

STOMACH TROUBLES ARE DUE TO ACIDITY

Tells Safe, Certain, Speedy, Relief For Acid Indigestion. So-called stomach troubles, such as indigestion, gas, sourness, stomach-ache and inability to retain food are in probably nine cases out of ten, simply evidence that excessive secretion of acid is taking place in the stomach causing the formation of gas and acid indigestion.

Gas distends the stomach and causes that full oppressive burning feeling sometimes known as heart-burn, while the acid irritates and inflames the delicate lining of the stomach. The trouble lies entirely in the excessive development or secretion of acid.

To stop or prevent this souring of the food contents of the stomach and to neutralize the acid, and make it bland and harmless, a teaspoonful of bisurated magnesia, a good and effective corrector of acid stomach, should be taken in a quarter of a glass of hot or cold water after eating or whenever gas, sourness or acidity is felt. This sweetens the stomach and neutralizes the acidity in a few moments and is a perfectly harmless and inexpensive remedy to use.

An antacid, such as bisurated magnesia which can be obtained from any druggist in either powder or tablet form enables the stomach to do its work properly without the aid of artificial digestants. Magnesia comes in several forms, so be certain to ask for and take only Bisurated Magnesia, which is especially prepared for the above purpose.

Dr. H. A. Stewart Dental Surgeon. Wishes to announce that he has resumed his practice, cor. Wellington and Princess Streets. Phone 2092. Dr. H. A. Stewart

You Should Take Care of digestion because Good Health is largely a matter of Good Digestion. A wise person should use Beecham's Pills to relieve digestive ills and correct stomachic disorders. On account of their service and reputation for reliability—TAKE BEECHAM'S PILLS. Sold everywhere in Canada. In boxes, 25c., 50c. Largest Sale of any Medicine in the World

DR. THOMAS' ECLECTIC OIL. A SURE CURE FOR ALL THE COMMON AFFECTIONS OF THE HEAD AND NECK. RHEUMATISM, BRUISES, BURNS, SCALDS, SORE THROAT, EARACHE, TOOTHACHE, BRUISES, BURNS, SCALDS, SORE THROAT, EARACHE, TOOTHACHE.

Keep Clean Internal cleanliness means health. Without forcing or irritating, Nujol softens the food waste. The many tiny muscles in the intestines can then easily remove it regularly. Absolutely harmless—try it.

Nujol For Constipation. The Modern Method of Treating Old Constipation.

The Telmann School of Music. Piano, violin and other stringed instruments; elocution and dramatic art. Pupils may begin at any date. Terms on application. Engagements for concerts accepted. 216 Frontenac Street. Phone 1325j.

for bruises Absorbine, Jr. should be applied promptly, for the chief danger from cuts and bruises is the danger from infection. Absorbine, Jr. is both a corrective and a preventive remedy; an efficient antiseptic it prevents infection, and its healing and soothing properties take out all the soreness from the wound.

ON TRAINING OF COLTS

They Should Not be "Broken," but Educated.

Start Them Wearing Harness and Bridle — Then Hitch and Give Light Work at First — Methods of Keeping Cow Records.

(Contributed by Ontario Department of Agriculture, Toronto.)

The too common practice of allowing colts to go "unbroken" until such time as they are required to perform the functions of a horse in the spring, is irrational, and is unfair to the animal. Colts should not be "broken"; they should be taught or educated. In the unhandled, or unbroken colt, the muscular, respiratory and nervous system (the organs whose functions are taxed in the performance of the ordinary functions of a horse) are weak and undeveloped from lack of function. Hence, when the unprepared animal is asked to perform ordinary horse labor, he has neither any knowledge of what he is required to do, nor the muscular nor respiratory tone that is necessary for its satisfactory performance; therefore, unless very carefully handled, and very little work done for the first two or three weeks, trouble of various natures that will probably necessitate complete rest for a variable time is very liable to result. Hence, a regular course of preparation during the late winter and early spring months, when the time of both man and horse is not very valuable, should be given in order to have the colts in such condition when time becomes valuable, that they will be able to perform a reasonable amount of work with satisfaction to the driver and safety to themselves. This course should be commenced at least six weeks before regular work is expected to commence.

