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If you try us just once—you also will be convinced that **WE CAN AND DO LIVE UP TO OUR PROMISES.** Here's the reason: We have

**A World-Wide MARKET**

in Russia, China, England, North and South America. We sell to those markets where we can get the highest prices. Therefore, we can pay you more money than others do.

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**CLAY EXPORT COMPANY**  
Purs for the World's Trade  
11253 - West 35th St.,  
Chicago, U.S.A.

**A HORSE CAN TRAVEL WHERE AN AUTOMOBILE CANNOT GO**

Often in the deep snows of winter an automobile cannot get through the drifts, but the horse can travel anywhere if he can secure footing. There is just one thing will insure safe footing on any road anywhere any time, no matter how icy or slippery, and that is the

**Neverslip Red Tip Horse Shoe Calk**

Whatever the occasion; a hurried trip to the doctor, an important call to town, a load of produce to be delivered—your horse is ready when you are ready. The wise horse owner will go to his horse shoe early and have the safe, reliable RED TIP SHOES put on. Then he can laugh at the weather. No sleet storm, no sudden freeze will hold him back. His sharp, strong RED TIP CALKS can be adjusted in 20 minutes, and he is ready for the road. Avoid substitutes. LOOK FOR THE RED TIP

**THE NEVERSLIP WORKS**  
559 Plus IX Ave., Montreal, Canada.  
U. S. Factory, New Brunswick, N. J.

## Cream Wanted

Ship your cream to us. We pay all express charges. We supply cans. We remit daily. We guarantee highest market price.

### Ontario Creameries LIMITED

LONDON - ONTARIO

**Glencairn Ayrshires**—Herd established 40 years. Producing ability from 8,600 to 11,022 lbs. If that sort of production appeals to you, we have heifers all ages and young bulls for sale. Thos. J. McCormick, Rockton, Ont. Copetown Station, G.T.R.

### City View Ayrshires

Two heifers to freshen in April. One heifer just fresh. Young cows due Oct., Nov., and Dec. James Begg & Son, St. Thomas

**WHEN WRITING ADVERTISERS**  
Please mention Advocate

Southern States and the adverse exchange on Canadian money in American markets, all go to increase the demand for our 1919 crop of tobacco.—H. A. FREEMAN, Tobacco Inspector.

### Hygiene of the Rural School.

The word "Education" has broadened in its meaning during the past two generations so far as the public mind is concerned, and now includes much more than a training in and knowledge of the three "R's." We now have an emphasis placed upon the care of the body as well as training of the memory. We no longer hold to the old fallacy that the body is a thing of evil that needs to be harshly disciplined in order to train the mind and purify the soul. On the contrary, we recognize an essential unity, a correlation of mind, soul and body; or in other words, that the training of the mental, moral and physical powers must go hand in hand in order to secure the greatest measure of human welfare. No one any longer doubts the truth of Juvenal's fine old phrase: *mens sana in corpore sano*.

We are realizing to-day that the sanitary condition of our schools is a very vital matter. We know that there is an intimate relation between the child's physical condition and his school efficiency. Failure in studies, general apathy and dullness, nervousness and even viciousness, are often traceable to minor bodily defects that are largely remedial. It is a well known fact that the children often suffer from minor defects, but how serious these may be can only be determined by a qualified nurse or physician. Recently an examination of some 135,000 pupils in the New York schools showed that about 69 per cent. were physically defective. Of course, in this instance slum conditions figure largely, but even allowing for this it must be confessed that such a state of affairs is not very bright for the nation of the future. What are the conditions in Canada?

Whilst the newer schools, especially those of the cities and the recent consolidated schools, are well equipped to meet the needs of physical training and sanitary environment, it must be said that in many rural schools, village schools and even town schools throughout our land, very undesirable conditions exist. We cannot blame the higher authorities for it all. The Department of Education provides plans, specifications, inspections and grants, but the requirements are sometimes evaded or carelessly carried out or only the minimum is provided, and the recommendations of the inspectors are not taken seriously enough. Trustees often postpone much needed changes, do little more than the minimum requirements and keep just within the inspector's report.

Progress in school sanitation is no faster than that of society in general and the average school is much behind the average home in comfort and convenience. Even in towns, where one would naturally expect that these matters would be attended to, the heating, lighting and sanitation generally are often such as no businessman would tolerate in his office or in his own home. The perfect school building has not yet come, and many boards to-day have on their hands old school plants which they have inherited. Whilst a business firm would not hesitate to pull down a building which they considered not adequate to their needs, a school board doing a similar thing with an old school-house would likely get into all kinds of trouble. The public need educating along this line. But when a new building is to be erected, no intelligent official dare ignore the truth and light of sanitary science.

It should be needless to argue for better health conditions in our schools. Good health and long life are desired by all, and every father and mother wishes to see the children grow up strong and healthy, as well as receive that mental training so necessary to young people going out into life for themselves. A perfect physical condition is just as desirable for the boy or girl on the farm as for those in the towns. What is needed, however, is to point out where we have been lax, to do this emphatically enough that the public will demand improvement, and then see that proper sanitary arrangements are secured and, what is very important, to have them properly and regularly maintained. The physical welfare of the individual has a

THIRTY-SIXTH ANNUAL

## Ontario Provincial Winter Fair GUELPH

December 5th to 11th, 1919

Write to the Secretary for Prize Lists, entry forms and any information you desire. Entries close November 17th.

