CRIMEAN VETERAN TELLS THE STORY

BROUGHT BACK TO HEALTH BY "FRUIT-A-TIVES"



MAJOR GEORGE WALKER

"I am a veteran of the Crimean War and Indian Mutiny, having served under Lord Roberts. Fierce hand-to-hand fighting and continual exposure left me a great sufferer from Rheumatism, so much so, that my legs swelled up, making it impossible for me to walk.

My bowels were so constipated that I was in terrible shape until I began to use "Fruit-a-tives". They relieved me both from Rheumatism and Constipation. Today I enjoy perfect healthno more Rheumatism or Constination".-Geo. Walker, Chatham,

"Fruit-a-tives" contain in tablet form, the concentrated juices of luscious fruits-Nature's own remedy for Constipation and its painful consequences.

"Fruit-a-tives" overcome intestinal troubles in a way other medicine can. At dealers. 25c and 50 cents a box.

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W. G. VEALE 314 BARRIE STREET

THE COACH'S JOB

Something of the taskmaster, the general and the diplomat, and a lot of the doctor must be bidden away in the man who would be the coach of a successful football or track team.

Emergencies of all kinds are his daily routine. A thorough knowledge of first aid is as essential as a knowledge of the game played by his men. Bumps, bruises, strained ligaments and muscles are every day happenings, out the coach never becomes contemp-

tuous c' them. He knows that if neglected, they may result in anything. Trainers everywhere keep Absorbine Ir. in their lockers. They use it not only for sprains, cuts and bruises, but for the skin and blood protection of Its disinfecting properties. In one confunctions of a number of preparations.
It is the first of all the First Aid

And there are just as many everyday uses for Absorbine Jr. in the homes of Canada as there are in the training camps. Always keep it in the home where you can "jump to it" in case emergency. \$1.25 at your druggist.

Scalp Inflamed. Hair Fell Out. Cuticura Heals.

"My daughter was troubled with ecsema for three years. It broke out on the back of her head and her nair all fell out. The eczema scaled over and her scalp was red and inflamed. It was very painful and the irritation at night kept my daughter

"A friend told me about Cuticura Soap and Ointment so I purchased me and within a week there was decided improvement. I purhased more and after using two ooxes of Cuticura Ointment, together with the Cuticura Soap, she was completely healed." (Signed) Mrs. John Donovan, Lewiston, Minn., June 11, 1924.

Use Cuticura for all skin trouble

Will the Eyes of Children Change?

Not at all likely. An error of vision caused by an abnormal shape or size of the eyes will never change of itself. Glasses do not change the error. They neutralize it, or cause the eyes to act as if the error did not exist. Don't hope that your children's eyes, if abnormal will become normal. At your command any day.

R. Arthey, Optometrist 148 PRINCESS STREET

8 9

THE FARM

Still Busy in the Fields-Ontario Holsteins Do Well-Potato Prices Stiffen-Poultry Gossip.

this time of year, with their live relief. side. In Western Ontario farmers September. are still gathering in hay, the third crop of alfalfa being larger than the extent. Apples are almost a record market. Already 122,912 bags and crop. Until the last few days the 27,358 barrels of Maritime potatoes weather in Western Canada has been have been shipped to Cuba, while decidedly unfavorable. Threshing at this date a year ago only a little through the separator, however, the parent that comparatively few posituation is fairly satisfactory. There tatoes from that province will reach has been plenty of feed for live the Ontario market. stock which are going into winter quarters in first class shape.

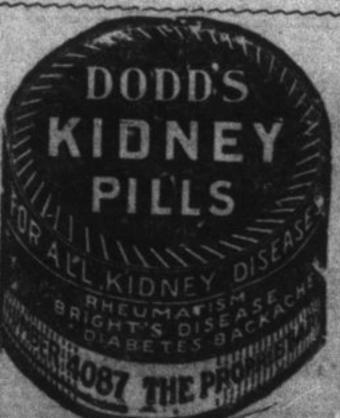
Put Garden in Shape. Gardeners are advised to get their land in shape for the winter. vegetable plot should be dug, corporating all tops and other refuse with the soil. The latter should left ridged up, so that the frost and rain may penetrate easily. If manure is available this is a good time to dig it in. Tramp down all tops in perennial border, or cut them off few inches from the surface of soil and leave them on the border to catch the snow and afford protection from the frost. In cold sections is well to protect the roots and lower stems of roses, and climbers, especially those with a southern posure, by piling leaves or straw loosely about them.

