"I was Crippled, could hardly walk and had to Crawl

down stairs at times on my hands and knees. My doctor told me I had an acute attack of inflammatory rheumatism. I was in the hospital for weeks, but was scarcely able to walk when I left it. I read about

Dr. Miles' Nervine

bought a bottle and began to get better from the start, and for the past six months I have had scarcely any pain and am able to walk as well as ever." J.H. SANDERS,

P. O. box 5, Rockaway, N. J.

Few medicines are of any benefit for rheumatism, but Mr. Sanders tells plainly what Dr. Miles' Restorative Nervine did for it. One ounce of salicylate of soda added to one bottle of Nervine makes an excellent remedy for rheumatism, which is now known to be a nervous disease and therefore subject to the influence of a medicine that acts through the nerves, as does

Dr. Miles' Nervine

Sufferers from rheumatism seldom fail to find relief in the use of Dr. Miles' Nervine, with salicylate of soda.

Sold under a guarantee that assures the return of the price of the first bottle if it fails to benefit. At all Druggists.

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Large stock of Fancy Boxes of Chocolates. Big variety of best makers' goods kept in our store.

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Ice Cream Parlor,

264 PRINCESS STREET.

Tips For the Farmer

BY UNCLE JOSH.

Feeding Hens.

Feeding plays a very important part in the production of winter eggs. To insure the most satisfactory results the foods must be varied in accordance with the seasons, states a writer in Farm and Home. What may be an admirable food for use during the summer is quite unfit when the weather is cold; while a suitable winter ration may not only be unsuitable, but may be positively dangerous during the summer. Laying hens during the winter should receive warm mash in the morning, consisting of meals; in the afternoon hard grain should be supplied. After the long fast of the night an easily-digested food is required, and thus mash is recommended; for the opposite reason is grain advocated at night. On no account must cold mash be given, since this reduces the bodily temperature so greatly; rather than supply cold mash I would recommend hard grain for breakfast. A suitable ration for use during the winter months consists of two parts barley meal, one part middlings, and during very severe weather half a part maize meal, together with any household scraps there may happen to be. If there are no household scraps, half a part of lean or granulated meat should be substituted. Wheat and barley are the most suitable grains for afternoon feeding. Fowls in confinement should be supplied with some green food, for without it they are unlikely to remain healthy. Cabbage leaves, the tops of Brussels sprouts, and lettuce leaves are all suitable. Natural foods, such as worms, grubs, insects, etc.' are a valuable addition to the daily menu and assist egg-production very materially. Upon a soil rich in animal and vegetable life healthy and vigorous birds are able almost to support themselves; at any rate, they can do with much less artificial food, thus reducing the food bill very considerably.

Keep Sheep Away.

On the majority of farms, sheep are kept pretty closely confined to the yards for the most part, and there is usually some big straw stack about around which they hover, both for purposes of warmth and for picking up feed. While there is no objection, says Farm, Stock and Home, to their getting such feed as they can find there, there is a very great objection to their burrowing into the stack and getting their fleeces all full of chaff. A chaffy fleece is a pretty undesirable article. The manufacturer can use it only after considerable effort and time has been spent in fanning and carbonizing it and even then he cannot use it in the manufacture of the finest woollens. For these reasons, he can not afford to pay as good a price for it as for a clean fleece.

A large part of the profit in poultry-keeping depends on the marketing of the products. The poultryman must be a good salesman as well as a good hand at rearing the young stock. He must be a hustler and always on the lookout for good markets and better prices. He must endeavor to produce a high-grade article that few furnish and everybody wants, and, having produced it, he must know how to market it wisely. The man who makes the best profit is he who can command a few cents above the general market price because he has the goods and can get them on the market in season.

With the Live Stock.

Never whip a horse when he shies. It increases his fear.

In fitting horses for hard work increase the grain ration, but not the hay.

Horses are very fond of a variety, and fussing always pays in the better condition and greater usefulness of the horse.

The sheep know their master's voice—there is no doubt about that; but it is more important to know what they do when they hear it—whether they flee in fear or come with expectancy.

Sheep, like other animals, are creatures of habit, and should always be handled by the same attendant, who should move among them gently and give notice of his approach by speaking to the flock.

Take care that none of the soapy water from the house gets into the milk fed the hogs. Almost sure to cause bowel troubles.

Ground oats, wheat bran and a little oil-meal, together with some alfalfa or clover hay, will keep the brood sows from becoming feverish.

