

### FAMILY DOCTOR'S GOOD ADVICE

#### To Go On Taking "Fruit-a-tives" Because They Did Her Good

Recher, P. Q., Jan. 14th, 1915.  
I suffered for many years with terrible indigestion and constipation. I had frequent dizzy spells and became greatly run down. A neighbor advised me to try "Fruit-a-tives". I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with "Fruit-a-tives".  
I consider that I owe my life to "Fruit-a-tives" and I want to say to those who suffer from indigestion, constipation or headaches—try "Fruit-a-tives" and you will get well. CORINE GAUDREAU, 50c. a box, 6 for \$2.50, trial size, 25c. All dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

#### TRAVELLERS' GUIDE

### DOMINION ATLANTIC RAILWAY

#### Change of Time January 7th, 1918

For information and new folders apply at nearest ticket office.

R. A. PARKER, Gen'l Passenger Agent

### H. & S. W. RAILWAY

STATION	TIME TABLE	ASSON.
Yarmouth	12:00 p.m.	Wednesdays only
Middleton	1:40 p.m.	
Clarence	3:28 p.m.	
Bridgetown	3:40 p.m.	
Granville Centre	3:13 p.m.	
Granville Ferry	2:55 p.m.	
Karasdale	2:35 p.m.	
Port Wade	2:15 p.m.	

Connection at Middleton with all points on H. & S. W. Railway and Dominion Atlantic Railway.

W. A. CUNNINGHAM, Div. F. & P. Agent.

### Yarmouth Line

#### WINTER SERVICE

Leave Yarmouth Tuesdays for Boston. Return, leave Central Wharf, Boston, Thursdays.

Tickets, stationers, and additional information, apply at Wharf Office.

J. ERNEST KINNEY, Superintendent, Yarmouth, N. S.

BOSTON & YARMOUTH S. S. Co., Ltd.

#### MINIMIZE THE FIRE DRILL BY USING

### EDDY'S

CHEMICALLY SELF-EXTINGUISHING

#### "Silent 500's"

The matches with "no afterglow" EDDY'S is the only Canadian manufacturer of these matches, every stick of which has been treated with a chemical solution which positively ensures the match becoming DEAD wood once it has been lighted and blown out.

LOOK FOR THE WORDS "CHEMICALLY SELF-EXTINGUISHING" on the box

#### CLASSES WILL RE-OPEN

Wednesday January 2nd,

and we hope to be able to show ourselves worthy of the very generous patronage we are receiving.

Catalogues showing Tuition Rates, etc., mailed to any address.



#### Weeding Dairy Cows.

(Experimental Farms Note.)

At the Experimental Farm, Nappan an experiment has been conducted since 1912 in grading up good dairy cows by the use of a pure bred sire from a high producing dam on the average cow. From this there is being collected from year to year some valuable data regarding the handling of a dairy herd.

One of the most convincing points brought out in this work is the importance of a continuous "weeding out" of the unprofitable cows, the percentage of which is far too high in the average dairy herd throughout Canada for the profitable production of butter. Has there ever been a time in our history when profitable production was more essential than it is today? Then we should be guided by the following facts collected from the daily records, which are being kept of each cow's milk production and food consumption.

These results are taken from data collected over a period of five years from the ten foundation grade cows. The average cost of feed per year per cow was \$51.74; the average production of butter was 251.94 pounds; the average profit per cow was \$34.31 (labor, calf and manure neglected).

Now the go-ahead dairyman will see a standard for all cows which are to remain in the herd and any that fall below are "weeded out." In this instance, all cows falling below 270 pounds of butter per year, are termed the poor ones. On examining the records it is found that only four came up to this standard and that the average cost of feed per cow per year for these was \$56.09, the average production of butter was 200.34 pounds and the average profit was \$46.56. For the six poorest cows the average cost of feed was \$48.83, the average production of butter was 219.67 pounds and the average profit was \$25.88. Thus it will be noted from the above figures that the average cost of feed for the six poorest cows was only \$7.25 less than that for the four best ones, but that the latter produced on an average 80.67 pounds of butter more, realizing a profit of \$21.08 per cow per year more. This means that the dairyman who is keeping the six poorest cows along with the four best ones, is losing in actual cash \$126.48 per year, or at the end of five years at six per cent compound interest, he will have lost \$880.14.