They Should Be Harnessed and Bridled Early.

The colt or colts should first be taught to wear harness and bridle by being allowed to run free for a few hours daily in a box stall or paddock with the harness on. It is then good practice to match each with a handy, smart and good-natured horse, or if necessary a pair of colts together, and teach them to drive, obey the words of command, stand when asked to, etc.

When they have become reasonably handy without being hitched, they should be hitched to a sleigh or wagon. Care should be taken to see that the harness fits properly. This applies especially to collars. The collars in which they are expected to work later on should be worn. Each should have his own, and it should fit properly, not being too wide, so as to allow a rolling motion, nor yet sufficiently narrow to pinch at any point. The bearing surface should conform thoroughly to the surfaces of the neck and shoulder with which it comes in contact, except at the bottom, where sufficient vacant space to allow the introduction of a man's fingers should exist.

Exercise or Light Work a Benefit.

The colt or pair should be given daily exercise or light work. Commencing with an hour or two the first day and gradually increasing the amount, until they will be able to perform a full day's reasonable exertion without showing signs of weariness. The amount of grain given should also be gradually increased in proportion to the work or exercise given. By such usage the muscular, respiratory and nervous systems gradually gain tone. The muscles with which the harness, especially the collar, comes in contact, gradually become hardened and increased in power of resistance, hence become much less liable to soreness. In many cases, on account of the hardening of the muscles, they lose bulk; hence a collar that may have fitted perfectly at first, may now be too large. This should be attended to either by providing fresh collars or filling the extra space of the old ones with sweat pads. While we prefer collars without sweat pads, the latter is much better than vacant space. J. H. Reed, V.S., O. A. College, Guelph.

Methods of Keeping Cow Records.

Four things are necessary for keeping cow records:

1. A monthly milk sheet, ruled so that there shall be a column for recording the weight of the morning and evening milking of each cow for each day of the month, though some use a sheet ruled for three days only, and estimate the weight of milk given for the month from these three days, which may be consecutive or on the 1st, 10th and 20th of the month, making ten day periods between.

2. A milk scale, preferably one having a dial-face and two hands, one of which shows the net weight of milk in the pail, when properly set. This scale costs about five dollars.

3. A four to eight-bottle Babcock test, where it is desired to know what each cow's milk tests in fat. This will cost from eight to twelve dollars complete.

4. The fourth and most important requirement is, "The will-to-do." Without this milk sheets, scales, testers, etc., are valueless. By having scales, sheet, pencil, sample bottles properly labelled, etc., all conveniently arranged, it takes but little time to keep a record of each milking cow in the herd.

We would add a fifth need, which is, some form of permanent record book for monthly totals and tests, as milk sheets, and notes or records of testing, are likely to be lost and not available for reference. But if these are recorded once a month in a permanent form, they will prove a source of help in breeding, feeding and weeding dairy cows.—H. M. Dean, O. A. College, Guelph.

Few men ever live long enough to discover why their neighbors dislike them.

In the majority of cases the sad look on a man's face is due to over-eating.

Sweden uses 30 shiploads of aspen each year to make matches. The first Y.W.C.A. room was opened at Boston in 1866.

WHERE THE APPLE PAYS

Soil, Location and Transportation to be Considered.

It Helps to Be Near Cities — The Labor Question Still a Serious Problem — How to Restore Damaged Pastures.

(Contributed by Ontario Department of Agriculture, Toronto.)

This question will be discussed under four heads: Climate, Soil, Labor and Transportation. The Factor of Climate.

