

# Regulate the Bowels

"I have been troubled with constipation for several years, and have tried a great many kinds of pills, as well as medicine from the doctor. Nothing seemed to help me until I began taking Dr. Miles' Nerve and Liver Pills. I found the little pills very effective, and I am thankful that at last I have a reliable remedy."

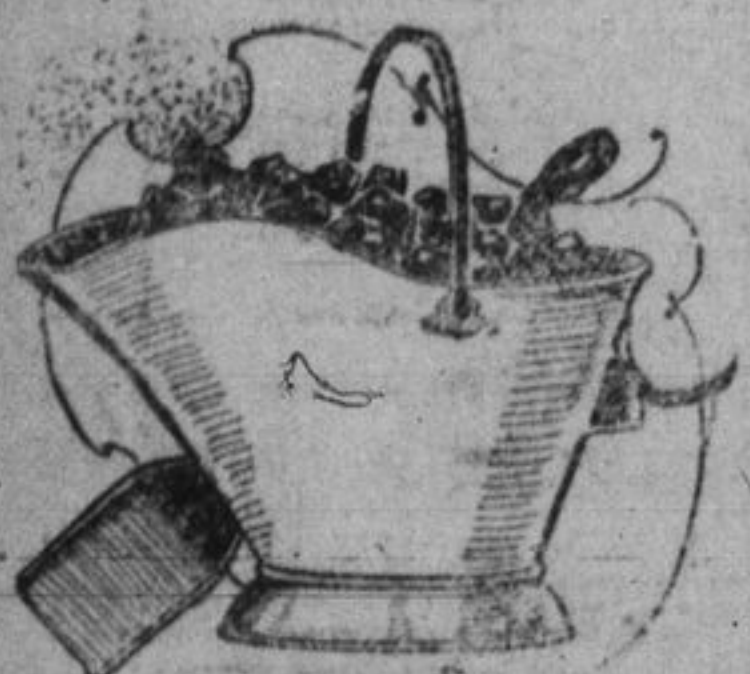
MRS. F. M. DUNKIN,  
LeRoy, Ills.

## Dr. Miles' Nerve and Liver Pills

simply cause the bowels to move in a normal manner, and without the griping effects of cathartics and purgatives. That's why they are so universally used by women and children. The longer they are taken the less are needed. Natural conditions gradually being restored.

Price 25c at your druggist. He should supply you. If he does not, send price to us, we forward prepaid.

DR. MILES MEDICAL CO., Toronto.



**A COAL PREVENTIVE**  
Is a cellar filled with coal. I can supply you with an excellent quality.

P. WALSH, 55-57, Bazaar St.

**Cook's Cotton Root Compound.**  
The great Urethra Tonic, and the most effective Monthly Regulator on which women can depend. Sold in three degrees of strength—No. 1, 2, 3. No. 1 is the strongest, 35c. No. 2 for special cases, 50c per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: The Cook Manufacturing Co., Toronto, Ont., (formerly of London, England).

**COAL!**  
The kind you are looking for is the kind we sell.  
**Scranton Coal**  
is good coal and we guarantee prompt delivery.  
**BOOTH & CO.,**  
FOOT WEST STREET.

**HEALTHY CHILDREN**  
**Psychine Made Her A Robust Child**

It is not necessary for us to speak any words of our own, for the facts are so plain and so strong enough to convince the most skeptical. Dr. J. B. Blyden, of Victoria, B.C., writes: "When Nellie was about 4 years of age, she had a severe attack of pneumonia, which left her a little skeleton. The doctor treated her for 3 months, but the child got worse, and the doctor said he could do nothing more. We called in another doctor who told us every thing had been done and that the child could not get better. We decided to take the little thing to a Montreal doctor, who said he would undertake an operation if we would save her life. The next day he came down from Montreal and operated upon her, but the operation was a failure, as it was unable to give her any rest from the lungs. She was disappointed, and fully thought little Nellie was not going to get better, but it was not long before we heard what a wonderful medicine PSYCHINE was for the lungs. We had been reading some of the advertisements in the papers of PSYCHINE. We thought it would suit our little girl, and so decided to give it a trial. This we did, and after Nellie had taken the first bottle we saw an improvement. Gradually the little girl began to get out, and by the time we had used 9 bottles, she was quite well. What was two years ago and she is as well and robust today as the other children are. We have a great deal to be thankful for. We firmly believe little Nellie would never have lived if we had not heard of PSYCHINE. We shall be pleased to answer enquiries at any time."

For Sale by all Druggists and Dealers. 50c and \$1.00 per bottle.

DR. T. A. SLOCUM, Limited, Toronto.

**PSYCHINE**  
(PRONOUNCED SI-KEEN)  
**STRENGTHENS WEAK LUNGS**

There is a certain type of quiet, worthy man that any woman can catch and marry if she takes due care.