Now it may be of interest to know that the average production for the best of the four best cows was 7315.74 pounds of milk, testing 3.96 per cent butter fat, yielding 342.6 pounds of butter with an average profit of \$59.61 per year. That the poorest average of the four best cows was 6152.44 pounds of milk, testing 3.74 per cent butter fat, yielding 271.37 pounds of butter, with an average profit of \$38.34. The average production of the best of the six poorest cows was 4247.56 pounds of milk, testing 4.87 per cent butter fat, yielding 246.11 pounds of butter, giving an average profit of \$23.49; the poorest of the six least profitable cows gave 3599.4 pounds of milk, testing 3.86 per cent fat, yielding 164.79 pounds of butter and an average profit of \$13.52 per year.

In conclusion, one cannot urge too strongly the value of keeping monthly records when it is proven beyond a doubt that the average profit from the dairy herds of Canada can be greatly increased thereby. Just note that the poorest cow in the above instance is equal, if not slightly better than the average for the Dominion of Canada, which means that there are hundreds of just such cows, and even poorer, wasting the dairyman's time and feed, when it could be easily avoided by a little extra time in keeping records and at once disposing of the non-profitable cows or boarders who do not pay their board bills. Motto—"Breed well, feed well and weed well."

#### Found in Man's Body.

Here is what a military surgeon "excavated" from a wound in the thigh of a British officer, who fell at Loos: Blade of a pocketknife. Bone handle of the same knife. Button from the victim's trousers. Screw ring from the head of a German shell. The wound fully exposed the femoral artery, but did not break it. The patient will recover.

#### Production of Hogs.

As a result of co-operation between the Food Controller and the Federal Department of Agriculture the farmers throughout the Dominion have been informed of the necessity of increasing the production of hogs in Canada and campaigns have been launched in every province under the direction of the Provincial Department of Agriculture.

#### Restaurant Keepers Fined.

Prosecutions have been instituted in a number of cases against restaurant keepers, who have failed to comply with the requirements of the Order in Council restricting the use of beef and bacon and requiring that substitutes for white bread be provided in all public eating places. Action is pending in other cases.

In Charlottetown, P. E. I., 1,529 homes have pledged themselves by cards to save food. This represents about 90 per cent of the people of the city.

#### Wireless Telegraphy and the Motor Boat

Something More

When Jack Binns flashed his famous S. O. S. signal of distress across the waves he gave the world a concrete example of the inestimable value of that wonderful means of communication—wireless telegraphy. Austin C. Lescarbours, in an article in the December issue of Motor Boating, says that motor boatmen usually ask three questions in considering the equipment of a boat with wireless. Why should a motor boat be equipped with wireless? How much does a wireless outfit cost? What can be done with a wireless set when once installed?

"To begin with," continues Mr. Lescarbours, "compare the telephone in the home with wireless on the pleasure boat. Both are not absolutely necessary; there are millions who get along without the telephone in their homes, just as there are thousands who get along without wireless on their boats. But once the home folks have tried the telephone and have discovered its convenience, they are not likely to do without it again, provided they can afford the rental. So, too, with wireless; once the motor boat owner has tried it, he is not likely to do without it, provided he can afford the initial cost. In either case it is a matter of becoming acquainted with the service before its worth can be fully appreciated. Particularly in instances of distress, when help must be summoned is either the telephone or wireless either one may be the means of saving life and property—a service which simply cannot be estimated in terms of dollars and cents."

#### How Food Hogs in Britain are Punished.

Staggering fines are imposed in Britain on those who take advantage of present war conditions to raise the price of the necessities of life. Here are a few:

Henry Thompson, farmer and potato grower, Dawson, Holbeck, Lincolnshire, was fined \$5,000, with costs, for selling potatoes above the maximum price. It was stated that on the sale of 500 tons of potatoes, Thompson had made an illegal profit of \$10,715, but the defence said the gross profit he received was \$6,750. Thompson is the son of Geo. Thompson, potato grower, of Luton Marsh, Long Sutton, who in September last, was fined \$27,500 on 55 summonses, for the same court for potato profiteering.

