

# WANTS TO HELP OTHER WOMEN

### Grateful for Health Restored by Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache and for weak and dreary feelings caused by my condition. Sometimes I felt so bad that I couldn't do my housework. My neighbor told me of your medicine and I read about it in the 'Toronto Telegram' and thought I would take it. I got very good results. It built me up and I have told several friends what it has done for me. You may use this testimonial as it may be of help to some one who has suffered as I have."—Mrs. J. Lee, 25 Harvie Ave., Toronto, Ont.

Mrs. Lee is willing to write to any girl or woman suffering from such troubles, and answer any questions they may like to ask.

Women suffering from female troubles causing backache, irregularities, pains, bearing-down feelings and weakness should take Lydia E. Pinkham's Vegetable Compound. Not only is the worth of this splendid medicine shown by such cases as this, but for nearly fifty years letters like this have been received from thousands of women.

You might be interested in reading Mrs. Pinkham's Private Letter-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario.

# FROST'S CITY STORAGE

Now has vacant two clean, dry, private rooms. (Your own lock and key.)  
PHONE 526.  
299-305 QUEEN STREET.

### SANTAL MIDY

Best for Catarrh of the Bladder

# If You Suffer With Piles

Don't Forget that Pyramid Pile Suppositories is the National Relief—Used by Millions.



Kindly send me a Free Sample of Pyramid Pile Suppositories in plain wrapper.

NAME \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_



- Hospitality is the simplest of virtues and one of the easiest to practice.
- Gather your friends about you in your own home now that the nights are longer and a warm room is more comfortable than porch or veranda.
- There are always inexpensive delicacies in food and drink as well as old favorites ready to be served at informal luncheons and suppers.
- Games of novelty, charm and skill that will entertain and please your guests appear at this time of year. New music and new books are in the market.
- Clothes for your parties need never bother you. The latest vogue or the conservative model is at your command in a hundred forms from shoes to hairnets.
- Any new bit of household furnishing, any personal services you may desire to save time and strength, all are provided for.
- To keep in touch with all these helpers you need spend only from half an hour to an hour daily with those who advertise in your home paper.

# READ THE ADVERTISEMENTS

The Hostess's Friend  
Every day is a little life, and our whole life is but a day repeated.

# HINTS ON PLOUGHING

### Local Conditions Must Decide the Depth Required.

#### Clay Soils Need Deeper Ploughing Than Sandy Land—Danger In Too Deep Ploughing—Depth of Seed Bed Important—Fishy Flavor In Butter.

(Contributed by Ontario Department of Agriculture, Toronto.)

Local experience is essential in forming an opinion as to the best ploughing practice for any district. Soils are so very different in texture, in depth, in exposure and in composition that best results cannot be expected from any uniform practice. What may be good practice for sandy soils might possibly be undesirable for clays. Generally speaking, clay and clay loam soils should be ploughed deeper than sand loams. The sandy soil does not require deep ploughing if a suitable crop rotation is followed, but with clays deep ploughing is desirable in order to increase aeration and warmth.

#### Depth of Seed Bed Important.

Furrows six to eight inches deep give a much better seed bed than where shallower ploughing is practiced. This depth of seed bed is important in that it gives a greater feeding area for the young plant's roots, and creates better conditions for growth during the critical early period following seeding. In time of drouth a deep mellow seed bed will not dry out to the same extent as the shallow seed bed. The conditions in the moderately deep ploughing provide a more favorable temperature, moisture and aeration necessary to the thrift of soil bacteria which are essential to the preparation of the food compounds on which the plant feeds. The shallow furrow cannot provide the conditions most suited to the development of young plants and this type of furrow should only be used on sandy soils or in after-harvest tillage.

