

Lantic Sugar

is packed by automatic machinery in strong white cotton bags and cartons at the refinery.

This is far safer and more sanitary than sugar packed by hand in weak paper bags which break at a touch. No hand touches LANTIC SUGAR until you open it yourself. Just cut off the corner of the carton and pour out the sugar as you need it.

2 and 5-lb Cartons
10 and 20-lb Bags

"The All-Purpose Sugar"



A Tenderfoot's Wooing

By CLIVE PHILLIPS WOLLEY

(Author of "Gold, Gold in Cariboo," Etc.)

CHAPTER XIX.—(Cont'd.)

"We'll tie the horses here, and wait a bit. When we can pretty nigh see our sights, we'll begin our sneak. They're a blanked sight nearer than I thought they was."

As he spoke his words were justified. The black-belt of gloom which surrounded the hollow in which they lay, was suddenly starved in a dozen places by quick red jets of flame, and the silence shattered by the ringing reports of as many rifles, after which the darkness came back again and the silence, but for the screaming of a wounded horse.

"Guess they beat us on the sneak," muttered old Al coolly. "Get into cover, boys, quick."

Probably no white man but Al could have led the ranch posse through those woods at night as silently as he had done. They had stirred no heavy beast to precede them and carry a warning to their foe. There had been no fluttering of disturbed wings in front of their advance, except that once; but a warning need not be printed in large type on an Indian to see it.

"Ever since Dan 'broke that tree' the stalkers had been stalked without suspecting it.

"When the volley was fired Dick Rolt had his eye on the exact spot in which one of the red stars of light had burst. He had heard the bullet singing past him, and for a fraction of a second had seen the prone figure of the man who fired the shot. But he had not replied to it.

The brilliance of the momentary flash had accentuated the darkness for him, and taken away from him all idea of locality, so that to have replied would only have been to waste a shot and betray his own hiding-place.

He was lying now behind the dead horse waiting to snap at the next star which should appear or to meet the rush which might have followed had the attacking party consisted of white men.

He had no notion how close his fellows were. He could not hear them, nor see the outline even of the nearest bush. It was still pitch dark on the ground.

Suddenly a hand closed round his ankle, and a voice whispered.

"We've got to wriggle out of this. Don't lift your head, but just slink round on your belly and snake it after me. There's no hurry. I'll go slow."

"But the horses?" asked Rolt.

"You're dead, ain't it? If they want to shoot the others we can't stop 'em, blank them. Come," and Rolt who by this time had his head near old Al's heels, saw these draw quickly away from him.

Imitating his companion, Rolt squirmed on his belly through the bush which closed over him, so that it was only with the utmost difficulty and half by instinct that he managed to follow. Al, of whose tortuous progress he could see but little, even when he was within arm's length of him.

He knew that he was going down hill, and that the ground under him was growing softer and softer, until at last he might almost as well have been swimming, but he could see nothing.

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Philadelphia, Pa. Do you wear glasses? Are you a victim of strain or other eye weakness? If so, you will be glad to know that according to Dr. Lewis there is a real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man writes after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me."

A lady who used it says: "The atmosphere around my eyes with or without glasses, but after using this prescription for fifteen days everything seemed clear. I can now read and write without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to do so.

It is sold in Toronto by Valmeir Drug Co.

to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and the irritation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

Notes: Another possibility: Persons to whom the above article was sent, wrote: "Bon-Opto is a very desirable remedy. In countries where it is known to relieve eye troubles and widely prescribed by them. The principle is the same as in the case of the eye drops. It is a water extract from a very large number of plants. It is obtained from any good quality of the same and can be prepared by any one. It is not a secret, but a common-sense remedy."

IT MAKES ROUGH HANDS SMOOTH

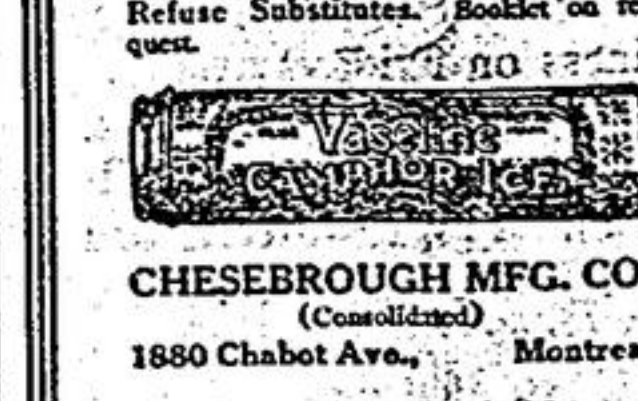
There is no better remedy for chapped hands and lips than

Vaseline

Trade Mark

Camphor Ice

Keeps the skin smooth and soft. Sold in handy metal boxes and tin tubes at chemists and general stores everywhere. Refuse Substitutes. Booklets on request.



