

COAL The kind you are looking for is the kind we

Scranton Coal Is good Coal and we guarantee prompt delivery

BOOTH & CO. Foot of West St.

IF BACK HURTS USE

like the bowels, get sluggish and its present condition. Careful in clogged and need a flushing occasion- vestigation shows that \$25 an acre ally, else we have backache and dull spent on drainage will make the land misery in the kidney region, severe | equal to any in the district, and good headaches rheumatic twinges, torpid land there is worth \$150 an acre. By liver, acid stomach, sleeplessness and detailed records farmers are able to all sorts of bladder disorders.

You simply must keep your kidneys active and elean, and the moment you arly, unprofitable acres are known feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the American Agriculturist. acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neu- as outlined by a Wisconsin shephere tralizes the acids in the urine so it no longer frritates, thus ending blad- good livestock: der disorders.

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithiawater drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious

complications. A well-known local druggist says he sells lots of Jad Salts to folks who while it is only trouble. Agent, George W. sinhood,

"The Beverage that Benefits"

Not simply a thirst quencher, not merely a stimulant, but just the purest, most health infusing spirit roughage and grain. that has ever been produced.

Aromatic Schiedam

Excellent as a "pick-sne-up" tonic and kidneys and other organs. Vastly superior to ordinary gin.



For Thin People

Thin men and women—that big. hearty, filling dinner you ate last night. What became of all the fat-producing nourishment it contained? You haven't pained in weight one ounce. That food passed from your body like unburned coal through an open grate. The material was there, but your food doesn't work and stick, an the plain truth is you hardly get enough nourishment from your meals to pay for the cost of cooking. This is true of thin folks the world over the cost of cooking. This is true of thin folks the world over the cost of cooking. are sadly out of gear and need recon- tors are foul with weed seeds. Ana

Cut out foolish foods and funny saw. Issis of hie samples of No. 2 dust diets. Omit the flesh cream rub- dian Western oats taken from one of those a single Sargol tablet. In two weeks note the difference, Five to eight good solid pounds of healthy, "stay there" fat should be the net result. Sargol charges your weak, stagnant blood with millions of fresh new rad blood corpuscles—gives the blood the carrying power to deliver every ounce of fat-making material in your food to every part of your body. Sargol, too, mixes with your food and prepares it for the blood in easily assimilated form. This manufacture is sent of the manufacture in pares it for the blood in easily assimilated form. Thin people gain all the way from 10 to 25 pounds a month while taking Sargol, and the new flesh stays put. Sargol tablets are a scientific combination of six of the best flesh-producing elements known to chemistry. They come 40 tablets to a backage, are pleasant, harmless and inexpensive, and all druggists in Kingston and vicinity sell them subject to an absolute guarantee of weight increase or money back.

become mixed with the manure in handling dirty grain and other feeds. Such feeds should be thoroughly ground, and weedy manure should be heated or rotted in order to destroy the vitality of weed seeds, says the Seed Branch, Ottawa.

C. S. Wheat Crop For 1915.

While the area in winter wheat in

Agricultural Topics For Whig Readers

Canadian Cheese Exports. So far this month Canada has sup- than in the season of 1913-14 the plied all the cheese coming to the British markets, according to the reports of W. Weddel and Co., Ltd., A total of 11,511 long hundred-weights have been received, as against 9,543 for the some period of last year. Since July the total imports to Great Britain from Canada have been 1,025,057 handred.

What Is Dairy Butter? ada have been 1.036,057 hundredweight, compared with 1,092,540 for the same period a year ago. In- Industry Act, dairy butter is creased imports from New Zealand, produced on a farm from less than however, have eliminated this deficit and made a surgius of 44,276 hundred ton, of Ottawa. But a farmer may dredweight for the year.

well housed and comfortable if they neighbors' cows, and so long as fifty are to give good returns. Warm, well lighted and well ventilated barns are essential to good yields. The temperature of a dairy barn the new act defines "butter," "oleo-should be kept between 40 and 60 legal in Canada, and covers the manu-

Farm. Four parts bran, three parts moisture are also liable under the sing "TIZ." You'll never limp or ground oats, two parts oil cake and act as well as producer, although not two parts cottonseed meal

Unprofitable Acres.

