

THURSDAY, SEPTEMBER 7, 1916

A TOWN-LOT CHICKEN RANCH

I started out to raise some hens. I first bought wire to make some pens. You need two pens to make hens thrive! Mine cost \$10.25.

I bought one hen at a time, for I had a large assortment need. I bought cut bone and grain galore; The bill \$10.94.

On average hours need a chicken shed. A place to sleep and to be fed. Mine was great, though through and through. And cost me \$10.42.

Wonder if you farming peeps: I had twelve eggs in sixty days. The little, once, have been immense! The twelve eggs brought me 50 cents.

HE SHARED IT

It is not always those who have an abun-
dance of the good things of this world who
prove the most generous. Not long since
a man asked a newsboy called Jack, if he
wanted the job of taking up a couple of
tons of coal to his office. "Want the job?"
said the boy: "I should say I did!" As
he said this he pulled off his ragged jacket,
and said to a little girl standing blue and
pinched on the earing. "There, take the job, and we'll take my jacket, and I'll take the jols and we'll
have a mucky supper after all."

What a pity it would be if such occurrences
in Jack's life. One cannot afford to be miserly
for Nelly and himself. And so he did
not mind working extra hard, even though
it was heavy work for one of his size. But
he was to work with a will, and just as the
day closed the job was done. "I've finished,"

he said, when he last the fifty cents
was in his hand. "Now you can have
whatever you want for your dinner. Mind
you make it something nice."

But just as they were going into the res-
taurant, Jack saw one of his fellow news-
boys looking with wistful eyes on the
tempting array in the window. Not for a
second did Jack wait, but going up to the
boy, said "Hello, I've had a notice
of him, and I think he's going to have
something nice. Want to go with me?"
Without waiting for a reply, he pulled Bob
along into the house, and the fifty cents
did buy three instead of two dinners.

It was Jack's all, his spite, but he shared
it cheerfully, willingly. Shall we, who
have more, do less? It is for us to make
this season one of "good will toward men."

DIARRHOEA

Was Caused By
Change of Diet, Etc.

Diarrhoea arises from many causes,
such as change of diet, change of water,
change of climate, catching cold, the
eating of unripe fruits, or anything that
will cause or induce an excess of bile.

On the first sign of any looseness of the
bowels it should not be neglected, but
should be looked after immediately, for
if not diarrhoea, dysentery or some other
serious bowel complaint may ensue.

Mr. Geo. Smith, Victoria, B.C., writes:
"It is a fact that Dr. Power's first tried
Dr. Power's Extract of Wild Strawberries, and
I was then on a timber survey, and suffered greatly from diarrhoea, caused by
change of diet, etc. A friend in the
party, who had been drinking beer, gave
me great relief. Since then I have given
it to many, and would do so again.
I am sending a sample of the extract to
Dr. Power's Extracts of Wild Strawberries,
which I consider the woodsman's best friend."

Dr. Power's Extract of Wild Strawberries
has been the standard for nearly 20 years, and
is known to be the positive cure for all complaints
arising from any looseness of the bowels.

When you see what Dr. Power's is
there are many rank imitations of this
meriting remedy placed on the market to
try and fool the unsuspecting public.

Wild strawberries are manufactured by
The T. Milburn Co., Limited, Toronto,
Ont.

Price, 25 cents.

A Pill That Is Friend.—There have been
many pills upon the market and press upon public attention, but none
have so far succeeded as the new
favour as Person's Vegetable Pills.
Wilson's use of these has attracted their
great value, and they need no further ad-
vertisement than this. Having firmly
established themselves in esteem, they
now rank without a peer in the list of
standard vegetable preparations.

Children Cry FOR FLEYCHER'S CASTORIA

A Prince Dressing for Wounds.—In some
factories and workshops carbolic acid is
kept for use in cauterizing wounds and
cuts sustained by the workers. Far better
to keep on hand a bottle of Dr. Thomas'
Molectic Oil. This is a quick in action
and does not scar the skin or burn the
flesh. There is no other oil that has its
curative qualities.

KEEP THE BOWELS REGULAR AND AVOID CONSTIPATION.

When the bowels are not kept regular
they become clogged up with a stale and
paleous matter causing constipation;
biliousness, sick headaches, piles, and
all kinds of liver troubles.

Milburn's Lax-Liver Pills will regulate
the bowels so that you may have a
free and easy motion every day. One
pill every night for thirty days will
cure the worst cases of constipation.

Mr. John Y. Smith, Mississauga, Ont.,
writes: "I had been troubled for a great
while with constipation and tried many
different remedies which were so good
I happened to try Milburn's Lax-Liver
Pills, and I have found them most bene-
ficial."

Milburn's Lax-Liver Pills are 25
cents per vial, or five vials for \$1.00; for
sale at all dealers, or mailed direct on
receipt of price by The T. Milburn Co.,
Limited, Toronto, Ont.

Unsatisfactory the head that wears a frown.
The man who tries to buy popularity
gets stung.