CHESEBROUGH MFG. CO. (Consolidated) Montreal 1880 Chabot Ave.

The Farm

The Value of Good Stock

Eight years ago a certain dairyman had a herd of ten grade cows that averaged between six and seven thousand pounds of milk in a year. This herd was considered to be the most profitable one in the district as it produced about a third more milk than other herds of the same size. A pure-bred bull of a dairy breed from being used and the heifer calves raised the most promising cows were raised. However, the owner was not satisfied, and as a good deal was being written about the milk yield of pure-bred cows it was decided to purchase a cow and a couple of heifers. The three animals cost \$400. This was not a high price, as prices for good animals run, but it was considered in that neighborhood to be an enormous figure to pay for a cow and two heifers, when the average cow was selling around \$75. This cow dropped a heifer which grew to be a big-framed cow that gave over 10,000 pounds of milk, testing four per cent fat, her first year in milk. One of the heifers purchased gave over 12,000 pounds of milk in one year, and the other one 7,500 pounds as a two-year-old, and came up to 11,000 pounds for 316 days as a four-year-old. The investment turned out to be a profitable one, as these animals gave milk enough to pay for themselves in one year, if it had been sold at the present market price. Besides this, \$50 was refused for the heifer calves the day they were dropped, and the bull calves sold from \$75 to \$100 a piece when less than a year old. The sire used in this herd is from high-producing, high-testing cows, and as a result many of the heifers have proven more profitable than their dams. In eight years the pure-bred females have increased in number from three to nineteen. The standard in this herd is set high and the cows not qualifying are not allowed to remain long.

Not only is the present herd more profitable than the grade herd previously kept, but it is much more interesting working with stock that have some breeding behind them.

The expense of securing foundation stock is the reason given by many dairymen do not keep pure-bred animals. However, it is not necessary to purchase a whole herd in order to go into the business. One or two good females are sufficient for a start, and cows that are giving a large flow of milk can be purchased for about one-half than the ordinary grade cow is selling for at sales. True, many grade cows will give as much milk as pure-breds, but they are the exception not the rule. It costs no more to keep pure-breds than it does grades, but they usually produce more milk and butter fat and their offspring commands a higher price than the ordinary calf. Good stock is within reach of every dairyman. Although it costs a little more to secure such animals than it does grades, the extra cost is made up many times by the increased production. Farmer's Advocate.

How We Grow Potatoes

Our soil is a sandy loam. The variety of potatoes that we grow is the Dooley. As a general rule we follow potatoes after fall wheat, or clover. We plow the wheat stubble after harvest and give lots of cultivation. We apply the manure directly from the stalls, 20 to 25 loads to the acre and work directly into the soil. We harrow frequently during the spring and seed about May 24. We use good, sound seed of medium size, and have each seed piece the size of a hen's egg. Our method of planting is to plow the ground and seed every third furrow, running the furrows five inches deep. We spray with Bordeaux mixture to control blight, and expect extra bushels of yield for every extra cultivation we give the crop.

We regard seed selection as most important in keeping up yields. Before the general digging we go over the field and turn out the most likely looking hills and select seed tubers from the best of these. We take no

CHAPTER XX

The Chinook wind which had been blowing before midnight had dropped, and in the last hours of darkness had been succeeded by a crisp clear air with more than a suspicion of frost in it, so that when the dawn came, it spread through skies of such rare lucidity as are never seen except in high northern lands.

Along the horizon the light grew gradually, until in the east the heavens were of a pale lemon color, so clear, so utterly fine and transparent, that the gloom of the rigid barrier of pines hurt the eye with its contrast of stiff solidity.

Even the pine belt itself was not quite-proof against the dawn. The tops of it were touched with a pale glory and, though the gloom of the black boughs swallowed up the light that struck them, a bole here and there was caught by it and brightened with a wash of tenderest golden grey.

But the prairie welcomed the dawn, which flooded its frost-touched sage brush, so that it rolled in sheets of sparkling silver, from the pines, to the cherry patch and away beyond as far as the eye could see towards the still shadowy bed of the Fraser.

The dawn had made all things plain, had emphasized every outline; the peace of it called attention to every least sound which might break the holy stillness of the waking day; and yet Rolt, listening in his burrow, could not hear so much as the breaking of a twig, or see a sign of life in the direction from which he had fled.

(To be continued.)

Idle Chit-chat.

Edward—"Pa, do you know everything?"

Pa—"Yes, my son, why do you ask?"

