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SALTS IS FINE FOR KIDNEYS, QUIT MEA

Flush the Kidneys at once when Back Hurts or Bladder

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism headaches, liver trouble, nervous ness, constipation, diziness, sleeplessness, bladder disorders con from sluggish kidneys.

The moment you feel a dull ach in the kidneys or your back burts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast, and in a few days your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lith ia, and has been used for generations to flush and stimulate the kidneys also to neutralize the acids in urine so it no longer causes irritation, thus

ending bladder weakness. dad Saits is mexpensive and cannot injure: makes a delightful effervescent lithia-water drink which regular meat should take now and then to in weight. keep the kidneys clean and active. and the blood pure thereby avoiding serious kidney complications. Agent, Geo. W. Mahood.

AGRICULTURAL TOPICS FOR WHIG READERS

How Cows Differ

year-old cow in the same herd gave beans or anything else unless it is in only 400 pounds. Again it is found a good state of productiveness. that twenty-two cows averaged 1,197 another lot of twenty-two averaged best cash or market crops that only 545 pounds of milk. Cows that farmer can grow for they are a cash are kept as dairy cows, fed and bred for production of milk and fat, are fair price and find ready for sale in proved by their records. Even from amongst those so kept, selection is worth keeping.

The value of a pure bred dairy sire able. is also revealed when comparing herds. One herd of fourteen cows gave 306 pounds of fat in a month. In an adjoining herd of fourteen, where cow testing has been carried on for four years and where the sire is pure bred, the yield was 556 pounds of fat, in other words the income was seventy-five dollars more for that one month.

Keeping Milking Utensils Clean The milk utensils should be rinsed water before going through the regular washing process. Then wash in found more effective for removing brush gets into all corners. Then after one is used to using the brush it will be found that it requires less work to keep the milk utensils clean and sweet. Another important reaon for using the brush is that it will not collect bacteria as a rag will. After the milking utensils have been washed and scalded place in

How to Send Eggs to Market Provide clean, dry hay or straw or a suitable material for the nests, renew the material frequently and always when it becomes wet or soiled. Collect eggs every day shortly before noon, or preferably at noon and at dusk. It is especially advisable

when hens are broody to collect twice daily. On no account should eggs which have been found by chance in nests in the open during harvest time or any other time be mixed with those intended for market. Any such eggs which are not fit for consumption

should be used at home. Any dirt on the egg when it is collected should be removed by means of a dry cloth, or if that method fails a slightly dampaned, but not a wet cloth, should be used. Do not wash hen eggs nor put them 17c. a lb.; western beef, 14c. to 15c. in water, nor use any chemical to remove the dirt.

Butter Troubles

One of the troubles most commonly met with in butter-making during the winter months is what is known as "sleepy" cream, and one frequent ly hears of cream being churned for hours before yielding up its butter. The following are some of the principal causes for this abnormal con-

(1) Churning at too low a temperature. The cream in this case simply thickens and clings to the oatmeal and rolled oats, \$3.50 bbl. sides of the churn and so fails to get ornmeal, \$2 per cwt.; bran, \$25.50 per the concussion necessary to cause ton; shorts, \$26.50 ton; baled straw, the butter globules in the cream to \$9 per ton; potatoes, \$1.10 a bag; adhere together and form butter, beets, 75c. bush.; loosetstraw, \$10; The churner will notice that the loose hay, \$15; pressed hay, \$15. cream fails to drop with each revolution of the churn. This shows that the following prices: Whitefish, 15c. the cream is "asleep" and that the process of churning the cream into butter is not progressing at all. The blue fish, 15c.; shrimps, 60c. a quart. remedy is to stop churning and add to 60c.; ciscoes, 15c. the smelts. water of a suitable temperature, then 10c., 20c., 25c. lb.; silver Chinook resume churning and see that the salman, 30c.; fall salmon, 15c. lb. cream drops with each turn of the churn; matters should then progress | 124c. lb; salmon trout, 15c. lb.; fil-

(2) Cream which is improperly salt mackerel, 15c. lb.; oysters, 50c. ripened, or which is over-thick or salmon, 25c. lb.; kippered herring, too thin. During the winter months cream is often kept at a low temperature. Acidification is therefore very slow, and the normal ripening process is not accomplished. Cream should always be regulated to a proper consistency when put in

churn. early stages of churning causes a coldestroyers that threatened totally to lection of carbonic acid gas and the defoliate New England, and bade fair cream swells and does not get pro- to spread their devastations far beyond

per concussion. Addition of water its borders. The mercenary army is of suitable temperature and composed of insects the very exist ventilation on resuming churning ence of which is dependent upon their will generally remedy matters, but it cunning effectiveness as mothslavers. must be noted that the cream | The lives of these minute warriors are "drops" each time the churn is turn- consecrated to slaughter, and so well

(4) Feeding has also a certain task that, as far as the moths are coneffect, especially if much straw is cerned, New England to-day is used, and cream from milk of cows shambles. Last summer, in some rewhich have been a long time in milk gions, their numbers were reduced oneis usually hard to churn, the fat half by the mercenary invaders. This globules in the cream being small. year's warfare is expected to result in If the trouble is caused by feeding more extensive destruction. The govit is a good plan to scald the cream to 160 degrees F., cool down and ripen by the use of starter. It is wars are consident that in a few years well to have a couple of newly-calved cows together with those which have been in milk a long time, this will remedy the difficulty in churning.

