


# H.P. SAUCE

You are familiar with the view of the British Houses of Parliament. It recalls the meaning of H.P.—the rich, thick fruit sauce always on the dining tables there, as elsewhere.

Throughout the Empire people are finding out the goodness of H.P.—how its delicious flavor lends taste and distinction to their meals.



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Your nervous system is easily affected by eye strains. Our Glasses eliminate eye strain.

**R. ARTHUR OPTOMETRIST**

## NEWS OF THE FARM

Stock Values Rise—Breeding Chicks—Creameries and Factories—Planning the Garden.

Although winter still holds Ontario in its grip, its grasp is slipping. The sun grows higher and warmer, the snow is melting on the south side of barn and house, and gardeners are thinking of starting hotbeds—not just now, but soon. The mails are filled with seed catalogues, sure sign of spring.

Incubators are tuning up, and already baby chicks are peeping on commercial poultry farms. Farmers with maple bushes are hauling out their tapping equipment, and getting wood up for the boiling. Others are overhauling harness and machinery for the spring rush.

It may be a month or two months away, but seedtime is coming. For all classes of live stock on Canadian farms, there was a rise in value during 1925, according to the Dominion Bureau of Statistics. Average values are returned by the bureau as follows: Horses, \$69, compared with \$64 in 1924; mink cows, \$51 (\$46); other cattle, \$31 (\$27); total cattle, \$39 (\$34); sheep, \$10 (\$9); swine, \$11 per 100 pounds live weight (\$8); wool, washed, 31 cents (\$28).

All classes of live stock, except horses, "other cattle" and swine, show a slight increase in numbers, according to this report, and the estimated total value is given as \$704,287,000, compared with \$641,144,000 the year before.

**Must Improve Pack.** Large quantities of inferior apples dumped on the market by Ontario orchardists have not only spoiled this year's market but almost ruined the reputation of this province's fruit on both the domestic and export markets, declares J. G. Waite, Colborne, president of the Northumberland and Durham Apple Growers' Association. "Look at the quotations," said Mr. Waite in his presidential address to the annual meeting this week, "B.C. and U.S. boxes are selling at practically the same price as our barrels. Yet the barrel holds three times as many apples as the box. Consumers will hardly buy our fruit at any price."

To establish Ontario's reputation for good apples, Mr. Waite would establish a brand better than the present No. 1, and apply special inspection both in the orchard and packing house.

**Like Spray Service.** The government spray service, under the direction of the agricultural representatives of such fruit growing counties as Huron, Norfolk, Durham, Northumberland and others, gave such general good satisfaction to the growers during its first year of operation that it will be continued and improved this year, announces P. W. Hodgetts.

### Don't Sniffle, Sneeze Till Head Aches?

Germs of Nasal Catarrh Quickly Destroyed by **Catarrhozone**

Most sniffing colds are due to irritation caused by germs. These germs maintain a congested condition of the throat and nasal passages.

To stop sniffles, to relieve a hacking cough, just breathe the CATARRHOZONE. It is Nature's greatest healer, full of soothing essences that comfort and ease a distressed nose or throat.

Catarrhozone dislodges disease germs quickly. That is why it is so successful in Catarrh, Coughs, Sore Throat and Bronchitis. Get it today. Complete outfit, containing hard rubber inhaler, \$1.00; small size 50 cents. At all dealers in medicine.



### A STORY WITHOUT WORDS



of the Ontario Fruit Branch. Growers are almost unanimous in their praise of the service. "His advice saved my fruit from everything but hail injury," said Mr. J. Elliott of Bowmanville at this week's meeting of the N. and D. association. "I have been spraying for over 20 years, but last year I had the cleanest fruit in all that time," said C. E. Thorne of Brighton, adding that the experts' advice had much to do with this result. "Prince Edward growers in the service last year raised the cleanest fruit in their experience," reported R. W. Ireland, Wellington, Western Ontario growers appear equally pleased.

**Brooding Chicks.** Many people are ordering their baby chicks for March delivery this year, and the brooders are being placed in operation correspondingly early. "The best brooding device for 200 chicks or more is a coal burning stove," advises George W. Miller. "Nut size anthracite is the best coal for these. In starting a brooder stove loosen the thermostat adjusting nut until the coal is well started, and then tighten until the check draft opens wide.

