aring Chicks

y be too much dogmatism the proper methods of ing and rearing. Given ed chicks from good, vigith; parents and almost of feeding, where ordimon sense is used, good likely to be obtained. In inces there is too much d in fusaing with chicks. tests at the Central Ex-Farm have indicated that od results can be obtaingood mach is fed in hopconstantly before the chicks ime they are ready to feed s hours) - as where regular e or six times per day is In conjunction with the of course, water, milk, fine vator shell and green feed When the chicks are about ain is given daily. When are a month to six weeks chick much is replaced by sh and when at about two age, a hopper of crushaddition to the growing ept before them at all system cuts down great-

or of attendance. the chicks have sufficient ble them to warm up any eel like it but avoid keepuses closed more than is Allow the chicks out on oon as weather permits. rowding in the brooder stretching pieces of wire ess the corners and put ats and encourage the to them as early as pos-

he sexes and dispose of that are not to be rereeders as soon as they factorily marketed. ks to start with, given rererowded houses green range arences up-to-dule, succ saful

cason and and Field in now have a rocket in an area of about here and New York, ime of half an hour. a in exact volume to ed is an essential feahet is able to travel

111 1

-Stones from every eld named Salisbury t for construction of ross the River Avon owns will be asked let.ered stones. etts, Missouri, North

sia and Vermont, A tratched to include nd Salisbury Center Salisbury Cove in

is and lockets r than eyes or

Gladys Nolan.

that the average distance of about

of human inhabit

value of the proded with \$41,825, ng to a report of an of Statistics. lishments in all, n Ontario, 71 in ish Columbia, 21 ie remainder in is. Capital ininted to \$41,851,th \$39,829,474 in

Doctors' Report Gives Method to **Prevent Colds**

Poor Ventilation, Bad Diet and Lack of Sunlight Are Contributing Causes

How many of us go through winter without at least one attack of common cold? Possibly only the proverblal one-tenth of 1 per cent. Aside from reading the glowing praises of the many cough remedies. how may I personally do something that will prevent me from catching this most common ailment?

The final test of all advice recom mended on this subject must be the success of the method as applied to large control groups of people, some of whom take the treatment and others who voluntarily refrain from taking it. The larger the group under observation the more conclusive the results

Medicine has for many years fought this contagious infection with but a small amount of success, handicapped, at least in one respect, by the absence of large test groups upon which controlled experiments may b made.

Because of the lack of disciplinary authority these tests have been I'mited in the past to military units, but have recently been applied to groups of university students.

Defies Investigation

mon cold. In a like manner, every Caphilower, Snowball and Earliest membered that this seed is suitable in London. university finds that a large share Dwarf Erfurt; Carrots, Chantenay for Ontario. It is also well to reof the student "cuts' are from this and Danvers; Corn, of the early member that vegetables of the high- that, just as speech appeared to have

group which comprises approximate ket and Golden Bantam are recom- must be well prepared, well fertilize between the movement of the human you." ly 25 per cent. of the whole student mended, with Stowell's Evergreen for ed and well cultivated, particularly hands and body with those of the hubody which are classed as "cold sus- later use; Cucumbers, Improved during the early stages In small man mouth and tongue, so the deceptible," with men averaging a few White Spine and Davis Perfect; Cel- gardens it is often quite practical velopment of alphabets appeared to I wish to goodness you'd hold your A magic wisp of moon. percent higher then the women.

ant is the old problem of ventilation. New York and Non-Pareil where a The atmosphere of the classroom

during the winter months is likely to be dry, hot, quiet and considerably polluted by infective moisture droplets talked, coughed or sneezed out of many throats.

The more modern buildings adequately keep the temperature at its proper level with a continuous change of air, but the majority of the older buildings are inhabitable only by the process of keeping windows closed. Thus at the end of the hour the

student not infrequently steps out abruptly from classroom with a temperature of 70 degrees Fahrenheit and a relative humidity of 25 per cent, into an outside atmosphere with a temperature below freezing and a humidity of 70 per cent.

