

Every Meal Brought Agony But Since Taking "Little Digesters" He Can Eat Heartily

From Osgoode Station, Ont., comes a story of five years of suffering from indigestion and dyspepsia—five years of doctoring in vain—then "Little Digesters" and a complete cure. Mr. R. H. Ralph tells the story—his own story—thus: "I have been a sufferer from indigestion and stomach trouble for five years. I had treatment from several doctors. I did not find a cure until I began using "Little Digesters". I can hardly describe how much I suffered at times. Every meal brought to me a complete distaste for food. I had almost begun to think my case incurable when I came across an advertisement in the papers about "Little Digesters". I decided to give them a trial. I am very thankful that I did so for I had not been taking them long when I found them helping me. I can now eat heartily and no longer feel pain and discomfort after eating. Does indigestion or dyspepsia make your life miserable? Take "Little Digesters"—they will cure you or your money will be refunded. 25c. a little red box at your druggist's or by mail from Coleman Medicine Co., Toronto.

OUR TOBACCO With the "Rooster" on it

Is crowing louder as he goes along. Only 45c. per pound. For chewing and smoking. AT A. MACLEAN'S, Ontario Street.

Why Pay High Prices?

I Will Give You FIRST CLASS GOODS The Style and Fitting will be Faultless The Finish and Workmanship will be perfect. The price will be from \$2.00 to \$7.00 LOWER than you have been paying

RALPH SPENCER The Tailor. 620 Princess Street Opposite St. Andrew's Church

Radway's Ready Relief

Radway's Ready Relief should be well rubbed over a large sunburned area. It gives relief with a burning sensation. Few cases require the Radway Pills, but do when a dose or setting would be taken. RADWAY & CO., Montreal, Can.

CURES LUMBAGO

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FOOTWEAR

We have some splendid lines in Men's Shoes, which cannot be beaten at \$4.00. We should be glad to show you our Boys' and Girls' School Boots at prices from \$1.50 to \$3.00. All good solid leather.

Scott's Shoe Store 260 PRINCESS ST. Branch 206 Barrie St. REPAIRING DONE

HAIR CAME OUT BY HANDFULS

With Dandruff and Itching Scalp. Scalp Covered with Small Pimples. Used Cuticura Soap and Ointment. Now No Trouble At All.

533 John St., Toronto, Ont.—"I was first troubled with my hair getting brittle and later dandruff and itching scalp. I was afraid to comb my hair as it came out by handfuls and the itching was so severe I was miserable. The trouble kept me from sleeping. My scalp was covered with small pimples which seemed to run into one another and form a scab. The dandruff was so bad I was afraid to comb my hair as it made it drop so plainly. It looked very badly. I was taking of having my hair shaved. For a long time I tried and several other remedies but they did not cure it. After some months I picked up a paper with the Cuticura Soap and Ointment advertisement and sent right away for a sample of Cuticura Soap and Ointment. On using just the eighth bottle of the Cuticura I used six or eight boxes of the Cuticura Ointment also the Cuticura Soap and my scalp healed, the itching stopped and my hair came in quite thick and now I have no trouble at all." (Signed) Mrs. H. Binger, May 27, 1913.

It costs nothing to learn how pure, sweet, effective and satisfying Cuticura Soap and Ointment are in the treatment of poor complexion, red, rough hands, itching scalp, dandruff, dry, itchy and falling hair, because you need not buy them until you try them. Liberal sample of each mailed free, with 32-p. book. Send post-card to Potter Drug & Chem. Corp., Dept. D, Boston, U.S.A.

AGRICULTURAL TOPICS FOR WHIG READERS

The day has long passed when the farmer, in feeding his poultry, goes to the corn house and throws out a bucket of whole corn, wheat or oats without regard to the requirements of the flock or the season of the year. With eggs bringing such good prices in the market, there are few farmers who do not make some attempt to feed intelligently for egg production.

An article in the report of farmers' institutes, issued by the state department of agriculture is interesting in this regard, inasmuch as considerable space is given to a discussion of feeding. Specimen rations for laying hens in winter, not forgetting rations for chicks, are given. The author is of the opinion that many farmers can make poultry raising less of a side issue and more a means of direct remuneration if they will give some attention to the utility side of the problem. With this idea in mind, the different breeds of poultry, incubation, brooding, rearing and housing, in addition to the treatise on foods, are considered in the paper.

Poultry raisers will find much material of interest in the bulletin, which can be secured free of charge upon application to Commissioner Calvin J. Huson, Albany, N.Y.