Much discussion has arisen regard ing the loss a farmer sustains by SALTS FOR KIDNEYS ing the loss a farmer sustains by keeping a "boarder" cow. An analogous loss comes from the "boarder" logous loss comes from the "boarder" acre-the unproductive plot of Eat Less Meat If Kidneys Feel Like ground that is neglected or not pro-Lead or Bladder Bothers. perly tilled. The government reperly tilled. The government re cently made a survey of a 40-acre Most folks forget that the kidneys farm that is practically worthless in eliminate boarder cows from the here and increase the farm profits. Simil by careful farm management. Drain lime or cultivate the now unproduc tive fields according to their need and the boarder acre will undoubted ly become a paying proposition.

Keeping Live Stock.

The following are a few reason and stockman, for the keeping

Raising superior stock is the bes and easiest way of keeping up the fertility of our soils. The larger profits obtained from

the raising of productive livestock enables the farmer to equip his place with better machinery, which in turn lightens heavy tasks and makes farn.

life more pleasant. A steadily growing population will continue to supply an excellent mar ket for more and better livestock and livestock products.

or good than poor livestock. Livestock raising tends to encour-

best possible market for the farmer's have, only be careful about feeding

producing animals are raised. All things being equal, the produc- them in some form.. tion and value of a livestock farm

American Wheat Sales.

month for the aid of Belgium. This bushels of Chicago-owned grain was sold from Portland, Gregon, for immediate shipment. Most brought \$1.30 a bushel.

The grain will be milled in Belgium in order to give employment and to provide the bran and chaft for live stock food.

Sowing Weeds In Grain.

seed branch took samples, representing as accurately as possible the average seed used in the districts visited, from over 2,000 farmers throughout Canada, says the Dominion Seed Branch. 978 samples of oats were analvzed at the Ottawa Seed Laboratory, and 547 of these, or 56 cent., contained an average of noxious weed seeds per pound, highest number being 4,838 in this weed seed content and the rate of seeding reported an average of 6, 400 noxious and 20,800 other sorts weed seeds would be seeded on ea acre of land in oats. Barley wheat showed similar results. of these weed seeds are difficult clean out, but most of them can

lysis of five samples of No. 2 Cana-Cut out everything but the meals many terminal elevators showed 313

the United States is much greater

What Is Dairy Butter?

Under the terms of the new Dairy cream into butter on his farm, and Cold weather is an enemy to milk be privileged to sell it as creamery production. Dairy herds must be butter, or he can combine cream from are used, he can sell the butter as

Mr. Singleton further explained that Meal Feed For Cows.

The following meal mixture, feed at a rate of about one pound for four pounds of milk, is used by Prof. E. S. Archibald of Ottawa Experimental Farm. Four parts bran, three parts always prosecuted.

Farm Ducks.

The value of ducks on the farm not yet fully appreciated, says Eliza beth Pollard in Canadian Country One reason is, the constant! nereasing demand for eggs has caus d the hen to overshadow all other owls as a noney-getter. Still udging from our own experience he duck can be raised on the farm o nearly, if not cuite, as good ad antage as the hen. We like the ggs as a table food. When fed o ractically the same feed as hens, th ggs haven't that objectionable flavo thich is imported by fish and othe natter that ducks pick up in runnin treams, lakes or marshes, when ater life abounds. Such grain nade eggs have a rich, agreeabl lavor when you get used to them. We began by wintering five duck nd a drake. They began laying 'ebruary, while hen eggs were bring ng a high price. We did not can o set any before April, so used ther on the table, and for baking, so o leave all the hen eggs for the mar tet. To get ducks laying early the

ampering that bens do. For shelter, any building suffic antly well-built to keep out snow nd rain will do. The floor may be f earth, or anything else, but must e dry, with plenty of straw. They make their own nests in the straw, equire no roosts, and do not keep

aquire the right care, but not th

The ideal maso for ducks, we find, s made something like this: Boil my kind of vegetables till tender. hot-bed do your seed-testing in, th Then mash in the water in which frame. There is more pleasure in caring they were boiled, and thicken with a mixture of ground corn, oats, bran and shorts, adding some meat scraps. age boys and girls to remain on the Equal parts of the above-mentioned ground mixture does well, but you Well bred livestock furnishes the may use whatever you happen to too much corn or Luckwheat, as they cooked and quite warm. Better help may be secured and might grow too fat for laying purkept upon a farm upon which profit poses. Give plenty of drinking water, and always have grit before

