

**Denmark's Dairy Industry**

There are, says a writer in Hoard's Dairyman, 1,100 co-operative and 300 private creameries in Denmark. These manufacture over 200,000,000 pounds of butter a year, eighty per cent, of which is exported to Great Britain. In summer the milk is delivered twice a day and in winter once.

It will be interesting to Ontario dairymen to know that stringent rules are laid down in regard to cooling the milk on the farm and in not mixing morning's and night's milk. All foods which may impart an objectional flavor to the milk are forbidden.

The creameries are compelled by law to pasteurize all skim-milk by heating to 180 degrees before it leaves the creamery, to prevent the spread of tuberculosis through this medium. The loyalty of the Danes makes it rarely, if ever, necessary to impose the penalties. The skim-milk is converted into bacon hogs and the bacon exported to England.

The secret of the Danish butter-makers' success lies largely in their habits of thoroughness. They first construct a sanitary building and then keep it clean by daily scrubbing. This applies equally well to all the machinery and apparatus in the creamery. They have milk delivered to the creamery in almost ideal condition. Another secret is that they study their business thoroughly, becoming very proficient, as they expect to remain at this occupation for their life work. Thus they turn out a product of uniformly high quality which is the chief factor in their success with an export trade.

**SPRING SKIN TROUBLES.**

Pimples, Eruptions and "Spotty Complexions"

At this season, scores of people—girls and young women especially—find their faces disfigured by pimples, dark spots, eruptions, etc. The skin needs attention—needs renovating after the time it has passed through during the winter.

Just think what it has gone through! You have been out in rain and sleet and snow. You have been at one moment perspiring from skating, or some other exertion. Then you have stood to "cool off." You have spent hours of the day indoors at a temperature equal to summer heat. Then you have covered up your skin—except your face—and gone out into a temperature away below zero! No wonder that, with all these changes, the skin of the face and neck shows signs of needing attention.

Zam-Buk and Zam-Buk Soap are the remedies. Smear Zam-Buk lightly over the spots, the eruptions, the scaly patches, at night, and wash with Zam-Buk Soap (only 25c. per tablet) each day. Then notice how quickly your appearance improves. As the rich refined, herbal essences sink deep into the tissue, the hard scaly-like patches are removed. Better color results. The cells of the skin become transparent. The blood beneath is able to impart its proper coloring to the tissue, and the delicate bloom of health replaces the sallowness and pallor of disease.

Zam-Buk is also a sure cure for skin injuries and diseases. Eczema, ulcers, ringworm, yield to its use. For cuts, burns, bruises, children's rashes, etc., it is unequalled, and for piles. Mothers will find Zam-Buk Soap best for baby's bath! All druggists and stores at 50c. box for Zam-Buk and 25c. tablet (or 3 for 70c.) for the Soap. If you have any difficulty in obtaining, order from Zam-Buk Co., Toronto, and send price.

**How to Catch Monkeys.**

The Filipinos catch monkeys in a very funny way. Monkeys are very fond of the meat of coconuts. They are very lazy, though, about gnawing through the outer bark, and will only do so when very hungry. The Filipino takes advantage of this greed and indolence by cutting a small opening through the shell, just large enough for Mr. Monkey's long, thin hand to penetrate. When he once gets inside he gets his hand full of delicious dainty meat, and his hands are naturally wider when in this position when it was thrust through the opening. Finding his hand will not come out, the monkey chatters and scolds, plainly shows his indignation at the way he has been trapped, but never thinks of loosening his hold on the coconut meat and withdrawing his hand as easily as he would if it were his own. There are thousands, an angry monkey, until the native who sets the "coconut trap" comes and takes him captive.

**SCORFING WHAT SHOULD BE RUBBED IN.**—Whenever pain is felt in the limbs or head, take Dr. Thomas' Electric Oil; pour a little in the hand, and applying it to the aching member, which the pain lies, rub briskly. If the first application does not afford relief, which is not usually the case, keep rubbing. The Oil will gradually penetrate to the affected part and relief will come.



Add water to milk—  
*You weaken the milk.*  
Add soft wheat to flour—  
*You weaken your flour.*  
Cheapens it too.  
Soft wheat costs less—*worth less.*  
Soft wheat flour has less *gluten* less *nutriment.*  
Your bread is less nutritious, sustaining, economical.  
Soft flour has less *strength*, less *quality* *gluten.*  
Giving less good things for your money and things less good.  
Use Manitoba flour—Manitoba *hard* wheat flour.  
Having everything the soft stuff lacks.  
Five Roses is *all* Manitoba.  
Without a grain of cheaper wheat.  
Strengthen your food values.  
Use **FIVE ROSES.**

## Five Roses Flour

Not Bleached  Not Blended

MADE BY THE WOODS MILLING COMPANY, LIMITED, MONTREAL

**Looking For Lambton Land.**

The Lambton Publicity Association has a number of enquiries from farmers at a distance seeking to buy land in Lambton County. Those who have farms for sale will confer a favor by sending a full description to the undersigned, in order that the parties inquiring may be brought into personal touch with those who have land to sell. The price may be mentioned or not, as desired.

There will be no charge or commission of any kind, and the parties furnishing descriptions are not bound in any way. The Publicity Association exists for the purpose of advertising Lambton County, and for no other purpose. It consists largely of the members of the county council, and the expense of the advertising is paid by the county.

The information is wanted for the purpose of placing a list of farms in the hands of those who wish to buy, and who have written in answer to general advertisements and descriptions of Lambton which have been published in various newspapers in Canada and the United States.