#### Danger In Too Deep Ploughing.

Where shallow ploughing has been practiced since first breaking, the change to deep ploughing should take place gradually, or some loss in crop may be experienced. Dead soil, turned to the surface in too great a quantity at any one ploughing should be avoided. Weathering or exposure for a season will generally convert an unproductive subsoil to the condition that will enable such to support plant life. Frequently areas along roadways are stripped of the good top soil, a barren spot remains for several years until the weathering agents make possible the growth of useful plants. It is the same with the raw subsoil when turned to the surface. Do not bring up too much at any one ploughing, unless you can apply fertilizers to offset the influence. Aim to plough a furrow six to eight inches deep. Keep it straight and uniform. Good ploughing will give increased crop returns and it costs no more than crooked furrows.

#### FISHY FLAVOR IN BUTTER.

Usually the Result of Using Unclean and Rust Cream or Shipping Cans.

The fishy flavor and odor in butter has, in some isolated cases, been found to be due to the cows pasturing in marshes which are periodically flooded by the tide and on the grasses of which small crabs and dried or decayed remains of shell fish and of other fish are found. Bacteriologists have reported also the existence of certain species of bacteria capable of developing in milk, cream, and butter a fishy flavor. It is further possible for butter to become tainted with a fishy flavor when it is kept in close proximity to fish, in which case the butter absorbs the odor.

Each of the above cited causes of fishiness is quite possible, but with the conditions under which this butter becomes fishy it is not very probable.

By far the most common causes of fishiness in commercial butter are unclean and rusty cream shipping cans, churning cream with a relatively high acidity, an acidity above about .35%, and holding the cream in a forewarmer or in a vat, in which the copper lining and coils are not properly covered with tin, for a considerable length of time.

One may prevent, with a certainty, the recurrence of fishy flavor in butter by paying close attention to the following suggestions:

- Eliminate rusty cans and return to the farmer cans only that are thoroughly cleaned, rinsed, steamed, and dried.
- Keep the copper surfaces in forewarmers, vats, and coolers well tinned. Do not permit exposed copper surfaces to become coated with verdigris. Wash all forewarmers, pumps, and pasteurizers, coolers, vats, and conduits thoroughly each day after use and flush them out again with hot water immediately before use the next day. If the coils and lining in the cream vats show any exposed copper, do not hold the cream in them over night.
- If the cream arrives at the creamery sour, neutralize it to .25% acid or below. Do not churn cream that has an acidity of .35% or higher.
- If you pasteurize by the flash method, heat the cream to a temperature of 180 to 185° F. If you use the holding method of pasteurization heat to 145° F. and hold for thirty minutes.—Hoard's Dairyman.

Trying to rup a dairy with poor cows is like trying to plough a field with a crooked stick. Both have had their day.

Dr. Mendenhall, famous food expert of Yale University, says: "Within the next few years the consumption of cheese will jump 100 per cent."

Madoc, son of a Welsh prince, is believed by his countrymen to have discovered America 305 years before Columbus.

The light of the North Star is estimated to be 190 times stronger than that of the sun.

The seeds of knowledge may be planted in solitude, but must be cultivated in public.

# MULCH STRAWBERRIES

### It Will Assure Larger Yields of Bigger Berries.

#### Use Marsh Hay or Clean Straw—Apply In Fall When Ground Is Frozen—Renovating Old Patches—Winter Conditions for Bees—Why Plant Trees?

(Contributed by Ontario Department of Agriculture, Toronto.)

The practice of applying a coating of straw, straw manure, or marsh hay over the strawberry bed after permanent frost has set in and the ground is solid, has proved of great value. This mulch prevents alternate freezing and thawing in the spring, and heaving of the plants, both of which cause at times heavy loss. It also protects the plants if the snow-fall is light, and is even more valuable when pulled between the rows in the early spring. This conserves moisture and more especially keeps the fruit clean. Driving rains splash the fruit with dirt, particularly on sandy land, which will much lessen the value of the crate or shipment into which these berries are put. A box of dirty berries will ruin the appearance of a whole crate.

#### Marsh Hay or Clean Straw Best Mulch.

Marsh hay or clean, medium length, straw are the best materials to use. Green manure is not good because of the large number of weed seeds it contains. No material which will pack over the plants is to be recommended. As two to three inches is sufficient mulch, and a heavy coating may cause heating in the spring before removal, it is not advisable to use more. About two tons per acre is required.