If a young pig becomes chilled, take it to the house and plunge it in warm water (as hot as you can bear your hand) several times, and then wrap in warm flannel and put in a warm place.

Don't let the cows out in the storms to stand around. It doesn't pay.

It is best to reduce the milk producing food, so that a mature cow will dry and rest for a month to six weeks before calving.

The first milk of the cow is of a peculiar character—called colostrum—acting as a purgative, and this puts the bowels of the young calf in perfect working condition.

Gumption on the Farm.

When some fellow wants to let you in on the ground floor, look out! The ground floor is where the suckers are ground fine.

Don't "flare up" like a badly trimmed lamp. The man who keeps cool always has the better of the argument.

One of the biggest mistakes farmers make is in scimping themselves on the amount of grass-seed sown to the acre. Of late years seed has been high, and the tendency has been to sow less than was needed to bring a good crop. Better save somewhere else.

The farmer has one thing in his favor—what he knows he knows. There is no chance for a bluff in tilling the soil. Everything shows right up for just what it is worth. If he is a success he can not hide the fact, and if he is a failure the neighbors are quick to know the particulars.

Before planting any large quantity of small grain, grass or clover seed, send a sample to your state experiment station for examination. The seeds of many noxious plants are to be found in impure and unreliable seeds. It is far easier to do this than to eradicate some pestiferous weed that obtains a firm foothold on your farm.

Early rhubarb can be grown in any ordinary cellar, thus: when a frost comes, dig up one or more immature clumps from the garden, with coarse grass you chanced to find roots, and put them in the cellar floor; the darker of the cellar, the sooner growth will begin. Give them a little water occasionally, and await results. Light does not seem to be necessary for the stalks grow all right in even a dark place.

Pointers for the Farmer.

A sheep usually produces its best as well as its largest amount of wool at its first or second shearing, says Farm Stock and Home. As it is shorn again and again the wool becomes coarser and more harsh as well as less in quantity. This is no doubt in large measure due to the fact that the wool is not so well nourished by the oil glands at the base. In extreme old age the opening or medulla in the centres of the hore becomes closed and the wool, therefore, fails to take the dye in the process of manufacture.

During the last years settlers' effects were brought into Canada to the value of nearly $10,000,000, these effects, no doubt being mainly the property of American settlers moving into the Canadian west. As against this $1,748,494 worth of settlers' effects were exported from Canada to the United States. This represents the property taken from this country by people who are moving across the lines.

At a Kansas agricultural experiment station the results of treating animals with kindness were recently demonstrated to be of the most practical character. Three cows were selected, and at first treated with the utmost care and gentleness, with the result that they produced thirty-six pounds of milk containing 4.3 per cent. of butter fat. The same cows were then frightened by their attendants howling at them, letting dogs bark at them, etc., with the result that they produced only twenty-three pounds of milk, containing only 3.1 per cent. of butter fat.

The result of an enquiry made by the United States department of agriculture shows that the average amount of wheat sown to the acre in the United States is 1.38 bushels, and of oats 2.39 bushels. The amount of wheat sown to the acre varies from less than nine-tenths of a bushel in New Mexico to two bushels in Vermont and Maine. The amount of oats sown to the acre varies from 1.33 in Maryland to three and a quarter bushels in Maine.

One English speaking farmer kept seventy head of milk cows on forty acres of land. The entire forty was hay land. All the grain fed was purchased in Northern Holland. He valued his land at $1,200 an acre and was renting some that he did not own for $60 an acre.

During the year ending March 31st last we exported potatoes to the United States to the value of $206,263, and imported American potatoes to the value of $216,121.

Produce and Prices.

Kingston, Feb. 10.—The market clerk reports the prices prevailing as follows:

Carrots, 10c. and 15c. a peck, potatoes, $1.40 and $1.50 per bag, beans, 5c. a qt.; cabbage, 60c. per doz.; celery, 7c.; onions, $1 per bushel; radishes, 5c. a bunch; lettuce, 5c. per bunch; apples, 25c. peck; turnips, 10c.

J. A. McFarlane, Brock street, reports grain, flour and feed selling as follows:

Oats, 48c.; local wheat, $1.05 per bush.; wheat, 80c.; seed rye, $1 peas, $1 to $1.10; yellow feed corn 70c.; bakers flour, $2.75 to $2.90; farmers, $2.75 to $2.90; Hungarian patent, $2.90, oatmeal and rolled oats, $3.70 per barrel, cornmeal, $1.80 to $2; bran, $24.50; per ton; shorts, $26 per ton; baled straw, $7 loose, $8; hay, loose, $13 to $15; pressed hay, $14 to $15.

