

# TIRED, NERVOUS HOUSEWIFE TOOK VINOL

[Now She is Strong and Well]

Berkeley, Cal.—"I was nervous, irritable, no appetite, could not sleep, and was always tired, so my housework was a great effort. After many other medicines had failed Vinol built me up and made me strong. I have a good appetite and sleep well. Every nervous, weak, ailing woman should try it."—Mrs. N. Edmunds, 2107 Dwight Way, Berkeley, Cal.

We ask every nervous, weak, run-down, ailing woman in this town to try this cod liver and iron tonic on our guarantee to return their money if it fails to help them.

Taylor & Son, Druggist, Watford, Ont. Also at the best druggists in all Ontario towns.

## MEN WHO ENLISTED IN 149 BATT. AT WATFORD

- Lieut. W. H. Smyth, Headquarters Ottawa.
- Lieut. R. D. Swift, Scout Officer.
- Sergt. W. D. Lamb
- Sergt. M. W. Davies
- Sergt. S. H. Hawkins
- Sergt. E. A. Dodds
- Sergt. W. C. McKinnon
- Sergt. Geo. Gibbs
- Sergt. H. Murphy
- Sergt. C. F. Roche
- Corp. W. M. Bruce
- Corp. J. C. Anderson
- Corp. J. Menzies
- Corp. S. E. Dodds
- Corp. H. Cooper
- Corp. C. Skillen
- Corp. C. E. Sisson
- L. Corp. A. I. Small
- B. Q. S.—B. C. Culley
- C. Q. S.—C. McCormick
- Pte. Frank Wiley
- Pte. A. Banks
- Pte. F. Collins
- Pte. A. Dempsey
- Pte. J. R. Garrett
- Pte. H. Jamieson
- Pte. G. Lawrence
- Pte. R. J. Lawrence
- Pte. C. F. Lang
- Pte. W. C. Pearce
- Pte. T. E. Stillwell
- Pte. A. H. Lewis, Band
- Pte. G. A. Parker
- Pte. A. W. Stillwell
- Pte. W. J. Saunders
- Pte. Bert Saunders
- Pte. A. Armond
- Pte. W. C. Aylesworth, Band
- Pte. R. Clark, Bugler
- Pte. S. L. McClung
- Pte. J. McClung
- Pte. C. Atchison
- Pte. H. J. McFeley
- Pte. H. B. Hubbard
- Pte. G. Young
- Pte. T. A. Gilliland
- Pte. D. Bennett
- Pte. F. J. Russell
- Pte. E. Mayes
- Pte. C. Haskett
- Pte. S. Graham
- Pte. W. Palmer
- Pte. H. Thomas
- Pte. F. Thomas
- Pte. B. Trenouth
- Pte. E. A. Shaunessy
- Pte. W. Zavitz
- Pte. W. J. Sayers
- Pte. Lot Nicholls
- Pte. John Lamb
- Pte. Eston Fowler
- Pte. E. Cooper
- Pte. F. A. Connelly
- Pte. F. Whitman
- Pte. Edgar Oke
- Pte. White
- Pte. McGarrity
- Pte. Wilson
- Pte. Richard Watson, Can. Engineer
- Pte. L. H. Aylesworth, Band.

THIS is no time to be practising False Economy. Don't imagine because you have a fire on that it is cheaper to bake your own Bread and Cakes. Remember, you must have extra heat, and you know the cost of wood and coal these days! So Save your Fuel and Buy your Bread and Cakes from

## LOVELL'S

## BACKYARD POULTRY PAY

How Seventy-six Hours Gave a Profit of \$58.29.

### SUGGESTIONS FOR FARMER

Spraying Material Should Be Ordered Early This Year—Keep the Farming Mill Going—Work in the Dairy, Stable and in the Orchard.

**H**OW A PROFIT of \$58.29 was made from twenty-six hens, which turned the table scraps, and \$26.13 worth of feed into \$84.42 worth of eggs is described in a recent circular of the Central Experimental Farm, Ottawa.

The birds were not selected with a view to the greatest production possible, but rather to the securing of such a flock as any amateur might go out and purchase. The flock consisted of twenty-six birds—four of which were three-year-old Black Lehigh hens, six White Leghorn pullets and one Black Minorca pullet hatched in May, and the balance were cross-breeds Black and White Leghorns, hatched in June. They were not put into winter quarters until well on in November, and it was December 7th before the first egg was laid.