# Tips For The Farmers

BY UNCLE JOSE.

Fresh poultry manure at the present values of fertilizers would be worth sixty cents per hundred pounds. Figures from different experiment stations would give the product of twenty-five hens for the winter season of six months as 375 pounds from the roost droppings only.

Poultry manure is especially adapted as a top dressing for grass, because of its high content of nitrogen in the form of ammonia compounds, which are nearly as quick in their effect as nitrate of soda. A ton of the manure preserved with sawdust and chemicals would be sufficient for an acre, when compared with a chemical formula for top dressing.

On the same basis of comparison, 100 fowls running at large on an acre should, in a summer season, of six months have added to its fertility the equivalent of nearly 200 pounds of sulphate ammonia, 100 pounds of sulphate ammonia, 100 pounds of pounds of kainit.

A certain amount of fertility is washed out of the air with snow and, if conditions are suitable when the snow melts, added to the soil in spring. The abundant snow fall of this year, if it goes off gradually in spring, and without frequent freezing and thawing, will prove an excellent protection for winter wheat and clover and add materially to the fertility of the land and leave the soil in excellent mechanical condition. Everything points so far to bumper crops this year.

A Rhode Island correspondent of Rural New Yorker says he uses coal ashes as an absorbent in liquid manure and finds this beneficial when put on land. He has also noticed where coal ashes are sprinkled along a walk that the grass alongside the walk has a peculiarly rich green. He thinks there is more value in coal ashes than scientists are generally disposed to admit.

With the growing of consuming population, and the comparatively restricted area given to production, the question of how to maintain soil fertility is one of steadily increasing importance.

One of the readiest means of restoring nitrogen to the soil will be found in plowing clover under. The late Prof. Fletcher, of the Dominion Experimental Farm, Ottawa, estimated that by seeding clover with wheat and plowing under, as much fertility would be returned to the soil as the wheat would remove from it.

Fresh sawdust, says Rural New Yorker, contains an acid which, when used heavily on land, may injure soils that are deficient in lime. Liquid from manure, however, will neutralize the sawdust, if well soaked into it. Where sawdust is used for bedding for animals, therefore, it is a safe addition to the manure so made.

In parts of the United States it has been the practice for some years, to use railway trains in connection with farmers' institute work. Cars in such trains have been fitted out for the purpose of affording demonstration in corn culture or some other line of farm work, and accompanying the train went institute speakers who addressed meetings at each stopping place.

The same general idea has been adopted, in a modified way, in the western provinces of Canada. England is not following suit. During the present month a train started from Paddington for the purpose of giving a stimulus to the poultry industry of the West of England and Wales. The train stopped wherever a company of country residents collected, and lecturers used the roofs of the carriage for a platform, while others gave demonstrations in the use of incubators and other matters connected with poultry production.

**Good Outlook for Poultry.**  
"The outlook for the poultry business as a branch of farming never was better," says Prof. Graham, writing in the O.A.C. Review. "Prices of the products are very high, and I can see no reason why the average farmer should not keep an hundred good hens, which should mean an hundred and fifty dollars clear profit. I believe the time is not far distant when flocks of from five hundred to one thousand birds will be common upon the farms of Ontario."

**Individual Herd Testing.**  
At the recent meeting of the Holstein Association in Toronto, R. S. Stevenson, Ancaster, uttered a warning against the danger of looking too much to individual tests. What is required, said Mr. Stevenson, and he speaks from long experience as a dairyman, is a good average test of the herd rather than phenomenal production by individuals.

About the same time Hoard's Dairyman was saying something very much along the same line. The tendency is, said Hoard's, to work for a high record with a few cows, by extensive feeding, and thereby incurring danger of completely unsetting such cows for future breeding. Moreover, says Hoard's, the effect of these high individual tests is to build up an unreasonable standard in minds of beginners. The scope of the test, Hoard's concludes, should be enlarged to take in herd records on a moderate feeding ration.

**Banking and Farm Profits.**  
A correspondent of the American Agriculturist thinks something more than co-operation in production and selling is necessary to the largest returns in farming. He is of opinion that what is required in addition to this is a system of co-operative banking that will keep rural savings in the community, where they are earned, for some development. It is this draining away of money from the country, to

city, he says, that causes so many run-down farms.

Something in the way of accomplishing what this correspondent desires has been carried out in one corner of Ontario and in a considerable section of the west. Around St. Thomas much of the farm surplus is handled through local loan companies. The surplus earned by the well-to-do is used in assisting farmers who are borrowers. Western farmers' organizations again have, as E. A. Partridge stated at the annual meeting of the Dominion Grange, formed a sort of union with the Home bank. Members of the Saskatchewan Grain Growers' Association are encouraged to take stock in the Home bank and the Home bank on its part uses its funds in the west largely for the purpose of enabling western grain farmers to purchase their summer requirements on a cash basis, the debt being repaid when western grain is marketed in the fall.

