

TROUBLES COST HIM A FORTUNE

Texas Farmer Suffered For Fifteen Years—Is Relieved by Tanlac.

"A few bottles of Tanlac have done me more good than other medicines and treatments that cost me a small fortune," said C. C. Fisher, a prosperous farmer living at Irving, Route 1, a few miles from Dallas, Tex. "For fifteen years," he continued, "I suffered so terribly from stomach trouble that I thought I could never get well. Everything I would eat went back on me and I would belch up my food so sour that it would nearly strangle me, the gas on my stomach would press on my heart so as to cause it to flutter and I would have the hardest time getting my breath. I was really in such awful condition that I felt like I had about got to the end of my row. "But I feel now like I am good for many years yet, for Tanlac has fixed me up so I can eat everything without any bad after effects, and since gas has stopped forming in my stomach I am not troubled with palpitations or shortness of breath. I have gained six pounds already and am working hard on my farm every day now and am glad to recommend Tanlac for the wonderful way it has helped me. Tanlac is sold in Kingston by A. P. Chown, in Plevna by Gilbert Oster, in Battersea by C. S. Clark, in Fernleigh by Ervin Martin, in Ardoch by M. J. Scullion, in Sharbot Lake by W. Y. Cannon.

HUGE POTATO YIELDS
Seed From Northern Ontario Outyields All Others.

How to Lower Mortality of Young Lambs—Best Methods of Caring For Both Ewe and Lamb Explained.

(Contributed by Ontario Department of Agriculture, Toronto.)
PLANS are being carefully evolved by the Department of Agriculture to continue experiments, begun last year, which it is expected will have far-reaching results for the potato industry in Ontario. The investigations which officials of the Department are making are thorough and extensive, and consequently somewhat slow. But it is confidently believed that within a few years potato seed grown in Ontario will be in great demand not only by other parts of the Dominion, but by many districts of the United States. This, it is anticipated, will be a distinct boon to the farmers of the province.

The two-fold program which was inaugurated last year of certifying a high standard of potato seed and making a survey to detect diseases is being carried on on a much wider scale this coming season. Reports from the various inspectors have now been compiled by the Department, and the statistics are of considerable interest to the progressive and up-to-date agriculturist. The two foundation varieties which the Department is showing—Irish Cobbler, the early seed, and the Green Mountain—have been the subject of widespread discussion. There has been much difference of opinion as to which is the better for general table use. The reports for last year clearly prove that the Green Mountain is the best variety for the general farmer. Seed of these two varieties from three different sources—Northern Ontario, New Brunswick and Old Ontario—has been experimented with and planted in clay and sand in nearby districts in different parts of the province. These show the following average yields per acre:

Irish Cobbler—Northern Ontario, 153.4; New Brunswick, 148; Old Ontario, 127.
Green Mountain—Northern Ontario, 177.5; New Brunswick, 157.3; Old Ontario, 167.8.
The general average per acre on the different plots was:
Irish Cobbler planted in sand, 151.5, and on clay, 126.1, which shows a yield of 25.4 bushels more to the acre from seed planted on sand.
Green Mountain planted on sand, 159.2, and 153.2 bushels planted on clay, a yield of 16.1 more bushels per acre from seed planted on sand.

The results when the yields from all sources for Irish Cobbler are combined show the average number of bushels per acre was 142.1, and Green Mountain, 161.4 bushels. Thus it will be seen that the Green Mountain gave the larger yield, being 19.3 bushels per acre ahead of the Irish Cobbler variety.

With Ewes at Lambing Time.
The two main factors contributing to a satisfactory lamb crop are the proper feeding and care of the sheep during the six months previous to lambing time together with care and detailed attention given to the ewe during the lambing period. Plenty of exercise coupled with a sufficient amount of the right kind of feed to maintain the flock in good thriving condition will usually result in the birth of active, rugged lambs for which the mother will have a liberal supply of milk. In practically every flock, no matter how well cared for, the attendant must be on hand frequently, day and night, during the period the lambs are arriving. A little attention at the proper time will often result in the saving of not a few lambs.

