



### FARM GARDEN

(From the Canadian Farm.)

The hot weather period is the most trying season in the life of the young calf. It should not be so if it were properly looked after. But, as a rule, the young calf is very much neglected at this season. It is left a prey to flies, the heat of the sun, and soon becomes stunted, its hair rough, and its general appearance unthrifty. The symmetry of outline present when a week or two old has given way to a rotundity of body, familiarly known as "pot bellied." When a calf reaches this condition it might better be turned to other purposes than the dairy. The value of the calf is depreciated one-half when it becomes stunted in growth, and no matter how good its ancestry may be, it cannot reach the development that it would have had, had proper feed and care been extended to it every day of its growth.

#### CAN CALVES BE RAISED WITHOUT MILK?

There are more calves of this stunted character in the country than many imagine. The cheese factory and the supply of whole milk to cities and towns are some of the factors contributing to this end. Where the whole milk is diverted from the farm it is difficult to raise calves properly. Good calves have been raised, without milk, except for the first few weeks. Some experiments conducted at the Pennsylvania Experiment Station a few years ago showed that this could be done. In these experiments a good substitute was found in a mixture containing wheat flour, coconut meal, linseed meal and dried blood. But what may be done at an experiment station may not always be practiced on the average farm. Milk is the natural food for the calf, and it should have it in some form during four to six months of its life, depending largely upon the vitality and vigor possessed by the calf at birth. It is true with the calf as with other young, that its future depends in a very large degree upon the care and feeding of the dam before the calf is born. But that is another story, and not pertinent to the question at issue—that of feeding and caring for the calf during the hot weather and afterwards.

#### SKIM-MILK FOR WEATHER.

Premising that the calf being raised this season has had proper care and feeding up to the present, we have reached a period when they are from three to four months old. At this age they should still be receiving some skim-milk daily. And we might point out just here that skim-milk is a better food for the calf intended for the dairy than whole milk. It should have whole milk for a couple of weeks. Then a gradual change to skim-milk should be effected so that when three or four weeks old it should not be receiving any whole milk. Skim-milk is rich in protein, which will develop muscle, bone and sinew, and the foundation for a strong, healthy, vigorous animal. But skim-milk alone is not sufficient. Some linseed meal should be supplied, about a cupful to each feed. The jelly is simply made by stirring ground linseed meal into a pot of boiling water, until a jelly-like consistency is reached.

#### HOW MUCH TO FEED.

The amount of skim-milk a calf should be fed daily will depend largely upon the calf. Some calves will take two gallons or two and a half gallons per day, while others may not take over a gallon and a half. The calf raiser must exercise his judgment in the matter. But whatever is done do not stint the calf. Give it all it will take and digest properly. Calfhood is the growing time, and the calf should be kept growing and in good, healthy condition from the start.

#### GIVE A LITTLE COARSE FEED.

Early in its career the calf should be accustomed to taking a little coarse feed. Place some nice, bright clover hay in a rack and the calves will begin to nibble at it. A good plan is to drop a handful of wheat bran into the rack about the time the calf is done drinking. It will soon learn to lick it up. Some dairymen recommend beginning to feed the meal ration in this way: after the calf has learned to eat bran, a little ground oats can be added and a very small quantity of oil cake meal. In this way the young calf may be educated to digest the more concentrated foods. Sugar beet meal makes a very good summer food for calves, especially for young ones, that are not on the grass much.

If the calf has been well fed and cared for, after five or six months the skim milk ration may be gradually discontinued. It will by this time have become accustomed to a meal ration, and if the pasture is good, will thrive well. But the calf should be carefully watched lest the food does not agree with it. A calf

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You can probably remove corns, blisters, soft or bleeding, by applying Putnam's Corn Extractor. It never burns, leaves no scars, contains no acids, is harmless, because composed only of healing gums and balms. Fifty years in use, and its success is beyond question. See bottles. Refuse substitutes.

#### PUTNAM'S PAINLESS CORN EXTRACTOR

power of all shepherd life and meditation—the life of sunlight upon the world, falling in emerald streaks and falling in soft, blue shadows, where else it would strike upon the dark mold or scorching dust.—John Ruskin.

#### An Ill-Behaved Cluck.

Q.—My one cluck hung six chicks in two days. I never had such a peculiar experience and can find no reason for it. It was a year ago. You are your hen's eggs or too small a nest box; result, broken eggs that smear the feathers, which sticking together make boxes which catch chicks by the neck. Make box eighteen inches square and set from thirteen to fifteen eggs, according to the size of hen and season.—Cape May Star and Wave.

### BRITAIN'S SHARE OF THE WORLD'S SHIPPING.

(N. Y. Sun.)