Summoned for selling butter at 84 cents per pound, Frank Cable, dairyman, was fined \$50. The local food control committee contended that the actual cost was 63 cents a pound.

George Lewis, a butcher, was fined \$300 for selling meat above the maximum price by giving short weight.

For imposing a condition on the sale of butter, Arthur E. Jones was fined \$25. It was stated that when a boy asked for one-quarter pound of butter he was told he could only have two ounces unless he bought some eggs.

#### LEMONS WHITEN AND BEAUTIFY THE SKIN

Make this Beauty Lotion Cheaply for Your Face, Neck, Arms and Hands.

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whiteners and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smoothen rough, red hands.

#### Valuable Furniture Destroyed.

A friend in Halifax writes that if people knew of all the beautiful china and glass, pictures, vases and bric-a-brac totally smashed and covered with plaster, pianos ruined and good furniture destroyed, they would think it only second to the loss of life.

#### A History and a Prophecy.

Her eyes were blue, her face was fair, Her feet were far too young to stray; But years ago—I say not where, She left our home, how sad the day! And, somehow, through the golden air, She went away!

PASTOR J. CLARK

#### New Highway Board.

The members of the Nova Scotia Highway Board are W. G. Clarke, Bear River, chairman; Walter Crowe, K. C. Sydney; Col. Thomas Cantley, New Glasgow; J. K. Kellaher, Halifax, and Percy C. Black, Amherst.

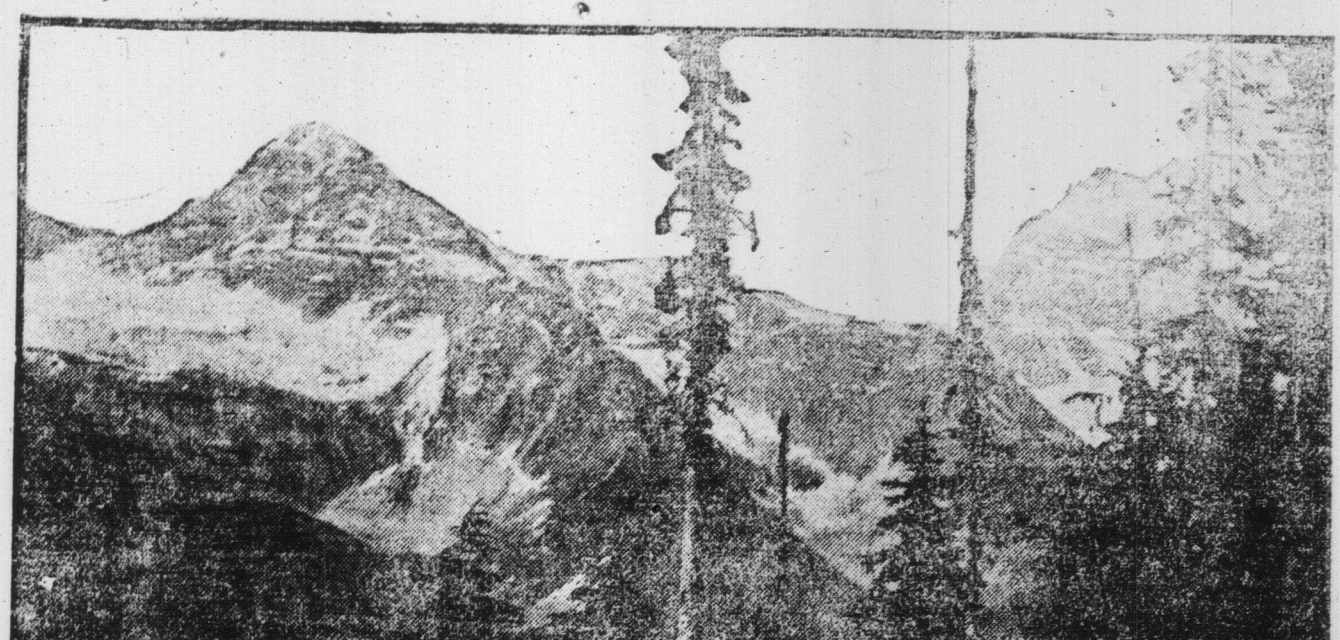
#### World Not So Large.