When it is desired to hold the plants back in the spring to prevent blossom killing by late frosts, the mulch is best applied on top of the first heavy snow fall. It should be removed in all cases before the plants start growth, as after that time much damage may be done by smothering. After harvest the mulch is removed, burned, or, if suitable, can be stacked in a protected place for use another year.

#### Renovating an Old Patch.

In renovating an old patch it is not advisable to burn the mulch and mowed leaves on the patch. These should be raked off and burned outside the patch, to avoid injury to the crowns of the plants.

No crop should be grown between the rows in a strawberry bed for cover crop or protective purposes. This provides too much competition for the plants in moisture and food at a time when the grower wants them to fill up the rows for the following year's fruiting.—D. A. Kimball, O. A. C., Guelph.

#### Winter Conditions for Bees.

To winter bees successfully the colonies must have:  
A sufficient supply of proper food;  
A good, fertile queen;  
Plenty of good workers;  
Sufficient protection from cold and wind.

While the winter food, either honey or sugar, should have been in the hives by October 1, it may still be given to the bees. Protection is afforded either by packing properly or insulating the hives outdoors, or by transferring them to a good cellar where at least five conditions can be maintained: darkness, freedom from disturbance, a temperature of from 44 to 48 degrees Fahrenheit, proper ventilation and freedom from moisture.

A dark place is best, as bees usually fly to windows, doors or lamps, and do not return to their hives. Freedom from disturbance includes not only absence of noise but absence of jarring and vibration. An even, reasonable temperature must be maintained in order that the bees may not break their winter cluster. Proper ventilation is required in order to prevent accumulation of moisture and to aid in maintaining the needed temperature as well as adequate supplies of air. Dryness is required or the bee-honey combs will mold, some of the honey will ferment and the bees will be uneasy.

#### Why Plant Trees?

Trees add value to property. Trees cool the air in summer and radiate warmth in winter. Trees help keep the air pure for man and the lower animals. Trees provide homes for thousands of birds that help man in his fight against injurious insects.

Trees provide homes for many animals that are useful to men for food and clothing. Trees help man in his fight for better sanitation. Trees supply a large part of all the fuel in the world.

Trees give us wood, and wood provides us with building material, furniture, implements, utensils, tools, and other useful things in great variety. Trees provide one of the most striking and permanent forms of beauty.

Trees improve the climate and conserve soil and water. Trees provide a great variety of miscellaneous, useful products.—The Maritime Farmer.

Where the walls join the floor of the stable, be certain that the cement is rounded; not like a "quarter-round" but like a "cove." It will help to keep the barn clean. Do not neglect this precaution because it may be slightly inconvenient for the person doing the cement work; remember the inconvenience it will be daily not to have the rounded corner.

Uncle Ab says: A community that doesn't pull together will get as much work done as a balky team.

Shot A Number of Hens. Mississippi, Oct. 18.—Thomas Dowdall spent a few days with friends at Maberly and Balderson last week. A number from around here attended the dance at Sharbot Lake last Thursday night. Mrs. George Olmstead and son are spending a few days with relatives in Kingston this week. A party of men

shot a number of D. Olmstead's hens last Sunday about 4 o'clock in the afternoon.

Miss Eliza Kirkham has gone to Kingston where she has secured a position. Mr. and Mrs. Roy Kilborn and daughter, Irene, Renfrew, are visiting with Mr. and Mrs. W. A. Geddes. Charles Stewart, Elphinstone, was engaged building a flue for W. A. Geddes, last week. Our teacher, Miss A. Parslow attended the Teacher's convention held at Sharbot Lake last Thursday.



CAPTAIN ROBERT FOOTE  
A pioneer lake captain, whose death occurred this week. He has sailed the Great Lakes for sixty-five years, and was in command of the steamer Noronic until 1918.

# NATIONAL FISH DAY

October 31st

If the young of one single species of fish—for example the herring—were allowed to mature without interference by man or molestation by natural enemies in the sea, in the matter of a few years the seas would be unable to contain that single species alone. And if all the thousands of fishes matured one hundred per cent. of their progeny in a surprisingly brief time the seas would be impassable to ships.