Start a scandal about your neighbour
and watch it grow.

WHEN BUYING YEAST
INSIST ON HAVING
THIS PACKAGE



DECLINE SUBSTITUTES

CHARM OF ODD NUMBERS.

Ancient Superstitions That Lingers In Present Day Customs.

Odd numbers have always and everywhere been held in peculiar reverence, and if that is mere superstition, then it only proves that, despite our education, we are still superstitious.

A hen is always considered an odd number to be hatched.

There is no reason at all except superstition. Hatches from, wardrobe, ports, etc., yet no valid reason can be adduced for the odd number.

Virgil records all acts of courage and spills practised round odd numbers—never even ones. And we still, after two failures, make another attempt and murmur hopefully, "Third time the charm will work." We have again, and never an odd superstition.

Seven is the favorite Biblical number, and odd divines taught that it held a mystical perfection. It's an odd number. Three is the number of the Trinity, and odd number again.

"Farewell, Sir Harry Vyse," is trapped for the third time. The himself.

"They say there is a divinity in odd numbers," because of the old belief that the odd time would be lucky.

Physicians of other days always insisted that "bleeding" should be in odd numbers—one, three, five, etc., and never an even one.

COUGH THE RIGHT WAY.

It is Safer For Yourself, Your Lungs
and Those About You.

The following directions as to how
to cough are given by Dr. A. A. Moore in the Journal of the Outdoor Life.

Hold your handkerchief so that it is
about five inches square. Place it flat
against the right hand, with the hand held
firmly against the mouth. Then the hand
on the mouth, so hold it loosely.

The sound made in coughing is due
partly to air passing over the vocal
cords, partly to air going through the
trachea and bronchi and trachea and part
of the lungs. The sound of the cough
can be almost wholly avoided
and the irritation to the lungs and air
passages prevented by keeping the air
tight and in getting your hand
closer to the mouth.

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4—Miss, J.M.C., Hamilton.

Do you carry disease of any kind? If so, how may they be got rid of?

A—Please carry a disease known as bubonic plague from rats, squirrels and other small animals. This disease is unknown in Canada.

Physicians are destroyed by the use of Prontosil powder. Into the nose of the patient or by injecting the powder over the nose. The dose of powder should be washed with a solution of 5 per cent. creosol and 20 per cent. soft soap in water.

HOW TO KEEP WELL

BY JOHN W. H. MCQUEENHORN, M.D., D.P.H., CHIEF OFFICER
OF THE PROVINCIAL BOARD OF HEALTH.

HEART DISEASE.

In RECENT YEARS the number of cases and deaths from disorders of the heart have markedly increased. In Ontario the ratio of deaths has steadily risen during the last decade, and as a cause of death organic heart disease now heads the list. A certain amount of the increase may be set down to better diagnosis and more accurate statistics, but these will hardly account for the remarkable increase during recent years. What can be done about it? In the first place means must be taken to establish not an early diagnosis but an accurate diagnosis. Even then or with the help of a physician who has reached the limit of his knowledge, the physician must not, as is sometimes done, sit over the examination and hastily conclude that the symptoms are those of dyspepsia.

What symptoms and signs are the most important in the testing diagnosis of heart disease? Among the most important are weariness, lassitude, and decreased ambition. If these are complained of it should be suspected that the patient is suffering from heart disease.

RECOGNITION OF HEART DISEASE.

Then there may be a tendency toward obesity, especially in children. In hurrying to a street-car, or in going up hill or upstairs, or there may be a sense of tightness or pain in the chest. There may or may not be palpitation. Sometimes the heart beats so rapidly that it is difficult to count the pulse.

HEART THROBS.

There may be a tendency toward faintness, dizziness, or even collapse. These are often due to the heart failing to pump enough blood to the brain. There may be a sense of tightness or pain in the chest. There may or may not be palpitation. Sometimes the heart beats so rapidly that it is difficult to count the pulse.

THE PILLOW FISH.

He's Just a Common Hopper and Not a Guide for the Shad.

People who named this fish believed he served as guide and pilot, whereas he is nothing more than a bream. Because he is usually found swimming ahead of a shad people used to think he was a shad.

Two miles up Dufferin street from the City of Toronto, on the banks

of the Don River, is the site of the Connaught Laboratories, which

is the public health history of this fair spot. In a small

CONNAUGHT LABORATORY,

the buildings, now in course of construction, are com-

pleted to all the various serums in use at the present time.

The prevention of disease is the chief business here. The rolling pas-

sage will accommodate the horses necessary for the various

preparations of diphtheria and tetanus antitoxins and anti-tuberculosis serum. Here, too, will be prepared smallpox vaccine and Pasteur preventive treatment.

There will be a laboratory for the Provincial Veterinary

Department, which makes supplies for the Board free of cost to the

people of the Province. No better work is being done for the public

than in this laboratory. The Connaught Laboratories will be open to the

public at all times and will be open to the medical profession and the

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