You will have to adjust the thermostat after the chicks get about the brooder, because in cold weather when there are any drafts they require a much higher temperature than in warm weather. A brooder thermometer is unnecessary, as the chicks themselves will tell you how warm it is by the distance they stay from the stove. The temperature is right when they form a ring around the outer edge of the canopy. Do not tamper with the adjustment, once you have it right, unless there is a decided change in the weather. Coal your fire up to the limit of capacity, each time. When you see the first red from the top the fire needs more fuel.

**Creameries and Factories.** Over half of Canada's cheese factories are in Ontario, and over half her creameries in Quebec, according to maps just published by the Dominion Dairy Branch. The greatest concentration of dots representing dairy factories is shown along the River St. Lawrence.

Actual figures give a total of 1,198 creameries, 1,409 cheese factories, and 573 combination factories in the Dominion. Quebec has 641 creameries, the same number of cheese factories, and 422 combined plants. Ontario has 258 creameries, 711 cheese factories, and 121 combinations. In the west, creameries are quite common nowadays. Manitoba has 66, Saskatchewan 70, and Alberta 87. Cheese factories and combination plants are less numerous, though growing in number; the three prairie provinces show only 20 of the former and 15 of the latter. B.C. has 32 plants, of which 27 are creameries. Creameries are also most popular in the Maritimes, although New Brunswick, for some reason, has more cheese factories, 23 compared with 16.

Nova Scotia, however, has 30 creameries and only one cheese factory. Little Prince Edward has 13 creameries, 11 cheese factories, and 11 combined plants.

**Planning the Garden.** This is the time of year when the garden should be laid out—"in the mind's eye, Horatio," if not on paper. If it is left until the spring rush begins it will go in without any definite plan, or worse still be overlooked entirely.

In laying out a garden you have first to decide the site. That is simple in the city lot, but not so simple on the farm. A patch of rather light soil, free from shade and tree roots, fairly near the house, and not too

small, are the requirements to keep in mind. Take enough space to allow horse cultivation if possible, and use the plow and cultivator instead of the spade and hoe.

Next the position of the various crops must be decided. That of course depends largely upon what crops you intend to grow and what space you have available. If it is to be a real man-sized garden, however, with something of most of the common crops the following principles apply:

Place perennials at one side, where they will not interfere with plowing and cultivation.

Next to these put long season crops, those which stay in the garden from spring to fall—parsnips, onions from seed, etc.

Next to these place early crops which will be used by mid-summer, so that the space they occupy can be cleaned up and replanted to late crops. Here would go lettuce, onion sets, radishes, spinach, early peas, snap beans, etc.

Put tall or spreading crops, such as corn or squash, at one end or side, where they cannot shade or overrun others.

North and south rows usually are chosen as giving equal sunlight on both sides. If the ground slopes much, however, the rows should run across the slope.

### Kingston Markets

Friday, March 5  
Dairy Produce.  
Butter, creamery, lb. . . . . 48-50  
Butter, dairy, lb. . . . . 45  
Cheese, new, lb. . . . . 23-30  
Cheese, old, lb. . . . . 35  
Eggs, new laid, doz. . . . . 50  
No. 1 storage . . . . . 40

**Fish.**  
Cod, lb. . . . . 15  
Fillets, lb. . . . . 22-25  
Finnan Haddie, lb. . . . . 15  
Flounders . . . . . 15  
Fresh White Fish . . . . . 22  
Haddock, fresh, lb. . . . . 15  
Halibut, fresh, lb. . . . . 30  
Kippers, pair . . . . . 25  
Oysters, pt. . . . . 50-60  
Pike, lb. . . . . 15  
Salmon, fresh, lb. . . . . 15-30  
Trout, salmon, lb. . . . . 22  
White Fillets . . . . . 25  
Mackerel . . . . . 15  
Smelts . . . . . 30-45  
Scallops . . . . . 70  
Shrimps . . . . . 70

**Fruit.**  
Bananas, doz. . . . . 50-60  
Oranges, doz. . . . . 40-50  
Lemons, doz. . . . . 30  
Prunes, Cal. lb. . . . . 15-25  
Peaches, Evap. lb. . . . . 20

