

The Household.

CAUSES AND CURE FOR COLD FEET.

"I don't see why I always have cold feet. I am sure I wear flannel soles in my shoes and have worn them for months."

The girl who uttered this complaint put her feet nearer the radiator and continued to voice her discomfort.

"How often do you change your shoes?" she was asked.
"I wear comfortable shoes and I wear them all day. I do take them off in the evening and put on my slippers, but even at home my feet are never warm, and at the store where I work they just feel clammy all day long."

The same pair of shoes worn all day are frequently the cause of cold and clammy feet, even if the possessor of them has lined them with flannel, cloth or rubber, the shoes become saturated with perspiration, and the person having a tendency to cold feet will find them always colder and clammy.

Sometimes people wear rubbers with the firm belief that they make the feet warm. They do when one is exercising, but the minute one enters the house the rubbers should certainly be removed, as they help the foot to retain the heat which changes to wet. All soles, felt, flannel or cork should be changed frequently, for they absorb the dampness of the feet and store it up in the shoe, so that when putting on the shoes again, unless they have been thoroughly dried and aired overnight, they are in the same condition of dampness as when taken off.

If one does not wish to wear cork soles, a very good substitute is found in thin cardboard. These can be cut out for one's self, and should be changed daily. Heavy paper will do well, too, and will help keep the feet warm.

Stockings are usually changed more frequently in summer than winter, but people having poor circulation should pay even more careful attention to this in winter than in summer, and should change the stockings every morning, or turn them and dry well at night, as both cotton and woolen stockings retain the dampness.

A good habit to cultivate, is to change the stockings as one comes in at night, before putting on slippers or house shoes. It is just as important to change the stockings as the shoes where the feet are always cold, and the size of the stockings is quite as important as the size of the shoes, for a stocking too short or too long and too narrow will affect the feet and is quite as likely to hinder the circulation as a tight shoe.

People have advised putting the feet in cold water to stimulate circulation, but it is a treatment hard to recommend at this time of the year, and for anaemic people it is often too great a shock to the system.

A hot bath for the feet of two or three minutes duration, then a cold sponge, a quick rub with a crash towel and a massaging with a little alcohol is good for stimulating the circulation when the feet are cold, but a steam bath is even better.

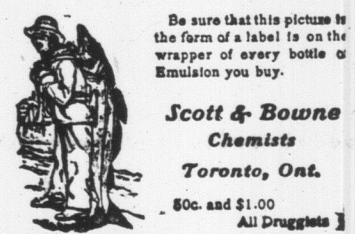
If you get a basin or pail of boiling water, place over it a few sticks or slats which will fit over the pail nicely and make a rest for the feet. Place the feet on these slats and let them steam in this way, covering them with a blanket to keep in as much heat as possible.

Anemic and nervous people are always addicted to the unpleasant sensation of cold feet. People whose lives are sedentary for instance—typewriters, clerks, cashiers, etc., should pay special attention to the care of the feet in the advice given above, and when possible they should exercise their feet while at their desk going through the movements of bending them forward at the toes and swinging them in a rotary movement from the ankle.

For Thin Babies

Fat is of great account to a baby; that is why babies are fat. If your baby is scrawny, Scott's Emulsion is what he wants. The healthy baby stores as fat what it does not need immediately for bone and muscle. Fat babies are happy; they do not cry; they are rich; their fat is laid up for time of need. They are happy because they are comfortable. The fat surrounds their little nerves and cushions them. When they are scrawny those nerves are hurt at every ungentle touch. They delight in Scott's Emulsion. It is as sweet as wholesome to them.

Send for free sample.



Do not let this picture in the form of a label on the wrapper of every bottle of Emulsion you buy.

Scott & Bowne
Chemists
Toronto, Ont.
80c and \$1.00
All Druggists

WHY THEY WALK BADLY.

Mr. Markino, the Japanese artist, who lately visited this country, has returned to his own full of admiration for English women. But—yes, he will have his but—an Englishwoman has no idea of how to walk, tells Mr. Markino. Her elbows, her feet, her shoulders, all move in the wrong way. And he is sadly right. An Englishwoman does walk worse than any other.

