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CANADIAN NATIONAL RAILWAYS
TIME TABLE
Trains leave Watford station as follows:
GOING WEST
Accommodation, 111..... 8.42 a.m.
Chicago Express, 17..... 11.59 a.m.
Detroit Express, 83..... 6.51 p.m.
Chicago Express..... 9.11 p.m.
GOING EAST
Ontario Limited, 80..... 7.48 a.m.
Chicago Express, 6..... 11.25 a.m.
Express..... 2.50 p.m.
Accommodation, No. 112..... 6.08 p.m.
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MEDICAL
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(Successor to Dr. Jas. Newell)
Office—Dr. Newell's former office, corner Main and Front sts., Watford.
Postgraduate of New York and Chicago postgraduate hospitals. Phone 35w.

C. W. SAWERS, M.D., Phone 13.
Watford, Ontario. Office—Main st. Residence—Ontario st., east. Office hours—8.30 to 9.30 a.m., 2 to 4 and 7 to 8 p.m. Sundays by appointment.

DR. G. N. URIE, B.A.
Diplomate General Medical Council United Kingdom. Member College Physicians and Surgeons of Ontario.
Successor to Dr. W. C. Siddall
Hours: 8.30 to 9.30 a.m.; 2 to 4 p.m. 7 to 8 p.m. Sunday by appointment. Office, Residence Main St., Watford Phone 32.

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VETERINARY SURGEON
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CANADIAN STORE CATTLE
THE BRITISH MARKET
(Experimental Farms Note)
One of the outstanding features of the removal of the British market has been a steady increase in the price of cattle throughout Canada. It is to be expected that the price of cattle will continue to rise, and it is exceptional profit over home bred cattle except in the case of cattle imported from extreme Eastern Canada. Generally, however, those shippers responsible for any losses, whether in the market or in the hands of the consumer, are those who have not taken advantage of the Canadian market to a remarkable extent. Another important feature of the present situation is the popularity of Canadian cattle in the British market. Overseas to the middle of the year this year the price of cattle was 40.6% higher than in the corresponding period of last year. This is a fact which should be borne in mind by those who are interested in the Canadian market for Canadian store cattle. It will not be out of place here to mention that as a result of many experimental shipments (which are to be continued) it has been found that the handy weight steer, i.e., 1,000 to 1,100 pounds, fairly well-fleshed but

good blocky type, and uniformity and breediness in color, is the steer that best meets the above mentioned demand. It would seem, therefore, that the breeder, feeder and shipper of cattle may look forward to a most profitable market for his produce, provided he has the right type. Particularly is this true of the same provinces where a short freight haul, and ocean shipping at any time of the year, enables the shipper to realize a profit over his western competitor. **GEORGE W. FULLER**, Chief Assistant of Animal Husbandry, Watford, Ont.

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Rheumatism, Gout, Gravel, etc., is soiling so that when acid goes out, the other you are tormented with swollen joints and occasional attacks of rheumatism. Guaranteed to wash out all acid from your system. Price 25c per bottle. **Wash Out All Poison**, 63, Arc Street, Melvin, Ontario.

PREPARATION OF SOIL FOR HOTBEDS
(Experimental Farms Note)
Soil for hotbed work requires proper preparation, to give best results. Too little attention is paid to its preparation by the majority of growers, and to this may be attributed much of the difficulty encountered in the production of healthy plants. It costs very little more to prepare the soil properly, than to follow the questionable method of using the same soil over again or obtaining soil without regard to its condition. A clean piece of sod should be selected, preferably on sandy loam soil. Cut and pile the sods carefully with alternate layers of manure. The cutting and piling should be done either in the autumn or during the month of June, at any rate the pile should be left standing over the summer, when the whole pile, or that part required may be cut down and piled in a convenient place for the hotbed work the following spring. This method of preparation will provide a soil with ample fibre, which is very essential, and which contains sufficient plant food for ordinary work. If the soil is not considered rich enough for special work, more manure may be added or commercial fertilizer used to supplement the manure already present in the soil. While the foregoing method is the most satisfactory, if this procedure has not been followed, it is often possible to obtain sandy loam soil by the surface of a field that has produced a hoe crop in three or four rotations. This soil should be plowed in the fall, and piled in a convenient place, and if not rich in plant food, commercial fertilizer should be added to suit the special requirements. As a rule, however, this is not necessary, because in a well planned rotation, manure is used quite liberally, which should render the soil in fairly good condition for the purpose.