**Hay, Grains, Seeds.**  
Barley . . . . . \$1.00  
Bran, ton . . . . . \$22  
Buckwheat, bus. . . . . \$0-85  
Corn, imported . . . . . \$1.00  
Cream of the West . . . . . \$4.50  
Hay, baled, ton . . . . . \$11-12  
Hay, loose, ton . . . . . \$10  
Household . . . . . \$4.50  
Oats, local, bus. . . . . \$2  
Middlings, ton . . . . . \$40  
Straw . . . . . \$5.00-\$6.00  
Shorts, ton . . . . . \$34  
Wheat, local . . . . . \$1.25

Timothy, bus. . . . . \$4.75  
Red Clover, No. 1 bus. . . . . \$25  
Red Clover, No. 2, bus. . . . . \$22  
Alfalfa, bus. . . . . \$13.50  
Alfalfa, Can. 2 . . . . . \$15  
Sweet Clover . . . . . \$7.25

**Hides, etc.**  
Deacon skins, each . . . . . \$75  
Horse hides . . . . . up to \$2  
Beef hides, lb. . . . . 7-8  
Bulls, over 60 lbs. . . . . 5  
Veal skins, lb. . . . . 12  
Veal kips, lb. . . . . 9  
Sheep skins, fresh . . . . . up to \$150  
Tallow, rendered in cakes, lb. . . . . 7  
Ginseng, wild, lb. . . . . \$11  
Bees wax, clear, lb. . . . . 28  
Wool, unwashed, lb. . . . . 20-22  
Wool, washed, lb. . . . . 23-25  
Red foxes . . . . . up to \$10  
Raccoon . . . . . up to \$5  
Skunk . . . . . up to \$5  
Mink . . . . . up to \$7

**Meats and Poultry.**  
Steak, porterhouse, lb. . . . . 35  
Steak, round, lb. . . . . 25  
Boiling cut, lb. . . . . 12-15  
Stewing cuts, lb. . . . . 10-12 1/2  
Beef, western . . . . . 14  
Beef, local, lb. . . . . 5-10  
Loin, roasts, lb. . . . . 25-30  
Shoulders, roasts . . . . . 20  
Hogs, live weight, cwt. . . . . 13 1/2

# Power!

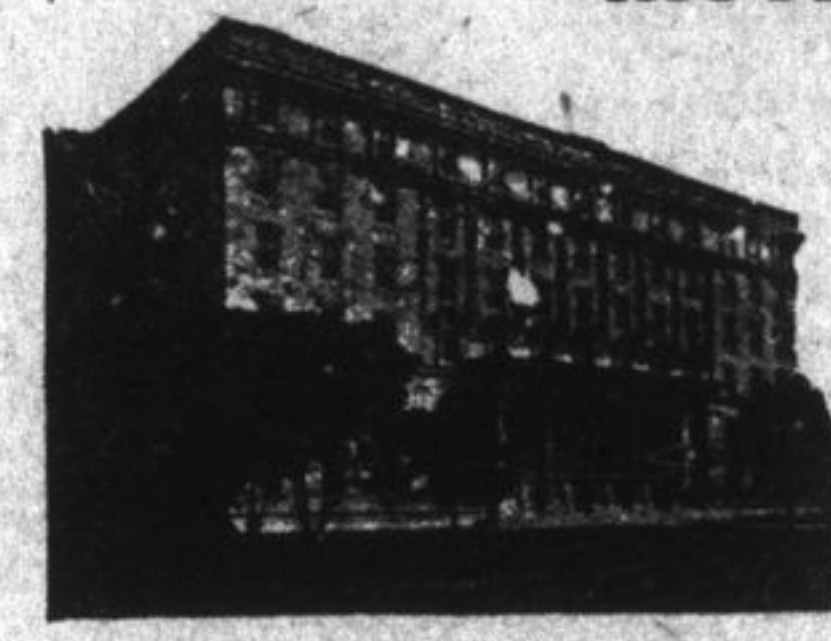
THIS great cataract when harnessed for man's use supplies the energy to run factories, to brighten homes, to make life more comfortable. It is the power behind the industrial activity of the country and on it depends a great deal of our prosperity.

Life is power. If your earnings of to-day be harnessed to the Endowment Insurance plan of saving, your later years will be comfortable and independent.

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HEAD OFFICE, TORONTO, CANADA

markets are generally unchanged to day, with receipts varying in volume in different sections of the country. Toronto—Wholesale, fresh extras, 38c to 40c; firsts, 35c to 36c; seconds, 30c to 31c.