In Plowing Down Alfalfa. Farmers who are having their first experience with alfalfa, will find plowing under of this crop rather a hard proposition. The roots are strong and penetrate the soil to a depth of five or six feet. Some farmers notch the front of their plow point, leaving two teeth, the one on the left long and the other short This together with a sharp point will shear off the roots close to the bottom of the furrow and the broad tooth on the right will let the severed portions slide by without and

International Plowing Match. The International Plowing Match Brockville last week brought out crowd of 30,000 during the five day contest. Most of the visitors were farmers and came in automobiles, 1,300 cars being parked on the grounds on the biggest alone. Soil and weather conditions were ideal and with over 300 tries in all classes competition keen. Tractor work, especially in the stubble was extra good and commenced on all sides. Several men entered both the horse and tractor classes and won prizes with types of power. A horse pulling contest was very popular, the champion team weighing 2.840 pounds pulling significant of a change in the repua load of over four tons on two stone boats along a gravel road. There was a speed contest where 50 per cent. was allowed for the rapidity of the work and the same amount for the thoroughness of the job. The first man through plowed his third of an acre of stubble in 80 minutes but the winner of the contest took an even hundred minutes but did much better job. There was one entry from New York State, one from Quebec, and some from practically every county in Old Ontario with few from the New Liskeard area.

Ontario Holsteins Do Well. The Ontario herd of Holsteins at the U.S. National Dairy Show, held recently at Indianapolis, maintained the high reputation already secured for the cattle of this province Tormer shows. It brought home the State herd championship, five firsts out of a possible of 14, and a fair share of the lower awards. The Haley and Lee cow Belle Calamity Wayne was senior and grand champion, and W. J. Elgie of Sault Ste. Marie had the junior champion bull. Provincial Jersey and Ayrshire breeders did not enter a herd this

A remedy for bloat. During the past few weeks there have been many reports of losses of cattle from bloating. Some farmers are blaming the deaths on frozen grass in the pasture fields, others on alfalfa. A simple remedy which has been tried by some and recommended highly, is to drench the cow with cupful of coal oil has been stirred.



In the old days Ontario farmers at | This, it is claimed, will give rapid

stock in the stable, their barns and There is still discussion as to the cellars full, would be toasting their wisdom of pasturing alfalfa, but it feet before the fire between morn- is done by many good farmers with ing and evening chores, but to-day apparent success. If a good crop with farming becoming more diversi- is desired next year, however, the fied there is still plenty of work out- field should not be pastured after

Potato Prices Stiffen.

second this year. Some corn has With the certainty of a much not been put in the silo, threshing is smaller crop of potatoes in Eastern going on in every county, roots and Canada this year than last, and potatoes are being lifted, apples large orders being received for expicked, and any spare time is spent port to Cuba and the United States, behind the plow. On the whole the potato prices are rising. Exports late harvests have been fair, though have commenced at a much faster an over abundance of rain has hurt rate than they did in 1924, when beans, potatoes and beets to some these was a much larger total to has been halted and much grain in over 61,000 bags had been exported. the fields has been damaged. Out- As the New Brunswick crop is only side of the grain still to be put about half of that of 1924 it is ap-

Poultry Gossip.

There is a fortune waiting for the man who will take the White Plymouth Rock and breed high production into them, report credits Prof. Marcellus of O.A.C. with stating. The variety has many of the good qualities of the Barred Rock, without the barring to the skin which leaves dark pinfeathers on market birds. Whether in search of that fortune or not, poultrymen at the O.A.C. are said to be trying to increase the production of the White Rocks in the same manner as they raised the laying average of the Barred variety.

Sunlight is indispensable to the production of eggs of high hatchability, according to Prof. Halpin of the University of Wisconsin, who has been working on light and its effects for some time. Direct sunlight, unfiltered through glass, helps to produce a high percentage of chicks, and to keep those chicks from developing leg weakness.

"A poultryman never makes money by culling; he simply loses less," is Helen Daw Whittaker's way of saying that weeding out poor birds after feeding them for severa months is better than nothing, but not to be preferred to weeding the birds for the breeding pen so thoroughly that no culls are hatched in the first place.

Score One for Ontario.