The Frenchwoman steps out with lightness and grace; the American with a triumphant ease and air as if the pavement belonged to her and should be honored by the trend of her little feet. As for the Spaniard—how does she not walk? Here is the very poetry of motion.

An Englishwoman is lacking in the essentials for good walking. Her feet are far from the trimmest, and her disinclination to show them all too natural.

She is also a far busier woman than her continental sisters. The Austrian, German and Parisian may, and do, do little things in their home, but compared to the active, all-over-the-place Englishwoman, they are as mere children-to-be-petted in the eyes of their man kind. It is impossible to be graceful when hustling—London Gentlewoman.

EVERY MOTHER WHO DOES not already know, should know the value of that safe, pleasant and effective remedy, McLean's Vegetable Worm Syrup, the original and only genuine worm syrup. Any child will take McLean's Vegetable Worm Syrup. All dealers keep it.

WHY COULDN'T SHE KEEP THEM.

Mrs. Nagget—Well, I guess I have a perfect right to my opinion, Mr. Nagget—Certainly you have, my dear. And if you only kept them to yourself no one would ever question that right.—Stray Stories.

Agricultural Department

THE CANADIAN HOG RAISING INDUSTRY.

Investigations by the Live Stock Branch of the Dominion Department of Agriculture into the alleged shortage of hogs have shown that for some months past the supply of bacon hogs in Canada has been falling off. Even before the order was issued debaring packers from importing United States hogs to be slaughtered in bond, difficulty was experienced by Canadian packers in procuring sufficient hogs. The amount of the shortage during the summer and fall is indicated by the fact that packers claim to have been able to secure only from 30 to 50 per cent. of the capacity of their factories.

Hog raisers on the other hand claim that the production is considerably nearer the normal than would appear from the statements of the packers. It is, they say, partly an increase in packing house capacity rather than a decrease in hog raising. In some of the dairying sections the supplies are reported to be very little if any below the normal while in other districts the shortage is placed at about 20 to 25 per cent.

Enquiries as to the cause of the shortage brought from packers and producers a variety of replies. The packers claim that for the past three years or more the competition between buyers of hogs has been so keen that top prices have been paid continuously and that these prices have been high enough to give a profit to the producer. They claim therefore to be at a loss to understand why there is a shortage at this time. Speaking from the standpoint of the producer, well informed authorities claim that the price has not been as uniformly high as it should have been. At times of the year when the packers anticipated heavy runs, prices dropped to a point where no profit was left to the feeder. This, they claim, took place last season when sows were bred for the supplies of the fall just past, and as coarse grains were high and labor scarce at that time, many brood sows were sent to the market.

Again, it is argued that the majority of packers have not encouraged the production of hogs of the bacon type and weight. For a number of years improvement in the hog stock of the country made satisfactory progress, but during the past season at least the producers of the ideal sort have received no encouragement to continue their good work; a flat rate has been paid for good and bad alike. The hog is only to compete with the low price American stock brought quite as much as the sort that competes with Irish and Danish bacon for the highest place on the British market.

Whatever may be the extent of the shortage or the real cause of it, the fact remains that unless producers and packers grapple in sympathetic co-operation with the situation, Canada's valuable bacon industry which has cost years of strenuous effort to develop, may become seriously demoralized.

In 1890 there were only two packing houses in the export trade with a weekly capacity of some 3,000 hogs, while in 1905 the weekly capacity of the sixteen packing houses in operation was some 50,000. While this limit has not been reached within from 10,000 to 15,000 hogs weekly, according to the season, the output from Canada has reached about \$16,000,000 annually, to twenty per cent. of the total quantity of bacon imported by Great Britain. To jeopardize so valuable an industry would be nothing less than a national calamity.