When it is not convenient to obtain a sandy loam soil, and heavier soil has to be used, clean sand may be added until the proper consistency of soil has been obtained. Under normal conditions it is always possible to water, but attention must be given to drainage or it will be difficult to keep conditions right for plant growth. Those who have not been preparing their hotbed soil in advance, should make a start now, as it is a step towards greater future profits.
T. F. RITCHIE,
Assistant in Vegetable Gardening.

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with the Trail Riders



(1) Chief Buffalo Child Long Lance. (2) Lunch on the Wolverine Plateau. (3) One of the Guides. (4) On the Wolverine Plateau with Tumbling Glacier in the background. (5) Chief Louis Arbel with his Kootenay Indian.

The Official Ride of the Trail Riders of the Canadian Rockies, commenced this year on the morning of August 8th and ended at Wapta Camp on the night of the tenth. Over a hundred members participated. They rode across country between Marble Canyon, on the Banff-Windermere Highway, to the Bungalow Camp at Lake Wapta.

The Riders, among them a number of prominent society people, scientists and artists, all travelling on horse-back, blazed a new passage across the Wolverine Plateau. Six countries were represented: Canada, the United States, Australia, France, the West Indies and England. The artists, of whom there were six, made sketches of the virgin scenery along the route of the newly discovered trail.

Seven Indians were in the party, six being Kootenays under Chief Louis Arbel, while the seventh was Chief Buffalo Child Long Lance who gave a lecture on the Indian Races of Canada to the Canadian Club of Montreal during the winter, and is rapidly becoming famous as an authority upon Indian affairs.

The artists included Leonard Richmond, R.E.A., and A. L. Leighton of England; Carl Rungius, Belmont Browne and Richard M. Kimbel, of New York, and R. Palenske of Chicago. Paris was represented by the Duc de Nemours, who recently purchased a ranch near Calgary.

This was the second annual Ride and Pow-wow of the organization. On the morning of August the eighth, motor cars conveyed the Riders from Lake Louise and Banff to the point of departure on the Banff-Windermere Highway. There guides and horses were in readiness and the party immediately mounted and the Ride commenced. The trail led up Tumbling Creek, past Tumbling Glacier and on the Wolverine Plateau where lunch was served. The ride then proceeded along the Plateau with the Wolverine Palisades, Mount Helmet and the Washmawapta Icefield and Waterfalls on the left, giving the riders a view of the Ten Peaks on the right.

That night camp was pitched on the Goodsir Plateau and before retiring the campers gathered around the fire for the usual sing-song, in the shadow of the cliff which rises sheer six thousand, five hundred feet above its valley.

On the second day the ride led down to Goodsir Creek and up McArthur Creek, past Lake McArthur. That night was spent on the shores of Lake O'Hara, the camp there being placed at the disposal of the Trail Riders by the Alpine Club of Canada. The day ended again with a sing-song.

On the third day, August 10th, the final ride was made from Lake O'Hara to Wapta Lake, where the expedition was concluded with a Pow-wow, sing-song and pale-face dance at Tipi Camp. It is expected that another ride of a similar nature will take place next year as the undertaking impressed those who took part as one of the most enjoyable outings they have experienced. Not only does the Ride provide an uncommonly pleasant holiday for sportsmen from Canada and the United States, but it also serves the excellent purpose of making the scenery and the fishing and hunting facilities of the Rockies known abroad.