

## THE FIRST STEP.

No one doubts that all physical life, animal and vegetable, is nourished and supported by food—which must be digested and assimilated. It follows, then, that the very first step backward in health is taken immediately when you fail, for the first time, to digest your food. If people would only bear that fact in mind and at once take a simple, helpful, curative remedy such as Mother Seigel's Syrup, they would never suffer the miseries, the weakness, the permanent ill-health, which indigestion brings upon its victims. The first stages of indigestion are just as easily recognised as the last—the windy pressure and distress, perhaps pains, in the stomach; the coated tongue; and bad taste in the mouth and the loss of appetite.

Look for example at the case of Mr. R. C. Welsh, Postmaster at Glenlea, Provencher County, Manitoba. In a letter of July 7th, '09, he writes:—"About 18 years ago I contracted a disease which my doctors failed to diagnose and from which, even in hospital, I found no relief. Everything I ate seemed to hurt me. I had pains in my back for days at a time and a rattling noise in my stomach. When I got a little better my stomach was so sore I could scarcely move about."

"One day I read one of Mother Seigel's Almanacs and feeling convinced by the cures I read of there I started using that medicine. A single bottle made me feel a great deal better and after I had used up 3 bottles I could eat anything. I am now as hale and hearty as a twelve-year-old."

If Mr. Welsh had taken Mother Seigel's Syrup as his first step, instead of a last step toward a cure he would have been saved much distress and some expense.

Mother Seigel's Syrup is made from the extracts of certain roots, barks and leaves which exert a remarkable curative and tonic effect on the stomach, liver and bowels, and has no equal as a digestive tonic and stomachic remedy. Take it daily after meals.

One can sympathize with the English gentleman whose exquisite refinement was jarred at a week-end shooting party. "Oh, I say," he remarked, "one don't mind roughing it a bit you know,—luncheon without a band, and all that—but fauney drinking claret out of champagne glasses."

## Had a Bad Cough

FOR A NUMBER OF YEARS.  
WAS AFRAID IT WOULD  
TURN INTO

## Consumption.

Too much stress cannot be laid on the fact that when a person catches cold it must be attended to immediately or serious results may follow.

Thousands have filled a consumptive grave through neglect.

Never Neglect a Cough or Cold, it can save but one result. It leaves the throat or lungs, or both, affected.

Mrs. A. E. Brown, Ottawa, Ont., writes:—"I have had a very bad cough every winter for a number of years which I was afraid would turn into consumption. I tried a great many remedies but only received temporary relief until I got a bottle of Dr. Wood's Norway Pine Syrup and after taking two bottles my cough was cured. I am never without a bottle of Norway Pine Syrup."

Dr. Wood's Norway Pine Syrup is the medicine you need. It strikes at the foundation of all throat and lung complaints, relieving or curing all Coughs, Colds, Bronchitis, Asthma, Croup, Sore Throat, etc., and preventing Pneumonia and Consumption.

So great has been the success of this wonderful remedy, it is only natural that numerous persons have tried to imitate it. Don't be imposed upon by taking anything but "Dr. Wood's." Put up in a yellow wrapper; three pine trees the trade mark; price 25 cents.

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

last year, but was too weak to stand when born and died in two days. Notice white drops occasionally about the vulva. Is this whites? Would you breed again this year? Alta. R. H.

Ans.—Yes, your mare has whites—leucorrhoea. Probably the disease has followed some previous foaling. There has been from some cause a catarrhal condition of the womb, and this has prevented conception. We would advise you to have a thorough examination made of the parts, by a competent veterinarian, even if you had to travel many miles for the purpose. In the meantime, you may flush out the uterus with a solution of bicarbonate of soda, 1 ounce to each pint of luke warm water. Use at least a gallon of the solution morning and evening. At mid-day inject into the uterus a solution of permanganate of potash, 15 grains to a pint of luke warm water. Use about three pints at a time. Internally give a course of tonic medicine, powdered sulphate of iron, 3 ounces; powdered hydrastis, 4 ounces; powdered gentian, 4 ounces; powdered cinchona, 6 ounces; mix. Give a teaspoonful mixed with damp feed 3 times a day. Feed on the best hay and oats obtainable.

### ABSCESS FORMATION

Twelve year old heavy mare not in foal, has swollen hind leg, caused by a cork wound. I took her shoes off, bathed the wound in carbolic and water. After healing, the leg remained swollen from the hoof to the hock. This happened about six weeks ago. Last week a small lump the size of a pigeon's egg appeared about half way between hoof and hock, from which a little matter and blood discharges. She is turned in the paddock by day and stabled by night; is fed wheat straw and a gallon of oat chop each meal; is not lame.

Man.

Subscriber.

Ans.—There is some septic material being carried by the blood from the cork wound to another part of the leg. If more abscesses form, lance them with a clean sharp pointed knife as soon as they become soft, and allow the escape of the pus; then syringe out the cavity with a solution of carbolic or creolin and clean boiled water which has been cooled. Then dust iodoform over the surface. The swelling may disappear with exercise, but it would be advisable to give her 2 drams of iodide of potash, dissolved in 3 quarts of drinking water morning and evening for ten days; withhold the medicine for a week, then give for another ten days, and so on.

