

Heart Trouble

The heart itself has no power—no self-control. It is made to beat by a tender nerve so tiny that it is scarcely visible to the naked eye. Yet ten thousand times a day this delicate nerve must assist the heart to expand and contract.

This nerve is only one of the branches of the great sympathetic, or INSIDE, nerve system. Each branch of this system is so closely allied with the others that weakness or irregularity at any point is apt to spread. Heart trouble frequently arises from Stomach trouble through sympathy, and Kidney trouble may also follow. For each of these organs is operated by a branch of these same sympathetic nerves—the INSIDE NERVES.

In Heart, Kidney or Stomach troubles, it is of but little use to attempt to doctor the organ itself—the most permanent relief lies in restoring the INSIDE NERVES. Dr. Shoop regards these nerves to be the real cause of such troubles. The remedy—known by physicians and druggists everywhere as Dr. Shoop's Restorative—is the result of years of endeavor along this very line. It does not dose the organ to weaken the pain, but it aims to go at once to the nerve—the inside nerve—the power nerve—and builds it up, and strengthens it and makes it well.

Every heart sufferer may have Dr. Shoop's book on the Heart. It will be sent free, and with it you will receive the "Health Token," an intended passport to good health.

For the free book and the "Health Token" you must address Dr. Shoop, Box 52, Racine, Wis. State which book you want.

Book 1 on Dyspepsia.
Book 2 on the Heart.
Book 3 on the Kidneys.
Book 4 for Women.
Book 5 for Men.
Book 6 on Rheumatism.

Dr. Shoop's Restorative Tablets—give full three weeks' treatment. Each form—liquid or tablet—have equal merit. Druggists everywhere.

Dr. Shoop's Restorative.

POULTRY AND EGGS

Condensed advertisements will be inserted under this heading at two cents per word each insertion. Each initial counts for one word, and figures for two words. Names and addresses are counted. Cash must always accompany the order for any advertisement under this heading. Parties having good pure-bred poultry and eggs for sale will find plenty of customers by using our advertising columns. No advertisement inserted for less than 30 cents.

A FEW ONLY—Select Barred Rock cockerels. Prices right. Emily Spillsbury, Colborne, Ontario.

BARRED Rock Cockerels.—A number of choicely barred birds, strong, vigorous and healthy. Bred from hens selected for their good laying qualities and sired by an A1 cock. W. C. Shearer, Bright, Ont.

CHOICE young Guineas. \$1 each or \$1.50 per pair. Jas. Burns, Hampton, Ont.

FOR SALE—Buff Orpington cockerels, from prizewinning birds. Geo. A. Benson, Bewdley P.O., Ontario.

FOR SALE—Mammoth Bronze Turkeys. heavy birds, bred from prizewinning imported toms, stock from the first prize Pan-American winners. Pairs and trios mated not akin. R. G. Rose, Glanworth, Ont.

FOR SALE—Buff Orpington cockerels, good utility birds. Write for prices. Wm. Kendall, Trowbridge, Ont.

GUARANTEED Roup Capsules.—Cure any case of Roup in from one to three days. 50 cents a box, postpaid. Your money back if it fails. J. F. Selleck, Morrisburg, Ont.

MAMMOTH Bronze, White Holland, Slate turkeys. Winner of more prizes than all other exhibitors combined at Toronto, London and the Ontario Poultry Show. W. H. Beattie, Wilton Grove.

MAMMOTH Bronze Turkeys. Heavy birds. Both sexes. Satisfaction guaranteed or money refunded. G. E. Nixon, Arva.

MAMMOTH Bronze turkeys; Silver-Grey Dorkings; Barred Rocks. Fine lot of birds from prizewinners. Pairs mated, not akin. Alfred E. Shore, White Oak, Ont.

SUPPLIES and books on all kinds of poultry—pigeons, pheasants, birds, dogs, cats and rabbits. Catalogue free. Morgan's Incubator Works, London, Ont.

WHITE Wyandottes, Baldwin females; great layers, mated to prizewinning Martin males. Strongly-fertilized eggs, \$1.50 per setting. Incubator lots special. Chas. A. Goulding, Vinemount, Ontario.

WHITE Wyandottes exclusively. Choice quality and fine winter layers. W. D. Monkman, Bond Head, Ont.

WHITE Wyandotte stock for sale, bred from second Ontario cockerel, good laying strain. In season. A. Witmer, Berlin, Ont.

COCKERELS for sale.—W. Recks and W. Wyandottes, bred from Toronto and Ontario winners, at \$2 each and up. J. A. Carroll, James' Park, London, Ont.

WEDDING stationery. Young ladies who are interested in what is proper in the matter of stationery for weddings, should send for our booklet. Free for the asking. Latest designs. Best imported stock. Lynn Side House, Dept. 8, Simcoe, Ont.

two to twenty-five, every bit of that pudding was eaten a thing that never happened before since I left home, and the pudding was the same size. After dinner, I said to Emily, "How did you like the pudding?" She said it was delicious. I never tasted a nicer Christmas pudding.