So far as climate is concerned apples can be grown commercially in any part of Old Ontario, south of a line drawn from Parry Sound to Ottawa; in fact, there are commercial orchards producing fruit at a profit considerably farther north than this. Many people think of commercial apple orchards as being necessarily confined to the milder parts of the province, and to the lake districts, but the fact is worth emphasizing that we have varieties of apples suitable for commercial culture in every county of Old Ontario. The winter hardiness of the many varieties grown throughout Ontario is now very well established, and it is possible to select varieties which will be hardy for any district.

Late and Early Frosts.

The most serious climatic difficulty in the Province of Ontario is the occurrence of late frost in spring, and early frost in fall. Other difficulties of a climatic nature can be largely overcome by the selection of suitable varieties, or by careful discrimination with regard to soil, elevation, aspect, etc. It may be pointed out, however, that frosts are more common and more severe over large areas of flat country than where the topography is rolling or hilly. Large areas of some of the southern counties of Ontario are, therefore, more or less unsuited to commercial apple orcharding because of their flat character. A more rolling country is much to be preferred, so that orchards can be made safer from frost by the better air drainage afforded.

Suitable Soil in Every County.

So far as soils are concerned, it may be stated that there is an abundance of land in every county suitable for apple growing. Well drained land is essential for successful orcharding, and there is plenty of soil of this type to be had in almost every district.

Summing up soil and climate, it may be said that no province or state in North America has so large an area so favorable in soil and climate for apple growing as has the Province of Ontario. If this statement is true it becomes obvious that the present distribution of apple orchards in Ontario is dependent on other factors.

Most Profitable Near Cities.

Transportation is the most important factor having to do with the distribution of commercial apple orchards in Ontario. In other words, the commercial apple orchards are located within reach of transportation facilities, and the better these facilities have been with relation to large cities and to the developing markets of the prairies the more rapid has been the development of commercial orcharding. A location near a large city may be desirable, but if better soil and climate are to be found at a distance, the most important location is likely to be preferred, provided transportation facilities are good.

Some districts in Ontario possess excellent conditions of soils and climate, but are lacking in transportation facilities, and until facilities are available little development can take place in commercial orcharding.

The Labor Situation.

The labor situation for some years has been acute, but has become more normal during the present year. For commercial orchard operations on a sizable basis it is necessary to have within reach of a temporary supply of labor for apple picking. Otherwise, it becomes necessary to build dwellings for men and their families so that a supply of labor may be always available.

The difficulties of the labor situation at picking time can be lessened considerably by the planting of varieties which ripen in succession, and by taking care to get the right proportion of each. A large area of one variety ripening at one time is extremely difficult to handle. J. W. Crow, O. A. College, Guelph.

How to Restore Damaged Pastures.

Andrew Boss, veteran farm manager with the Minnesota Experiment Station, says such pastures can be saved to some extent by proper care. Where the acreage of pasture is sufficient and with a little to spare many of the bare or thinner spots can be top dressed with good barnyard manure to advantage. The top dressing will protect the roots somewhat, and in the course of a month or two a decided improvement in quantity and quality of grass will be noted.

"It is good practice," says Mr. Boss, "to divide the pasture into two fields, if possible, and pasture alternate weeks, or for alternate longer periods, depending on the quantity of grass and the condition it is in. A part of the pasture should be allowed to make good growth and be held in reserve until the hot weather of July and August comes on. During the dry season it is difficult enough to keep stock in good condition even when they are on good pasture, and no pains should be spared to have at least one or two good pasture fields for this season."

