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10c, 15c, 25c and 50c Tins

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r. Martel's Female Pills have

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## Do As Others Do, Take

this time-tested world proved—home remedy which suits and benefits most people. Tried for three generations, the best corrective and preventive of the numerous ailments caused by defective or irregular action of the organs of digestion and elimination has been proved to be

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(The Largest Sale of Any Medicine in the World)

If you have not tried this matchless family medicine, you do not know what it means to have better digestion, sounder sleep, brighter eyes, clearer complexion, which come after Beecham's Pills have cleared the system of impurities. Try them now—and know. Always of the same excellence—in all climates; in every season—Beecham's Pills are

## The Tried, Trusted Remedy

Prepared only by Thomas Beecham, St. Helens, Lancashire, England.

Sold every where in Canada and U. S. Agents, in every town.

## The Happy Health Habit

is not easy to acquire when the appetite is fickle and the digestive powers are weak. The surest way to get Summer comfort and palate joy is to drop heavy meats and starchy vegetables and eat

## SHREDDED WHEAT

with Sliced Peaches or Other Fruit

a dish that is appetizing, satisfying and easily digested. It supplies the maximum of nutrient and keeps the bowels healthy and active. Delicious for breakfast or for any meal.

For breakfast heat the Biscuit in the oven to restore crispness; then cover with sliced peaches or other fruit and serve with milk or cream; sweeten to suit taste. Shredded Wheat is ready-cooked, ready-to-serve.

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**Depressed, Nervous, Weak.**

In these three words, taken from her letter, Mrs. BARNATT vividly describes her own sufferings, but she also describes the daily sufferings of thousands and thousands of others. If the misery of permanent depression, the acute torture of disordered nerves, or the many penalties of sheer physical weakness make your life a burden, take advantage of Mrs. BARNATT's experience, and put to the test the wonderful virtues of the greatest of all tonics

**WINGARNIS**

Mrs. C. BARNATT, of 52, Nightingale Road, Dover, writes:—"For months I have been Depressed and Nervous, and so Weak I could hardly walk. But your 'Wingarnis' has put New Life into me. I can now go about my work with a new vigour that makes my house-hold duties a pleasure. It is splendid to feel so strong and well."

**Test "Wingarnis" Free.**

If you send 6 cents Stamps for cartage to Coleman & Co., Wingarnis Works, Norwich, England, they will send you a liberal sample bottle free.

**Now Strong and Well.**

## AGRICULTURE

### Weeds a Common Enemy To Production

Spraying with sulphate of iron and sulphate of copper, as a means of eradicating weeds, can be said to hardly more than check their growth. The spray destroys wild mustard plants and the leaves of kinhead and Canada thistle if applied before the plants are in bloom, with a machine that will develop one hundred to one hundred twenty pounds pressure, and through nozzles which make a mist-like spray. Sprinkling with the iron sulphate solution has practically no effect. The sulphates mentioned are inexpensive chemicals. The machinery with which to spray a field effectively is somewhat costly, but the effect of spraying is such, if well and properly done, as to cause a material reduction of weed growth and promote a greater growth

of grain. It also checks the ripening of seeds to infest the soil the following season. Many menacing weeds are not affected by the spray. Quack Grass, wild oats, pigeon grass, French weed, and sow thistle appear to receive no set back from it. Chemicals that would be effective on them would be injurious to grain.

Cultivation of fields soon after harvest, which may be economically done with a disc harrow, will cause many weed seeds to germinate in the fall to be subsequently destroyed by frost. Weeds thus started may also be ploughed out, but this will add to the soil fertility. Fall pasturing has proved destructive to weeds, especially where sheep have been given free range. Quick growing crops, like

barley, are valuable in smothering the growth of weeds. Not needing to be sown early, barley leaves an opportunity for much dragging and cultivation after weeds have germinated in the spring. The soil thus warmed, the tender weed roots are exposed to the killing effects of atmosphere and sun, the barley germinates and grows more rapidly than the weeds, because most of the weed seeds near the surface have been caused to germinate by the early cultivation and killed by later cultivation. Barley matures earlier than weeds, and the systematic farmer may then cultivate his field and give the weeds a chance to germinate to be killed by the winter freezing or fall plowing. Winter rye is also a good crop with which to combat weeds.

### Agricultural Extension Work

Extension Work is now a growing feature of Agricultural Colleges and Agricultural Departments. The following taken from a bulletin of the New York State Agricultural College states clearly and definitely the spirit and scope of such work.

