

CATARRH TRUTH

TOLD IN A SIMPLE WAY

Without Apparatus, Inhalers, Salves, Lotions, Harmful Drugs, Smoke or Electricity.

HEALS DAY AND NIGHT

It is a new way. It is something absolutely different. No lotions, sprays or sickly smelling salves or creams. No atomizer, or any apparatus of any kind. Nothing to smoke or inhale. No steaming or rubbing or injections. No electricity or vibration or massage. No powder; no plaster; no keeping in the house. Nothing of that kind at all.



Something new and different, something delightful and healthful, something instantly successful. You do not have to wait, and linger and pay out a lot of money. You can stop it over night—and I will gladly tell you how—FREE. I am not a doctor and this is not a so-called doctor's prescription—but I am cured and my friends are cured, and you can be cured. Your suffering will stop at once like magic.

AM FREE—YOU CAN BE FREE My catarrh was filthy and loathsome. It made me ill, it dulled my mind. It undermined my health and was weakening my will. The hawking, coughing, spitting made me obnoxious to all, and my foul breath and disgusting habits made even my loved ones avoid me secretly. My delight in life was dulled and my faculties impaired. I knew that in time it would bring me to an untimely grave, because every moment of the day and night it was slowly yet surely sapping my vitality. But I found a cure, and I am ready to tell you about it FREE. Write me promptly.

RISK JUST ONE CENT Send no money. Just your name and address on a postal card. Say: "Dear Sam Katz: Please tell me how you cured your catarrh and how I can cure mine." That's all you need to say. I will understand, and I will write to you with complete information FREE, at once. Do not delay. Send postal card or write me a letter to-day. Don't think of turning this page until you have asked for this wonderful treatment that can do for you what it has done for me.

SAM KATZ, Room E 2628 142 Mutual St., Toronto, Ont. AUTOMOBILES AND CARRIAGES FOR HIRE Phone 1177 George W. Boyd, 89 Earl Street.

Carters & Teamsters

Good frame house on Division Street, all improvements, furnace, gas, good stable and poultry houses, good house for a teamster. Price \$2,550. Brick house near Princess Street, nine rooms, improvements, furnace, gas and electric \$3,400.

HORACE F. NORMAN Real Estate and Insurance Office 177 Wellington St.

BIG, HEARTY BABY BOY

Mrs. Beck's Fondest Hopes Realized—Health, Happiness and Baby.

Upper Labare, N. S., Can.,—"I wish to thank you for the benefit I received by taking Lydia E. Pinkham's Vegetable Compound for female troubles from which I was a great sufferer, so that I was completely run down in health. Other medicines did not help me, but Lydia E. Pinkham's Vegetable Compound made me well and strong. I now have a big, hearty baby boy, and praise your medicine for the wonderful lot of good it has done me."—Mrs. ISRAEL BECK, Jr., Upper Labare, Lunenburg Co., N. S., Canada.

The darkest days of husband and wife are when they come to look forward to a childless and lonely old age.

Many a wife has found herself incapable of motherhood owing to some derangement of the feminine system, often curable by the proper remedies.

In many homes once childless there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Agricultural Topics For Whig Readers

The marked improvement in the quality of the corn on exhibition at the Ontario Corn Growers' meeting, was a source of pleasure to T. G. Raynor of the Dominion Seed Branch, who told of corn growing in Eastern Ontario. However, he would not like the farmers of Western Ontario to go away with the idea that seed corn can be grown in the east under certain conditions at least. He had seen splendid Wisconsin No. 7, seed grown east of Kingston, while flint corn could be ripened every year, but the yield would not be so large. The kernels would not be quite so large nor so deep. A mixed dent and flint corn had been matured 100 miles north of Ottawa. But it was when it came to producing silage that the size of the leaf and stalk that the east compared with the west.

In years past soft, sappy corns had been raised and fed in the fall as fodder. Later when the silo came into more general use, the dealers had to handle other varieties, and flints began to be mixed in with them, especially Longfellow. In the last ten years quite a change had been worked, and Longfellow might be said to be the popular flint variety.

In Eastern Ontario Mr. Raynor often used to find corn in sacks piled up in basements of stores like cordwood. He had pointed out to the merchant the tender nature of corn, and how easily spoiled it was, and so they now stand it upon end, opened up so that air may circulate through it. Wholesale merchants co-operated, enclosing slips of direction in each sack.

When buying corn shelled, Eastern farmers had been fooled and had to sow two or three times as much seed as was necessary to get a good crop. Now they are getting it on the cob, and not shelled, "like a cat in a bag."

