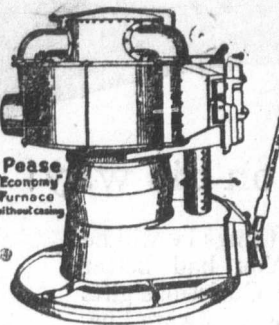


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Read the Guide-Advocate Want Col-
umn on page 4.

The case with which corns and warts
can be removed by Holloways Corn Cure
is its strongest recommendation. It sel-
dom fails.

THE TORTURES OF RHEUMATISM

Happily Stopped When He Began To Take "Fruit-a-lives"

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"For a year, I suffered with Rheu-
matism, being forced to stay in bed
for five months. I tried all kinds of
medicine without relief and thought
I would never be able to walk again.

One day while lying in bed, I read
about "Fruit-a-lives" the great fruit
medicine; and it seemed just what I
needed, so I decided to try it.

The first box helped me, and I
took the tablets regularly until every
trace of the Rheumatism left me."

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50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid by
Fruit-a-lives Limited, Ottawa.

Buy in the Home Town

Buying in the home town benefits both
the buyer and the merchant. It helps to
improve the streets, to reduce taxation, to
bring the goods that are needed to a
common centre where they are needed.
It circulates money, giving all an equal
chance to secure some of it, and in this
way buying in the home town helps the
merchant, lowers the price of goods to the
consumers, aids financial institutions, gives
more money to taxes for better roads,
better police and fire protection, helps
the newspapers, enables the municipal-
ity to pay better wages to school teachers,
assists in the erection of better churches
and public institutions, and finally estab-
lishes better residential districts, and this
way prosperous cities and towns are built
up. The object therefore, of all loyal citizens
should be to buy the things they require in
the place in which they live.

MY HEAD!

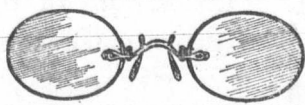


When the
head feels
thick or
aches, when
one feels all
out-of-sorts
—perhaps a
coated
tongue—it
is the signal
that poisons
are accumu-
lating in the
system, and
should be
cleaned out
at once.

"Auto-intoxication can be best
ascribed to our own neglect or
carelessness. When the organs fail
in the discharge of their duties,
the putrefactive germs set in and
generate toxins—actual poisons,
which fill one's own body.

"Sleepiness after meals, flushing
of the face, extreme lassitude, bil-
iousness, dizziness, sick headache,
acidity of the stomach, heartburn,
offensive breath, anemia, loss of
weight and muscular power, de-
crease of vitality or lowering of
resistance to infectious diseases,
disturbance of the eye, dyspepsia,
indigestion, gastritis, many forms
of catarrh, asthma, ear affections
and allied ailments result from
auto-intoxication or self-poisoning.

"Take castor oil, or procure at
the drug store, a pleasant vege-
table laxative, called Dr. Pierce's
Pleasant Pellets, composed of
May-apple, aloes and jalap."



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It is very important that your first
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We do not hesitate to say to you
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that skill can make it. We want
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You receive here a thorough,
scientific examination of the eyes
and vision and the proper lenses
to suit your individual case. No
guess work but good work. Come
here first and save time and money.
Sight testing free.

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Sleep is the great nourisher of infants,
and without peaceful sleep the child will
not thrive. This cannot be got if the in-
fant be troubled with worms. Miller's
Worm Powders will destroy worms and
drive them from the system, and after-
wards the child's rest will be undis-
turbed. The powders cannot injure the
most delicate baby, and there is nothing
so effective for restoring the health of a
worm-worm infant.

BUILDING AN ICEHOUSE

Good Type for Use on the Aver-
age Farm.

Every Milk Producer Should Have
One—The Work and Cost of Erec-
tion Light, Compared With the
Benefits.

(Contributed by Ontario Department of
Agriculture, Toronto.)