Meats—beef, local, carcase, 6c. to 7c. prime western, $10 per cwt.; by the carcase; cuts, 10c. to 15c. lb.; lamb, 10c. to 13c. lb.; veal, 5c. to 10c. lb. ducks, $1 to $1.25 pair; turkeys, 16c. to 18c. lb.; fowl, 75c.; live hogs 5½c. a lb.; dressed hogs, 8c. to 10c. a lb. pork, 8c. to 10c. by quarter; mutton, 8c. to 10c.; butter, creamery, 32c. to 35c.; prints, 28c. to 30c. roll, 28c. per lb.; eggs, 35c. to 45c.

George Mills & Co. quote the following prices for raw furs: Red fox, as to size, $4 to $7.50; skunk, as to size and length of stripe, 50c. to $1.75; raccoon, large, $2.50; medium, $1.50; small, 75c.; mink, as to color and size, $2 to $7; muskrats, 30c. to 45c.; weasels, 20c. to 60c.

John McKay, Brock street, reports as follows: The hide market is steadily declining, owing to poor quality and poor demand. We quote hides No. 1, trimmed, at 10c. a lb.; No. 2 and bulls, 9c. a lb.; sheep skins, fresh, 85c.; deacons, $1; veal skins, 11c. per lb.; sheep skins same as hides; tallow, rendering, 5c. per lb.; wool, washed, 20c. per lb.; wool, unwashed, 12c. per lb.; ginseng, $5 to $6.50 per lb.; horse hides, No. 1, $3; red fox, No. 1, prime, $5 to $7; mink, No. 1, prime, $5 to $7; skunk, No. 1, $1 to $2; raccoon, No. 1, $1 to $2.50; muskrat, No. 1, 35c.; bear, black, $10 to $20; lynk, $15 to $30.

Above prices are for No. 1 prime stock, blue pelts and unprime according to value.

The Dominion Fish company report the following prices: Whitefish, 15c. lb.; pike, 10c. lb.; Chinook salmon, 25c. lb.; kippered herring, Yarmouth bloaters, 40c. doz.; Atlantic salmon, 25c. lb.; salt codfish, 10c. lb.; halibut, 15c.; fresh haddock, 10c. lb.; bullheads, 12½c. lb.; mackerel, 15c. lb.; sea bass, 12½c. lb.; bluefish, 12½c. lb.; smelts, 15c. to 20c. lb.; pickerel, 12½c. lb.; fresh salt herring, 40c. doz.; smoke fillets, 15c.; smoked salmon, 40c. lb. oysters, 40c. to 60c. qt.; shell oysters, 30c. and 40c. doz.

Women are naturally of a clinging nature—and so are some men, judging by the way they hang on to their money.

A fast young man doesn't go very far unless his father is willing to pay his running expenses.

Ever notice how much more interesting things are that you don't understand?

Truth may be stranger than fiction but magazine writers find it less profitable.

Most Ills of Life

come from errors in diet, from too little exercise or from the mistakes we commit without thinking of consequences. These sicknesses may be slight at first, but they hinder work, prevent advancement or bring depression and spoil enjoyment. What is worse, they lead to serious physical disorders if not checked in time; but you CAN check them easily and quickly. They will

Naturally Yield To

such a safe, simple, reliable family remedy as Beecham's Pills. In every household where this famous and unequalled medicine is known, the whole aspect of life is changed for the better. Be ready to help yourself—and your family—to overcome trouble and to regain, and keep, good bodily conditions by having on hand for immediate use

BEECHAM'S PILLS

For females, Beecham's Pills are specially suitable. See instructions with each box. Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes 25 cents.

Nickel Plated Tea Pots,
Nickel Plated Coffee-Pots,
Fancy Coffee Percolators
From $1.50 to $7.00
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Ladies' High Grade

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For $2.25

H. Jennings, - King St.

Nerves at High Tension

Necessary in This Age of Keen Competition and Great Accomplishment

When the Body Fails to Support the Brain Seek the Help of

Dr. Chase's Nerve Food

Nervous people are the salt of the earth. The great men and great women are usually those of nervous temperament.

But it takes an enormous quantity of blood to supply energy to the great brain or a highly tensioned nervous system.