There has just been issued from the offices of Lloyd's in Fenchurch street, London, a new register, destined no doubt like its predecessors to be an indispensable desk companion of every one associated with the shipping in the world. The appendices to the present volume will be found more than usually serviceable, especially that in which are collected from the most authoritative sources the facts showing Britain's place among the shipping nations of the world.

From the returns made to Lloyd's Register it appears that of the 30,540 steamers and sailing ships now in existence Great Britain must be credited with 11,565, or more than one-third. In aggregate tonnage the present volume will be found more than usually serviceable, especially that in which are collected from the most authoritative sources the facts showing Britain's place among the shipping nations of the world.

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### HOW TO MEET HOT WEATHER.

#### HEAT PROSTRATION DIFFERENT FROM STROKE.

Blondes More Liable Than Brunettes to Heat Troubles—Eat Only Absolutely Fresh Fruit—Wear Light Clothing, Sleep Much and Drink No Stimulants.

"The blazing sun of July and August can work two direct ills upon mankind, and two direct ills only," says a writer in *Hampton's Magazine*, "sunstroke, which, all things considered, is comparatively rare, and what is popularly known as heat prostration, which is generally available, is common."

"Because they demand rapid diagnosis and prompt relief, the symptoms of this pair of dangers are frequently confused, and not infrequently with disastrous results, but the truth is that they are entirely independent of each other."

"Sunstroke is a sudden loss of control by the heat regulating centres of the brain, whereas heat prostration is merely but perhaps more seriously the exhaustion of certain vital organs, due to the patient's continued exposure to the heat."

"Nature in order to guard the brain against sunstroke has established in it a heat regulating mechanism of a character quite adequate to ordinary circumstances. This is a nerve centre which automatically controls the blood vessels. Cold contracts these vessels, but heat expands them, and in doing so they pour out the sweat which, by its evaporation, relieves the superheated body."

"The heat regulator is to the brain what the automatic sprinkler is to the factory or warehouse. When the factory or warehouse requires a dangerous temperature that very temperature dissolves the plugs in the sprinkler and releases the water. Thus, when the brain grows too warm the heat regulator permits the vessels to expand and they proceed at once to pour out the relieving fluid."

"This is adequate in ordinary circumstances. But civilization has created for man some circumstances which are not in nature's conception of the term 'ordinary.' One of these is the wearing of hats, which is worn by disease, when it is wearied by overwork, when it is fagged by abnormally long heat exposure, or when it is subjected to sudden exposure of excessive violence, the cerebral centres are whirled into a condition which requires more relief than the sprinkler can give, and then the result is that collapse which we call sunstroke."

"It is the action of the heat on several vital organs which causes heat prostration. This is usually met with on a hot day of one hour or two, when the heat action weakens the stomach, is upset, bowels, kidney and liver may suffer, and the prospective patient 'to keep going' will use more and more of the energy which he will later need in resisting the final breakdown."

Consequently prostrations occur as a rule in those who are exposed to intense heat for a long period, or who are in bad health, and in whom the heat is likely to be more serious than in cases of sunstroke. Often the patient recovers only to run the same risk again and to encounter ultimate disaster."

"The immediate services of a physician are imperative in all cases of sunstroke, but in the ordinary cases of prostration much may be done before the physician arrives. Stimulation is required, and this may be done by rubbing the patient with whisky, or by giving him a small quantity of whisky. The fatal temperature is generally believed to be 106 degrees, yet I have seen patients brought into hospitals with a temperature of 110—and going up by leaps and bounds."

"Recent investigations seem to show that the lighter the color of your complexion the greater are your chances of disaster. The medical staff of the United States Army has been paying particular attention to this matter and has found that as a rule blondes cannot long survive in a tropical climate."

"On the average they die within three years, probably because the clear skin, which is so far removed from the pigment, offers little protection against the sun's rays. In any event blonde or brunette remember that the skin's natural relief from heat lies in the throwing off of that secretion of water, sweat or excess, which is so much the matter which we know as sweat."

"The cessation of the flow of sweat is the first danger signal. When that happens get out of the sun and into the shade, stop work, drink plenty of water, and do not hesitate to use a fan. It is more satisfactory to be ladylike and alive than masculine and dead. Of course if you can afford it you can always avoid both sunstroke and prostration by the use of a cooling preparation of the heat, but you should at any rate take things easy and drink no stimulants at all."

"Chief among the ills from heat that are less direct but more frequently fatal are diseases of the lower alimentary canal. Two general causes are, roughly, assignable—cold and bacteria. Probably 95 per cent. of the diseases which we are now considering have their origin in the eating of contaminated fruit."