This probably illustrates better than anything else the copiousness of the fishery resources of the world, and fortunately for Canada, we dominate waters which are the most fertile on earth and which of themselves are capable of supplying the fish demands of its entire population.

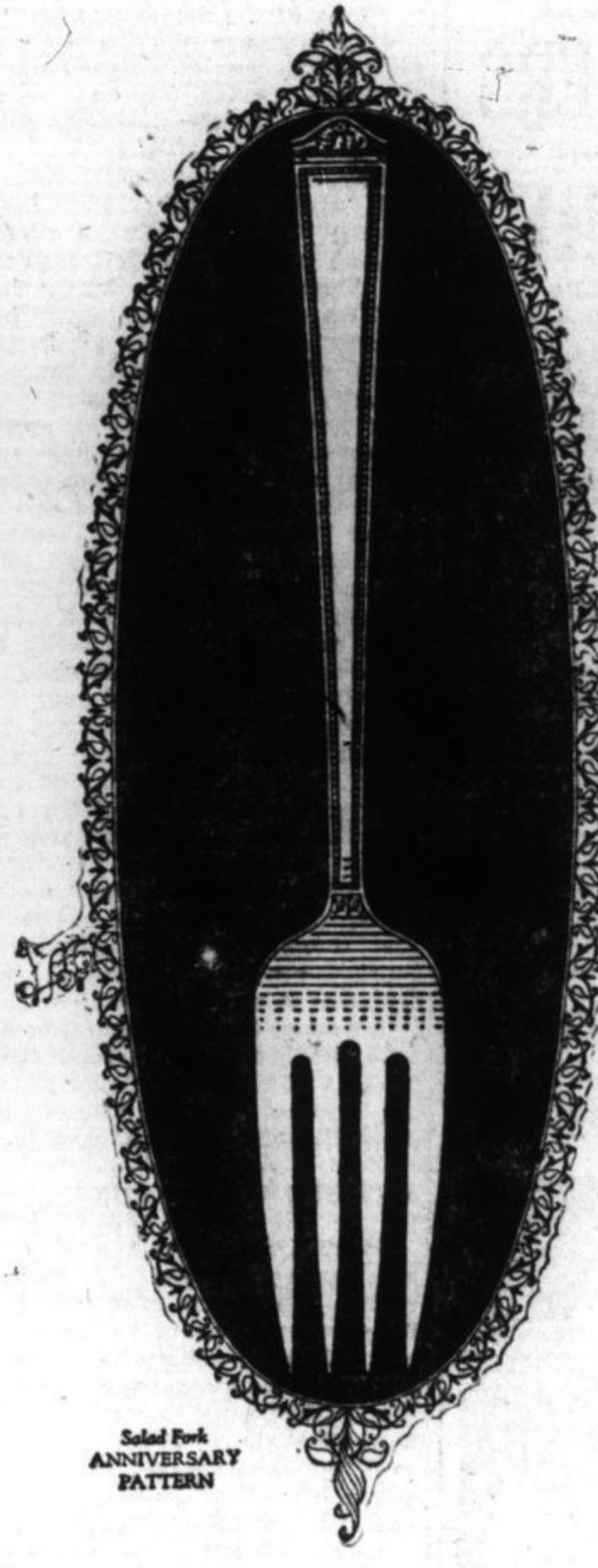
Even before Columbus struck this continent, it is believed that Basques regularly visited the waters off our shores in quest of the silvery harvest. Icelanders, too, records would indicate, came in the wake of Lief Ericson long years before Columbus and fished off our coast. Four hundred years ago there were fishing stations on the Gaspesian shores. Not long afterwards thriving fishing villages sprang into life in Nova Scotia. But with four hundred years of written history behind the industry in Canada and an unverified and legendary history antedating by centuries the coming of Columbus, the fishery resources available to Canada are today in the infancy of their development. Each year fleets come from France, Portugal, Iceland, Great Britain, and sometimes from more remote countries, to reap a harvest on our North Atlantic fishing banks. Yet we here in Canada, with vast storehouses right at our door, spurn the food. Our natural heritage is wantonly cast aside. Anyone who may, comes to claim it, but the proverbial contempt that comes from proximity sets us seeking for foods less accessible and less economical and generally without the alimentary qualities of sea foods.