This marked difference of atmospheric conditions has been found by the New York State Commission on Ventilation to cause a paling, a American Plan rate that you will swelling and non-resistive condition | find it cheaper to stay at the

found to be the lack of "protective | We will personally see to your foodstuffs," such as milk, leafy vegetables and citrous fruits in the diet. Even when vegetables are eaten in . H. BRADFORD RICHMOND, quantities they are generally of the from stall-fed cows and eggs from

winter-housed chickens. Lack of sunshine in the dark winter months keeps the skin in a hypersensitive condition to chilling and contributes to the lowering of the vitamin content of the body.

With these three causes-faulty ventilation, incorrect diet and lack of ultra-violet light from the sansubstantiated, corrective measures have been used which deal directly with these factors.

Preventive Measures

A fifteen-minute ultra-violet light bath is given once a week from October to December, twice a week from January through March and once a

Also as part of the treatment the GET RID of your dread of pain acid-soaked stomach and bowelsalkaline reserve of the cold suscepti- after eating. Eat without fear of assists these organs to function as bles was replenished by providing "indigestion," sour stomach, disagree- they should. each member of the group with an able gas or headaches. each member of the good of equal When your food ferments, "dis- coated tongue, headaches, nausea or parts of sodium blearhonate and ma- agrees," lies like a lump in your biliousness indicates an over-acid Chapman returned from lunch and thesium carbonate flavored with oil agrees," hes like it lump in John billiousness indicates an over-acid Chapman returned from lunch and condition. Take a spoonful today "Anyone call while I was out?" he ghesium cardonate have stomach, it's a sign of too much actually condition. Take a spoonful today Anyone can while I was out? It's of peppermint, with instruction to You need not resort to crude methods and for several days and see how it called his new secretary into his room.

"take one teaspoon in a glass of the instead an anti-acid that will sweetens the system. You won't be asked. "Yes," replied the girl. "Smith sweetens the system. You won't be asked. "Yes," replied the girl. "Smith sweetens the system." water twice a day for three days correct the condition. Phillips' Milk nearly so liable to colds or sickness, came in about his account, He want-

Although the experiment is still in A spoonful of this pleasant-tast it in 50c bottles. Although the experiment is still in progress, the cold prevention methods ing, soothing fluid neutralizes many Genuine Milk of Magnesia is always said Chapman. The girl nodded and progress, the cold prevention methods ing, soothing fluid neutralizes many Genuine Milk of Magnesia is always said Chapman. The girl nodded and progress, the cold prevention methods ing, soothing had never a tablet. Look for the replied: "Yes; and that you wouldn't have reduced cold incidence in group times its volume in acid. It restores a liquid—never a tablet. Look for the replied: "Yes; and that you wouldn't have reduced cold incidence in group times its volume in acid. It restores a liquid—never a tablet. Look for the replied: "Yes; and that you wouldn't have reduced cold incidence in group times its volume in acid. It restores a liquid—never a tablet. Look for the replied: "Yes; and that you wouldn't have reduced cold incidence in group times its volume in acid. It restores a liquid—never a tablet. Look for the replied: "Yes; and that you wouldn't have reduced cold incidence in group times its volume in acid. It restores a liquid—never a tablet. Look for the replied: "Yes; and that you wouldn't have reduced cold incidence in group times its volume in acid. It restores a liquid—never a tablet. Look for the replied: "Yes; and that you wouldn't have reduced cold incidence in group the liquid—never a tablet. Look for the reduced cold incidence in group the liquid—never a tablet. It is not tab studied by 425 per cent. The state of the s

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plete with Fan \$11.50 Ball Bearing Post Drill, drills 0-%" holes to centre of 11½ circle \$ 9.50 51/2" Jaw Stationary Machinist Bench Vises \$10.00 61/4" Jaw Stationary Machinist Bench Vises \$12.50