"By this I do not necessarily mean fruit which is so far rotted that its decomposition is evident to the senses. It is true, I believe, that in many cheap eating places and in some that are not cheap, contaminated fruit is frequently served as fruit salad or in some highly seasoned or artificially prepared form. But the far more frequent source of distress is in fruit which our senses could not at all detect as decayed and which if pointed out to us we should describe as just on the turn. Such decay is due to the presence of bacteria, and its result

### "Expected To Die"

#### Biliousness, Dizziness, Vertigo and Pain in the Back. Owes His Life to the Curative Powers of Dr. Hamilton's Pills

Lack of exercise and overwork were the cause that combined to almost kill Samuel S. Stephens, jun., one of the best known and most influential citizens in Woodstock. In his convincing letter Mr. Stephens says:

"A year ago I returned home after a long trip, completely worn out. I was so badly affected by chronic biliousness, so much overcome by constant headaches, dizziness, that I despaired of ever getting well. I was always tired and languid, had no energy and spirit, found it difficult to sleep for more than five hours. My appetite was so feeble that I ate next to nothing and in consequence lost weight and strength. I was pale and had dark rings under my eyes that made me look like a shadow. It was a blessing that I used Dr. Hamilton's Pills. In one week I felt like a new man. The feeling of weight and nausea in my stomach disappeared. My eyes looked brighter, color grew better, and best of all I began to enjoy my meals. The dizziness, languor and feeling of depression passed away and I regained my old time vigor and spirits. Today I am well—thanks to Dr. Hamilton's Pills."

The regular use of Dr. Hamilton's Pills keeps the system clear, healthy, and thereby prevents all manner of sickness. One pill when retiring will make you feel like new. For health, strength, comfort and good digestion, this medicine like Dr. Hamilton's Pills. Beware of substitutes and don't let any dealer palm off some other pill on which he can make more money, 25c. per box, or five boxes for \$1.00, by mail from The Catarhoxone Company, Kingston, Ont.

### AMONG THE JEWS

News Notes About Them From All Over the World.

The sale of Anglo-Palestine shares in America continues to increase at a highly satisfactory rate. Purchase of land in Palestine has been receiving great impetus and will be still further stimulated by the action of the twelfth convention of the Federation of American Zionists in introducing the formation of Achaiah Nachla companies as the one that is proving so successful in St. Louis. Mr. Simon Goldman, founder of the St. Louis company and newly elected chairman of the Palestine committee of the Federation, has undertaken the raising of a million dollar fund for Palestine land development during the coming year.

The Zionists of Constantinople entered the name of Enver Bey, one of the most prominent of the Young Turks, in the Golden Book.

Mrs. Emily van Praagh, the widow of the late William van Praagh, who was a pioneer of the oral instruction for the deaf mute in England, was given a pension of 50 pounds, to be paid from the civil list. This is a high honor bestowed on persons of superior merit in the fields of science, art and public welfare.

This year the olive crop in Jaffa is very good. The barley crop of Ghazza is estimated at 2,497,200 bushels, of which 1,929,600 bushels are intended for export. Advances from Haifa say that the crop of both Syria and Palestine are good and will exceed those of 1907.

The organized Zionists of Switzerland recently held a conference in Basle. The report of the propaganda committee showed that 900 Zionists brochures and many hundred circulars were distributed. Over 12,000 francs were collected for the National fund, 900 francs for Shekolim, 150 francs for the party fund, and organization receipts 890 francs. Various resolutions were adopted as to future propaganda work for the movement.

The late Mr. Ellis A. Franklin, of London, left 22,000 pounds for charities, of which 1,000 pounds each were bequeathed to the Jews' College and the Anglo-Jewish College, with which institutions the late benefactor had been intimately connected, while the other 20,000 pounds should be distributed according to the discretion of the executors.

Local journals report that the Alliance Israélite Universelle has decided to purchase some forms in the vilayet of Smyrna, which belonged to the ex-Sultan, and were ceded by him to the State.

Consequent on an appeal to the nation, made by a Turkish evening paper, for subscriptions to build some warships, a large number of Jews have promised monthly contributions.

In a recent issue of a Jewish paper it was stated that a certain learned rabbi had been invited to preach, and did preach, upon a non-controversial subject in the Roman Catholic Church of Our Father, Detroit. This church is not Roman Catholic—it is Universalist.

Dr. Milton J. Rosenau, director of the hygienic laboratory of the United States public health and marine hospital service, has accepted the position as professor of hygiene and preventive medicine at Harvard University, where he will take up his duties in the fall.