The description may be sent to R. Strutt, Petrolia, secretary of the association, or left at any newspaper office in Lambton to be forwarded. mar31-4t

If you trade in Watford you go home satisfied.

**Catarrh and Bronchitis**

**The Bane of Thousands, and has hitherto baffled the Skill of Medical Science.**

**Catarrhazone**

Dry air treatment is the one treatment that will cure these diseases. What stomach medicine has ever been known to cure Catarrh or Bronchitis?

Catarrhazone is not a stomach medicine, but an air medicine, that carries to the remotest parts of the throat, lungs, and air cells little drops of healing so curative that whenever it touches germ life it kills and eradicates them from the system. Thousands of doctors and patients have been disappointed by using stomach medicines for coughs and colds. Have you not found it a rather roundabout way to reach the diseased portion of the throat and lungs? Why not use Catarrhazone, which is breathed to the very root of the disease and heals so quickly and perfectly that every spot is rebuilt with new healthy tissue?

Catarrhazone is the only medicine that will cure. Thousands have testified.

Think for a moment, is it not sense? Little drops of healing—the air carries them just where disease exists. That is why

**Catarrhazone Cures**

Price, 25c. 50c. and \$1.00, at all druggists, or by mail postpaid from The Catarrhazone Co., Buffalo, N.Y., and Kingston, Ont.

**FARM FOR SALE**

50 ACRE farm, lot 2, con. 3, south Egrement road, 2 miles from station, 10 acres timber, house and barn. \$2000. FRED W. SMITH, Warwick P. O.

**FOR SALE OR RENT.**

LOT 247, Ontario street, south, will be sold on reasonable terms, and possession given by June 1st next. With the house will be sold a range with hot water tank, bath tub, furnace, electric lights with meter. There is also a good stable with drive shed &c. Inspection by intending purchasers invited. If not sold may be rented. W. G. WILLOUGHBY, m28-2m

**FARM FOR SALE**

THE UNDERSIGNED offers for sale that desirable situated farm known as the east half lot 26, con. 3, Plympton, consisting of 100 acres. On the premises are a large frame house, large barn with basement stables, cement floor, water inside, situate on a good gravel road half mile from Waukesha, convenient to both church and school. For further particulars apply to proprietor. W. C. PEACOCK, High River, Alta., m24-3m

**FARM FOR SALE**

THE UNDERSIGNED OFFERS FOR SALE THAT desirable situated farm known as the east half of lot 19, con. 4, S. E. R., Warwick, consisting of 100 acres. On the premises are a large and comfortable frame house, good barn and stable and outbuildings in good shape. Well fenced and watered, and situated just outside the corporation of Watford. If not sold will be rented on reasonable terms. A considerable portion of the property is freshly seeded down. For further particulars apply to the proprietor. W. M. THOMPSON, Watford, Ont. n19-4t

**INSURANCE**

**J. H. HUME.**

AGENT FOR FIRE, ACCIDENT AND SICK BENEFIT COMPANIES.

REPRESENTING Five Old and Reliable Fire Insurance Companies

If you want your property insured please call on J. H. HUME and get his rates.

—ALSO AGENT FOR— C. P. R. Telegraph and Canada Permanent Loan and Saving Co.

Ticket Agent for C. P. R.—Tickets sold to all points in Manitoba, Northwest and British Columbia.

**THE LAMBTON Farmers' Mutual Fire Insurance Company.**

(Established in 1875)

J. W. KINGSTON, President. THOS. STEADMAN, Vice-Pres. JAMES ARMSTRONG, Director. A. G. MINELLY, Director. D. SUTHERLAND, Director. JAMES SMITH, Director. W. G. WILLOUGHBY, Manager and Sec. Treas. J. F. ELLIOT, Fire Inspector. D. S. ROBERTSON, Auditor. ALEX. JAMIESON, Auditor.

PETER McPHEDRAN, Waukesha, P. O. Agent, for Warwick and Plympton.

**ROUGH AND DRESSED LUMBER, Lap and Matched Siding, Doors, Sash, Lath, Mouldings, Shingles, Posts &c.**

**GEORGE CHAMBERS, WATFORD.**

Custom Matching, Dressing and Turning done on Short Notice.

Electric Light Plant in Connection Order Your Coal Now.

**A. D. HONE PAINTER and DECORATOR**

Specialist in Hand Painted Decorations. The Best Work at Reasonable Prices. Estimates Furnished

A COMPLETE LINE OF Samples of WALL PAPER on Hand. When you have work in his line let him figure on it.

**The N. B. Howden Est. For House Cleaning Supplies.**

S. W. P. Wall Color.....25c.	Step Ladders.....90c. to \$1.25
Muresco.....40c.	Curtain Stretchers.....\$1.35
Varnish.....10c.	Wash Boards.....25c.-50c.
Stovepipe Enamel.....10c. to 25c.	Mops.....10c. to 40c.
Linoleum Varnish, pint, 35c.	Galvanized Tubs.....60c. - \$1.00
Aluminum.....25c.	Ladies' Canvas Gloves.....10c.
Liquid Veneer.....25c.	Gillett's Lvs.....10c.
Window Brushes.....25c.-50c.	Scrub Brushes.....10c. to 30c.
Paint Brushes.....5c. to \$1.50.	

Sherwin-Williams Paints for All Purposes. A Vacuum Cleaner to Rent.

MURESCO, the New Wall Finish, will not rub off or show the brush marks. Anyone can make an Artistic Job. 40 cents a package to cover from 350 to 400 square feet.

**Sold Only at Howden's.**