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ought to be playing some

Blue Amberol Records

in your home on Christmas morning

What a glad surprise for the children, as they come tumbling downstairs to find the good things Christmas has brought! And what a pleasure for the grown-ups—a pleasure that will last all the days of the year and all the years to come.

For Blue Amberol Records are proof against wear and are practically unbreakable. And best of all, their tone is far better than any other phonograph records you have ever heard. Hear them at your dealer's today.



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Like all Souvenir Ranges the "Champion" is made in Hamilton, the Store Centre of Canada, by the Hamilton Stove and Heater Co., Limited, successors to Gurney, Tilden Company.

Only the best material is used, making this range the next best thing to an imperishable cooking apparatus.

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Tips For the Farmer

BY UNCLE JOEL.

Value of Diet.

Under the above heading, a correspondent of the 'Farmer and Stock-breeder,' writes:—"The eminent physiological chemist, Dr. Halliburton, has said that the nutritive value of a diet depends mainly on the amount of carbon and nitrogen and that in a readily digestible form. The nitrogen of milk is supplied in its proteins, caseinogen and lactalbumin. Only a portion of its carbon is in the butterfat, the digestibility of fat depending upon the fineness of its emulsification or the smallness of the fat globule.

"The percentage of fat in human milk is also less than that of the ordinary cow, and considerably less than that of the grey, and it would appear that the feeding value of milk for infants does not depend upon its richness in butterfat, and that the agricultural community as well as the general public has yet something to learn concerning the nutritive value of the milk of the different breeds. It is undoubtedly the smallness of the fat globule which makes the milk of the Holstein valuable for infants and invalids.

"It is interesting in this connection to note that Dr. Voelcker, in a report on goat's milk (which is frequently prescribed when an infant cannot assimilate cow's milk), attributes its comparative digestibility to the smallness of its fat globule.

The Dairy Barn.

A clean barn is the first requirement in a dairy barn in making the work agreeable, and next is arrangement so that the work can be done with a reasonable amount of effort. In the early days we had to carry hay in from the stack in our arms and crowd it between the cows with it in the dark. I have seen barns, costing considerable money, that were not much better, with narrow alleys and partitions to cross through, and I have seen barns in the backwoods built out of logs, that cost their owners only the price of the windows, that were modern in every respect. It is largely with the farmer whether things are right or wrong, and it does not depend upon his bank account. The cheaply constructed barn may be convenient. It may have gutters and stalls of the proper length so that the cows may be kept clean. It may have light and warmth and ventilation. It may have a walk behind the cows that can be kept clean, and a good sized feeding aisle in front of them. It may have a clean barnyard, instead of the manure piled up around the door, so that it is a difficult matter to get in and out of the barn.

Then there is another consideration, and that is the number of hours the hired man puts in each day. A man who begins his work at five in the morning should be through at six in the evening, or nearly so. Where cows have to be milked after that, dairymen will never be a popular work with hired men. A man must enjoy his work, and if he is a man who considers himself, more than a day's work, he will want some time to himself to read and study. A warm room with a few papers and books gives the hired man a better opinion of the place he is working in. A dairy farm properly run can afford a good man, and the dairy farmer can afford to make conditions such that he can keep a good man.

Timely Pointers.

Don't bother housing the binder when the harvest is done. The cattle will need something to scratch themselves on, anyway.

Don't bother about fastening up that loose piece of barb wire. If the collie get a few cuts about their legs it will teach them to be more careful in future.

Don't bother attending the local seed fair. Better save the money that you would be tempted to spend for better seed if you went there. One kind of seed is just as good as another, if not better, anyway.

Don't bother killing off the two-year-old hens. Eat the pullets instead; they will taste nicer.

Don't bother giving the milking cows any chop. The price of butter might suddenly fall during the winter time.

Don't bother looking after the notes as they come due. It doesn't do for a farmer's credit to be too good.