**Price of Food Stuffs.**  
Broomhall's Corn Trade News makes an interesting contribution to the present discussion on prices of food stuffs. Broomhall thinks that the phenomenal low prices of a few years ago, and the very high prices of today, are explained by the history of the development in agricultural machinery. At the beginning of the last half century there was a marvellous and sudden development in labor-saving farm machinery, this development, covering binders, seed drills, disc harrows and other lines of implements, the result, coupled with the opening of vast areas of virgin territory, was an enormous increase in production of food, an increase that far surpassed the growing demand, and a slump in prices followed.

This period of cheap food was followed again by an abnormally rapid increase in population and this later rapid increase in population has been accompanied by an absence of further notable advance in labor saving devices on the farm. As a consequence population has again caught up with production, and a period of continued high prices in food may be looked for.

The Irish Homestead, writing along much the same line, and speaking from the standpoint of the British farmer, says that farmers will require no tariff protection in order to secure their prosperity. The great industrial development of the United States, Germany and England will, it says, maintain such a high level of prices for food stuffs that farmers will be able to sell either at home or abroad at that they can produce and at a remunerative price.

**Care of Sows at Farrowing Time.**

Shortly before farrowing, the sow should be given laxative food, such as roots and clover, to put her digestive system right. Exercise daily in the fresh air, in order to keep the blood in good condition, is equally necessary. A few days before farrowing, she should be put in a warm, open, with some cut straw for bedding, and boards around to prevent her from lying down on the little ones. Sores in the udder, which sometimes causes the dam to eat her young may be caused by a too full supply of milk, and to avoid this the dam should be fed rather lightly for a day or so before farrowing. Sod and ashes will also prove of value.

The little ones should be removed as soon as they come and kept dry and warm and then watched until the mother and little ones become accustomed to each other. After farrowing the feed should be light for a few meals, and regulated according as to whether the supply of milk is equally necessary or otherwise. The best ration for producing a flow of milk is fresh milk with shorts gradually added.

**Pure Seed.**

From now to the end of seeding the trade in seed will be active, and it behooves every farmer to take stock of what he has on hand to sow or what he has to buy.

In many places dealers say that the seed which is now coming in quite freely from the farmers is more polluted with noxious weed seeds than it has been for several seasons. As a consequence there is heavy loss in cleaning, and high class No. 1 seed will be expensive. In view of these conditions it is likely that there will be a smaller proportion than usual of No. 1 seed placed on the market, and considerable of the second-rate seed will probably be pretty close to the prohibitive line. It is, therefore, important this year that farmers who have to buy seed should use every precaution to see that they do not get a supply of seed second rate. If you want high class, pure seed, and are willing to pay the price, place your order early for guaranteed No. 1 seed, and to see that the seed delivered is up to standard, send a sample to the seed laboratory, department of agriculture, Ottawa, and you will be sent a report giving the grading and the kinds and number of weed seeds present, if any.

**Produce And Prices.**

Kingston, March 12.—The market clerk reports as follows: Carrots, 50c. to 60c. bag; apples, 75c. to \$1 bush; turnips, 45c. bag; cabbage, 30c. to 50c. doz.; onions, \$1 bag; potatoes, 35c. to 40c. Meat, by carcass, 7c. to 8c.; cuts, 6c. to 15c.; pork, 11c. by carcass; lamb, 12c. to 14c.; ducks, \$1.25 to \$1.50 pair; geese, \$1.15 to \$1.25 each; turkeys, 17c. to 15c.; chickens, 90c. to \$1 a pair; beef, 25c. to 28c.; fresh eggs, 25c. to 30c. J. A. McFarlane, Brock street, reports flour, feed and grain selling as follows: Oats, 45c. local wheat, 90c.; buckwheat, 65c.; barley, 55c.; rye, 65c.; peas, \$1; yellow corn, 80c.; flour, bakers, \$2.90 to \$3.10; farmers', \$2.50

**How's This?**

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Toledo, O. The undersigned have known F. J. CHENEY for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by him. Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

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**OXO**

spread on brown bread makes the most delicious sandwiches. A teaspoonful of OXO to a cup of hot water makes an appetizing, nourishing drink. Children love OXO.

One Phase of the Overshirt.  
The little apron overshirt that remind one of the stage waitress' apron will be popular for girls this summer. Only a waist on the gimped order should be chosen for use with a skirt in short apron effect. If one wishes to preserve the girlish appearance. An elaborate or even a pleated skirt is not in keeping with such style skirt. When the wearer is not tall it is a good plan to run a double box pleat down the back of the skirt over the undershirt.

The census bureau statistics of electric lighting, electric traction and telephone companies show a gross income for the three industries in the United States of \$29,000,000 in 1907. Hearst is offering an alluring field to American patent medicine, for Brazilian doctors have no prejudice against the standard proprietary medicines.