Range for Fattening Turkeys

Turkeys should have free range while being fattened for market. We used to fatten the turkeys in small enclosures, but discontinued this several years ago because they frequently succeeds in making good.

did not seem to thrive well. After the first few days they would begin to lose their appetites no matter how great a variety of food was

The whole trouble was lack of exercise. If turkeys cannot get plenty of exercise they cannot have a good appetite, and of course will not gain

Beans Are a Profitable Crop The old-fashioned saying that land is too poor to grow a good erop of

white beans has been the cause of Records show that in one month of many farmers giving up bean seven-year-old cow gave 1,430 growing. It is a mistake to imagine pounds of milk, but another seven- any soil will grow a good crop of

From our own experience we are pounds of milk in a month, while convinced that beans are one of the crop that will always bring all sections of the country.

They are an easy crop on the soil fall off in its average. But the in- make one of the best and most profitlimited amount of manure is avail-

Notes of Interest

easy to produce clean milk if clean | adapted negro folk-songs for it. habits are formed and common sense uses, and a little pains taken.

of overwork. They are seen at work | Own Money." by the public at the Glasgow centre, and rather like seeing the people than otherwise. To finish cattle well is one of the

objects of the feeder, and oatmeal has a great reputation in this way. It is said to impart that hardness of touch to the flesh which the butcher likes. The best way to feed it is merely to dampen it and roll it into balls, allowing the animal to partake of it at leisure.

land than you can take care of well. In lack of care on the part of some Too big a bite of even the best meat makes hard chewing and even harder

The experience of most poultry raisers is that hens will every time take to a dark nest rather than one exposed to the light. A hen will seek the bottom of a manger, digging her way down through the hay, rather than use a ready-made nest in

Produce and Prices

Kingston, April 21.-Market clerk

reports the following: Meat, beef, local, carcase, 10 to 12c. carcase, cuts, 10c. to 22c.; mutton, 111c. to 14c.; lamb 16c. to 22c. lb.; live hogs; \$9.50; dressed hogs, 134ca veal, 9c. to 14c.; lamb by carcase,

Dairy-Butter, creamery, 33c.; prints Cabbage, 5c. to 10c. head; celery Sc. to 10c. bunch; onions, 7c. to 1 8c.

lb.; carrots, 75c. bush,; parsley, 10c. J. A. McFarlane, Brock street, reports grain, flour and feed selling as

Oats, 50c, per bushel; wheat, \$1 to \$1.10 per bushel; yellow feed corn, per bushel; bakers' flour, \$2.75 to \$2.90; farmers' flour, \$2.75 to \$2.90; Hungarian patent,

The Dominioa Fish company reports 'resh haddock, 124c. Ib.; steak cod, lets, 15c. lb.; finan haddie, 124c. lb. 50c.; Yarmouth bloaters, 40c. doz. odfish. 124c. Ib.; halibut, 124c. to 18c. moked salmon and halibut, 10c.

Mercenary Insects

From "The Winged Armageddon," by Marold Kellock, in May Century. The enemies against which the struggle is being waged are the gypsy and (3) Failure to ventilate in the the brown-tailed moths, those terrible are they thriving at their sanguine ernment scientists who have engineered this most tremendous of all insect the moths will be under control. There may thereafter be occasional sporadic outbreaks of them, but they will no longer be a menace and a terror. No other nation has ever gathered an army of alien insects to protect its fields and forests.

It is far better to marry for riches Might may not make right, but The pen is a mighty auto that some times runs away with the chauffeur.

CASIUNIA For Infants and Children. The Kind You Have Always Bough THINGS THEATRICAL

Notes About Plays, Players and

Cyril Maude, although aprpoach ing the end of his season at Wallack's, New York, in "Grumpy." is still playing to a capacity business. Margaret Anglin has scored one of

the season's successes in "Lady Windermere's Fan" at the Hudson thea-Since the opening performance, the house has been practically sold out at every performance. As Miss Anglin was only contracted for four weeks at the Hudson, and on account of previous booking arrangements, the popular Canadian star and her splendid company were transferred to the Liberty theatre, New York, on Easter Monday.