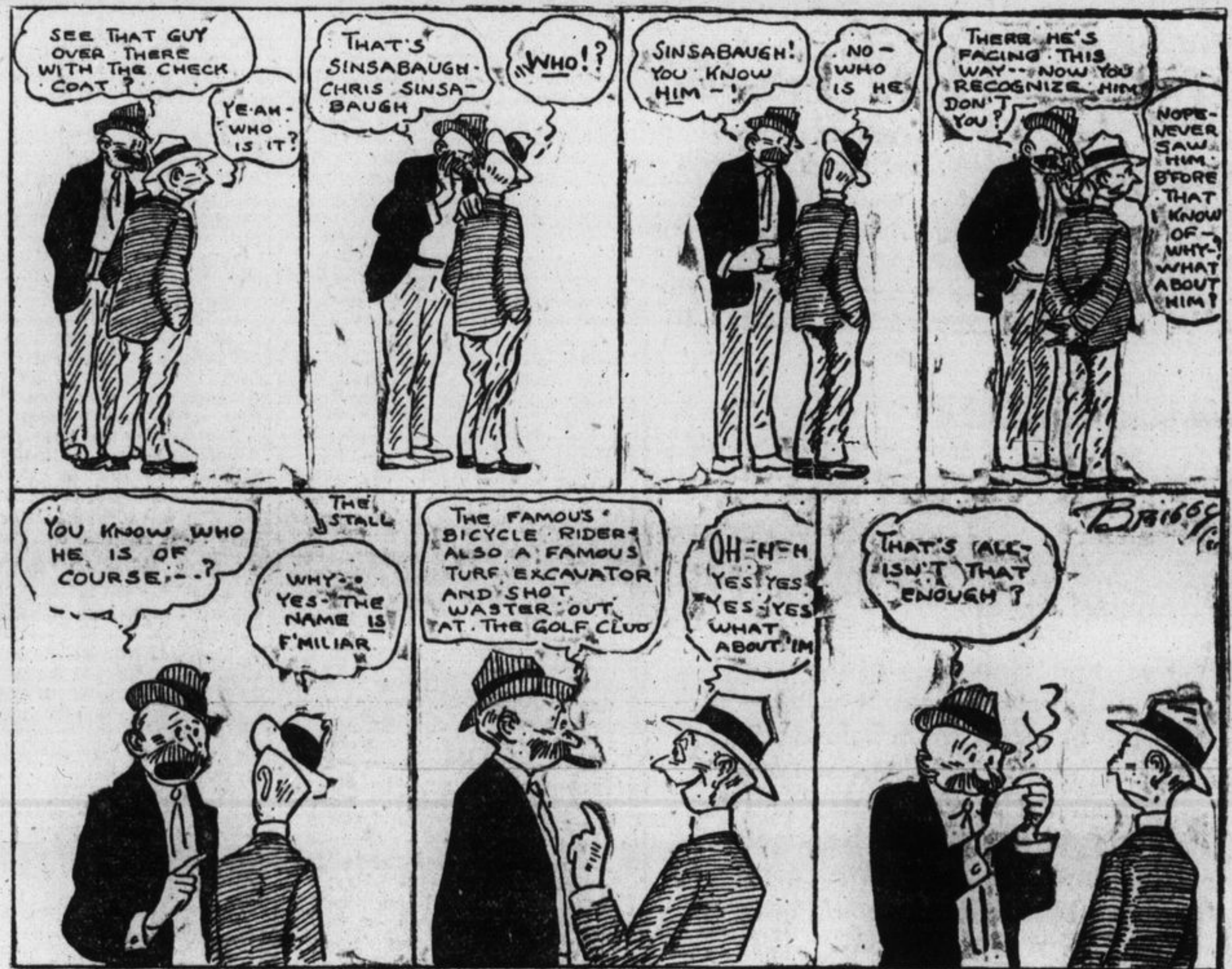
Strawberry runners should be spaced as evenly as possible to secure an even row that will give the most fruit.

CASTORIA For Infants and Children In Use For Over 30 Years Always bears Signature of J. C. Ayer & Co.

AND THEN HE GAVE UP GOLF



THAT GUILTIEST FEELING



HOW TO START THE DAY WRONG



Instead of using a propeller a French engineer plans to propel aeroplanes with jets of gasoline and air, burned in a combustion chamber and driven out through a nozzle he has invented. Large enough to carry two persons, a new automobile weighs only 150 pounds. More than one-half of the cotton spindles in the United States are in New England.