Frozen Beets

The following is taken from one of our contemporaries across the line, and may be of interest to our readers:

Stockmen are being warned as to the possibility of poisoning stock from feeding frozen beets, by Dr. F. B. Huxley, of the veterinary department of the college of agriculture of the University of Wisconsin. Last year a considerable loss was sustained by Wisconsin stockmen from this cause. The greatest trouble resulted from beets that were frozen and afterwards thawed before fed. In one serious case the frozen beets were boiled with grain to make a slush. After this mixture was fed the hog died in a short time, due to paralysis of the heart. Recent investigations show that the chemical changes which take place in the process of freezing and thawing produce a poisonous substance which causes rather sudden death when eaten. Beets that have not been frozen make excellent feed for stock.

Maintain the Fertility of the Soil

New York state farmers would have but little use for fertilizer if they gave their land sufficient cultivation and drainage and followed a few simple rules in rotation of crops so as to keep the organic matter up to a proper per cent., according to D. P. Witter, of Berkshire. Few farm lands are given such care, Mr. Witter finds, and so it is that one of the best papers in the report of the farmers' institutes, now being distributed by the state department of agriculture, is devoted to the subject of fertilizer.

Five things are needed to maintain the fertility of the soil on a basis which will endure for all time, says Mr. Witter. These are: Drainage of all wet lands, deep and thorough cultivation, a sufficient supply of organic matter in the soil, a short rotation and the growing of some leguminous crop. On this groundwork Mr. Witter builds an interesting and helpful contribution to farm literature.

Anyone interested in reading a discussion of the subject should send to Commissioner Calvin J. Huson, Albany, New York, for a copy of the report. It will be distributed free of charge.

Alfalfa Proverbs

Alfalfa enriches the ground. Alfalfa is a drouth resister. Alfalfa is the best soil doctor. Alfalfa increases the milk flow. Alfalfa is high in feeding value. Alfalfa balances the corn ration. Grow your protein—don't buy it. Alfalfa sod grows larger corn crops.

Alfalfa is the greatest of all soil-soilers. Alfalfa keeps stock in good condition. Alfalfa should be grown on every farm. An alfalfa field is a hog's idea of heaven. Fox tail is the greatest enemy of alfalfa. Growing alfalfa is good business farming. Alfalfa means more money and better homes. Be what you feed and feed what you eat. Alfalfa does things and never loafs on the job. Alfalfa with a fair chance always makes good. Alfalfa fills the hay mow and pays for the privilege.

Milk Record for Each Cow

Within the next few weeks several hundred cheese factories will be opening, hundreds of farmers will be preparing to milk thousands of freshly calved cows. Logically the beginning of a new season is the time to commence keeping records of production of the cows separately. Just a knowledge of the total yield of milk from the whole herd may give the owner an idea of the average yield per cow, but that does not give quite enough information. There may be a thousand pounds of milk difference in the total yield of two cows for the season, which would be noticeable in the small difference in the appearance of their two milk pails daily. Often the difference is far more than a thousand pounds, yet all cows are lumped together, good, poor and medium, all alike, when taking merely an average. Since keeping records of individual production many a dairyman has increased the average of his herd by fifteen hundred, and two thousand pounds of milk or more, because he has been able to detect the poor, unprofitable cows that masquerade as

real dairy cows. On application to the Dairy Division, Ottawa, milk record forms and instructions are supplied free. Write to-day, and begin the new season right, with the object of keeping none but profitable cows.—C.F.W.

The Manure Heap

A well-kept manure heap may be safely taken as one of the surest indications of thrift and success in farming. Neglect of this resource causes losses, which though little appreciated, are vast in extent. Waste of manure is both so common as to breed indifference and so silent as to escape notice. Many of us have no idea what a valuable fertilizer we have in farmyard manure. But without it or its equivalent our farms would not continue long to produce crops.

Experiments indicate that the average fertilizing value of the manure produced in a year by different farm animals, is as follows: Horses, twenty-seven dollars; cattle, twenty dollars; hogs, four dollars. Reckoning on this basis the value of the manure produced on a farm supporting six horses, twenty-five head of cattle and twelve hogs would be seven hundred dollars. This estimate is based on values usually assigned to the fertilizing ingredients of commercial fertilizers and is possibly somewhat too high from the practical standpoint. Offsetting this, however, is the value of farmyard manure to the mechanical condition of all soils, which value is not found in commercial fertilizers.

Experts who have studied the fertilizer problem tell us that it is safe to assume that fully one-third of the fertilizing value of farmyard manure is lost through careless management. At this conservative estimate the yearly loss through indifference in the handling of manure amounts to over \$200 on the average 150-acre farm.