Edward—"Why, I wanted to find out why the heavy end of a match is the 'light' end."

High explosive shells were first actually employed in the Boer War.

of the plants; some are stockier and bushier than others. These are preferred, as we believe that such plants resist disease best and they can be cultivated longer.—Alex. Lomont in Farm and Dairy.

Stockers and Feeders.

1. Best purchasers of stockers and feeders on all markets either refuse to purchase horned cattle or buy at 40 to 50 cents. cwt. less.

2. Feeders have better results from cattle without horns, for the following reasons:

- (a) Dehorned cattle are more docile, easier handled, less wild or nervous.
- (b) Dehorned cattle are more thrifty and show better gains.
- (c) Dehorned cattle ship better and sell better when finished.
- (d) Dehorned cattle cannot gore and mutilate one another.

3. Young calves should have the benefit of caustic. Properly applied, this prevents growth of horns.

4. Horned cattle result in enormous losses, in meat and hides a waste which Canada must eliminate.

5. Horns on cattle are absolutely without use. The day is past when horns were a protection from one another.

6. The modern dehorning plant used at the Union Stock Yards, Toronto, makes dehorning quick, sure and humane. The work is done free of charge.—Bulletin No. 7, Union Stock Yards, Toronto.

The Value of Salt

The action of salt on all forms of parasite life, and the immunity enjoyed by sheep on salt marshes, suggests useful results from top-dressing the land with agricultural salt. Sheep should also have access to lumps of rock salt. This destroys many of the cercariae taken into the stomachs before the young flukes migrate to the liver. Sheep getting trough food should have salt, say a quarter of an ounce a day mixed with it, whereas if a sheep is fed with a feed of fluke it is feared. Sheep badly affected with fluke are best killed and buried, as there is no likelihood of their recovery, and besides they are only further poisoning the pasture. All the apparently non-affected ones in a flock where fluke disease is present should be placed on fresh high-lying pastures and fed generously on pulped turnips when available, with a daily allowance of the following mixture in the proportion per head of 1 lb. crushed oats, 4 oz. crushed clover, 4 oz. barley meal.

To the above ration add one dessertspoonful of the following powder, which any chemist will make up: Sulphate of iron, 8 oz.; chloride of sodium, 6 lbs.; powdered calumba root, 12 oz.; powdered licorice root, 8 oz.

Farming as a Business

The principles which underlie profitable farming are not unlike those which underlie the profitable conduct of any other business. The difference is merely in the application. The one fundamental principle underlying all successful business undertakings is that the cost must be less than the selling price. In the operation of this principle agriculture is no exception. Farming, however is such a complex business, and the different enterprises making up the farm unit are so intricately related, that it is often well-nigh impossible to determine the

GOOD DIGESTION

When your digestion is faulty, weakness and pain are certain and disease is invited.

MOTHER'S SELIG'S SYRUP

FOR COYS. THE STANDARD REMEDY

FOR STOMACH AND LIVER TROUBLE

At all Drug Stores, or direct on receipt of price, 50c and \$1.00. The large bottle contains three times as much as the smaller. A. J. WHITE & CO. LIMITED, Craig Street West Montreal.

GIRLS

KNITTERS, PAIRERS, LOOPERS, EXAMINERS

Good Positions in our Hosiery, Sweater, and Underwear Departments. Steady work. Eight hours daily. Operators with experience guaranteed \$9.00 and upwards weekly. Write us.

RELANCE KNITTING CO., LTD., King and Bathurst Streets, Toronto.

SHOE POLISHES

Contain no acid and thus keep the leather soft, protecting it against cracking. They combine liquid and paste in a paste form and require only half the effort for a brilliant lasting shine. Easy to use for all the family—children and adults. Shine your shoes at home and keep them neat.

BLACK-WHITE-FAN 10c

KEEP YOUR SHOES NEAT

POULTRY

Feeding Young Chicks.