"Extension work in agriculture comprises all educational efforts at the home and on the premises of farming people, the conducting of local demonstrations and schools, the holding of conventions in the localities and at the institution itself, such administrative work as the organization of the work requires, and such other efforts as center directly in interests away from the institution. Laboratories and test-grounds of the institution must be used for the working out of many of the problems that are brought back from the farms, and the establishments of the people, for very many of the questions that arise

in the extension work in the field can be settled only by working them out under conditions of control. Extension work is welfare work, and is properly a part of an institution that is manifested by the people for the service of the people. The early stages of extension work are now past; it is not exhortation, nor exploitation of the people, nor the advertising of an institution, nor publicity work for the purpose of securing students. It is a plain, earnest, and continuous effort to meet the needs of the people in their own places and in their own localities.

"Extension work should aid the people in the solving of their own problems of farming and also of the social, economic, and educational problems of farming communities. To this end it is necessary that trained men and women be available in many different lines of agricultural work. Persons

must be specially trained for this work, as well trained as for regular teaching or for research or administration.

"The temptation is to use extension work as a means of publicity for an institution or organization. This will fall in the end, and it will react unfavorably on the institution itself. The whole motive must be sincerely to help the people, not to push or advertise the institution, nor to make publicity for any person.

"If the colleges of agriculture and other rural institutions and agencies ever come to be dominated by the desire to aggrandize themselves or to exploit the people for the sake of appropriations, they will fall of their purpose and be repudiated by the people. Only so long as they have the spirit of service and of substantial, disinterested work will they have reason permanently to exist."

### Practical Notes

**Growing Stock**—This is the time of the year when the growing stock should be watched carefully. The cockerels should be separated from the pullets constantly. Leghorn cockerels, particularly, get troublesome early, and if not removed will be the source of much trouble. They might well be sold as broilers at once, or much can be realized out of them as at any time later. Cockerels of the heavier breeds need not be separated until they are older, and these can be disposed of in the fall of the year as roasters. They should be fattened, as it is not profitable to market lean chickens. If the young stock is late or a little backward in development feed a little heavier and force them along a bit. It may be once or twice a day is good. Use bran, corn meal, crushed oats, mixed about equal, and moisten with skim-milk or water. Skim-milk is good to keep before them at all times. It is better given sour than sweet. If you can get beef scraps or some meat food give about 10 per cent of them in the mash. Feed plenty of wheat and a little cracked or whole corn if they are old enough to take the latter. We feed in self-feeding hoppers, so that the chicks can help themselves at any time. With a small flock

of chicks I do not think this is necessary, as hand feeding of the whole grain may give just as good or better results. Provide plenty of shade and give them clean water always. If your soil is heavy clay or light sandy, give the little fellows some grit and oyster shell. Keep them free from lice by disinfecting their roosting quarters thoroughly. Watch them carefully and keep them growing as rapidly as possible to get them in good laying condition by the first of October.

**The Mite**—In hot weather the little red mite or louse as it is commonly known, is apt to increase very rapidly, and as these can be raised much more easily than any class of poultry they are apt to get the better of the fowls. We the able to keep all our fowls fairly free from lice and mites by spraying once every week with a good commercial insecticide. At present we are using about ten per cent solution of kerosene, and the roosting quarters of all of the houses are thoroughly disinfected. A good dust bath will also help a great deal. If you have a few fowls it may be advisable to inspect them individually with a good powder. There are a number of good powders on the market, but be sure

you get a good one, for a few are largely composed of flour and other ingredients. Disinfect continually and thoroughly and you will not need to wage any further warfare against these parasites since they will always be kept in control.

**Moulting**—A great deal has been said about the moulting of hens, and many poultrymen have claimed that it is advisable to force the moult. This, however, is very doubtful, as the after effects of a "forced" moult are anything but desirable. It usually pays to let nature run its course and let the hens moult when they will. Usually the heaviest laying hen will moult latest, and she will usually take a long time to moult. Then again she will usually start earlier than others after she has passed through her natural moult. Under ordinary circumstances the whole flock should have passed through the moulting season by last of August, and during September it should prepare itself for fall laying, which should begin sometimes in October. The hens should be well fed during the moulting season, feeding principally wheat, oats and some corn or buckwheat.

M. A. JULL.

### Successful Dairying

There are such excellent concrete examples now and again outcropping of men who prove that it pays to take up cow testing, that their records are success making stimulating reading for dairy farmers all over the Dominion. Here is a good sample of what one man at Cedar Hill, Que., in the Gaspé peninsula accomplished in caring for his dairy good cows and feeding them better. The first year his eight cows gave him 33,511 pounds of milk, an average of 4,188 pounds at

a feed cost of \$32.60, netting a total profit of \$75.82 an average of \$9.48 profit per cow. Two of the best cows in the herd the first year were lost accidentally and two heifers made up the herd to eight again; a pure bred sire is kept. The next year his eight cows gave him 34,000 pounds of milk, an average of 5,176 pounds, or 1,000 pounds of increase per cow. The feed cost \$4.12 more per cow, but the total profit was \$177.29, or an average of \$22.16 per

cow. This is an increase of one hundred and thirty per cent in the profit. It pays to give additional feed if the cows kept are of the type to make use of it profitably.