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Garden Talks

Put These Vegetables on List The average gardener is often bewildered by the large number of With the problem of isolating the vegetable varieties offered and so for cold germ stopped by lack of suit- his particular benefit the following able laboratory equipment-for the list based on expert information is germ is known to pass through the offered: -Asparagus, Mary Washingfinest filters and to be invisible even ton, satisfactory from the standpoint with the best microscopes-the re- of disease resistance and a good port of Drs. D. F. Smiley and G. F. cropper; Beans, Pencil Pod Black Maughan, of Cornell University, as Wax, Round Pot Kidney Wax, published in Scientific Monthly, comes Stringless Green Pod with Kenas a welcome sign for all people in- tucky Wonder Wax and Kentucky terested in cold prevention methods Green Pod as pole sorts: Beets, which are successful and whose suc- Early Wonder, Flat Egyptian Early cess is substantiated by sufficient and Detroit Dark Red, later; Cabbage, Golden Acre, as a round-head- Tomatoes, Earliana, John Baer, Cold epidemics are limited to a pinny, Early Mayflower, Early Mar. grown the most rapidly. The soil owing to an unconscious sympathy She-"It doesn't take much to please ery, for the first early Golden Plume and very advisable to water during have been influenced by a correspond- hand up. I can see your cards." Of the several contributing factors early second, Paris Golden Yellow or that the vegetables come on without the human mouth and tongue and the right, only you needn't be so snappy. which tend to reduce the resistance Easy Blanching,-for winter keep a check. of the student body during the dark, ing Giant Pascal or Winter Queen; cold months of January. February Lettuce-Grand Rapids is one of the and March one of the cost import- most popular leaf varieties with

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Atlantic City, New Jersey Friends in Canada. We are quoting such a very low

I "Homelike Strand" than staying I

Music-Salt Sea Baths-Complimentary Tea Daily, 4 to 5 p.m .-T. E. ANDOW, Mgr.

A CONTRACT OF STREET OF STREET, STREET

The second of the S Mandalowsky & the state of the State

as Golden Champlain, Miller's Cream only on bright days Ventilate a crosses in its flight from the rough on Across the sloping seas, or Osage: Onions, Yellow Globe Dan- little every day by raising the sash, one side to the rough on the other. And strew the tender fields again vers, Red Wethersfield, Prize Taken keeping it open longer as the days can Wonder; Parsnip, Hollow Crown; hardened off for a week or two in baby's grandmother. Radish, Scarlet White Tip, French a cold frame which is exactly the ach, Bloomsdale and King of Den- manure. mark; Swiss Chard, Lucullus, the as a spinach while the fleshy stem How the Alphabet may be cooked as asparagus and is delicious served with cream sauce;

Spring Work With Lawns be taken out and fertilizer to be added. The roller should be used at

this time so that the fine roots which by the frost will be packed into the soil again. Dig out the weeds, rake over the bare spots and reseed heavily with the very best seed procurable, Give the lawn an application of fertilizer. Well-rotted NO SNOW ON THE BOARDWALK | manure is good early in the spring towards the right. verized sheep manure is recommended because this fertilizer is steamed before being put up so that all weed seeds are killed. Nitrate of Soda or a good mixed chemical fertilizer is

Sends Greetings to its Many often used as there is no objectionable odour and no unsightly appearance following the application. If mouth exposed to plenty of sunlight ordin- horizontal palate. ary dawn seed will do, but if shaded, U and V are both pairs of protruded select a special brand which all the "immune bodies" of the blood to you—so you will know the exact seed houses carry for this purpose W is a pair of lips, like M, but pointon good lawn seed, as this is the only kind which will result in a

Constructing A Hot Bed Where one plans to use a large Prop. I number of those plants which must

Phillips' Milk of Magnesia

what you need when a bad breath,

Supported the support and supported to

expensive, and in addition to growing such plants as the above it may to buy a memorial stone for him after be used to produce early lettuce, he died," said Darling Dora. "How onlons, radishes and melons for the do you like my new diamond?" table. Secure a supply of fresh horse manure which has been turned frequently to prevent burning and earned \$40 a week and gave your store this in some sheltered spot, mother half, what would she have?" turning over occasionally until ready to use. The hot bed should be located where it will be convenient for the person looking after it during all one somebody else has. sorts of weather. Preferably, it should have some shelter from north and west winds by fences, buildings young Darlington, and one particular or shrubbery. Select or prepare a reason is his lack of interest in his school?" well-drained site and make a pile of calling." the manure eighteen inches deep when well pressed down. On top He calls on me seven nights a week." of this place a light frame of wood any desired size and cover tightly