A mistake that even a great many experienced poultrymen make, is the feeding of the chicks too soon. When the chick leaves the shell, it comes into the world with a sufficient supply of nourishment, in the form of egg yolk, to last it for several days. Therefore, what a chick requires at that stage of its existence is not food, but warmth and rest. It is not wise to be dogmatic about feeding, as, given strong, healthy chicks many systems will prove successful, but the following may be used as a guide. When the chicks are removed to their brooding quarters, there should be some coarse sand or fine chick grit scattered where they can have free access to it. They should then be left until they show positive signs of hunger, which would be between two and three days after hatching. They may then be given some bread crumbs that have been very slightly moistened with milk; this may be scattered on clean sand or chick grit. If being brooded by a hen, she will see that no food is allowed to lie around; but if in a brooder, feed which the chicks do not pick up in a few minutes should be removed, as nothing in feeding causes so much trouble as leaving food of that nature around until it is sour. The chicks should be fed five times a day. The following system may be adopted or altered to suit conditions: First feed, bread crumbs moistened with milk, second, finely cracked mixed grains; third, rolled oats; fourth, moistened bread crumbs; fifth, finely cracked mixed grains. If too early to get the chicks out on to the grass at once, green food should be supplied in the form of young lettuce, sprouted grains, or any other tender succulent, the form of which is acceptable. After the chicks are ten days to two weeks old, coarser foods may be allowed; all changes should be made gradually. The infertile eggs may be boiled and mixed with mash food and the bread and milk discontinued. Hoppers in which are placed cracked grains, dry mash or rolled oats should be easily accessible to the chicks. As soon as they become accustomed to the mash feed, and if the chicks are on range it will be found that after a time they will get careless about coming when called; it may then be dropped and dependence placed entirely upon the hopper feeding. Place grit, water, also, if possible, a dish of sour milk, where the chicks will have free access to it. Nothing provides animal food in better form than does milk; the chicks like it and thrive on it.—F. C. E. in Canadian Farmer.

BENSON'S CORN STARCH

Of Course You Need

Ice Cream comes out of the freezer with a creamy smoothness—and a new deliciousness—when it is made with BENSON'S.

And it is pretty hard to ask for anything more delicious than a Chocolate Blanc Manger or Cream Casserole with Fruit, made of BENSON'S Corn Starch.

Our new Recipe Book "Desserts and Candies" tells how and how much to use. Write for a copy to our Montreal Office—and be sure to tell your grocer to send BENSON'S, the standard in Canada for more than half a century.

THE CANADA STARCH CO. LIMITED
MONTRÉAL
QUÉBEC
ST. JOHN'S

MACHINE GUN "DESERTED"

Italian Lad Decorated as Result of Unique Adventure.

How a machine gun was forced to desert the German army is recounted in the story of the heroism of a 16-year-old Italian volunteer in the Russian army—Constantine Zepoll—whose part as the leading figure in the episode earned one of the two St. George crosses he has won.

Overhearing his commander expressing a wish that some one would silence or capture a gun which was stationed at troublesome proximity to the Russian trenches, Zepoll, on his own initiative, crawled to his stomach for a hundred yards, located the position of the gun, returned from the danger zone and crept forth once more, this time dragging a coil of stout rope. Reaching the gun, he tied one end around it without being discovered, and again reached his own lines with the free end of the rope in his clutch.

Presently the Germans were astonished to observe the gun disappearing toward the Russian trenches. It was successfully dragged from their possession, a number of Germans being killed in an effort to prevent its departure.

FARTHEST NORTH RAILROAD.

Russia Will Have a New Outlet to the Ocean.

"A railroad farthest north, tapping the polar seas beyond Archangel, its whole length running through a region of intense winter cold, is one of the most important constructive results of this destructive world-war," says a statement prepared by the National Geographic Society at Washington. "Stimulated by an imperative war necessity for a port nearer the west and the long battle lines than Vladivostok, this new railway has been driven north with the same fierce energy as that called forth by the dash for enemy positions.

"Finns, Lapps, Russians, alike, have labored unremittingly to fasten a permanent way of steel between Petrograd and Semenova, the latter city far beyond the Arctic circle, on the northern shore of Finland, near Norwegian Nord Kap. Work upon the new line began a few months after the outbreak of the war, and it has been pushed feverishly, as a means of over-rushing the blockade by land and sea that isolates Russia in the west.

"The undertaking required the building of more than 650 miles of railroad through an unfavorable country. In many places water-sealed, crossed by low banks, rivers, filled with countless lakes, large and small, and through a great part of the year, frozen numb and buried under feet of snow. Construction has gone forward from the north and from the south, but there still remains a considerable middle section to be laid before the completion of the project.

"Semenova may not be the warm water port that the Muscovite has been steadily demanding through the years of his empire, but nevertheless, it is a port on ice-free water; navigation finds an open way usually around Nord Kap for several score miles down the northern coast.

"The building of this new port, giving Russia a city on open, western water, the construction of the new railway into the heart of the north, and the building of a naval station here, beyond the domination of any river power forms together by far the most important effort of the whole war to date."

Shifting the Blame.

The trouble with you is the same as with Mr. Brown," said the doctor. "He was worrying himself to death about his grocer's bill. Now he is cured." "But how did you cure him?" asked the patient. "I told him to stop worrying, and he has," replied the doctor. "I know," was the sad reply, "I know he has; but I am his grocer."

After a man gets about so full he can make himself believe that other men think he is perfectly sober.