what kind of design or monument you want, I can supply it. All the work is executed by men who are experts in monument designing, lettering and cutting. I buy direct from the quarries and am able to sell at the lowest possible price. Call and see me or drop me a card and I will have my representative call and show you designs and give you prices.

Lettering and repair work a specialty. All work guaranteed.

J. W. FLEGG

SHELBURNE — ONTARIO

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Nyal CREOPHOS TONIC AND BUILDER

RELIEVES BRONCHITIS

The Nyal Drug Stores

ONCE A TRIAL—ALWAYS A NYAL