How the change came in the Belleville district was dramatically told by Mr. Raynor. Three years ago the season was unfavorable for corn. Most of the corn sown in the district was purchased shelled, but several growers had purchased seed from J. O. Duke, who was one of the pioneers in the better seed corn movement. The shelled seed corn proved practically a failure, and fifty per cent. was plowed up, while the Duke corn gave a normal crop—as good as they ever did.

From that date a big advance was made, and seed corn is imported to the Belleville district on the cob, by the car loads. Carleton also is a large purchaser in this way.

"In the east," said the speaker, "corn is sown largely in drills, and sown too thickly." It did not seem possible to get growers to even thin with the harrows sufficiently that the corn will be able to develop good, strong stalks, and mature rapidly enough. Best results were secured by those who sowed in hills. Mr. Raynor was preaching sowing less corn to the acre, but using better seed.

Testing was needed to safeguard the corn grower. The District Representative might make the test, but any man could do it himself.

For The Sheep. Roots cannot be beaten as succulent foods for sheep in the winter. The English, who have developed practically all of the breeds of sheep, cannot get along without roots for their flocks. Mangels, turnips, rutabagas, vetches, rape and cabbage are some of the most common means of supplying water succulence to the mutton on the hoof, the root crops being more generally used in eastern Canada and Britain.

Mangels are not fed the rams by the more discriminating breeders as they fear calcium results from the practice. Ewes suckling lambs require mangels mixed with some ground feed sprinkled over them. This excites the milk flow, and ewes have been known to give more than a healthy pair of lambs, could take care of when still young. Care must be exercised in feeding mangels that have become frozen, especially just before lambing time. This practice is liable to cause abortion.

scary horse that takes fright and runs as if possessed by a demon? It is a hard question to answer. He is the most dangerous horse to handle single. Nineteenth of all serious accidents with horses are with these frantic runaways. The kicker that is dreaded so much is not so dangerous as these. If he stops and kicks everything off of him you can sit in the rig and tell him to let the good work go on. You are in no great danger. But when a horse loses his senses and runs like the wind, something is likely to give way, and some one is likely to get hurt.

Reader, listen to a few don'ts; Don't take an aged person, a helpless child, a screaming woman or a timid man in a rig behind such a horse. Don't attempt to work him single without severe bit, good harness, a stout rig, strong lines and hold-back straps. Don't take any chances, believing that you can manage any horse, for you can't. The real expert himself makes no such claims. The one who does is the boy in his teens, or the man who has never seen a really bad case. But anything that may be said on handling the scary horse can only be suggestive. All depends on the man. If he is quick-tempered, has no patience, always rough with animals, he is not fit to handle a spirited, nervous horse. He should buy an ox or a mule. If he has not sufficient interest in the horse to study his disposition and the best way to manage him, he would better leave this to one skilled in that line.

About Exercise. Exercise and good feeding are inseparable. In a state of nature fowls have to forage vigorously for about all the food they get. We may suppose that occasionally they find a full meal quickly and easily, but most of what they get to eat comes little by little. So in the semi-natural conditions which are found on many farms the fowls forage for most of what they get, and like the wild fowls, though not to the same extent, their productiveness is limited to a short season. On the farm there is rarely such varied abundance of food as is accessible that the fowls suffer for lack of exercise.

With well fed hens, as kept by poultry keepers who try to feed for good results, the case is different. Good feeding tends to make fowls sluggish. The proper digestion and assimilation of food depend on the hens taking enough exercise to keep them in good physical condition. Experience has shown that this must be, in part at least, compulsory. The intensity of the poultry keeper solves this question by giving the hens their whole grain buried in litter so that to get it they must scratch for it. Those who have adopted this method (most progressive poultry keepers) are of the number) have sometimes made the mistake of compelling the fowls to take too much exercise. All that is necessary is enough to keep the digestion sound.

Value Of Hen Manure. A recent bulletin of the Maine Agricultural Experiment Station shows that the poultryman or farmer can materially add to the profits of his business by properly caring for the droppings of his fowls. For example, it is shown that the droppings from 1,000 fowls if preserved without need, less loss are worth at least \$300 per annum, and this estimate is based on the assumption that less than half of the droppings, or only 30 pounds per hen per pair, can be collected.

According to the Maine Station, the droppings should be collected daily and mixed with substances which will (1) prevent loss of nitrogen, (2) add sufficient potash and phosphoric acid to make a better-balanced fertilizer, and (3) improve the mechanical condition of the manure so that it can be applied to the land with a manure spreader.

This can be done as follows: To each 30 pounds of the manure add 10 pounds of sawdust, good dried loam.