EVERY Ontario farmer who
produces milk,—and most of
the farmers do,—should store
a quantity of ice each winter
in order to make it easier for him
to cool the milk down after the
evening milking, and to keep it sweet
for such short periods,—week-ends
for example,—as he may be required
to keep it before delivering it at the
cheese factory or other point of dis-
posal. In order to preserve the ice
satisfactorily some form of ice-house
or shelter is necessary. The purpose
of this article is to describe in a few
words a type of ice-house which will
give good satisfaction.

The ice-house does not necessarily
have to be expensive, but certain con-
ditions in regard to it must obtain
if the ice is to keep well. These I
shall emphasize first and they are,—
protection of ice from sun's rays, this
is the wall, good drainage from the
bottom of the house, either natural
or artificial, free circulation of air
through the top, air-tight foundation,
plenty of good quality of dry sawdust
on all sides of the mass of ice, and
close packing of the ice. If these
conditions can be secured in a rough
bin built under a shed, or a lean-to
on the shady side of a building, all
well and good unless one has other
good reasons for building a more ex-
pensive structure elsewhere. The
matter of convenience is often a de-
ciding factor in this case, and the
type of ice-house I am about to de-
scribe is a good illustration of this
fact. Only once have I seen it in
use, but there is no reason why it
could not be used quite generally.

This particular type consists of a
lean-to structure of wood at one end
of the barn which has the stable
underneath. The size would vary
with the amount of ice required, but
probably a building 15 feet square
and 12 feet high would be large
enough for most farmers' needs. In
this structure and at the side adja-
cent to the barn, or rather the base-
ment wall, is built a concrete en-
closure about 6 feet square and 6 or 6 1/2
feet high. A door in the basement
wall admits one to it. In the side
opposite to the doorway there is a
row of 3 or 4-inch tile near the bot-
tom for letting in the cold air from
the ice which is packed closely to the
concrete storage on all three sides
and over the top as well. Between
the top of the storage and the barn
there is a narrow passage-way or flue
for allowing the foul or used air to
get out, hence good circulation in the
storage is provided for. In this par-
ticular case the farmer has his milk-
room containing cream separator,
etc., adjoining this storage and when-
ever he wishes to cool milk or cream
or store it he puts it in this storage.

Other articles, such as butter
and meat, are also stored at
times but of course only for a few
days at a time. Hence much hand-
ling of ice is saved as well as con-
siderable time. The building is made
of wood, the studding being boarded
on both sides. It would be advisable
to fill the space between the two
boardings with planer shavings or
good quality sawdust. The roof is
covered with shingles. The gables
are left somewhat open for ventila-
tion. Plenty of sawdust is used
around the ice next to the walls, and
also a good depth over the top, none
however is used between the cakes of
ice. If a few cakes of ice are re-
quired for household use they may
be easily taken out of the sawdust
in the top of ice-house or at one side
if more convenient.

It will be seen, therefore, that this
type of ice-house does double duty in
a degree, namely, providing a small
ice-cold storage room, cooled by the
ice mass directly, in addition to hous-
ing ice for various incidental uses in
the summer-time. In a case of this
kind there would not be much need
for taking out ice except for supply-
ing the household refrigerator as the
storage-room would take care of the
ordinary cooling and preserving of
products.

Believing this arrangement to be
valuable, and in many cases practic-
able on Ontario farms, I have much
pleasure in recommending it to farm-
ers in general.—R. R. Graham, O. A.
College, Guelph.

For Frost Bites and Chills—Chil-
blains come from undue exposure to
cold and frost-bite from the icy
winds of winter. In the treatment of
either there is no better preparation than
Dr. Thomas' Electric Oil, as it counter-
acts the inflammation and relieves the
pain. The action of the oil is instan-
taneous and its application is extremely
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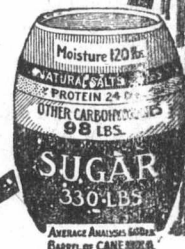
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seven years. You can do the same
with your Ford Car and prolong its life
at minimum cost by replacing worn
parts from time to time.

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the lives of hundreds of Ford Cars, and cut-
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