The North Atlantic fishing banks are undoubtedly the most productive fishing areas in the world. They are directly off our shores and are more readily reached from our maritime ports than from anywhere else. Yet, our American cousins take three times the quantity of fish that we take there. Other comparisons similarly illustrate our negligence and shortsightedness. Only recently the decline of the North Sea fisheries has turned the attention of Great Britain to our Atlantic banks and it is not improbable that in a few years a fleet of British trawlers will be invading our waters to secure supplies of fresh fish for Old Country folk.

It is not time that we should make greater use of our vast natural resource of food? We have the mechanical resources and the intrepid, hardy citizenship to prosecute our fisheries to the maximum but unfortunately our population does not patronize the industry to justify more intensive fishing than at present. Our inshore fisheries are being reduced because demand will not maintain the former population engaged in the industry.

National Fish Day—October 31st—Is set aside to focus attention upon our great natural resources and to commemorate the brave fishermen who have sacrificed their lives to secure food for us. The most practical way in which Canada can help the fisherman and show appreciation for the fishery is to make greater use of sea products thus making the calling a more remunerative one for the men who go down to the sea in ships. It is an appreciation of nature's gift to recognize fish as a food and it is also wise policy from a nutritive and economic viewpoint.

# ANNIVERSARY PATTERN



A new pattern in an honorable family line! In gracefulness and classical designing it adheres to 1847 Rogers Bros. standards.



SEE the new Anniversary Pattern now on exhibition at your dealer's. This pattern comes in a great variety of pieces. Besides the usual knives, forks and spoons, notice the refinements of table setting—salad forks, ice cream forks and serving pieces. For daily use or for gifts at weddings, holidays and anniversaries, nothing could be more appropriate than this gorgeous Anniversary Pattern. Remember that 1847 Rogers Bros. Silverplate is unequalled in beauty, durability and guarantee.

Send for "How Much Silverware", a booklet of conservative estimates on the silverware needed by families of various sizes.  
Meriden Britannia Co., Limited  
Hamilton, Ont.

# 1847 ROGERS BROS. SILVERPLATE

ROGERS 1847 SILVERWARE FOR SALE BY  
**Smith Bros. Jewelers Limited**  
COMPARE OUR VALUES. KING STREET

# Mahood Bros.

All patterns 1847 Rogers Silverware

# VILLAGE OF WELLINGTON.

## A New Brick Plant to Be Erected There.

Wellington, Oct. 15.—D. Chisholm, Windsor, is visiting friends here for a few days. The Canadian Seed Company is shipping seed from the district. Rev. E. Howard, who has been in the ministry for sixty-five years, and is now ninety-five years of age, has been confined to his bed through sickness. His son, Judge Howard, Montreal, is a frequent visitor owing to the illness. Mr. and Mrs. F. H. Geddes motored from Toronto on Sunday and spent a week with Mr. and Mrs. K. P. Morden. Mr. and Mrs. Charles Peters were visitors of the former's parents in Hay Bay last week. Corn and tomatoes are being shipped here from Cobourg. The local home and school club are to hear Prof. Keys lecture on American Humor at their regular meeting in the community hall on October 22nd. The local Chautauque committee has been notified that the Redpath players will be in Wellington on November 3rd, 4th, and 5th.

New lightning conductors have been erected on St. Francis' church, and a memorial stone placed in the graveyard in honor of the Lamb family, William and Margaret, and their children, Mary Anna, Thomas, John, Patrick, Owen and William. Ivan Ward has gone to Rochester, N.Y., to accept a position there. Mr. and Mrs. Harold Ward, Belleville, visited the former's parents, Mr. and Mrs. Alexander Ward on Sunday. The funeral of the late W. F. Miles was held on Saturday from the Anglican church. F. McMahon and William Fox have erected fine dwellings on Wharf street.