"TIZ" FIXED MY SORE, TIRED FEET Use "TIZ" Don't have puffed-up, burning, aching feet or corns. "TIZ" makes my feet just dance."

Children On-Dairy Farm. "On the dairy farm the increased amount of work makes it possible to keep the children at home much longer than would be the case with other kinds of farming. This is very true in localities where there are good schools. The boys and girls can well afford to take a high school course at the expense of their parents, if those parents are engaged in dairying. The boys and girls are at home just when the milking should be done and are at school in the middle of the day, when dairy duties are not generally pressing. This is a point that should be more generally considered than it is. Many young women and young men that now think their parents cannot afford to give them a high school education can obtain it by taking care of a few cows night and morning.

While the above is true from the view point taken, it is also true that it is very easy through the exacting conditions of dairy work to make of it a round of drudgery. It is very continuing work, from which there is probably less rest on Sunday than any other class of farm labor. The trouble with the boys and girls and the milking business is that too often they feel it to be a drudgery and thus develop a longing to get away from the farm altogether.

or peat, 16 pounds of acid phosphate and 8 pounds of kainit. Such a mixture will contain about 1.25 percent of nitrogen 4.5 percent of phosphoric acid, and 2 percent of potash, which, used at the rate of 2 tons per acre would furnish 50 pounds of nitrogen, 185 pounds of phosphoric acid, and 80 pounds of potash, and at the present price of fertilizing ingredients is worth about \$10 per ton. The mixture would furnish a well-balanced stable fertilizer, which, although not fine enough to work well in drills, can be successfully applied with a manure spreader. The treated manure should be well sheltered until time to apply to the land—that is, shortly before ploughing.—From the "Connecticut Agricultural College Press Bulletin."



RUPERT HARVEY AND ROSE SIDLEY in "Milestones," at the Grand Opera House on Thursday, Feb. 25th.

Kingston Markets

Kingston, Feb. 19. D. J. Millan reports:

Meat. Beef, local, carcass, 10c. to 11c.; hind quarters, 11c. to 12c. A lb.; carcass, cuts, 10c. to 22c.; mutton, 10c. to 12c. per lb.; live hogs, carcass, 88 per cwt.; dressed hogs, 11c. per lb.; pork, 11c. to 13c. per lb.; by quarter; veal, 10c. to 14c.; lamb, 15c. per lb., by carcass. Dairy—Butter, creamery, 33c. to 35c.; prints, 33c. to 35c.; rolls, 30c.; fresh eggs, 35c.; packed eggs, 32 to 35c. Vegetables—Onions, \$1 a bushel; beets, 50c. per bushel; cabbage, 50c. to 75c. per dozen; potatoes, 60c. bush; pumpkins, 5c. to 10c. turnips, 60c. a bush; carrots, 30c. a bush; celery, 5c. to 10c. a bunch; lettuce, 5c. a head; green onions, 5c. a bunch.

Grain And Flour. J. A. McFarlane, Brock street, reports grain and flour selling as follows: Oats, 65c. per bush.; wheat, \$1.50 per bushel; yellow feed corn, 95c. per bushel; bakers' flour, per 98 lbs., cornmeal, \$2.50 per cwt.; bran, \$27 per ton; shorts, \$29.50; beled straw, \$9 per ton; baled hay, \$18 per ton; straw, \$8 a ton; barley, 85c.; loose hay, \$17 to \$19 per ton; ground and cracked corn, \$1.80; buckwheat, 85c. bush. No quotation on flour.

Fish. The Dominion Fish company reports the following: Whitefish, 12c. to 15c. lb.; pike, 12c. lb.; blue fish, 15c.; Chinook salmon, 30c. per pound; salt water salmon, 15c., 20c., 25c. lb.; fresh haddock, 12c. per lb.; steak cod, 12c.; salmon trout, 15c. per lb.; blasters, 50c. a doz.; pickled, 15c. per lb.; kippers, 60c. a doz.; fresh salt water herring, 40c. dozen; sinned haddies, 12c. per lb.; oysters, 50c. and 60c. a quart; filets, 20c. to 25c.; mackerel, 15c. lb.; blue fish, 15c. lb.; smoked salmon, 20c. lb.; smoked qualla salmon, 20c. lb. Poultry—Fowl, 10c. to 12c. lb.; chickens, 60c. to \$1.10 or 12c. to 15c. a lb.; ducks, 12c. to 15c. lb.; turkeys, 12c. to 18c. a lb.; live fowls, 80c. to \$1 a pair.