**How the Flock was Kept.**

An old wood shed about eleven by twelve feet was utilized as a poultry house. In the south side, fifteen inches from the floor a line of windows two feet wide was placed and above these an opening about eighteen inches wide was made across the entire front. In this frame, covered with light cotton, was hinged. This frame was kept hooked up to the ceiling through the day, except in the severest weather.

Hoppers of oyster shell, beef scraps and dry mash were kept constantly before the flock. The dry mash consisted of bran, middlings and cornmeal, equal parts, one-half part gluten and one-half part blood flour. A deep straw litter was kept on the floor into which all whole grain feed was scattered.

In the morning, mixed grain, usually cracked corn, wheat and oats, equal parts, was given. At the same time warmed water was given. At noon the water was renewed and all the kitchen waste, such as vegetable parings, was fed. Usually at this time a few handfuls of mixed grain were also scattered.

The methods followed were such as almost any city dweller could follow. A very small place for a house and no yard room are required. By buying pullets in the fall and selling them when poultry is high in the early summer the most will be had out of the flock without interfering in any way with either your own or your neighbor's back-yard garden.

**Timely Agricultural Suggestions.**

Seed grain and root seeds secured from the best sources available and in ample quantities for spring seeding are a most profitable investment at this time of the year. It is not too late to germinate seeds of various kinds of farm crops to determine their suitability for spring seed. A poor seed sown is a seed wasted—and food is too scarce to waste any of it this year.

Plenty of exercise for the breeding animals will insure stronger and more profitable young.

When the work is not too pressing, get the fanning mill busy to ensure a good supply of sound, plump seed grain free from weed seeds. The oftener the seed is put through the fanning mill the larger and plumper the grain will be, and the fewer the weed seeds in it. Always avoid sowing sunken grain and weed seeds—they are about the poorest investment a man can make.

Secure an ample supply of spraying material now. Bluestone will be required for spraying potatoes, iron sulphate for spraying mustard, lime sulphur for the fruit trees and paris green or arsenate of lead for potato beetles and other insect pests. Be sure to secure the supply of formalin for treating seed grain to prevent smutt and for treating potatoes to prevent scab. One pint of Formalin is sufficient to treat from 20 to 30 bushels of grain and the same amount will treat from 40 to 45 bushels of potatoes. Keep the Formalin bottle well corked and do not leave it in a place where it is likely to be frozen.

Securing farm labor will be the great problem in agriculture this year. Write to the Ontario Government Public Employment Bureau, 15 Queen's Park, and also consult your agricultural representative. Put in your order early with these men and you may get the help you require—and without cost.

The ideal temperature in the dairy stable, combined with good air, is between 50 and 60 degrees Fahrenheit. It is a good plan to have a reliable thermometer hanging at some central point in the stable and note

the variation in the temperature from day to day. On fine days turn all the cattle outside for an hour in the sunshine. It may mean a little less milk, but it will be paid for in the improvement of the health of the young stock.

The trees in the apple orchard may be scraped down now, so as to make more effective the later spraying of the trunk and the main branches. Egg masses of the Tussock moth, conspicuously white against the dark bark, may be removed by means of a wire brush or hook on a pole.—Ontario Agricultural College Notes.

## ONTARIO BUYS APPLES

Money in Orchards When Properly Planted and Cared For.

### BACKYARD GARDENING PAYS

Hints By an Expert in the Feeding and Care of the Mare and Foal.

**T**HE PLANTING of commercial apple orchards in the Province of Ontario is highly desirable for several reasons:

1. Ontario is not producing enough good apples for home supply, but imports annually from Nova Scotia, British Columbia, Washington, Oregon and California.
2. Production in Ontario is likely to fall off still more because no commercial planting is being done. Very few commercial apple orchards have been set out in this province since 1911.
3. Of the thousands of young trees set in the bloom years of 1905 to 1911 a large proportion have already passed out of existence. Probably not more than 20 p.c. of the trees planted during those years will figure in the commercial production of the future, and certainly not more than 40 p.c. of them are alive and receiving attention to-day.
4. The home orchard will never again be an important factor in commercial apple production in this province, because it is not large enough to be worth while. In seasons when scab control is difficult or when prices are down because of a heavy crop, the return from the small orchards is not large enough to justify the expense and risk involved. When conditions are unfavorable the small orchard passes quickly into a state of neglect; this is why apple growing in Ontario is at such low ebb at present.
5. Fruit is an essential part of diet. While it is true that in case of necessity people can live without it, it is also true that health suffers and nutritional complaints become much more general in the absence from the dietary of fresh fruits and vegetables. The apple is the most important and most useful fruit of the temperate zone and, from the standpoint of public health its culture should not be neglected.—Prof. J. W. Crow, Ontario Agricultural College, Guelph.

