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"I suffered terribly from Constipation and Dyspepsia for many years. I felt pains after eating and had gas, constant headaches and was unable to sleep at night. I was getting so thin that I was frightened."

At last, a friend advised me to take "Fruit-a-lives" and in a short time the Constipation was banished, I felt no more pain, headaches or dyspepsia, and now I am vigorous, strong and well."

Madam ARTHUR BEAUCHER.
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At dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

THE "HYDRO" RECORD

(By J. E. Middleton.)

A clear knowledge of the possibilities of the Hydro-Electric enterprise was not possible when the first contracts were signed. The twelve Pioneer municipalities had estimates before them as to the probable business, but these same estimates were questioned and even ridiculed by representatives of Private power companies.

The municipal councils went forward in faith, believing that the assurances of the Hydro officials were worthy of credence, and resting mainly upon the character, intelligence and public spirit of the men behind the enterprise. The results of ten years of operation justify in full measure the courage of the Councils which submitted the by-laws, and of the ratepayers who supported them. Each of the twelve has seen successive reductions of rates, and yet each has accumulated large surplus and reserve accounts. Despite the prophecies of some amateur seers the administration of the Hydro-Electric System has been kept clear of politics. No Patronage List has been maintained. The staff has been augmented by the appointment of the best available men without reference to their political views or to their acquaintanceship with eminent politicians. In a word, the "Hydro" has been operated as a business enterprise.

The administrators brought it through an economic typhoon caused by the war, maintained the equipment at the highest efficiency, faced enormous increases in the cost of labor and materials, met sudden and exceptional demands for power, and yet were able to reduce rates from time to time in scores of municipalities. In every respect the "Hydro" has had a creditable record. The hopes of its most optimistic friends have been realized. The amateur seers have been proved false prophets.

In view of these circumstances the "Hydro" has won the hearty approval of thousands who ten years ago were in a state of doubt as to the wisdom of the plan. Men who wondered if co-operative municipal ownership could ever succeed, know now that the project is practical in every detail. They are convinced that light and power can be supplied to consumers within 250 miles from a modern hydroelectric plant at rates which private companies cannot meet. They know that this most important result has been brought about without laying any additional tax-impost upon the ratepayers of any co-operating municipality—that the consumers in their moderate monthly bills carry the entire investment with ease and at the same time pile up surplus funds to balance their outstanding obligations.

A Double Escape

DOCTOR'S DAUGHTER'S STORY.

Another Toronto home provides evidence of how a simple cut, scratch or bruise, may pave the way to deadly blood-poison. Doesn't it show there's a vital need for keeping a reliable anti-septic like zam-buk, always handy?

When called upon at 3, Buxton Avenue, Mrs. J. E. Zealley, daughter of the late Dr. Bevan, of St. David's, S. Wales, said:—"My boy Alfred scratched his leg with the brass leg of a shoe lace. A nasty poisoned sore developed and it defied all the usual ointments. Hearing splendid reports about zam-buk I decided to give it a trial. To my great relief, the pain soon caused healing to set in. All inflammation and poisonous matter was quickly removed by zam-buk. It healed the sore without leaving a scar."

Again when I fell over a steel fender and injured my knee badly, zam-buk alone saved me. My daughter, a nurse, was of the opinion that only an operation could remove the mass of inflammation and pus. But I again pinned my faith to zam-buk, and it cleansed and healed the wound in a few days. Equally valuable for eczema, pimples, cuts, burns, etc.

FITTING AND SHOWING THE HOG

(Experimental Farm Note.)

The fitting and showing of swine is an art in itself quite apart from that of breeding. The careful breeder who prides himself on the breeding and typiness of his hogs need not necessarily be unbeatable in the show ring. In large show classes where the competition is keen, the winning individuals must possess other qualifications than truthness to type alone, and probably one of the most important considerations other than type is what may be called show condition. This show condition is found in its greatest perfection at our larger shows where breeders with years of experience at their backs are in keen competition with one another. For those breeders who are less experienced and who may wish to take a hand in the game a few suggestions at this time may not be amiss. Individuals which it is the intention of the owner to exhibit at this fall's shows should be selected at once. This is important if maximum size and development is to be obtained, and every day that this is delayed means that much more of a handicap for the individual in the show ring.

It is impossible to realize the desired results by forcing at the last moment, it being necessary, in order to obtain full development, to bring the individual along gradually. Forced feeding results in excess fleshing, with retarded development of frame, or on the other hand it may result in grossness and lack of quality.