British Guiana sent a message of sympathy to Halifax last week with a contribution of five thousand dollars. Thus does suffering make the whole world kin.

#### Twin Brothers in Scotland Enlisted.

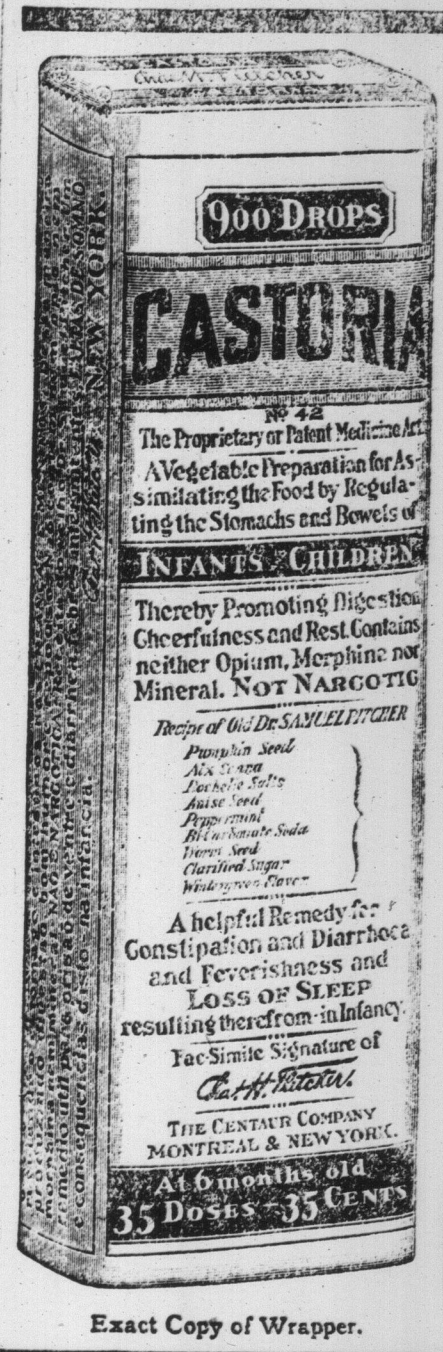
In the same company and were sent together to France. In an attack both were shot through the left ankle at the same time, the bullets in both cases lodging in the right foot. The men were brought to England together and are in a hospital on adjoining cot.

### THE SPRIG of MAGIC HEATHER



Deutchman's cabin at Nakimu Cave, Glacier, B.C.

Among the Selkirk Mountains—Mt. MacDonald on left and Sir Donald on right.  
I'm just an ordinary, everyday working woman. That I earn my living with a fountain pen and a typewriter, rather than with a fine needle and sewing machine, or a woolly cloth and a pair of snags, is an accident of temperament. I get just as tired sometimes scraping up mountains and putting them into sentences as the other woman does who fine-combs Vogue or the Pictorial for a new way to make her customer's evening coat.  
But this summer I had a holiday. I've had them before, but they've taken me to towns that were bigger and dirtier and more bedesidely sophisticated than my own. I've come back so many dollars poorer, met a heavy heaver, and if I brought me-mentos home with me, they were body-wearables, not soul-delightables. But this year I had a holiday that was so different that I'd rather spell it the old way and call it a Holy Day.  
I spent a whole month in the Canadian Pacific Rockies.  
Do you know what I'm looking at now? It's a sprig of red heather and I wouldn't give it up for a wardrobe-trunkful of dainties.  
I hold it in my hand, the tough little brown stalk of it, and gay green leaves, the purple-pink flame that it flowers into. And the walls of my den go back, melt out—  
The sun is high in the cloudless heaven—the blue heavens that seem to hang like a soft curtain dropped to rest on the snow-tops of the great mountains. All morning I've followed the trail through the great trees of the Asulkan Valley, by the side of the ice-cold roaring glacial river, until the path led me back to the sources of everything.  
The mountain slopes lay before me in a vast fan. Great gullies into which you could drop a city block



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*Dr. H. H. Stetcher*

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