Absolute dryness and freedom from draught are very essential for the flock, and when the lambs are expected in March or even early April provision should be made for reasonable protection from the cold. Wool balls in the stomach is often the cause of much loss in young lambs. This trouble as well as difficulty in getting the lambs to nurse may be avoided by clipping away all loose and dirty wool from around the udder and quarters of the ewe. Provision should be made for a few small pens located along the warmest side of the building. The ewe to lamb in much separated from the main flock and in cases of difficult parturition, weak lambs, ewes disowning their lambs and numerous other difficulties that may arise they can be looked after a great deal more satisfactorily when confined in small enclosures. It not infrequently happens that a ewe has difficulty in delivering her lamb; this is more common in the case of young ewes with their first lamb. When the lamb has come forward far enough so that the nose and front feet are in sight and the head is unable to pass through the ewe should be assisted by gentle pulling on the forehead. If this fails smear the inside of the vagina well with linsed oil, this has the effect of softening and allowing the opening to stretch and will, unless the case is a very severe one, give relief. No action should be taken until it is reasonably certain some assistance is needed and before investigating the hands should be perfectly clean and disinfected.

Lambs may be born weak and apparently lifeless, more particularly in case of difficult delivery. These may be revived by quick action on the part of the attendant. First remove the phlegm from the mouth, then hold the mouth open and blow gently a few times to start lung action. Next lay the lamb on its belly and gently beat it on the sides next to the heart just back of the shoulder. —Prof. J. P. Sackville, O. A. College, Guelph.

The cemeteries of some towns hold out the only inducements worthy of mention to permanent residents. A nutmeg may be great, but sooner or later it will meet a grater.

Heart Palpitated Could Count Every Beat.
When the heart begins to palpitate, it will beat fast for several seconds, then slow, then start to flutter, and a feeling of utter depression will come over your whole system, accompanied by weak, fainting and dizzy spells.

When the heart gets into this condition, you become weak, worn and miserable, and are unable to attend to either social, business or household duties.
Milburn's Heart and Nerve Pills will give prompt and permanent relief to all sufferers from any heart weakness or nerve derangements.
Mrs. Walter Grelves, Apsley, Ont., writes:—"I had been run down, and doctors told me I was anemic, but did not help me with their medicines. I could not sleep nights, my heart palpitated so, and I could count every beat. I used to have such dizzy spells I would have to go to bed. I was not able to do any work for eight months. A cousin of mine had taken Milburn's Heart and Nerve Pills and told me what they had done for her. I took eight boxes of them, and now I am able to help every day with the work. I am so thankful to tell others that they have done for me, so that they may try this great and wonderful remedy. I hope this may prove good to some one who is suffering the way I did."
Milburn's Heart and Nerve Pills are 50c a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Seven Sentence Sermons

"Towards die many times before their death. The valiant never taste of death but once."
—Shakespeare.

When the power of imparting joy is equal to the will, the human soul requires no other heaven.—Shelley.

The heights by great men reached and kept Were not attained by sudden flight, But while their companions slept, Were toiling upward in the night.
—Longfellow.

When the fight begins within himself a man's worth something.—Robert Browning.
And the wolf shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them.—Isa. 11: 6.

Work is the fresh air of the soul. It clears the heavy brain, quickens the pulses of the mind, warms thought to action, and the blood. An sluggish will sunk into ease of ineffective lethargies. It stirs to life again.
—Susan Coolidge.

The fewer the voices on the side of truth, the more distinct and strong must be your own.—Channing.

Useful Friends.
(London Ideas)
"I hope you are selecting playmates at your new school whose companionship will be of value to you," said Jimmy's mother.
"Oh, shure," replied Jimmy.
"Skinny Davies is teaching me how to smoke fags and work the smoke down my nose, and Dodger Higgins says I'll give him my roller skates he'll teach me the punch that knocked out Bombarier Wells."

Got Back at the Clergyman.
A private in the Royal Engineers was fined six days' pay because, being very tired, he was fool enough to go to sleep in church. It was the clergyman who noted his offence, and who thoughtfully and kindly reported it to the commanding officer. On the next Sunday the company of Royal Engineers combined to boycott the collection plate of the good clergyman, and gave 30s to the sleeping sinner instead.

Dare a man to do a thing, and if he's a fool he will attempt it.



What Do You Drink For Breakfast?
Now's a good time to try the delicious beverage—
POSTUM
Extensively used in place of tea & coffee because of its fine flavor, general economy & health value. Contains no caffeine. You'll like Postum "There's a Reason"

CONDITIONING HORSES
Must Start Four to Six Weeks Before Spring Work Begins.

Time Now to Build Hotbeds—How to Construct It. Ventilation and Watering Most Difficult Problems. Injure Early Vegetables.

(Contributed by Ontario Department of Agriculture, Toronto.)
THE experienced farmer knows the importance of having his horses in the best possible condition to stand the strenuous work of spring. Upon his horse power depends, in no small degree, his success in getting his seed sown early in a well-prepared seed bed in the proper tith to bring best possible returns, for early seeding and a deep, fine seed-bed mean more bushels in the granary in the fall.