Pasture, supplied with shade from the sun, and also, if available, running water, provide ideal conditions for the hog during the summer. These, combined with a well balanced meal ration fed in conjunction with green feed and skim milk, form a combination that is capable of giving the most favourable results.

The meal ration which is selected for this purpose should be one calculated to develop bone and muscle during the initial stages of the fitting period, and for the latter stages a somewhat higher percentage of fat producing foods should be supplied.

In order to appear to the greatest advantage, the skin of the hog must be free from blemishes or roughness of any kind, and present a clear healthy appearance. One great source of trouble more particularly with white skinned hogs is that of sunburn. This can largely be prevented if some protection from the sun either natural or artificial is available where the hog may take shelter throughout the hotter parts of the day. These precautions are not sufficient, however, if the skin of the hog is to appear to the best advantage, so washing must be resorted to. It is not sufficient to let the washing go until the day before showing. Some considerable time before the hog is to be shown, at intervals of a few days, a thorough scrubbing with a soft bristled brush, linsed soap, and clean water are advised in order to clean the dirt out of the pores. Cleanse with clear water, and carefully remove all soap. Such treatment results in the freshness and bloom that is so attractive and desirable in show hogs.

Frequent handling of the hogs is necessary in order to have them accustomed to the presence and also submit to the will of their attendant without undue disturbance.

W. G. Dunmore,
Assistant Animal Husbandman.



"Give me Vancouver!"

So perfect are the talking qualities of Long Distance that folks nowadays think nothing of calling up such distant points as Los Angeles, Vancouver, New Orleans, Dallas and Cuba. The answer comes back as clearly as if the voice was in the next room.



TEA SHORTAGE—HIGHER PRICES

In 1920, so much more tea was produced than required throughout the world, that the market dropped to a very low level. The situation was so serious for the growers that they agreed to reduce their production 20% during 1921. Consumption, which has increased tremendously, and the production of tea being curtailed, has resulted in the highest prices for tea in years. The recent reduction of four pence per pound on tea tax in England has further stimulated consumption, which means that even higher prices may soon be expected.

Death came to B. P. Overholt, principal of the Amherstburg High School, Sunday morning while he was engaged in reading his Bible in his home. Heart disease was the cause of death. Mr. Overholt was 44 years old and for the past 12 years had been at the head of the town's educational affairs.

There was an impressive dedication service in St. John's Anglican church Wednesday night when His Lordship the Bishop of Huron dedicated a brass cross for the communion table of the church. The cross was presented by Mrs. Cowan, of London, "to the glory of God and in memory of Major Thomas Cowan," who was at one time a resident of Strathroy.

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Is greatly relieved by constitutional treatment. HALL'S CATARRH MEDICINE is a constitutional remedy. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be reduced, your hearing may be destroyed forever. HALL'S CATARRH MEDICINE acts through the blood on the mucous surfaces of the system, thus reducing the inflammation, and assisting Nature in restoring normal conditions. Circulars free. All Druggists. F. J. Cheney & Co., Toledo, Ohio.

Muscular Rheumatism Subdued.
When one is a sufferer from muscular rheumatism he cannot do better than to have the region rubbed with Dr. Thomas' Electric Oil. Let the rubbing be brisk and continue until ease is secured. There is more virtue in a bottle of it than can be fully estimated.

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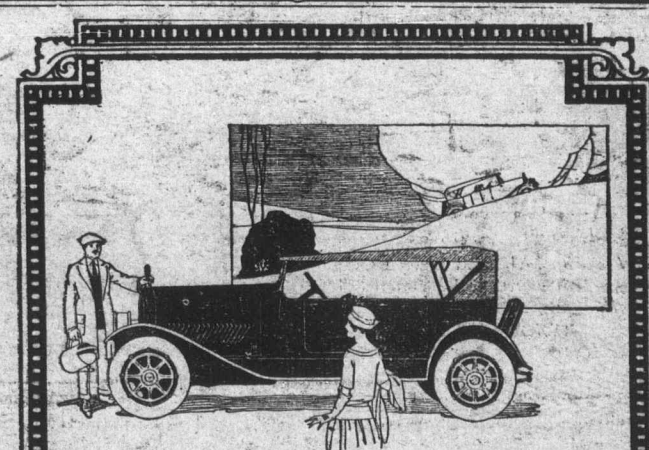
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Canon Davis, who shortly retires from the rectorship of St. George church, Sarnia, had a strenuous day's work last Sunday. In the morning he preached to the Masons, then baptised twelve children. In the afternoon he officiated at a funeral and in the evening conducted the regular church service. A day of such activities would tax the physical endurance of a much younger man.

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