J. I. FLATT, President,  
Hamilton.

R. W. WADE, Secretary,  
Parliament Buildings,  
Toronto.

### Raymondale Holstein-Friesians

A herd sire of our breeding will improve your herd. We have sons of our present sire, Pontiac Korndyke of Het Loo (sire of \$12,750 Het Loo Pieterje), and also sons of our former sire, Avondale Pontiac Echo. Several of these are of serviceable age, and all are from good record dams. Quality considered, our prices are lower than anywhere else on the continent. These youngsters should not remain long. Write to-day.

RAYMONDALE FARM  
Vaudreuil, Que.

D. RAYMOND, Owner  
Queen's Hotel, Montreal

### Hospital For Insane, Hamilton, Ontario

We have yearling grandson of King Segis Alcartra Spofford—a splendid individual. Also fine bulls of younger age, prices reasonable Apply to Superintendent.

### Manor Farm Holstein-Friesians

If it's a herd sire you want, write me. I have sons of both my senior and junior sires, King Segis Pontiac Posch and King Korndyke Sadie Keyes. All from good record dams. Choice bull calves at present to offer—average for two nearest dams, up to 34.71 lbs. butter to seven days. Correspondence solicited. Visitors welcome.

GORDON S. GOODERHAM, Clarkson, Ont.

Stations: Clarkson and Oakville.

Farm on Toronto and Hamilton Highway

### CLOVERLEA FARM HOLSTEIN FRIESIANS

Our present offering consists of two choice young bulls ready for service. Priced right for quick sale. Write GRIESBACH BROS., Collingwood, Ont. R.R. No. 1

**Cedar Dale Farm**—The Home of Lakeview Johanna Lestrang, the \$15,000 sire—chief sire in service. He is a son of the 33.06-lb. cow, Lakeview Lestrang, and is our by him, at right prices. Other older bulls, sired by our former herd sire, Prince Segis Walker, son of King Segis Walker. A. J. TAMBLYN, Cedar Dale Holsteins (C. N. R. station one mile) Orono, Ontario.

### Silver Stream Holsteins

Special offering—Four choice bulls fit for service, sired by King Lyons Colantha, the records of his six nearest dams average 30.10 lbs. butter in 7 days, and from R.O.P. tested dams. Individually as good as their breeding. Write at once for particulars and price, or better come and see them.

JACOB MOGK & SON, R.R. 1, Tavistock, Ont.

### Holstein Bulls

A few ready for service, one from a 32.7-lb. dam. He has a 33.94-lb. maternal sister. Baby bulls by "Ormsby Jane Burke", and "Ormsby Jane Hengerveld King", grandsons of the 46-lb cow, "Ormsby Jane Segis Aaggie," the only twice 40-lb. cow of the breed. Also females.

R. M. HOLTBY, R.R. 4, Port Perry, Ont.

### WALNUT GROVE HOLSTEINS

I am offering a choice lot of bull calves sired by May Echo Champion who is a full brother of world's champion May Echo Sylvia; also a few cows just fresh.

(Take Radial Car from Toronto to Thornhill) C.R. James, Richmond Hill, R.R. No. 1, Ont.

### RIVERSIDE HOLSTEINS—CHOICE BULLS

We have several 10 months old, from dams with official records up to 100 lbs. of milk per day and 32.32 lbs. of butter in 7 days. These are well marked and straight individuals. Inspection invited.

J. W. Richardson,

Caledonia, Ontario

### 9 HOLSTEIN BULLS

Any age up to 14 months. From high record and untested dams. Sired by May Echo Prince and Gipsy Pontiac Cornucopia; both 30 lb. bulls. Price right.

JOS. PEEL, Port Perry, Ontario.

**For Quick Sale—One Bull Eight Months Old**—His dam gave 16,388 lbs. milk, and his sister 20,400 lbs. milk. He is a son of Judge Hengerveld De Kol 8th, who is a 32.92-lb. grandson of De Kol 2nd Butter Boy. Write at once for price, or better, come and see him. Take Kingston Rd. cars from Toronto. Stop 37.

ARCHIE MUIR, Scarboro P.O., Ont.

### PIONEER FARM HOLSTEINS

My present sales list includes only bull calves born after Jan. 1st, 1919. These are priced right.

WALBURN RIVERS & SONS

R.R. No. 2, Ingersoll, Ontario

INDIVIDUAL PEDIGREES SALE CATALOGUES SALE MANAGEMENT  
CANADIAN NATIONAL HOLSTEIN PEDIGREE CO.

12 JOHNSON STREET, TORONTO

### LAKEVIEW AYRSHIRES

Our bulls took the Senior Championship, Junior Championship and Grand Championship in Sherbrooke, and first in their respective classes at Quebec, in addition to taking the special prize for the best bull on the grounds any breed. We have others like them. Write for catalogue.

Geo. H. Montgomery

Dominion Express Building, Montreal

D. McArthur, Manager

Phillipsburg, Quebec

### WESTSIDE AYRSHIRE HERD

I have two extra choice March bull calves from heavy-milking, high-testing dams, one dark and one white in color. Also a few good females, one just due to freshen. Write, or come and see.

Middlesex Co.

DAVID A. ASHWORTH, Denfield, Ontario