Canada as a whole, and Ontario in particular, scored a remarkable win at the London Dairy Show, held this week in London, Eng., under the auspices of the British Farmers' Association. Exhibitors from this province took all four leading awards in cheese, first and second in honey. first in eggs, and got into the list in butter for the first time in years. All the top places in butter went to Western Canadian creameries. Last year Australia swept the butter classes and South Africa the egg section, but this year the tables were turned. Ontario creamerymen are especially elated over the butter results, as they feel that they are

WHERE DID YOU COME FROM? George Macdonald. Where did you come from, Out of the everywhere into here.

Where did you get your eyes Out of the sky as I came through.

What makes the light in them sparkle and spin? Some of the starry skies left in.

Where did you get that little tear? I found it waiting when I got here

What makes your forehead smooth and high? A soft hand stroked it as I went by What makes your cheek like

warm white rose?

I saw something better than anyone

Whence that three-cornered smile Three angels gave me at once a kiss.

Where did you get this pearly ear? God spoke, and it came out to hear.

Where did you get those arms and

Love made itself into hooks and Feet, whence did you come, you

From the same box as the cherub's How did they all come just to be

darling things?

God thought of me, and so I grew.

God though of you, and so I am

Dr. Edmond Savard, former M.P. for Chicoutimi, Que., died in his Chi-coutimi home on Thursday after an illness of several months. He was

aged sixty-three. If nature really yearns to improve things, why does she give children to that kind of parents? buy a new suit that fits snugly,

KINGSTON

NOVEMBER 24-25

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UNDER COVER IF WEATHER IS WET

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It's Concentration That Counts IN ALL MARKETS

In every line of endeavor concentration is the one vital force which spells success-and particularly is it so in sales and advertising. To win and hold all markets, concentration must be made in each market, distribution as well as consumer appeal must be thorough. To sell goods in the many Ontario markets, no one or two mediums will serve to make your sales effective; nor could one or two retail outlets serve the whole Province. Each city is a distinct market in itself, covered wholly and thoroughly only through its own newspaper, and in practically every city the home newspaper reaches 100 per cent. of the homes. Street sales and down-town delivery of out-of-town mediums will not sell goods. The purchasing agent whose office is at home must be reached-and that is where all buying is planned.

20c. PER LINE

will cover a 5,000 line campaign in any six newspapers of the smaller Ontario cities, plus the concentrated dealer co-operation of the newspaper. Every dealer is personally known in these newspaper offices, and is more readily influenced to a product advertised in the medium that carries his own store news.

The Backbone of Ontario IS THE PROVINCIAL CITIES

It is the Provincial cities of Ontario that form the backbone of Ontario, where home life is at its best, and the people live well and happily. They enjoy the best things of life, are interested in new food products, automobiles, luxuries. They have more leisure, and the time and inclination to read their home newspaper because every news item is of interest; they know where to buy every article advertised.

The Provincial "Backbone" Markets of Ontario

Each of the Newspapers Thoroughly Covers Its Own Field

		pulation	
City	City Trade Area		Paper
Kingston	24,000	45,000	British Whig
Kitchener	27,646	50,000	Record
Lindsay	7,542	20,000	Post
Niagara Falls	17,380	23,000	Review
Owen Sound	12,231	60,000	Sun-Times
Peterboro	21,726	40,000	Examiner
Port Arthur	14,886	36,000	NOT THE DESCRIPTION OF THE PROPERTY OF THE PRO
St. Catharines	22,053	50.000	News-Chronicle
St. Thomas	20.500	50,000	Standard
Sarnia	19,000	45,000	Times-Journal
Sault Ste. Marie	21,092	44,000	Canadian Observer
Stratford		59,000	Star
Woodstock-Ingersoll .		40,000	Beacon-Herald
Brantford	29,372	Printed and the Company of the Compa	Sentinel-Review
Brockville	9,057	51,000	Expositor
Chatham	14,113	50,000	Recorder and Time
Fort William	20,541	52,000	News
Galt, with Preston	20,041	36,000	Times-Journal
and Hespeler	91 410		
Guelph	21,416	32.000	Reporter
*****	18,128	30,000	Mercury
	STATISTICS INC. STOPS		

The easy way to put on flesh is to Do you know that wheat grown content than wheat grown with no A Massachusetts farmer in 1790 and operate his farm; all other esunder irrigation has a lower projein irrigation? Ispent only \$7 to maintain his family sentials were made on the farm.