We may not appreciate how serious this loss is while the natural fertility of our soils will stand the strain that we make upon it. The time is coming, however, when we will have to consider this loss and when it will take many years to bring our soils back to the state of fertility that they would have been in did we start right now to make the best use of farmyard manure. Let us do it now.

Cost of Being Too Economical

There may be such a thing as being too poor to be economical, but there surely is no such thing as being economical when it means loss of life or property.

Take it in the matter of harness. Every day or two accounts come to us of terrible accidents due to poor harness. As I write the story comes to me of a farmer who was driving down a hill with his family when the hold-backs gave way, the team which was a spirited one became frightened, ran away and now a home is made sad for all time.

If good sense teaches us anything it is that every part of the farm business should be sound and good. This does not mean simply those used out on the road, but those in use when around on the farm. A stout team doing heavy work will test the best harness made. We all know it; why tempt providence by letting rents go till something awful happens?

On every farm there should be a kit of mending tools, and they ought to be used every time the first sign of weakness comes. If the old saying, "A stitch in time saves nine" were true anywhere it is in such times as this. A very few minutes spent in sewing the broken parts together may save hours of work later, and maybe the life of some dear one of the home. And there is nothing that makes a horse more unreliable than once to be in a runaway. Ever afterward we must be on our guard against a repetition of the trouble.—E. L. Vincent.

Old Meadows

Every year we hear the poor condition of "old meadows" or mowing fields, remonstrated upon. Now, why should this condition of things exist? Why should the farmer have "old meadows" any way. Just so certain as there are "old meadows," just so certain will the hay crop be light on those fields. They why not adopt a new system and do away with old meadows entirely?

If a farmer has so much land that he cannot get over it at least once in three or four years with some sort of fertilizer and grass seed, then he has too much land. Of course, I am referring to mowing fields, not pastures. After two or three crops of hay have been taken off a field it should be again taken up and reseeded. In my practice I have received very satisfactory results by spreading on a good coat of barn manure, sowing grass seed and clover and harrowing well with the double action cutaway harrow. Another method that has proven to give excellent results is to thoroughly cut up the sod immediately after having with the double action cutaway harrow, going over the field at intervals of a few days, covering a period of four to six weeks, allowing the sun to help kill out the grass, and then apply a coat of manure or high-grade fertilizer, and sowing a good amount of grass seed. If a farmer has more land than he can plough, or a piece of naturally moist land that it is not advisable to plough, he cannot possibly do better than to adopt this plan of renewing the grass, as a full crop may be cut the following summer. There is no crop of more importance to the farmer than grass, and yet many neglect it most woefully. We can double our hay crop at least if we but try. Think this over and see what you can do on your own farm.

Feeding Young Chicks

We sprinkle a little clover chaff, shredded alfalfa, fine cut straw, or clean litter, free from dust and mold, over the floor of the brooder or hover before the chicks are placed in it. We provide a small fountain of sour milk or buttermilk for at least the first half of the day, and water may be provided for the last half. If you cannot get the milk, then see that pure water is always before them. We prefer sour milk to the use of sweet milk for the reason that much of the bacteria which we find in the intestinal tract cannot grow and develop in sour milk or buttermilk, but sweet milk hasn't this same effect. The acid of milk aids digestion, kills bacteria, and has an appetizing effect. The chicks are not fed for forty-eight hours or more after they are hatched. Don't feed too soon. Give the chicks time to assimilate the yolk of the egg which contains enough food to last them several days. Begin by feeding a mixture of 2-3 rolled oats and 1-3 wheat bran mixed with a small amount of charcoal. Oatmeal is the finest food known to give young animals. This is fed on a clean board or paper four or five times a day and only a small quantity fed at a time. We remove the feeding-board after the chicks are through eating. Clean, coarse sand or fine lead is given, and note the time the first feed is given, and no grit is given before. After the chicks are four days old and you have been feeding them rolled oats and bran for a day or two, we begin to add a little commercial chick feed to the above mixture, and gradually increase this until the rolled oats and bran are eliminated from the first or second feed. The rolled oats and bran are fed morning, noon and night, and a good grade of commercial chick feed is thrown into the litter between meals. This compels the little fellows to exercise, and they soon begin to scratch as vigorously as if they had been at it for many weeks. You can almost see them grow and develop, and become active and husky. At the age of four or five days begin to feed a dry mash made as follows: Two parts wheat bran, one part corn meal, one half part rolled oats or oatmeal, one part shorts. To every hundred pounds of the above mixture we add a handful of fine charcoal, a handful of bone meal, and a half pound of fine table salt, mix it in thoroughly.