HELTONABE.

Glad to welcome you back, Heltonabe. "Only" on a farm? Bless you, I think it's the best place under the sun! At present, Mollie is our rambler. We hope to have an interesting letter from her soon from the far south. . . . What rollicking Christmas times you have at your house!

D. D.



Don't Let Toronto Have All the Good Things.

Newspaper readers will have noticed that an active scheme for beautifying the city of Toronto is now afoot, and has, in fact, gone so far that, at a banquet given recently by the Ontario Association of Artists, an elaborated plan for the aesthetic and structural improvement of the streets, parks and lake front was presented. Toronto people, as a rule, do not do things by halves, and, before long, without doubt, "Toronto the Beautiful" will be a reality.

Now, it does seem as though this propaganda should not be confined to Toronto. Let it spread and spread, running out through the towns and villages, and thence over-running the farms, until there will not be an ugly city, town, village, farm or garden in all Canada. Let our farmers take the matter up, and each beautify his own home. The influence of aesthetic surroundings on character itself, is one that cannot be too highly estimated. Start the good work this spring—now, in the planning for it—and see what an improvement you can make in your garden, at least, in the space of one short summer.

It is not enough to make up one's mind

to improve things and go to work. One must plan and think out effects; study the thing up, and be sure that no glaring mistakes are made. A few other things, besides fancifully-clipped trees, white-washed stones, and conch shells around flower beds should be relegated to the dark ages. We shall be glad to help the work on, to the best of our ability, in any way which the readers of our paper can suggest. We shall also be glad to receive suggestions for publication from any correspondent. Remember, in writing to "The Farmer's Advocate," you are addressing a vast audience, and you may help much in that way. Kindly address all communications, whether about lawns, back-yards, flower-gardens, or decorative trees or bushes, to

FLORIST.

"The Farmer's Advocate" office, London, Ont.

[Note.—My question regarding tea roses has not yet been answered. Will any, who live in a latitude further north than London, Ont., and who have grown these roses successfully, kindly let me know? Our northern readers, some of them, are anxious to know whether they may attempt growing these beautiful flowers or not.]

About the House.

The following tested recipes have been very kindly contributed by "Aunt Maggie," London, Ont.:

SCOTCH ROLL.—SPLENDID.

Remove skin from five-pound flank of beef with sharp knife, and cut layer from thick part, and lay on thinner part to make same thickness throughout. Mix three tablespoons salt, one of sugar, half teaspoon pepper, on eighth of spoon powdered cloves, one teaspoon summer savory. Sprinkle over meat; then sprinkle with three tablespoons vinegar. Roll up and tie, or sew, and put away in cold place for twelve hours. At the end of time, place in stew-pan, with boiling water to cover, and simmer gently for three hours and a half. Mix four heaping tablespoons of flour with half cup of cold water, and stir into gravy. Season with pepper and salt. Simmer half an hour longer. Stand pan, with meat, in cold place, and baste with gravy. Then allow to become perfectly cold, and slice evenly.

POTATO SOUFFLE.

Heat cold, mashed potatoes slightly, and moisten with one well-beaten egg, a little milk, and butter the size of an egg; then beat to a cream. Bake brown in a quick oven.

RISSOLETTE.

Any cold meat will do. Grind, and season well with salt, pepper and savory. Make into shape of flat dumplings, and fry in butter, or dripping, which is plentiful at this time of year.

HOUSEKEEPING HINTS.

To prevent an accumulation of soot in stovepipes, hang some zinc (size of pigeon's egg) in the stove, where the fire is. Tie it to the fastening of the door with wire, or any part that ingenuity suggests, where it will be close to the fire, and the material formed by the melting zinc will dissolve the accumulations in the pipes.

Sentence Sermons.

Love is life's interpreter.
The driest religion is the gushing kind.

Every man owes every other man a happy face.

"Time to burn" keeps the devil's furnace going.

When hypocrites meet, the devil has time to eat.

He cannot be a saint who will not be a servant.

You soon lose the religion you try to keep to yourself.

Most of us believe that fasting fattens—the other fellow.

You do not cleanse yourself by smutting everyone else.

A bushel of potatoes may be worth a ton of philanthropy.

We find no better feelings in others than we foster in ourselves.

It takes more than the Sunday suit to make the solid saint.

The man who puts heart into his work will always get ahead in it.

You cannot escape your taxes here by talking about your citizenship there.

When "the good things of life" are our best things they become our worst.

When you come to say good-bye to old sins it is unwise to hold a farewell meeting.

When a man wears his piety as an ornament you can depend on its being paste.

If vinegar would preserve morals some men are sour enough to save the world.

—[Ex.]

Recipes.