The people of Prince Edward county, and especially Wellington and vicinity, will be greatly interested to learn that the West Lake Brick and Product Company, Ltd., has engaged J. G. Shephard, Peterboro, and formerly of Wellington, to re-organize, finance and manage the company's business. In an interview with Mr. Shephard, your correspondent was informed that the company intends to build a new plant in Wellington. As soon as the proposed building is erected here the equipment at West Lake will be moved here and erected on the beach at the mouth of the harbor. The capacity of the new plant will be forty thousand bricks per day. Mr. Shephard explained that with this equipment

he hopes to hold a minimum average capacity of at least thirty thousand daily. Shipping and other conditions are the cause for the removal from West Lake. The company also expects to erect lime kilns here. Mr. Shephard is very optimistic as to the future for his company here and the people of this district wish him every success.

## UNDERWENT AN OPERATION.

Mrs. Isaac McIlroy, Keelerville, Had Appendicitis. Keelerville, Oct. 15.—Potato digging is the order of the day and a very good crop is reported. The road is being repaired under the management of Alfred Harris. W. Lindsay is operating the crusher. A few from here attended Inverary fair. Mrs. Isaac McIlroy has returned from Kingston general hospital where she underwent an operation for appendicitis. Miss Mamie Sleeth has returned home after an extended visit with friends in Kingston. Misses Mildred and Pauline Anglin attended the teacher's convention. Miss Edna Harris is visiting relatives in Watertown. Mr. and Mrs. John Robb, accompanied by Mr. and Mrs. Charles Brown, Kingston, are spending a few days at John Raycraft's, Maclean. Mr. and Mrs. Edward Andrews spent Sunday at Saperton. Mr. and Mrs. Charles Clark and family spent Sunday at Thomas Clark's, Cedar Lake. Clifford

Robb and Misses Gladys and Mabel Robb, spent Sunday at Wilmar.

Mr. and Mrs. Alpheus Caird spent a day at Sidney Caird's, Seely's Bay, recently. We are glad to hear that Miss Mabel Robb is better after her recent illness. Mr. and Mrs. Fred Caird have gone to Watertown, to reside. Miss Lillian McKendry, Battersea, at J. E. Anglin's; Mr. and Mrs. William Patterson, Milburn, at David Sleeth's; Mr. and Mrs. Harry Lake, Round Lake, at John Robb's; Mr. and Mrs. John Balls and Miss Edith McWaters, Sunbury, and Mr. and Mrs. Kish, Catarqui, at Charles Clark's.

Mr. and Mrs. William Sutherland and Mr. and Mrs. Christopher Lake, Battersea, at Edward Sleeth's; Mr. and Mrs. Harry Sleeth, Milburn, at James Boal's; Mr. and Mrs. Thomas White and Mr. and Mrs. Eli White, Delta, at Edward Andrews'; Mr. and Mrs. Martin Perry, Marble Rock, at R. E. Tighe's; Mr. and Mrs. Spicer and Miss Leila Kearney, Newboro, at Alex Jackson's; Charles Yateman, Morton, at James Moore's.

## Thin-Model Watch Old Staff.

The small thin-model watches of modern times are nothing new, declares a writer in the October issue of Popular Science Monthly, showing how timepieces no larger than a dime were produced entirely by hand in the eighteenth century.

# "My Heart Would Palpitate, I Had Weak Spells"

Mrs. L. Whiting, 202 King St. West, Brockville, Ont., writes:—

"I took very sick with my nerves and stomach, and seemed to be all run down. At times my heart would flutter and palpitate so and I would take such weak spells in the pit of my stomach that I sometimes thought I would never get better. I had almost given up hope when a friend advised the use of Dr. Chase's Nerve Food. I did not stop until I had taken twenty-five boxes. It has done wonders for me and I want to recommend it to everyone."

**DR. CHASE'S NERVE FOOD**  
50 Cents a Box, all dealers, or Edmondson, Bates & Co., Ltd., Toronto