constitute the greatest proportion of the inferior stock which, when examined, proves unfit for food. It is not necessary for a time under a broody hen; a temperature of seven degrees being, in itself, sufficient to cause the germ to commence to grow. If the heat is constant the development of the chick will continue, but if it ceases or is intermittent, putrefaction at once sets in and the egg becomes bad. On the other hand infertile eggs which are free from the active germ cell, do not, under ordinary conditions, deteriorate seriously. Few farmers seem to realize these facts, and consequently very few make any effort to insure fertility. The impression prevails among many, that the presence of the male bird in the flock is essential to the production of a maximum number of eggs. This assumption has been proven, time and time again, to be absolutely without foundation. Farmers and others selling eggs for market are recommended to kill off or dispose of the male birds after the breeding season. As a result of their remaining with the flock after June 1st, Canadian farmers lose each year at least a million dollars, through the presence of partially incubated eggs in the produce which is marketed. The fact that the best trade in many cities in Canada now offers the premium of from one to five cents per dozen, for non-fertilized eggs, suggests an additional consideration which but few can afford to overlook.

Produce and Prices.

Kingston, May 23.—Market clerk reports the following: Most beef, local, carcass, 10 to 12c.; carcass, 8c. to 10c.; mutton, 11c. to 14c.; live hogs, \$9.50 dressed hogs, 13c.; veal, 8c. to 12c.; lamb by carcass, 8c.; western beef, 14c. to 15c., by carcass. Dairy—Butter, creamery, 30c.; prints 27c.; eggs, 22c. to 25c. Onions, 5c. bunch; carrots, 75c. bunch; parsley, 10c. bunch; beets, 75c. bunch.

McFarlane, Brock street, reports grain, flour and feed selling as follows: Oats, 50c. per bushel; wheat, \$1 to \$1.10 per bushel; yellow feed corn, 55c. per bushel; bakers' flour, \$2.75 to \$2.90; farmers' flour, \$2.75 to \$2.90; Hungarian patent, \$3; oatmeal, and rolled oats, \$3.50 bbl.; cornmeal, \$2 per cwt.; bran, \$25.50 per ton; shorts, \$26.50 ton; baled straw, \$9 per ton; potatoes, \$1.10 a bag; pressed straw, \$9 a ton; loose hay, \$15; pressed hay, \$15.

The Dominion Fish company reports the following prices: Whitefish, 15c. lb.; pike, 12c. lb.; live lobsters, 25c. lb.; blue fish, 15c.; ciscoes, 15c. lb.; silver chook salmon, 30c. per pound; fall salmon, 75c. per pound; fresh haddock, 12c. lb.; steaks cod, 12c. lb.; salmon trout, 15c. lb.; finnan haddock, 12c. lb.; salt mackerel, 15c. per lb.; kippered herring, 6c. a quart; kippered herring, 9c.; Yarmouth blotters, 40c. doz.; codfish, 12c. lb.; halibut, 16c. to 20c.; smoked salmon and halibut, 16c.

Something should be done to discourage the belief, the comfortable courage the belief that comfortable clothes are never stylish. Many a victor is sorry he won the battle after counting the cost.

Removal of Male Birds.

Eggs which have been fertilized

Let "Sunlight" Dispel the Gloom. THE shadow of a Lie Monday does not fall across the path of those who use Sunlight Soap. For this soap costs labor in half. And the nightmare of clothes being "rubbed to shreds" disappears when you learn the gentle Sunlight way. Sunlight Soap is as pure as sunlight itself. A \$5,000 guarantee says you cannot find a single adulterant or impurity in this cake of concentrated cleanliness. Sunlight Soap. Sold by all grocers.

Anaemia. Weakness. Nerves. Run-down. Wincarnis. Will you try Wincarnis? You will be surprised and delighted with the new health it will give you. Remember that hundreds upon hundreds of thousands of people have suffered as you suffer and have got well, as you will get well if you take Wincarnis. Wincarnis is known as "the wine of life," because it gives new life to the invalid—new strength to the weak—new blood to the Anemic—new vigour to the "Run-down"—and new health to everyone. Begin to get well FREE. Sign the Coupon. You can begin to get well free. Send the Coupon and you will receive a liberal trial bottle of Wincarnis—not a mere taste, but enough to do you good. AFTER FREE TRIAL You can obtain Wincarnis from your Wine Merchant or from all leading Chemists and Stores. FREE TRIAL COUPON COLEMAN & CO., Ltd., Wincarnis Works, Norwich, Eng. Please send me a free trial bottle of Wincarnis, I enclose six cents stamps to pay carriage. Name Address