If the farmers who have been in the habit of raising hogs will accord the bacon industry a steady, persistent support bogotten of the knowledge the hog raising pays year in and year out, the future has very large possibilities for the Canadian bacon industry. Canadian bacon having won a place on the British market commanding respect, as it increases in quantity and improves in quality, will undoubtedly become a daily necessity of the British consumer. That it may occupy this enviable position both farmer and packer must co-operate, the farmer by producing a steady supply of the right class of hogs, the packer by paying a fairly uniform price from month to month, and from year to year, and he must give value per pound according to the quality of the product he receives. Let each do his part and there will be little trouble about the supply of hogs for keeping the factories going at a normal capacity. What appears to be most needed at the present time is that relations of confidence be restored and maintained between packer and farmer through fair dealing and intelligent co-operation. With these, and an appreciation on the part of the producer of the possibilities of the industry, hog raising cannot fail to be one of the most profitable branches of Canadian agriculture.

MINARD'S LINIMENT CURES COLDS, ETC.

The Baird Company's
**Wine of Tar
Honey and
Wild Cherry**
A Lubricant to the Throat
A Tonic to the Vocal Chords

MUTTON POINTERS.

Teach the ram to lead. Woven wire makes most reliable sheep fence.

Bright eyes are the best indication of good health. Ruminating animals should not be dosed with salts.

A few bells will enable the strays to locate the main flock. One ounce of linseed oil will relieve a case of "stretches."

The sheep that was "shavel" will produce a mighty short staple at next shearing.

In selecting a ram take the hold "no scare" type—he will help defend the flock.

Quarantine each sheep you buy until you are sure it is free from scab. Keep the floors free from burrs—it pays to care for wool these times.

Don't inbreed. Sheep show the sad effect of close mating at the first cross.

Vinegar applied to the udder will do much to dry off a ewe, in case she has lost her lamb.

HORSE SENSE.

The three most important and valuable lessons to teach a horse are: To start, stop and back at the word of command.

The three most important conditions of the horse's feet are: Strong walls, thorough shod and unmoistened burrs at the sole. All may be had with care.

Three enemies of the feet are: Long toe and heel corks, large nails driven high up in the foot and the rasping of the foot to fit the shoe.

Three essential points in the care of a horse are: Water before feeding, give moderate quantities of grain and hay, give often and at regular intervals.

Three conditions that rapidly wear out a horse are: Feeding irregularly as to quantity and time, watering whenever convenient and rushing him into his work and keeping him on his nerve all the time.

Three important points in grooming a horse are: Clean coat thoroughly, brush his mane and tail with great care and remove all accumulations from the bottom of the feet.

Three important things in regard to shoulders when horse is at work are: Have perfect fitting, clean collars, wash the shoulders at noon and night when at very hard work, and never use sweat pads to fill up any deficiency of the collar. Cork-lined collars are best. Use a sponge and water in washing shoulders, keeping accumulated sweat, which forms in little ridges where the collar comes in contact with the shoulder, removed.

Horses
Teeth
Filed
at the
United States Dental Machine
Good work guaranteed.

R. A. BENT,
Horse Dentist,
Bridgetown N.S.

There will be no more business at the Westville mill; Paradise, unless the property changes hands, JOSEPH WERTHYLAKE.

NOTICE

There will be no more business at the Westville mill; Paradise, unless the property changes hands, JOSEPH WERTHYLAKE.



Royal Household Flour

is made from spring wheat only. It is milled by the newest and best machinery. It is purified by electricity.

Use it and you get bread not only light, crisp and appetising, but also wholesome, digestible and nourishing.

You will better your baking by buying Ogilvie's Royal Household Flour from your grocer.

Ogilvie Flour Mills Co., Ltd., Montreal.

"Ogilvie's Book for a Cook" contains 150 pages of excellent recipes, some never published before. Your grocer can tell you how to get it FREE.



101

Spramotor Outfits
Make Dollars for the Farmers.

It is a well known fact that good clean fruit can not be produced without the use of a Spray Pump. This is the time to order an outfit before the spraying season commences. Farmers who have outfits should overhaul them, and find what is wanted in repairs. In repairs, we can supply Single Nozzles, or 2, 3, or 4-cluster of the new design, which throws a very fine spray and does its work economically and well. Orders should be handed in at once to ensure spring delivery.