Montreal—Local receipts are light and States fresh are being shipped to outside points. The market is steady. Jobbing storage firsts, 28c; seconds, 24c. Dealers paying Ontario fresh extras, 43c; firsts, 38c; seconds, 32c, delivered. American fresh in carlots are costing \$1 3-4c delivered Montreal, duty paid.

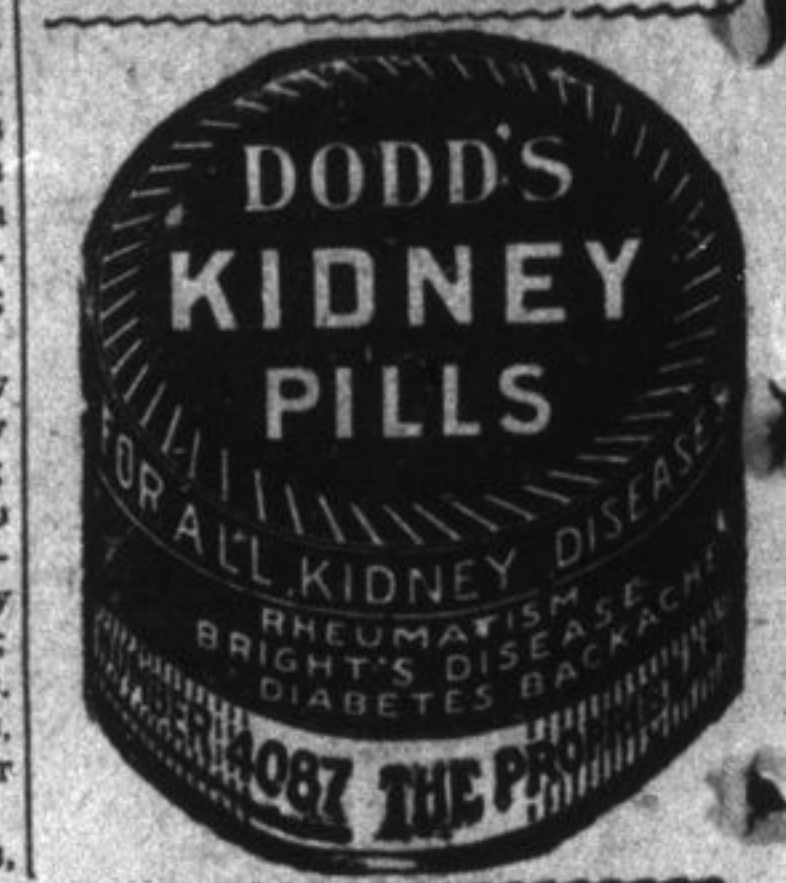
Winnipeg—Egg market steady, and receipts show a decrease for the first part of the week, due to cold weather. Country dealers making sales, extras, 35c; firsts, 30c; seconds, 22c. Prices to retailers, extras, 40c; firsts, 36 to 38c. Fresh receipts of poultry are practically nil, prices unchanged. Fair demand for frozen stocks, with prices to retailers, chickens, 25c to 32c; fowl, 18c to 25c; turkeys, 25c to 38c.

Saskatchewan—Egg receipts show considerable increase, with country dealers making sales, extras, 26c; firsts, 24c; seconds, 17c. Prices to retailers, extras, 36c; firsts, 34c; seconds, 27c. Fresh receipts of poultry are light; live roosters, 9c to 12c; fowl, 6c to 10c; turkeys, 10c to 16c.

Calgary—Jobbing, fresh extras, \$11 per case firsts, \$9.50 to \$10 per case; seconds, \$8.50 per case. Vancouver—Jobbing, fresh extras,

31c; firsts, 29c; seconds and pull 24c.  
St. John, N.B.—Wholesale, fresh extras, 47c; firsts, 43c.  
Chicago—Fresh spot, 26c; March, 25 5-8c; April, 28 1-8 c; November, 30 1-2c; December refrigerators, 31 3-8c.  
New York—Extra firsts, 28 1-2c to 29 1-2c; firsts, 27 1-2c to 28c; April, 28 1-2c; December, 32 1-4c.

Iodine exists in sea water only to the extent of about two parts to 1,000,000, yet the entire ocean contains 80,000,000 tons of iodine, valued at present prices at \$540,000,000,000,000.



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