Clove Cake.—Two cups "Five Roses" flour, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 2 eggs, 2 cups raisins, 1 teaspoon soda, $\frac{1}{2}$ teaspoon each of cloves, cinnamon and allspice, $\frac{1}{2}$ a nutmeg.

Feather Cake.—One egg, 1 cup milk, $\frac{1}{2}$ cup sugar, 1 tablespoon melted butter, 1 teaspoon lemon juice, 1 teaspoon baking powder, enough "Five Roses" flour to make a batter.

WANTED

Advertisements will be inserted under this heading, such as Farm Properties, Help and Situations Wanted, Pet Stock, and miscellaneous advertising. **TERMS**—Three cents per word each insertion. Each initial counts for one word and figures for two words. Names and addresses are counted. Cash must always accompany the order. No advertisement inserted for less than 50 cents.

FARM FOR SALE—83 acres, situated West of Nissouri, lot 14, con. 7; three miles from Thorndale; good brick house, two barns, well watered. Terms reasonable; possession next spring. Jas. Murell, Cobble Hill.

IMPROVED FARM for Sale.—Lot 16, con. 11, Floss, Simcoe Co. Apply, Marshall Charles, Allanwood, Ont.

I WANT TO BUY—Extra Choice Seed Oats free from foul seeds. Also Timothy and Clovers; Top and Potato Onions. Mail samples stating variety, quantity and lowest price. Kenneth McDonald, Ottawa, Ont.

MARRIED MAN, English, age 29, one child a year old, wants situation; can milk, and had 12 years' experience with better class horses. Send particulars to Box R, Farmer's Advocate, London.

WANTED—Improved and unimproved farms in Ontario and Northwest. State lowest cash price. Western Realty Bureau, Drawer 230, Moose Jaw, Sask.

WANTED—Farmers who desire farm laborers or servants, and parties wishing domestic for the spring. Apply to Alex. Stevenson, immigration agent, Kilmarnock, Scotland.

WANTED—Experienced married man, capable of taking foreman's position and leading work on large farm; must be used to handling men. Wife willing to board from four to six men. House, garden, fuel and cow supplied. For terms apply: Box G, Farmer's Advocate, London.

WANTED—A farmer competent to act as working foreman on a 300-acre farm near Amherstburg, Ont.; wife to board help. To take charge March 1st, 1906. State wages, experience and references. G. E. Stevenson, 606 Union Trust Building, Detroit, Michigan.

WANTED—Position as manager or foreman by Scotchman, experienced—land, dairy stock, machinery, steam and bookkeeping. Reference. Address: S. Farmer's Advocate, London.

WANTED—Active, experienced married man to manage first-class dairy farm, 350 acres, with 100 head of cattle. State salary, experience, age and references. A. W. Johnston, Kirby House, Brantford, Ontario.



CLYDESDALES

Imp. Stallions and Fillies.

The get of such notables as Baron's Pride, Prince Alexander, Monciffe Marquis, The Dean, Montrave Mac and Battle Axe; they combine size and quality, their breeding is unsurpassed, and I will sell them cheap.

GEO. G. STEWART, Howick, Que. Long-distance Phone.

ISALEIGH GRANGE FARM

Is offering for immediate sale: an extra choice four-months-old **Ayrshire bull calf**, sired by Full Bloom of Hindward, imp.; dam the great show cow, imp. Fairy Queen of Barchesk. This is one of the best calves we ever bred. Look sharp, as this advt. will not appear again.

ISALEIGH GRANGE FARM, — Danville, Que.

11 SHORTHORN BULLS 11

Five imported, six from imported sire and dam. Highest quality, lowest price. I have also an interesting proposition in some imported cows.

ROBERT MILLER — Stouffville, Ont.

FOR EXCHANGE

The **Barrie Hackney Horse Association** having used their imported stallion **Ganymede II** 6017 H.S.B., 96 C.H.S.B., foaled June, 1895, for several years with great success, are now open for an exchange for one of equal breeding and conformation. For further particulars write

GEORGE RAIKES — Barrie, Ontario.

For Sale One imported **Clydesdale Hackney Stallion**; one imported **Shire mare** in foal. For further particulars address: **W. J. CHURCH, Arthur, Ont.**

WATCH FOR MR. THOS. MERCER'S new importation of **Clydesdales, Shires and Hackneys**, on his return in January from Scotland. Address:

THOS. MERCER, Markdale, Ont.

CLYDESDALES

Imported Clyde stallions for sale. The choicest breeding and good individuals. Prices low for good horses.

ALEX. MCGREGOR, Uxbridge, Ontario.

Have left 30 **Mammoth Prizewinning turkeys**, heavy birds, from imported prizewinning stock. Toms, 24 to 27 lbs., and hens, 16 to 18 lbs. Write for prices.

T. HARDY SHORE — Glanworth, Ont.

Advertise in the Advocate