Don't bother fixing the pump up properly for winter. If it freezes, the animals can lick snow just as well as not; they have plenty of time.

Hens Are Laying Off.

The hen herself, according to Dr. H. M. Lanon, United States government hen expert, is chiefly responsible for the high price of eggs. Speculation might have added something to the price.

"However, this is the moulting season for chickens," said Dr. Lanon. "It is the time when hens are expending all their energy in throwing off old feathers and taxing on new ones. They haven't time for laying."

"Although in some cities consumers are paying seventy cents a dozen, I don't think the average market price all over the country will rise to more than 55 or 60 cents, and this price will fall when the moulting season is over."

Economy of Labor.

With a rotation of crops there may be an economy of labor. It distributes the labor throughout the year, since different crops are sown at different times. The continuous employment of men may be very advantageous, in that the farmer will be able to secure better help if he is able to offer steady employment.

The baleful results of raising single products in extended districts may be seen in the great wheat districts of the north-west. For many of the men employed in the rush seasons to take care of the grain crop there is very little true home life. Men are often herded together like cattle, sleep where they may, and subsist in the best way they can. The work is hard while it lasts, and the men are left to find work wherever they may. This

intermittent labor is demoralizing, especially to the younger men; and the higher the wage and the shorter the period of service the worse it is. The welfare of the workman and his family should receive consideration.

The man following a railroad rotation and who keeps live stock in a position to secure the best class of help because he can give employment the whole year through. One thing that was clearly brought out by the Agricultural Survey in 1911, by the Commission on Lands of the Commission of Conservation, was that the labor problem is a very serious one, and is becoming very acute in many places. The homegrown help is by all means the most satisfactory and the man who follows a rotation and distributes the work over the year will not be so dependent on outside help as the single cropper is, especially at the rush season.

Value of Egg Circles.

J. H. Iltis, representative in Ontario county in speaking before the meeting of the Farmers' Institute of Farmers' Clubs recently, gave the conviction an idea of the value of egg circles.

In Ontario county there are seven circles at present with from 30 to 135 members. The average of these circles was \$29,000, the product being sold at an advance of from one to three cents per dozen in summer, and four to fifteen cents in fall and winter over the price paid by local egg dealers.

The graphic way in which they should keep a better strain of poultry and on this basis orders for sixty bred-to-lay cockerels have been placed.

"It costs farmers of Ontario \$50,000 every year to listen to rooster crows during June, July and August," was the graphic way in which Prof. W. R. Graham described the folly of keeping male birds with the flocks during this season.

He impressed upon the meeting the necessity of putting out a uniform product (eggs or poultry) as it was essential in marketing co-operatively. We must have a uniform package in unlimited quantity, and this is impossible through individual effort. We must learn to grade our eggs.

He believed that the establishing of breeding stations, as is done in Great Britain, would be a great thing, and he also favored selling eggs by weight, as is done in Ireland. Better feeding is also necessary, as good eggs cannot be produced from grasshoppers, grass, and water.

Produce and Prices.

Kingston, Dec. 21.—Market clerk reports the following: Potatoes, 20c. pk.; cabbage, 50c. to 75c. doz.; celery, 5c. to 10c. bunch; onions, 40c. pk.; carrots, 20c. pk.; new beets, 20c. pk.; chickens, 12c. to 15c. lb.; fowl, 10c. lb.; poultry, \$1 to \$1.25 a bag; California celery, 10c. to 15c. doz.

J. A. McFarlane, Brock street, reports grain, flour and feed selling as follows: Oats, 40c.; local wheat, \$1.10 bush; feed wheat, 85c.; peas, \$1 to \$1.10; yellow feed corn, 70c.; bakers' flour, \$2.90 to \$3; farmers' flour, \$2.85 to \$3; Hungarian patent, \$3; coalmeal and rolled oats, \$3.50 barrel; cornmeal, \$2 to \$2.25 cwt.; bran, \$24 per ton, shorts, \$27 per ton; baled straw, \$11; loose hay, \$10; hay, loose, \$14 to \$15; pressed hay, \$15 to \$16.