The board of managers of the orphan's Home, Philadelphia, Pa., has awarded a contract for the erection of the new orphanage, which will cost \$50,000. The building will be a three-story stone structure, and will contain all modern improvements and conveniences.

The cholera, which is raging at St. Petersburg with many fatal results, has spread among the inmates of the Jewish orphan asylum in the capital. Typhus has also reached several important Jewish centres in the Pale, where large numbers of people are daily succumbing to the disease.

Just recently Mr. Hertz, a manufacturer in Lodz, donated 200,000 rubles for the establishment of a girls high school, in spite of the fact that experiences prove daily that from schools of this kind the Jews will not derive any benefit.

Herr Edward Frankfort, the well-known amateur painter, has gained the gold medal at the International Exhibition of Pictures held in Arnhem. Four years ago, at an exhibition in Amsterdam, Herr Frankfort was awarded the gold medal presented by the Queen Mother.

The constitutional law in Paris—one of the highest awarded by this faculty—has been won by a young Jewish lawyer, M. Pierre Frederic Simon.

Mrs. Henrietta Loeb, of Philadelphia, Pa., in memory of her husband, Marx B. Loeb, has presented \$1,500 to the United Hebrew Charities, 1,000 to the Jewish Foster Home and \$500 to the Young Women's Union.

### HER ONLY WISH

Captain H. P. Nuse, of the Celtic, was regaling a little group of ladies with sea stories.

"One trip," he said, "there was a woman who bothered the officers and me to death and whales. Her one desire was to see a whale. A dozen times a day she besought us to have her called if a whale hove in sight."

"I said rather impatiently to her one afternoon:

"That madam, why are you so anxious about this whale question?"

"Captain," she answered, "I want to see a whale blubber. It must be very impressive to see such an enormous creature cry."

Rehearsals Well Attended.

"In your amateur theatricals do they really kiss in the love making scenes?"

"In the public performances of course not! What would people think! Only at the rehearsals!"—Boston Globe.

Taking Less Risks.

Houston.—The French may now buy our stocks on their bourse. Mulberry.—They would find it safer to marry them, as usual.—Puck.

### MADE IN CANADA

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It is to the advantage of every housekeeper in Canada to use them

Magic Baking Powder.  
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### EDIBLE ROOTS MUCH PRIZED IN SOUTHERN LATITUDES.

Efforts are being made to introduce in the Southern States certain useful vegetables, hitherto unknown to this country, which are known in tropical regions as the yautia, the dasheen and the taro. The last named is already familiar as an ornamental plant, under the name of 'elephant's ear.' All three are nearly related, and their starchy, edible roots are highly prized in warm latitudes.

These roots, indeed, resemble the common potato in composition and in flavor. That of the yautia, for example, when properly cooked, is not easily distinguished from the 'Irish' tuber. It is sometimes white, sometimes red, and sometimes yellow, according to variety. So rich is it in starch that it yields nearly one-third of its weight in flour, and its leaves are prepared for the table after the manner of spinach.

One reason why it is deemed desirable to introduce these plants is that they flourish in land that is too wet for ordinary crops. It has been ascertained that they will grow well in this country as far north as the Carolinas. Not only are they useful by reason of their edible qualities, but their high yield of starch affords a prospect of great usefulness for them as stock food or in the production of alcohol.

The yautia seems to have been originally native to the West Indies. It was cultivated by the aborigines in those parts centuries before Columbus discovered America. Even to the present day its roots, which look somewhat like sweet potatoes, are raised on the islands of that archipelago in great quantities, the production often reaching ten tons to the acre. Did the white potato not exist they would take the place of it admirably.

LOOKING FOR TROUBLE.  
(Montreal Herald.)

"Harold," she said, soothingly, "what you ask is impossible."

"Well," said Harold, dejectedly, "my friends were right afterward."

"How so?" she asked curiously.

"When they piled up and sometimes they raised their hands and said, 'What, her? Oh, she's impossible, impossible! At that time I didn't know what they meant, but, of course, now I do,' and Harold turned and drummed mournfully on the window pane."

Friend and Lawyer.

"Advice," said Uncle Eben, "is sure 'll like signin'. You either give it till you're tired of listenin' or else it's so expensive you can't afford to say any—Washington Star."

### SHOE POLISH

is different from any other—the best—the brightest and blackest. Quickest to shine—longest to stay shined.

It is real Shoe Insurance. Feeds and preserves the leather.

Insist on "2 in 1." No other is even half as good.

10c. and 25c. Tins.



DR. H. W. WILEY AT WORK IN HIS LABORATORY IN WASHINGTON

He declares that the modern housewives are Lucretia Borgios, poisoning their households through lack of knowledge of hygienic principles.