Fruit. R. H. Toye quotes fruit thus: Oranges, 20c. to 60c. a doz.; strawberries, 12c. qt.; grape fruit 5c. to 10c. each; new figs, 15c. to 20c. a lb.; mixed nuts, 20c. lb.; dates, 10c. a lb.; Messina lemons, 20c. a dozen; tomatoes, 25c. a lb.; cucumbers, 10c. to 15c. each; apples, 50c. to 50c. a peck or \$2.75 per bush.; bananas, 20c. dozen.

Hides And Furs. John McKay, limited, hide department, reports the following quotations on hides and skins: Hides, trimmed, green, 12c. a lb.; hides, cured, 15c. lb.; sheep skins, fresh taken off, \$1; deerskin, \$1; veal skins, 15c. per lb.; tallow, fine rendered, 5c. lb.; wool, washed, 24c. lb.; wool, unwashed, 15c. per lb. The prices being paid for raw furs are as follows: Mink, dark, 25c. to \$2.50; brown, 15c. to \$3; pale, 15c. to \$2.50; raccoon, extra dark, 10c. to \$3; ordinary, 10c. to \$1.75; muskrat, 9c. to 25c.; skunk, black, 25c. to \$2; short, 10c. to \$1.40; marten, 10c. to \$1; broad, 10c. to 60c.; fox, 20c. to \$5; white weasel, 5c. to 90c.; bear, \$1 to \$17; lynx, 50c. to \$1; fisher, \$1.50 to \$18; coyotes, 50c. to \$4.

Raw Furs. George Mills & Co. are paying as follows for raw furs: Mink, large, 20c; medium, 15c; small, 10c; mink, large, \$4; medium, \$3; small, \$2; red fox, large, \$4 to \$5; medium, \$3; small, \$2; skunk, black, \$1.50; short, stripe, \$1; narrow stripe, 75c; broad stripe, 25c to 50c. raccoon, large, \$1.50; medium, \$1; small, 50c; uprime skins at value.

OXO CUBES at the War

More Letters showing how OXO CUBES are valued



"FOUR MONTHS UNDER FIRE." A diary by Corporal A. J. Sproston, Motor Cyclist Despatch Rider, with the British Expeditionary Force.

Food has been for some days almost unobtainable in the villages, and shops and cottages have been cleared out by the enemy. We beg a little hot water at Serches and make OXO, the bread I had obtained the previous day at Neuilly St. Front proving a boon.

Reprinted from the London "Daily Mail," December 15th, 1914.

Diary of a Rifleman of the Queen's Westminsters with the British Expeditionary Force.

For City men we have shaken down wonderfully, and our health generally is very good. The only change we can get from cold food is tea, OXO, etc. We cook in fires and pails, etc. The Germans, from the smoke we see rising from their trenches, seem to do things more elaborately.

Reprinted from the London "Star," December 9th, 1914.

The handiness of OXO CUBES is almost as great a recommendation as their food value. By simply adding an OXO CUBE to a cupful of hot water a delicious warming cupful of OXO can be made in a moment. OXO CUBES are prepared by intricate scientific processes; they provide in handy form the nourishing Beef-fibrine, which builds up the body and creates energy, combined with the valuable Beef-extractives which promote nutrition and ensure ready assimilation.

OXO CUBES

In 10c. and 25c. Tins. Also in tins of 50 and 100 Cubes.

Prince George Hotel TORONTO In Centre of Shopping and Business District. 252 BLOOR ST. W. with Private Bath. EUROPEAN and AMERICAN PLAN. A la Carte Restaurant. EARL H. THOMPSON, Prop.

Mrs. Newlywed Says: "I find it so hard to economise, but I must do so for a while." Mrs. Wiseneighbour says: "Why not do your own washing. It isn't hard if an Eddy washboard is part of your equipment. I have a 'Household Globe.' It's a wonder-worker—loosens the dirt so easily, and I never tear the clothes." ECONOMISE! Do your washing at home with the aid of an Eddy "Household Globe" washboard

MADE IN CANADA Canada grows the wheat, and we make it into a wholesome, nourishing, easily digested food by steam-cooking, shredding and baking. SHREDDED WHEAT is made of choicest selected Canadian wheat. Contains all the body-building material in the whole wheat grain and nothing else—a pure whole wheat food—the maximum of nutriment at smallest cost. A Canadian food for loyal Canadians. Shredded Wheat is made in two forms, BISCUIT and TRISCUIT—the Biscuit for breakfast with milk or cream, or with fruit; Triscuit, the water-tost, delicious for lunch with butter or soft cheese, or for any meal as a substitute for white flour bread. MADE AT NIAGARA FALLS, ONTARIO Toronto Office: 49 Wellington Street East.