question serious thought, it is well to will not come into bloom much The Rockefeller Foundation has consider what has given good results fore the first fall frosts. bought 6,000,000 bushels of wheat in one's own locality. As a rule the Prepare to grow tuberous begon in the Chicago market within the last | breed that is most popular in a far | plants for bedding out on the nort mer's neight orboad will be the best side of buildings and beneath tree mark was , reached when 475,000 for hin. It is never good to whore where most other plants ar a bried just because no person in the prone to grow luxuriantly. locality has it. It would be better for everyone if only one breed was kept-not only each farm, but every form at the one shipping point, should have the same breed.

It may be that there is no goo breed in the section, then it will be necessary for the farmer to get something different. In that case, get a breed that does well in a like c i nate

It is well to take into considera-The average farmer cannot always cater to a special market, but there are few who get as much out of marketing as they might. The quantity of the poultry and egg supply, summer and winter

months, must be considered. If there ports the following prices : is a good local summer demand, a rit Beef, local, carease, 10c. frent breed might be kept than where | He.; hind . quarters, He. to 12c. the demand is for winter eggs. The Sh.; carcase, cuts, 10c. to 22c.; broiler and roaster market, the bred- ton, 10c. to 12c. per lb.; live hogs, car ing trade, and many other points case, 88 per cwt.; dressed hogs might be well considered in the selection per lb.; perk, 11c. to 13c. per lb.

TIZ" for tender, puffed-up, burning, Calloused feet and corns.



People who are forced to stand heir feet all day know what sore ender. sweaty, burning feet mean They use "TIZ," and "TIZ" cures heir feet right up. It keeps feet apperfect condition. "TIZ" is the on draw up your face in pain. oes won't tighten and hurt you

Get a 25 cent box of "TIZ" nov om any druggist, department eneral store. Just think! a whol ear's foot comfort for only 25 cent

ion of the breed. For the average armer in Quebec good results shoul e obtained from a hardy breed that ill lay a fair number of egg broughout the year and a number hese during the early winter months and one that will give good table hirds when killed.

The American breeds seem mos uitable, and the favorites are Barrer lymouth Rocks, White Wyandottes nd Rhode Island Reds, given in the rder of popularity. Where there is ood summer egg trade, the Leghors vi! be found satisfactory. Leghor vill also produce chickens that migh e sold as broilers of about three counds to the pair. For eating pur oses they are not very profitable af er that weight.

Seasonnote Reminders.

See that all animals receive mple supply of salt. Don't delay rooting cutting of bu ing plants for spring bloom. Don't forget to sow pansy so

vithin the next week or two for ear pring bloom. Tis a good time to spread manure while the ground me frozen and the is no snow on the fields

Cut down on the roughage and gin to feed the horses more grain ; They do not thr ye on whole grain. the season of hard work approache The best way to test seeds is the ground. If room is had in th

> Spinach seed broadcasted over rich soil now will germinate the fir thing in the spring and produce All farm animals will relish a fee of cooked food two or three times

week. Give it to them thorough! Cornstalks remaining in the fi at this late date might just as

be burned for they are practical valueless for feeding purposes. Sow cosmos seed late this mon or early in February. If the see Where one has not given the breed are not started early the fall variet

> Fer commercial purposes the beds should be made and planted

> a week er so. Home gardners ha better wait another month before b ginning operations. Poultry manure collected during the winter should not be applied the land until planting time, other

wise much of its plant food will b lest Store It under cover Any plants that will not transplan readily should have the seeds sow: directly in small pots where they ca shifted to the field without d

turbing the roots. Produce And Prices.

Kingston, Feb. 5 .- D. J. Millan

Twitching of the Nerves Broken-down System

Now Entirely Cured-Never Used Any Medicine With Such Benefit as Dr. Chase's Nerve Food.



to look forward to MRS. M'RELLAR, but also built up my system i enlisted to go. I refused, and told him in every way."

Under more recent date Mrs. and I would not back out, and go through, and at other times the mind is affected, which is and states that she has had inquiries.