Digestion fails because nerve force is lacking to control the flow of digestive fluids. A little extra excitement is followed by the agony of a sleepless night. You are easily irritated and lose patience, you lack the reserve force which is necessary for success and to ward off disease.

Unfortunately nervous diseases do not right themselves, and since your digestive system fails to supply sufficient nourishment you must seek external assistance such as Dr. Chase's Nerve Food.

This great food cure is not a narcotic to deaden the nerves. It is not a stimulant to whip up the nerves to renewed effort.

Dr. Chase's Nerve Food feeds the feeble, wasted nerves back to health and vigor. It floods the nervous system with new rich blood, the only substance from which nerve force can be made. Fifty cents a box, 6 for $2.50, at all dealers, or Edmanson, Bates & Co., Limited, Toronto.

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They do not contain phenacetin, acetanilid, morphine, opium or any other dangerous drug. 25c. a box at your Druggist's. 123

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Why Dalton's French Drip Coffee is so Wholesome, Delicious and Economical

When you have once tasted Dalton's delicious French Drip Coffee, made in a Dalton's French Drip Coffee Pot, you will never be tempted to drink ordinary boiled Coffee again.

The Coffee berry, or bean, is protected by nature from the insect world by a tough outer shell or husk which contains tannin and other acid, bitter principles which are poisonous to insects and certainly not wholesome to the human system.

Other roasters of Coffee do not remove this bitter husk, and this is why many people find that ordinary Coffee does not agree with them. Not only that, but the usual way of roasting Coffee in cylinders over coke or gas fires, drives off the volatile essences, so essential to aroma and flavor.

Dalton's French Drip Coffee

The DALTON way is to throw the Coffee berries against an intensely hot flame. This roasts them in half the time and prevents the volatile essences being driven off. Then the Coffee is cooled by a special process, during which a strong suction air-blast blows off all foreign substances. Next comes the grinding, during which another powerful air-blast removes the poisonous, bitter outer shell. The Coffee contains absolutely no chicory and is packed in sealed tins, which preserve all the delightful flavor.

We make Dalton's French Drip Coffee in two strengths Mild Blend and Strong Blend. You cannot tell however which you will like the best until you try both and that is why we ask you to buy two tins in our special offer.

SPECIAL INTRODUCTORY OFFER

We feel so sure that you will find either Dalton's Mild Blend or Strong Blend French Drip Coffee just the Coffee that you have been looking for that we have authorized your Grocer to give you one of these handsome pots (worth $1.30) absolutely Free with your first purchase of a tin each of Mild and Strong Blend. You buy two tins of our Coffee—one of each blend—at 50c. per tin, to give it a fair trial, and we give you the means of testing it FREE, satisfied that you will use nothing but Dalton's French Drip Coffee thereafter.

25c. and 50c. tins. Never sold in Bulk.

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Try PURITY—the every-purpose flour

for bread, rolls, buns, biscuits, layer cakes, short cakes, griddle cakes, fruit cakes, pies, puddings, cream puffs, tarts, ginger snaps

IN the making of everything for which flour is required, PURITY FLOUR gives admirable results. Among thousands of cooks it is spoken of as "The every-purpose flour."

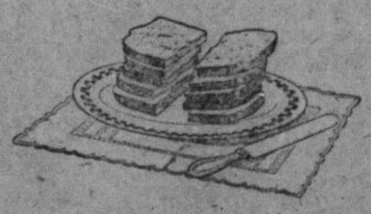
No matter what you may desire to make, use PURITY FLOUR. The results will give you a higher degree of satisfaction than you've ever experienced when ordinary flour was used.

There is added deliciousness to the flavor, extra quality in every ounce of the bread, or the cake, or the biscuits, or whatever you may make with PURITY FLOUR.

WESTERN CANADA FLOUR MILLS COMPANY Purity MANITOBA HARD WHEAT

WESTERN CANADA FLOUR MILLS COMPANY Purity MANITOBA HARD WHEAT

PURITY FLOUR gets its finer flavor, greater strength, extra nutritiousness and higher-quality from the *high-grade portions* of the hard wheat berries. All the *low-grade portions* are excluded during its process of milling.



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The present huge demand is your proof of how firmly PURITY FLOUR has established itself among the thousands who place quality before price.

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Reminder:. On account of the *extra* strength and *extra* quality of PURITY FLOUR, it is necessary, for best pastry-results, to add *more* shortening than you are accustomed to use with a "blended" or Ontario wheat flour. Add *more* water when making bread.

Add PURITY FLOUR to your grocery list right now.

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