The forcible realities are these: the gross income from milk increased by \$132.45 from the same number of cows, the profit far more than doubled, and the owner has received every encouragement to try for still better results. That is where a trial cow-testing trip generally lands the herd owner.

C. F. W.

### Capons

In the ordinary course of poultry keeping on the farm there are a number of male birds to be sold each year. The distance from the market, and market prices will determine to a certain extent the actual profit to be made from disposing of the cockerels. Under ordinary circumstances only a few are kept over as broilers, and the question is, how best to dispose of the cockerels? With the lighter breeds such as Leghorns and Anconas or Campines there is no doubt but that large profits can be made if they are sold when from 8 to 12 weeks old and when they weigh from 1 to 2 lbs. They are then known as broilers and if one is near enough to the larger markets they can be disposed of at a good price. On the other hand, if the farmer or poultryman is located some distance from the larger markets he will have difficulty in disposing of the surplus cockerels of the lighter breeds with a profit. It is very doubtful if it pays to keep them until the fall to fatten them, as they do not make good gains in fattening. The Leghorn is essentially a broiler producer.

If some of the heavier breeds are kept such as Plymouth Rocks, Wyandottes or Rhode Island Reds, a considerable profit may be made under certain conditions in disposing of the male birds as capons.

A capon is a castrated cockerel. A wild steer and other classes of live stock a capon takes on more flesh and fat and the meat remains softer for a longer time. This unsexing of the bird's disposition from one of fighting and quarrelsomeness to one of quietness and docility. The bird no longer crows and the comb and wattles do not develop. The hackle and saddle feathers, however, are usually more developed in the capon than in the male. The bird becomes very quiet and will grow rapidly. He often makes a good broody hen and will often-times brood a large number of chicks successfully. This is incidental, however, and is not a reason for castrating. The object attained in castrating is an increased

in fleshing and an improvement in quality which will result in an increase in the price per pound. Caponizing is a very old practice, which is often overlooked by the average poultryman and that is, that it keeps the birds soft for a much longer time than the small broilers.

Under ready for the operation, one end of the string is simply pulled up and the bird's wing slipped under it and the other string holds the leg in the same way. When the birds are well feathered it is perhaps better to pluck just a few in the vicinity of the incision which, in all cases, should be made between the last and the next to the last ribs. It is probable that the beginner will find it easier to make an incision on each side, but this method is not recommended, as in the long run it is thought to be better, and with a little more experience, easier to remove both testicles from the same side. In using the knife care should be taken to follow the curvature of the ribs and to be set the point a little way down from the back, otherwise one is likely to cut into the kidneys, which accident will usually destroy the bird.

As intimated above, fowls recover from injuries very readily and rapidly, and it is therefore not customary to use any antiseptic precautions in connection with the operation and no sewing is done afterwards. The capon is simply released, given more food and water for the first day and then put on the ordinary rations. For a few days capons should not be housed with other fowls as the sight of blood is likely to cause them to annoy or even destroy the injured birds. It is thought the sooner a capon is released, the sooner he will be able to remove the roasts for the capons during the first few days so they will do less flying, and thus allow the wound to heal in peace, or the event of the skin putting within two or three days after the operation, it is only necessary to prick it with the point of a pen knife and allow the air to escape.

The loss due to the operation of castrating should not exceed five per

cent after one has had a little experience. The loss due to "slips," however, is likely to be greater. The term "slip," simply means that the entire testicle was not removed and in such cases it almost invariably regenerates so that the bird is not a capon at all, but has the usual appearance of a male with the quarrelsome disposition, and, furthermore, is considered unfit for breeding.

Some readers, no doubt, will be interested in the profits which arise from capons. It is, however, difficult for one breeder to give figures which will meet the exact conditions of another. The marketing of capons is not unlike that of other kinds of fowl except that the trade expects feathers to be left in certain parts of the bird in order to distinguish it as a capon. More feathers are left on the neck in dressing, also a collar is left around the hock joints.

As the larger markets develop higher prices will be paid as is the case

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**Kellogg's CORN FLAKES**

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Take no more chances—Because what comes out of the oven depends upon what goes in. Use Erbe Roses.

**Five Roses Flour**

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in New York and Boston at present. Where high class trade can be worked up in these large cities, very large profits are made from this phase of the poultry industry. In Canada it remains to be developed.

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No gift is more acceptable than beautiful, durable silverware. Remember that

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is the original "Rogers." It is "Silver Plate that Wears"

Made in the heaviest grade of plate, and ranks first in quality.

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