Bugler Hamilton is the rouncest far worse.

vous system. I could not sleep, and uffered from twitching of the nerves and diangreeable nervous sensations. Nerve Food, and can say that I neve

by quarter; veal, 10c. to 14c.; lamb, Dairy-Butter, creamery, 33c. to 35c.; prints, 30c. to 33c.; rolls, 30c.; fresh eggs, 40c.; packed eggs, 32c. to

Vegetables-Onions, \$1 a bushel; bage, 50c. to 75c. per dozen; tatoes, 60c. a bush.; apples, 30c. to 50c. peck; pumpkins, 5c. to 10c. each; turnips, 60c. a bag; carrots, 40c. a bush.; celery, 5c. to 10c. a bunch.

J. A. McFarlane, Brock street, re-

Oats, 60c. per bush.; wheat, \$1.35 per bushel; yellow feed corn, 95c. per bushel; bakers' flour, per 98 lbs., cornmeal, \$2.50 per cwt.; bran, 527 per ton; shorts, \$20; baled per ton; barley, 85c.; loose ay, 817 to \$18 per ton; ground and cracked corn, \$1.80; buckwheat, 5c. bush. No quotation on flouft. The Dominion Fish company reports he following: Whitefish, 124c. to 15c. b.; pike, 124c. lb; blue fish, 15c.; hinook salmon, 30c. per pound; alt water salmon, 15c., 20c., 25c. lb.; resh haddock, 124c. per lb.; steak od, 124c.; salmon trout, 15c. per bloaters, 50c, a doz.; pickerel. c. per lb.; kippers, 60c., a doz.; sh salt water herring, 40c. dozen; ers, 50c. and 60c. a quart; fillets, smoked), 15c. a lb.; fresh Oc. to 25c. lh.; mackerel, 15c. due fish, 15c. lb.

Poultry-Fowl, 10c. to 12c. lb.; nickens, 60c. to \$1,10 or 12c urkeys, 12c to 18c a fb.; live fowls, Oc. to \$1 a pair; geese, 15c. to 17c.

John McKay, limited, hide departent, reports the following quotations on hides and skins: memed, green, 12c, a lb.; ared, 13c. lb.; sheep skins, besh tak n off, \$1; decons, \$1; veal skins, loe er lb.; tallow, fine rendered, 6c. lb. vool, washed, 24c, lb.; wool, vashed, 15c. per lb.

The prices being paid for raw furs re as follows: Mink, dark, 25c, to 1; brown, 15c. to \$3; pale, 15c. 2.50; raccoon, extra dark, 10c. 3; ordinary, 10c. to \$1.75; musk rat, 9c. to 25c.; skunk, black, 25c. \$2; short, 10c, to \$1.40; ow, 10c. to \$1; broad, 10c. Oc.; fox, 20c. to \$5; white weasel c. to 90c.; bear, \$1 to \$17; lynx, 0c. to \$10; fisher, \$1.50 to \$18; ovotes, 50c. to \$4. R. H. Toye quotes fruit thus: Oran-

as, 20c. to 60c. a doz.; cranberries, '21c. qt.; grape fruit 5c. to 10c. ch; new ngs, 15c to 20c a 'b.; mixed nuts, 20c. lb.; hickory nuts, Oc. a qt.; dates, IOc. a lb.; Messina mons, 20c. a dozen; tomatoes, 25c. a lb.; cucumbers, 10c. to 15c. each. Raw Fur Prices-George Mills o., are paying as follows: Muskrats, rge, 20c; medium, 15c; small, 10c; nink, large, \$4; medium, \$3; small 2; red fox, large, \$4 to \$5; medm, \$3; small, \$2; skunk, black, 1.50; short, stripe, \$1; narrow tripe, 75c; broad stripe, 25c to 50c. accoon, large, \$1.50; medium, \$1; mall, 50c; unprime skins at value.

Why They Came Back.