A full line of Massey-Harris Farm Implements kept in stock. Also Nova Scotia Carriages and Cutters. A few of the latter are on hand to be closed out at reduced prices.

N. E. CHUTE, Bridgetown
Swift's Lowell Animal Fertilizers are reliable.

Remarkable Progress!

That there is no better Company with which to place your Life Insurance than

The Manufacturers Life

is clearly shown by the following comparison—

	DEC. 31, 1894.	DEC. 31, 1904.
Insurance in Force.....	\$9,555,800	\$87,666,468
Policies issued during the year.....	2,710,750	7,107,158
Policy Reserves.....	628,429	2,255,077
Assets.....	821,230	6,112,244
Income.....	296,468	1,659,107
SURPLUS to Policy Holders.....	177,630	771,869

The ten years during which these increases have taken place cover the period of the present management of the Company. Certainly such magnificent success guarantees

POSITIVE PROTECTION TO POLICY HOLDERS.

E. R. MACHON, Co. Ltd. Managers, Maritime Provinces. 25 John, N.B., and Halifax, N.S.

Apply for Rates to O. P. GOUCHER, General Agent, MIDDLETON, Nova Scotia.

Good Terms to Good Agents

FOR SALE

15 S. C. Black Minorca Cockerels, thoroughbred, also 30 pullets. Prices right, satisfaction guaranteed. JAMES S. KEATING, Rockingham, Halifax, N. S.

FOR SALE

The subscriber offers for sale the three following places: The farm formerly occupied by the late John Hicks, about three-quarters of a mile from Carlton's Corner. With along main road forty rods, more or less, and extends back four and a half miles. Also, the small farm of 15 or 16 acres, formerly part of "Bell Farm," pastures two cows, and horse. Land first class, small fruit trees in bearing; town water in house. The commodious residence now occupied by subscriber, corner of South street and Annapolis Road. House contains ten rooms, town water, large barn connecting house; half mile from business part of town. Terms easy if requested. Further particulars apply to CHAS. E. HICKS, Carleton's Cor. 45-61

WANTED!

A LARGE QUANTITY OF HIDES, -PELTS, CALF SKINS and TALLOW.

CASH PAID AT THE HIGHEST MARKET PRICES.

MacKenzie, Crowe & Co., Ltd. Bridgetown, Jan'y 17th, 1906.

HOMEMADE BREAD, Cake and Pastry

ur increasing sales and patronage are good evidence that our bake-shop products give satisfaction.

Meals to order at all hours Mrs. Brown's Restaurant Church Street Bridgetown

FINEST and FRESHEST

—LINEA OF—

Meat & Fish

always in stock.

Wm. I. Troop,

GRANVILLE STREET.

Photographs

A good variety of New Cards, Call and so. them. Try some of the

PHOTO FADS

New and up-to-date.

N. M. SMITH, - Photographer

THE LAYING HEN

Is the laying hen beyond a doubt. One dozen of eggs on the average sells for the same as one pound of butter, and the labor is much less. Nothing on the farm gives such paying results, if properly fed, as the hen, as it is her natural action to lay eggs.

Hercules Poultry Food

contains the harmless ingredients that makes your hens lay in winter time when eggs are at the highest price.

Besides, it keeps them in splendid condition to resist disease. HERCULES LOUSE KILLER will keep your fowl free from vermin, and CLYDESDALE CARBOLINE ANTISEPTIC will keep your hen-house clean.

This adds to the egg production. All our preparations are sold under a POSITIVE GUARANTEE OF SATISFACTION or money cheerfully refunded by the dealer.

Clydesdale Stock Food Co., Limited, Toronto, Ont.

For sale by J. W. ROSS, Bridgetown. E. BROOKS & SON, Paradise. E. S. MILLER, Annapolis. N. H. PHINNEY & CO., Lawrenceston. JNO. H. CHARLTON, Middleton. SAMUEL POTTER, Clementsport.