Meat—Beef, loose carcass, 5c. lb.; carcass, cuts, 10c. to 20c.; mutton, 10c. to 15c.; lamb, 12c. to 15c. lb.; live hogs, \$8.25; dressed hogs, 12c.; veal, 9c. 12c.

Dairy—Butter, creamery, 35c.; prints, 30c. to 35c. lb.; eggs, 40c. to 50c. a dozen.

John McKay, Brock street, reports as follows: Hides, No. 1, trimmed, at 11c. a lb.; No. 2 and bulls, 10c. a lb.; sheep skins, fresh, 75c.; deacons, \$1; veal skins, 15c. a lb.; tallow rendering, 60c. per lb.; wool, washed, 21c. per lb.; wool, unwashed, 14c. per lb.; ginsing, \$5 to \$6.50 per lb.; horse hides, No. 1, \$3.

The Dominion Fish company reports the following prices: Whitefish, 15c. lb.; pike, 10c. lb.; Chinook salmon, 30c. lb.; herring, 40c. doz.; perch, 10c. lb.; salt codfish, 12c. lb.; halibut, 15c. to 20c. lb.; fresh haddock, 12c. lb.; steed, cod, 12c. lb.; salmon he

lb.; fresh mackerel, 15c. lb.; oysters, 50c. to 60 per quart; shell oysters, 12c. fillets, 15c. lb.; fresh smelts, 20c. doz.; boneless herring, 20c. lb.; lake herring, 50c. a doz.; salt water herring, 40c. a doz.

John McKay, farmer, reports the following prices for raw furs: Bear, black, from 25c. to \$2; according to size and quality; raccoon dark, 25c. to \$2.75; raccoon, pale, 25c. to \$2.50; otter, dark, \$1 to \$3.5; otter, pale, 50c. to \$2; fisher, \$1 to \$2; marton, brown, 25c. to \$1; mink, dark, 50c. to \$8; mink, brown, 50c. to \$6; mink, pale, 25c. to \$5; fox, red, 25c. to \$8; cross, 50c. to \$10; silver, \$200 to \$300, according to beauty; lynx, 50c. to \$2; muskrats, fall, 5c. to 46c.; winter, 10c. to 60c.; white weasel, 35c. to \$150; black beaver, 50c. to \$10; brown beaver, 50c. to \$7.50; skunks, 25c. to \$1.

From November 1st to April 1st is open season for beaver in the province of Quebec.

Baden-Powell's Little Joke.

General Sir Robert Baden-Powell is in many ways a most remarkable man. His memorable defence of Mafeking is writ large in Britain's annals; and had he not been destined for an army career he might have made his mark on the stage, for he is an admirable actor. He could have done some professionally as an artist also for his drawings and his mastery of color management evince genius; while he is quite accomplished in certain walks of science, being almost as much an authority on aerial machinery as his brother, the military aeronaut.

Moreover, "B.P." is an ambidextrous, writing or drawing with equal facility with either hand. And the chief scout has that conspicuous carelessness for convention which bespeaks the man of affairs who "gets there" always.

When in his younger days, he was military secretary at Malta, his "hippancy" was now and then more than a trifle trying to his serious chief.

At a well Government House function "B.P." was deputed by his superior to ask a young lady to kindly repeat a skirt dance which had greatly pleased the company present.

The fair artist, who—after the manner of some of her kind—was somewhat affected, protested that she positively couldn't and that if she did she would be completely "blown."

"B.P." returned to the governor looking rather crestfallen and hesitant, as if there was something he would rather not say.

"Well?" questioned the great man. "She won't," replied the messenger. "Why?" demanded the governor.

"Don't know," said "B.P.," "except that she said she'd be blown if she did!"

The Murderous Revolver.

Ottawa Journal.