plants as Petunias, Zinnias, Mari-

golds, Cosmos, Asters, Tomatoes,

Cabbages, Cauliflowers, Head Let-

an affair is neither difficult nor

should slope a few inches toward the led her through the Mammoth Cave. front which must be south. Cover the manure with three or four inches of fine soil. The bed will heat up Dub-"One who plays golf the way rapidly at first but by the fourth you did last year. ently for planting purposes. One the foresome tells his score. can plant in rows quite close to- Sand Trap-A device placed in the gether so that a bed three by four fairway to increase the vocabulary of head sort is wanted; Muskmelons, feet will produce ample plants for the player.

Came Into Being

Every employer is only too well ed arst early, followed by Coppen- Bonny Best, Chalk's Early Jewel and "Influence of mouth gesture on the the feet wobbly. aware of the serious loss of time and hagen Market and Enkhuizen Glory Livingstone's Globe, while Grand development of the Alphabet," was the efficiency on the part of his help as mid-season with short stem Rapids and Sunrise are two of the subject of an address by Sir Richard

variaties Golden Sunshine. Picka- est quality are the ones that are developed from pantominic gesture,

If the alphabets of different nations afternoon and I haven't complained." were examined it was found that in A good lawn will require a little the letters standing for the sounds of It is amazing to see how much mis- any day of a player who has made attention every spring. There will P. B. M. and W. and also those for information may be accumulated by eighteen holes in one. always be bare spots to be reseed- the vowel sound U-in all of which one who diligently seeks it. ed, paths to be broken up, weeds to the two lips are more or less protruded and brought together-the symbols are commonly suggestive, either of a close mouth, or of two lips closed or have been heaved out of the ground projected, or on the point of opening.

bet by Sir Richard were: ing on its side, suggests an open coat is too loud, wear a muffler. mouth facing right. B is the profile of two lips, pointing

but may be somewhat objectionable E represents a mouth pointing to in certain places and often it re- the right, with the tongue at midsults in adding more weeds. Pul- height, as in pronouncing the sound of

L is another vertical tongue sign.

M represents two lips in profile, pointing upwards. O is a front view of a rounded

the position of the lawn is open and T is a vertical tongue, touching the

Every lette: of our alphabet, except possibly H and Q, said Sir Richard, permanent, fine and velvety sward. was closely related to the shape of mouth which produces it.

Building Statistics

Montreal, Quebec. - The building permits issued by 61 cities in December represented construction work valued at \$15,439,964, as compared with \$11,791,478 in November and \$14,-688,682 in December, 1929 .. There was, therefore, an increase of \$3,648,-486 or 30.9 per cent, in December as compared with the previous month, and of \$751,282 or 5.1 per cent. in comparison with the figures for December, 1929. In the record going back to 1920, the December, 1930, figure was only once exceeded, the total for December, 1928, having been \$16,095,-

If all you need is opportunity, ge busy at once and make one.

Wife: And don't come home so late, Husband: I shall come home when like. Wife: But not a minute later.

water twice a day of the throat of Magnesia.

All drugstores in the Dominion sell ed it settled." "And you told him that

Owl Laffs

tuce and similar things, a hot bed is sold shorts. Now they can be bought essential. The construction of such only at the department stores.

Teacher-"Johnny, if your father Johnny-"Heart failure."

The peculiar characteristic is the Daddy-"I greatly disapprove of

Daughter-"Why father, his calling!

"I just love these big cave men." with a window sash. The latter sighed Gladful Gladys, as the guide

Golf Definitions

day should have cooled down suffici- A Good Lie-When the last man in

Improved Montreal and Extra Early the ordinary garden. In cold or Fairway-The long narrow strip of Knight are good varieties; as well stormy weather, water sparingly and grass which the ball occasionally Once more the fickle birds return

Yellow Globe and Prize Taker Red grow warmer. The plants should When the young mother begins to Globe; Peas. Thomas Laxton, Lax- not be removed directly from a hot talk about lessening the risk of the The sky is magic as the month, tonian, Gradus, Little Marvel, Lax- bed to the field, except in very fav- baby's second summer you may know | Low sun, high stars between,