## AS YOU TAKE IT

In many parts of Australia, where civilization has not yet secured much of a footing, the old ramshackle stage coaches still transport mail and passengers over the desolate tracts of land otherwise inaccessible. On one of these trips a tenderfoot was sitting next to the driver, who, in accordance with the custom of these fellows, was stuffing the stranger with all sorts of wild stories.

"Yes," he pursued, "you'll see lots of queer things over here. Why in this part of the country the kangaroos collect and distribute the mails."

A little later on, by great good fortune a kangaroo happened to be standing up on its haunches right against the rough stage trail some distance off, looking intently toward the coach. "There you are!" said the driver, calmly pointing to the kangaroo. "There's one of 'em now. See the mail bag around his neck?" Sure enough there was a kangaroo, and the pouch arrangement which nature has bestowed upon this animal for the carrying of its young, looked at this distance uncommonly like a mail bag. At the same time the tenderfoot was a bit skeptical.

The driver knew exactly how near he could get to the kangaroo before fear overcame its natural curiosity, and when that point had been reached

## Plow and Harrow at Same Time

This plow attachment pulverizes and levels the soil as it is fresh turned and moist, thereby making a perfect seed bed before the ground gets lumpy and dries out. It is light running and requires no more horses than for ordinary plowing. Made for sulky and gang plows.

The cutting blades are made of the best plow steel, with plenty of curve to the blade so that it produces a draw cut. These blades are self-cleaning and cornstalks or trash cannot lodge.

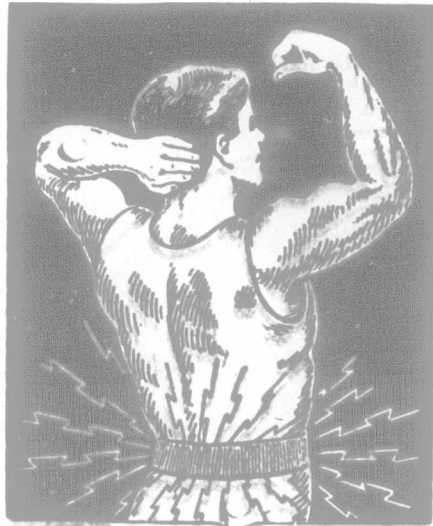
### THE NATIONAL ROTARY HARROW ATTACHMENT

Is destined to become the greatest farm labor-saver of the age! It does the work far better and easier than the old drag, because of the draw cut blades, and also because the ground is easiest pulverized and leveled when it is fresh turned. When your plowing is done, your harrowing is done! By all means SEE this great machine attachment. It will save you dollars, time and trouble. Ask your dealer to show it to you today. If he hasn't it, write us today and we will see that you are supplied. (1)

NATIONAL HARROW COMPANY, Box 114, LEROY, ILL.

## Perpetual Youth

Let Me Tell You How to Regain All Your Old Vim, Vigor and Manly Strength. Be a "Health Belt Man"; Feel Young for Balance of Your Life, Age Doesn't count if You Have the Vitality.



"I could shout for joy. After years of Suffering and Debility Your Wonderful Health Belt Cured Me. I am a Man Again. Use My Name as You See Fit."

C. Simpson,  
Pilot Mound, Man.

Perpetual youth. That is precisely what I mean. I say as man to man give my Health Belt a reasonable chance and it will carry you through any business, mental or physical strain you may be under. It doesn't stimulate; it simply adds the electro-ionic element to your bone, nerves, tissue and blood; all the force and strength which has been drained from your system by some earlier indiscretion. My Health Belt is essentially a strength giver. It overcomes the private symptoms of weakness in men which sap the vitality. If you are nervous and lack manly vigor you are passing away thousands of brain cells every day. Ask your physician if this is not true. I stop this awful weakening process. You wear my Health Belt nights; while sleeping a great stream of soft electricity passes into your body at the small of the back; it cures backache in one application; you feel better immediately; inside of an hour; two months will make a new man of you. No drugs; no privations; no restrictions except that you must give up all dissipation. Let me restore your vitality and you will be able to face the world with new ambitions. The Health Belt cures other ailments, too. A positive remedy for rheumatism in any part of the body, sciatica, lumbago, kidney, liver, stomach disorders. Special attachments furnished, and worn by women as well as men.

## Let Me Send You These Two Books Free

They fully describe my Health Belt, and contain much valuable information. One is called "Health in Nature," and deals with various ailments common to both men and women, such as rheumatism, kidney, liver, stomach, bladder disorders, etc. The other, "Strength," is a private treatise for men only. Both sent upon application, free sealed, by mail.

If in or near this city, take the time to drop in at my office that you may see, examine and try the Belt. If you cannot call, fill in the coupon and get the free booklets by return mail. It is better than a fortune for any one needing new vigor.

DR. C. F. SANDEN, 140 Yonge St., Toronto, Ont.

Dear Sir.—Please forward me your books, as advertised, free

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