

...horns—
to 10 mos. old, by
Champion, Female,
Canadian Fair, 1915.
...
...Ram Lambs by Imported sire.

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Winners of the Silver Medal at Great Northern Exhibition for the past two years.
Choice young stock of both sexes on hand for sale.

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In The Spring

Now is the time to bring to your aid Dr. Pierce's Golden Medical Discovery (in tablet or liquid form). This wonderful remedy helps to restore stomach to its natural health and strength and to secure proper flow of the digestive juices, a good appetite and full digestion of the food you eat. It invigorates the liver, regulates the bowels and purifies and enriches the blood.
Dr. Pierce's Golden Medical Discovery is absolutely free from alcohol and injurious drugs. Its ingredients are selected on wrapper. You can be certain it is a true blood-maker, tissue-builder, and a restorative nerve tonic and that it will produce *no evil effects*. Thousands—probably many of your neighbors—are willing to recommend the "Discovery" because it has made them stronger in body, brain, nerve. Buy it in liquid form; or send Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., ten cents for trial package.

A MOTHER'S ADVICE.
Prince Rupert, B. C.—"I take great pleasure in announcing to you my heartfelt thanks for the benefit our boy Arthur, aged seven, has derived from your medicine 'Golden Medical Discovery.' He is a different boy altogether after taking five bottles. His tongue used to be coated and his stomach and bowels always out of order, but Dr. Pierce's Golden Medical Discovery has cured him. We will recommend your medicine to whomsoever we can as we think there is none better."—Mrs. OTTO NELSON, 836 2d Ave.

Food Value.
The Ontario Department of Agriculture has just published a little pamphlet by Prof. R. Harcourt, of Ontario Agricultural College, which deals with the above subject. It is a timely and widely read, should prove a very useful pamphlet in these days when the high cost of living makes more imperative than ever that we consider seriously the relative values of the articles which we buy for food. Prof. Harcourt gives us the comparative value in dollars and cents of thirty-five articles of food. He takes rolled oats as the standard, and at 5c. a lb. values them at 100. Flour comes next, fall wheat flour, at \$4.75 a cwt., grading 92.8, and spring wheat, at \$5 a cwt., grading 91.4. Corn meal at the same price as oatmeal (5c. a lb.) has a value of only 91.3. Rolled oats in packages, of course, has the same food value as in bulk, but at 4 lbs. for 25c it is only worth 80.0, as against 100.0 for the same material in bulk. Sugar, at 88 per cwt., is just worth 62.9 as compared with oats. Butter, at 45c. a lb., has a relative value of only 21.5; and cheese, at 80c. a lb., stands at 19.8, i.e., a dollars worth of rolled oats has equal food value to \$5 worth of cheese. The prepared foods also get quite a hard knock. Some of us who have heard them extolled as being a wonderful addition to the family larder had better consider the rolled oats in 5c. per lb. as worth 100, Malta Vits, at 10c. per 12 oz., is worth 34.4; Toasted Corn Flakes, at 10c. per 12 oz., is worth 34; Grape Nuts, at 15c. for 17 oz., is worth 33; and Shredded Wheat, at 13c. for 12 oz., is worth only 26.1. But the meats still get harder knocks. Mutton chops, at 24c. per lb., have a food value of only 16.5; ham, at 28c. per lb., 16.1; beef sirloin, at 25c. per lb., 10.8; and fresh halibut, at 25c. per lb., has a food value of only 5.1 as compared with the old fashioned, homely despised rolled oats. Peas, at 7c. per lb., have a value of 62.6; beans at 10c. per lb., a value 42; and potatoes, at \$2.25 per bag, have a value of 36.2. This does not mean, of course, that we can live exclusively on rolled oats or white bread, but it may guide us a little in our attempts to reach a palatable and nutritious menu at the lowest possible cost.

To Recruit Drafts in Bruce.
At a meeting of the officers of the old 32nd Bruce regiment held in the Armories at Walkerton on Friday evening last, a resolution was adopted and sent to Ottawa, requesting that in view of the 160th Battalion going into the trenches as a unit that a recruiting scheme be started at once in this county to enlist troops as a reinforcement for this unit. The idea is to conduct the proposed campaign in Bruce under the auspices of the 32nd Regiment, and to aim at raising and training drafts of 250 men to supply the wastage in the Bruce Battalion that the war is sure to make after the 160th get into action. By this means the Battalion would be kept up to full strength at the front, otherwise the 160th would run chances of petering out in time and would lose its identity as a unit and would be absorbed into other regiments. Walkerton would no doubt be the headquarters of the proposed recruiting scheme, and the town would shortly assume a military aspect again. Those present at the meeting and who had a hand in adopting what promises to be an historic petition were: Major Thos. Hay, Commanding Officer of the 32nd Regt., and Lieut. Eckel of Paisley; Capt. O. E. Klein, Major Hen-



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Every suit and overcoat is first-class evidence of the undoubted supremacy of the "MASTER CLOTHES BUILDERS" in the tailoring field.
Style, Fabrics and making so far above criticism that you will be thoroughly pleased with them.

SPECIALS FOR THE LENTEN SEASON

Canned Vegetables.

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|-------------|-------------|
| Baked Beans | 15c per can |
| Corn | 15c per can |
| Peas | 15c per can |
| Tomatoes | 20c per can |

Salmon, Sardines, Herring

| | |
|-----------------|----------------|
| Salmon | 15 to 30c tin. |
| Sardines | 5 to 15c tin. |
| Kipperd Herring | 15c per can. |

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Giant Flowering Carnation

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SPECIAL—We will also send you free a packet (value 15c) of our choice
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This carnation is a great favorite. The flowers are large and fragrant and the plants do well outdoors. Transplanted into pots in the early fall they bloom profusely from October till the end of May. Extra plants are easily propagated from them by cuttings, "pippings" or layering.
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derson and Lieut. Harold Patterson of Walkerton, Capt. Langford of Port Elgin and Lieuts. Gillies and Lieut. Nichol of Chesley. As soon as authority is received the recruiting campaign will open here.—Herald & Times.
The value of the National Service cards are now being felt. Hundreds of men have been asked to report for duty to operate engines, trains and repair houses to relieve the coal situation. By the National Service cards it was possible for the Government to call hundreds of men to the task who are skilled in that line of business, and who signed the cards that they were willing to help anywhere.
Mrs. Emma Helwig, house-keeper for Tony Zuber here, was summoned to appear before Magistrate Jas. Tolton at the police court on Friday afternoon to answer to the charge of criminally conspiring against a prominent citizen of the town. The woman is alleged to have accused this man of a most immoral offence and to have threatened him with court proceedings unless he got busy and settled. The woman failed to show up at the trial on Friday, and the case was adjourned to a future date.—Herald and Times.