The actual practice of conditioning for spring work should commence from four to six weeks before the land is likely to be ready for the plough or cultivator. All changes in feeding should be made gradually. Straw in the roughage-ration should gradually be replaced by hay until finally nothing but good quality hay is being fed. Careful feeders generally save their best hay for the spring work. The horse that has been getting little or no grain must not be immediately put on a full ration. Commence with a small feed, say half a gallon of rolled oats or, at most, twice per day and gradually increase this as spring draws near until the horse is approaching full feed. While the horse is still idle the percentage of roughage fed to the whole ration may be continued large. That is, a full feed of concentrates is not necessary until work begins by conditioning and a full feed should be reached just before seeding opens. Once hard work has begun the grain or concentrate ration must be gradually increased and the roughage proportionately decreased. The more the labor the smaller the proportion of roughage and the larger the proportion of concentrates should be fed. From eight to fourteen pounds of oats per day, according to weight of animal, should be enough for the average farm horse just before seeding starts and something in the neighborhood of one pound to one and one-half pounds of roughage per 100 pounds of the animal's weight should be fair feeding. Regular cleaning is important as it aids shedding and improves the coat of the animal. As the feed is increased so should the exercise increase.

Farm teams should be hitched daily during the "conditioning" period that their muscles become hardened and that their shoulders gain the power of resistance to prevent galls and sore later on. Preparation for the spring work should be a fleshing and hardening process, and if cannot be accomplished without shoeing, foot care and regular light work in harness. When heavy work begins, gradually increase the grain feed up to from ten to eighteen pounds daily according to the weight of the horse, and the hay to such an extent that the animal is getting a total ration of grain and roughage of from two to three pounds per hundred pounds of horse, this depending on condition and amount of work done. Always give plenty of pure water, mostly before feeding grain if possible.—Prof. Wade Toole, O. A. College, Guelph, Ont.

Starting Early Plants.
Growers desire to have vegetables as early as possible, and for this reason it is necessary to start plants in hotbeds. Others like tomatoes and peppers have too long a season of growth to ripen a sufficient amount of the crop to make it pay. This method gives us from four to six weeks start.

Hot beds should be on the south side of fence or building. Obtain good fresh manure, turn twice to get fermentation well started. Put it in a pile about eighteen inches to two feet in height, and a foot larger each way than the frame, being careful to tramp it thoroughly. To do this put it in layers of six inches. Then put on the frame, which should be eighteen inches at the back and twelve inches at the front, facing south. Put in four to six inches of soil and put on the glass. Air every day for the first four days to get rid of the gases generated by the fermentation. The soil is then raked and made ready for seed sowing.

The seed is generally sown in rows three inches apart, about 10 seeds to the inch. When the seedlings are showing the first true leaf they are transplanted to other beds, the plants being set two inches apart each way. With cabbage, cauliflower, beets and lettuce, this one transplanting is all that is necessary. Tomatoes, egg plants, pepper and such plants require two transplantings, the last one four inches apart each way, or into four inch clay pots or quart berry baskets.

Ventilation and watering are the two most difficult problems in hotbed management. Ventilation should be given whenever possible. Even on stormy days the sash should be lifted even if it is only the thickness of a lath that is placed under it. Many growers use a piece of lath three inches long. This gives them three different distances of ventilation, and it may be laid on the glass when not in use, and will be always ready. Always have the opening away from the wind. You should also ventilate after watering to prevent seeping.

Water carefully, only give what the plant requires, especially in the early season, and only in bright days, in the morning. The plants must be dried off by night. As the plants grow the watering will, of necessity, be oftener, but care and thought should be used at all time.—A. H. MacLennan, Vegetable Specialist.

PRaises CANADIANS.
A Welsh Bishop Says Patient of Troops Greatly Tried.

(Canadian Press Despatch)
London, March 14.—The bishop of St. Asaph, in the neighborhood of Kimmel camp, writing to Times, pays the highest tribute to Canadians there in regard to their treatment of the inhabitants of that part of Wales who he declares were proud to have these fighting Canadians in their midst. Respecting the recent riots, he points out that the discomforts and continued delay in sending these men to their yearned-for-home, after being certificated and led to believe they were going immediately, was a grievous trial on the patience of any man, especially when they read in the Canadian papers of "conspiracies" drifting home after doing no fighting and being acclaimed with the rest as Canada's heroes. This smouldering quickly burst into flames.

Old Folks' Coughs, Catarrh, Bronchitis Quickly Cured

This Tells of a Method That Cures Without Using Drugs.