Probably four-fifths of all the murders in English-speaking countries are committed by means of the revolver or pistol, and probably not half the murders would be committed if such weapons were not available.

Furthermore, these arms are the only weapons effective to enable criminals to stand off officers of the law.

The law in nearly all civilized countries already enact that a person who wants a pistol shall get a license; and the law even at that forbids any person to carry a pistol.

Such law cannot be well enforced, and the people who must dodge it are precisely the people in whose possession a pistol is dangerous.

Why not strike at the root of the evil? Why not prohibit the manufacture and sale of pistols?

To a Child.

God would have you good, little girl,
God would have you good every day,
Yet if evil you should do
He will surely pardon you—
Pardon you, and help you, little girl.

God would have you glad, little girl,
God would have you glad every day,
Yet should sorrow compass you,
He will shield and comfort you,
His love is always near, little girl.

Every larvy man can remember when he used to be ambitious.



A MODIFICATION OF THE MEDICI COLLAR.

In contrast with the turned-over Robespierre collars, these high effects rising at the back and striking the Medici collar is sometimes added to a dinner gown in the form of a wired gauze strip at the back of the neck. This blouse of white cotton crepe has a detachable Medici collar of starched white linen, which fastens on with button-hole strap extension which holds a button placed near the top of the collar. This is a morning blouse, accompanying a coat and skirt suit of tobacco brown, worsted mohair mixture.

YOUR INVALID FRIEND

will be pleased and benefitted by the gift of a one pound or half pound bottle of

BOVRIL

Contains all that is good in beef.

LABATT'S STOUT

The very best for use in ill-health and convalescence
Awarded Medal and Highest Points in America
at World's Fair, 1893
PURE—SOUND—WHOLE SOME
JOHN LABATT, LIMITED, LONDON, CANADA

It's Best to Remember

that every organ of the wonderful human body is dependent upon every other. If your liver goes wrong your blood will be impure; if your bowels are inactive your stomach and digestion will show it. And one trouble leads to another.

Beecham's Pills

have become the most famous and the most approved family remedy in the world. They are known for their wonderful and unrivaled power to cause regular, natural action of the liver and bowels. They are gentle, safe but sure. Beecham's Pills benefit every organ of the body—brighten the eye, clear the brain, tone the nerves and increase vigor—because they

Remove the First Cause of Trouble

Special directions for women with every box. Sold everywhere. 25c.

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SMOKELESS OIL HEATER

Efficient. Will heat a good sized room even in the coldest weather.

Economical. Burns nine hours on one gallon of oil.

Ornamental. Nickel trimmings; plain steel or enameled turquoise-blue drums.

Portable. Easily carried from room to room; weighs only eleven pounds; handle doesn't get hot.

Doesn't Smoke
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Easily Cleaned and Re-wicked
Inexpensive
Lasts for years

At Dealers Everywhere

THE IMPERIAL OIL COMPANY, Limited
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MEN—YOU NEED NERVE

EARLY INDISCRETIONS AND EXCESSES HAVE UNDERMINED YOUR SYSTEM

The nerves control all actions of the body so that anything that debilitates them will weaken all organs of the system. Early indiscretions and excesses have ruined thousands of promising young men. Unnatural drains sap their vigor and vitality and they never develop to a proper condition of manhood. They remain weak, listless, mentally, physically and sexually. How you feel! Are you nervous and weak, depressed and gloomy, speak before the eyes with dark circles under them, weak back, kidneys irritable, palpitation of the heart, headache, debilitating dreams, sediment in urine, pimples on the face, eyes sunken, hollow cheeks, nervous exhaustion, poor memory, listless, distrustful, lack energy and strength, tired mornings, restless nights, changeable moods, premature decay, bone pains, hair loss, etc.

This is the condition our New Method Treatment is GUARANTEED TO CURE

We have treated thousands of men for almost a lifetime and we do not have to experiment. Consult us FREE OF CHARGE

and we will tell you whether you are curable or not.

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