There are many young men in

lanada these days who do not even low seem to know why they were ent back from Valcartier. They are n a quandary over being able to pass the local medical examination flying, only to be rejected at the concentration camp. "I'll tell you why," volinteers a veteran. "Take me, I know the record of at least twenty young men who signed on from around my factory. It's like a yachting cruise or joing away hunting, everything lies in having a congenial company — no kickers. One kicker will spoll whole outfit. The first thing the corporals and sergeants did, down at Valcartier, was to hunt up the inevitable grumbler. The delinquent would be quietly warned; if incorrigible his name was passed along to the captain, and he did the rest. When that man stripped before the doctors the hemming and hawing started at once. If he never knew it before there was certain to be some defect shown up-bad eyes, teeth, or a toe-nailany excuse to weed out the growler, the kicker. Somebody should pass that out to the recruits now drill-

Duchess of Connaught's Gift. The Duchess of Connaught's bas sent a box of maple sugar as a Christmas gift to every onicer and private of the Canadian overseas contingent at Salisbury Plain, to the Royal Canadian Regiment at Bermuda, and to all on board Canadian ships doing active duty on the Atlantic and Pacific. A Christmas card bearing the Duchess' picture accompanies each box, with these words, Good luck and best wishes for Christmas and 1915, from Louise Margaret, Duchess of Connaught." Arrangements were made for the boxes to be distributed to the officers and men on Christmas eve.

dissing on Pathfinder. Mrs. Herbert Chandler, Peterboro as received word that ber brother, nanuel Rutter, who was a firstiss stoker on the Pathunder, is avy six years ago and served on the ussell and the Wear before being transferred to the Pathonder two

Foungest Hugler In Corps

Capt. Hamilton of Earlscourt fire om his son, Bugler Hamilton, Salury Plains, of which the following an extract: "The adjutant of our at I should have to face when the

through it I would."

Bugier Hamilton is the youngest soldier, with the first Canadian contingent, and a general favorite with



PARALYSEDY

Astounding Cure by Dr. Cassell's Tablets.

Utterly Helpless Woman Restored to Health and Fullest Activity.

Her "Dead" Limb Made Sound and Well.

All usual Treatment had Failed, But-

In a Dream She Saw herself Cured by Dr. Cassell's Tablets, Got some, and-

Her Dream Came True.

The cure of Mrs. S. M. Hopkins, of 31, English-road, Shirley, Southampton, England, is one that proves Dr. Cassell's Tablets to be above and beyond any ordinary medicine. Here is not personal test imony.

we way under me, and I fell on the linken home again abusine y beiplese, Cappell's Tableto to me. 1 a i to some extent reco dicamit that I was told to take them, and I seemed it I was struggling upstairs, I fell again, right law. the whole fight, and fron that time I was paralysed. I had to be fied in and out of hed, and as I was mac doo I hry. Medical treatment dis for three Thomas they hard everything possible to hat proved useless. Elverybody thought

to see myself as well and active as every I told my meband and he got me some. After taking the tablets for a time I fell a tingline in any fact, and most Lectuld move t. Oh bhow pleased I was Book I was going about or crutebes, and one day I put calde walked out into the etreets without any support at all. People come to their doors to see me. Il men a modern

Wasting Giseases

possispes my len dead; those was nonfeeling in it; | ever so well; strong and netive; and would not have feit a needle pushed leven heavier than before my illness." These are the actual facts of this remarkable case, which investigation will fully verily. Asperroisorative evidence we add

Testimony of the Neighbours.

the leg should be

as was comme up

uy body. To all

MRS. A. E. JACESON, OF 29, ENGLISH BOAD, SOUTHAMPTON, SAYS: "I have known M-a. Hapkins for a long time. I know her all through her illness. The was cintely paralysed could not more at all, and hospital treatment did her no Then she began taking Dr. Castell's Tablets, and soon the was getting about of craftly a. The hox; thing was that she was walking thout without crafther Mes. A. L Laver. English-Boah. Fourtrampton, saus: "I femeraber Mes.

DR. CASSELL'S

Medit has won for Dr. Caswell's Tablets the largest cale of their class in Great Private. They may be used well at sold to complete a fit every wend, waited or the form the complete and the complete and the first to the complete and the complete and the first to the complete and the c

the table of many the cy on Dr. conveil's Tablets has been proved in cases of Narvous Breakfown Nervous Debillty Stomach Disorders
Narva Paralysis Significances Mainutrition Nerve Paralysis Salnai Paralysis Infantiis Paralysis Neurasthonia Anam a Kidney Disease

Indigastion Openially valuable to nursing Mothers and Woman of Middle Age All drangers and storckerpers throughout the Dominion sell Dr. Carsell's Tablets at 50 cents. A Free Sample - II he sent to you on receipt of 5 cents for inalities and packing, by the sole agents for Canada, if. F. Ritches and Co., Ltd., 10, McCaul-street, Toronto, Ont.