Elderly people take cold easily. Unlike young folks, they recover slowly. That is why so many people past middle life die of pneumonia. Cough Syrups seldom do much good because they upset digestion. Any doctor knows that a much more effective treatment is "CATARRHOZONE," which heals and soothes the irritated surfaces of the throat. In using Catarrhozone you do not take medicine into the stomach—you simply breathe into the throat, nose and lungs rich piney balsamic vapor, so full of healing power that colds, catarrh and bronchitis disappear almost instantly.

The germ-killing balsamic vapor mixes with the breath, descends through the throat, down the bronchial tubes, and finally reaches the deepest air cells in the lungs. All parts are soothed with rich, pure medicinal essences, whereas with a syrup the affected parts could not be reached and harm would result through benumbing the stomach with drugs. A Catarrhozone Inhaler in your pocket or purse enables you to stop a cold with the first sneeze. Large size costs \$1.00 and supplies treatment for two months, small size 50c; trial size, 25c; all storekeepers and druggists.



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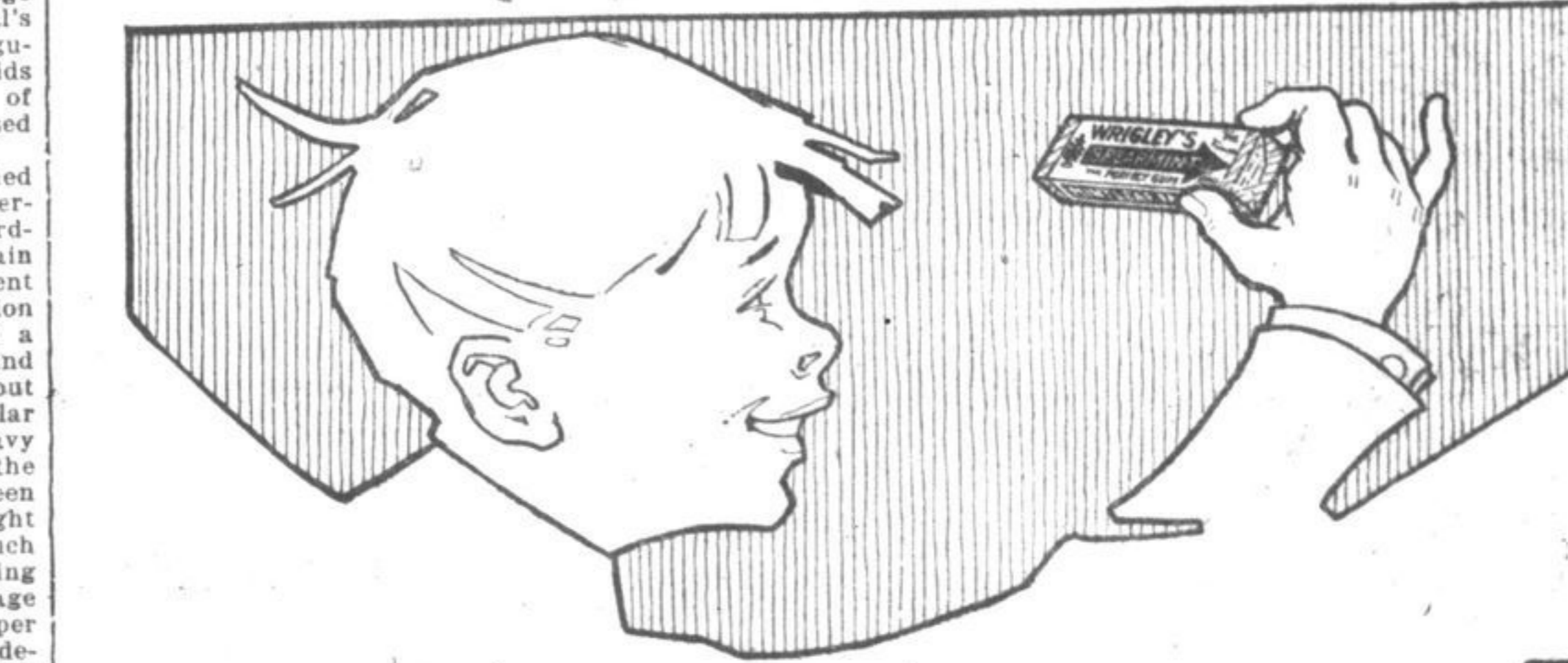
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WHEN THE STOMACH REQUIRES TO PERFORM ITS NORMAL FUNCTIONS, THE WHOLE SYSTEM SUFFERS AND IT IS THEREFORE AN EFFICACIOUS CORRECTIVE SHOULD BE USED. FIND THIS IN THE OLD AND RELIABLE REMEDY
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