Breakfast and Scarlet Globe; Spin- same as the hot bed without the Girl's Dad-"So you're the young The boats are breathing on the sea; man with both feet on the ground. eh? What do you do for a living?" Girl's Boy Friend-"I take orders from a man with both feet on the

Too much time on the hands makes No man shall see them soon,

What has become of the old-fashion because of absence caused by the com- Danish Ealthcad for winter storage; best forcing sorts. It should be re- Paget before the anthropology section ed woman who made it a point of We, too, shall stead upon the spring

He-"I like your bathing suit."

or Wonderful, and White Plume, for dry weather in order to make sure ing sympathy of movement between | Second Lady Bridge Player - "All You've been showing me yours all

She-"Oh, go and commit suicide." He-"That's the last thing I'd do."

The last word in preparedness was Examples given from our own alpha- undoubtedly achieved by the sleighing party which hooked its sleigh on

> Fortune does not smile on those who wait. It laughs at them.

Can you sell a small article that

I is an elevated tongue, as in the You get 40c. A real good income and a business of your own. You have no competition and everybody is a prospect. We want an agent in your district. SANICAL HEAT PAD 'O., 169 Yonge Street. - - Toronto



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is need. In cases of colic, diarrhea or similar disturbance, it is invaluable. A coated tongue calls for just a few enever children don't eat wel don't rest well, or have any little upset—this pure vegetable prepara-tion is usually all that's needed.

ISSUE No. 11—'31

y to test to a contract to a secretary or and a

Charles O. R. and the public of the State of the contract of the State of the State

Red Rose Orange Bekoe

so respossible your earlestam Depring Lamb, asparaque.

"is GOOD Tes. 2 CHOICE BLENDS - Red Label & Orange Pelice

Father-"Why were you kept in at Son-"I didn't know where the TOR MACHINE OR HANDKNITTING

Father-"Well, in future just remember where you put things."

Women, Elephants and Indian never forget.

Little Girl-"Please, have you sheep's head?"

Facetious Butcher-"No, my dear: only my own." Little Girl-"It won't do.

March Magic

ton Progress and, of course, Ameri- orable circumstances, but should be right well she has been talking to the The icy winds have washed it clear;

Straight from a blue-starred fen.

Unpiloted they steal away, The sea birds follow for a mile,

Then leave them to the moon.

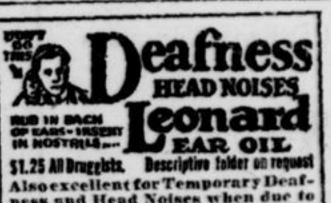
Shall drop, some day, behind the

moon. Borne or a star-blue tide.

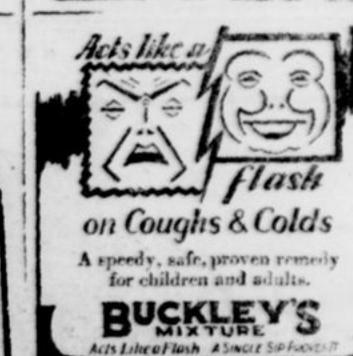
Enchanted ports we, too, shall touch Cadiz or Cameroon; -William Alexander Percy, in "Say

pho in evkas." _____ These pocket-hannkerchief go courses are bringing the game within | yourself. reasonable bounds. We expect to hear

home! Get 2 oz. Peroxine Powder from A, which was originally written ly- behind an ambulance. If your over- your oruggist. Sprinkle a little on the face loth, apply with a circular motion and the blackheads will be all WASHED AWAY. Satisfaction or money returned.



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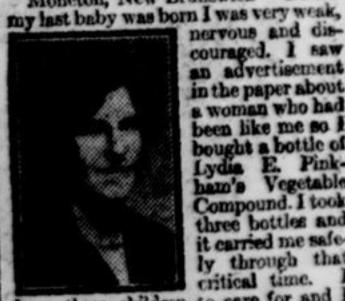
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couraged. I saw in the paper abou been like me so ought a bottle of three bottles and t carried me sale v through that

have three children to care for and feel well and strong. I have told two pels me to add my sincere tribute." other women about your medicine."—
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