To gain wisdom you must have faith enough to believe those who are experienced.

Spare the children from suffering from worms by using Miller's Worm Powders, the most effective vermifuge that can be got with which to combat these insidious foes of the young and helpless. There is nothing that excels this preparation as a worm destroyer, and when its qualities become known in a household no other will be used. The medicine acts by itself, requiring no purgative to assist it, and so thoroughly that nothing more is desired.

## STOP LOOK!

Spring will soon be here! Spring! —and with it sugar and syrup time.

SAP PANS SAP TANKS  
SAP BUCKETS

GET IN YOUR ORDERS NOW

If new, we can make them; if they need re-repairing we can do it.

If that PUMP is out of order let us know.

If that LEAVETROUGH is in need of repairing we can do it.

Oh! that frozen-up bath room—let us thaw it out.

Prompt Service. Prices Right. Give Us a Call.

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Address a postcard to us now and receive by return mail a copy of our new illustrated 80-page catalogue of Garden, Flower and Field Seeds, Root Seeds, Grains, Bulbs, Small Fruits, Garden Tools, Etc.

*SPECIAL—We will also send you free a package (value 15c) of our choice*

### Butterfly Flower

This is one of the airiest and daintiest flowers imaginable, especially adapted to bordering beds of taller flowers and those of a heavier growth. The seeds germinate quickly and come into bloom in a few weeks from sowing. The florescence is such as to completely obscure the foliage, making the plant a veritable pyramid of the most delicate and charming bloom. The Butterfly Flower make admirable pot plants for the house in late winter and early spring. For this purpose sow in the autumn.

Send for Catalogue and learn of other valuable premiums

DOMINION SEEDS LIMITED, LONDON CANADA. Formerly DARCH & HUNTER SEED CO. LIMITED

## ANNOUNCEMENT

HAVING bought out the Business of Mr. R. C. McLeay, it is our intention to combine the two yards into one and to keep an up-to-date lumber yard. We have been in the Lumber Business for a long period, and we are thoroughly acquainted with every branch of it. We looked ahead and we saw lumber was advancing, so we bought up \$15,000.00 worth. We are going to give our customers the benefit of this good buy. You will make on this from \$3.00 to \$5.00 per M. ft.

**OUR AIM—**

Is to supply the public with Builders Supplies at prices that cannot be equalled. A car of 5X shingles expected at once. Secure yours off the car at a reduction.

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## Spring Cleaning

will be your next big drive!

We have the following lines in stock and guarantee the prices are lower than in six weeks from now:

Home Washers.....	\$12.50
Bonnie Washers.....	6.50
Jubilee Washers.....	5.50
Empress Wringers.....	5.00
Imperial Wringers.....	5.50
O-Cedar Mops.....	1.50
Vacuum Cleaners.....	7.50

Tubs, Pails, Scrubbing and Paint Brushes at lowest prices.

## N. B. HOWDEN EST.

## Spring House Furnishings

<p>MASON &amp; RISCH</p> <p>PIANOS,</p> <p>STRING INSTRUMENTS,</p> <p>MUSIC BOOKS,</p> <p>SHEET MUSIC,</p> <p>RECORDS</p>	<p>Our aim is to keep the latest and most popular goods in our line, and carry the FINEST ASSORTMENT of all lines of FURNITURE for</p> <p style="text-align: center;"><b>Parlor, Dining Room, Bedroom, Library or Kitchen.</b></p> <p>Comfort, Elegance, Durability and Value are features that our goods are noted for.</p> <p style="text-align: center;">No Big Profits to Pay Here</p> <p>Our prices are as low as consistent with reliable goods. Let us show you the new patterns.</p>	<p>VICTOR VICTROLAS</p> <p>SEWING MACHINES</p> <p>REPAIRS FOR STRING INSTRUMENTS</p> <p>THE NEW CURTAIN STRETCHER</p>
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**HARPER BROS.**  
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