"The Truth," by Clyde Fitch, which Mr. Ames presented at the Little theatre, New York, April 14. necessary, otherwise the herd will and beans, wheat and clover and has probably been translated into more languages than any other Amdividual record, so easily kept, will able rotations than can be planned erican play. "The Truth" has been point definitely to those which are out on any farm, especially where a given in practically every country of Europe, and there are versions of it in German, French, Italian, Norwe-

gian, Danish and Swedish. At last "Uncle Remus" has been dramatized, and by an Englishman; Producing clean milk not only and the resulting play is nearly pays from a health standpoint, but ready for production in London. Mr. also from a financial standpoint, as Man and Miss Meadows "and de clean milk will always bring from gals," dressed in the crinolines of two or three cents more per quart the sixties, provide the human elethan unclean milk will. It is more ment the piece and Cecil Sharp has

Julia Dean, an actress who has not yet had a role in which to display Scottish convicts at the peniten- fully her ability, will be seen next tiary at Pertif are harnessed to a season in a play specially written for plough instead of horses. The pris- her by George Broadhurst. There oners are fond of the opportunity of is no emotional actress of the day having open-air work, and so four- who possesses greater promise than teen or fifteen convicts are attached Miss Dean, who was seen here first to each plough; there is no charge in "The Lily" and this season in "Her

GUARD THE FIRES

Cautions for Campers in the Forest Is Given

Forest fires are caused, in only too many instances, by campers and tourists who leave their fires unguarded or are in other ways careless about their fires. Many of these holiday makers in the woods would be the last people in the world to wilfully Don't go to hankering for more destroy timber in this way, but yet has often had a most lementable re-

Occasionally what seem cases of apparently wanton carelessness are met with. A flagrant instance of such neglect was shown some time a party of seventeen campers from Hamilton, Ohio, in the Timagami (Ontario) forest reserve, which broke camp one morning leaving guite a large fire burning. The campers, in their special car, however, were stopped at North Bay, and not allowed to proceed on their journey until they had paid the expenses of extinguishing that fire as well as those of their own detention. Such

cases are, fortunately, rare. Attention to a few points may save much loss from this cause. No match, eighr-end or other burning object should ever be thrown down in the until totally extinguished fires should not be larger than is necessary and should not be left, even for a short time, one is perfectly sure that they "dead out." Fires should not built in dangerous places, such among leaves, near rotten wood any place where they are likely spread. Avoid building a fire against large or hollow log, for in such a place it is hard to know when the fire has been thoroughly extinguished. In windy weather a hole should be dug down to the mineral soil and the fire confined in this.

Old Fashioned Folks Old-fashioned folks! God bless 'em

The fathers an' the mothers, The aunts an' uncles, fat an' tall, The sisters an' the brothers. The good old-fashioned neighbors,

The passing time improves 'em, They still drop in to chat with you Whene'er the spirit moves 'em. The simple, unaffected folks With gentle ways an' sunny,

The brave and true That live life through And stay unspoiled by money.

Old-fashioned folks of solid worth, On them a benediction! The joy an' comfort of the earth, Its strength, without restriction. The charm of every neighborhood, The toilers uncomplaining. The men an' women, pure an' good, Of fine an' honest graining.

That make no fad a passion, The kind an' fair That do an' dare An' are not slaves to fashion.

The plain and open-hearted folks

Old-fashioned folks, that live and

And give their service gladly. An' deem their neighbors worthy of Their help when things go badly. The simple sharers of our joys, Sweet ministers in sorrow, They help the world to keep its poise An' strength for each to-morrow. The simple unaffected folks.

That live for all about 'em, God bless 'em all, This earthly ball Would dreary be without em. -EDGAR A. GUEST.

Scared the Judge John L. Toole's propensity for practical jokes once seriously alarmed Mr. Justice Hawkins, who was afterwards Lord Brampton, though they were close friends. They were at supper together one evening discussing the events of the day. The judge incidentally mentioned that he intended on the morrow giving the man he had been trying fifteen years because he deserved it.

As Toole was leaving he blandly inquired:

"Ob, would you mind my calling at the newspaper offices and teiling ! them about that fifteen years? It will be a tip for them-exclusive information, you know-and will do

me no end of good with the press." "Good gracior s! No, sir!" exclaimed the judge, who took the precaution of accompanying Toole to his hotel and seeing him safely to bed.



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What could be more dressy than the patent button here shown? Note the styles to the graceful lines, the smart appearance.

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The Sawyer Shoe Store



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Buster Brown Stockings stand the wear because they are made of long fibre cotton specially twisted and tested for durability, with a specially knitted double leg and three-ply heef and toe. They are fast dyed in Black and Leather Shade Tan, shapely and excellently finished.

BROWN

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Buster Brown's Sister's Stocking for the girls is a splended looking stocking at a moderate price. A two-thread English mercerized lisle stocking, that is shaped to fit and wears very well indeed. Colors-Black. Leather Shade

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You will save money and abolish darning troubles by buying your boys Buster Brown Stockings. They cost no more than the ordinary kind. Your dealer carries them.

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