

**Phonola**  
The Phonograph Sensation of the Age—Made in Canada.

Even professionals find it difficult to distinguish between the Phonola and the voice of living artists. With this new-type machine you will get those full, round overtones, the clear, vibrant "high C" and the mellow low notes in all their original purity—no blurring, clicking or scratching noises whatever. Plays any and all disc records. Prices range from \$15 to \$250.

**FREE:**  
We will mail you our illustrated catalog of Phonolas, also catalog of records and name of our local dealer, upon request.

**DEALERS:**  
We have a splendid proposition for dealers in unrepresented towns. Write for details.

The Pollock Mfg. Company, Ltd.,  
Kitchener, Ontario

Model "Princess" \$135

## What is Your Best Horse Worth to You?

Yet your best horse is just as liable to develop a Spavin, Ringbone, Splint, Curb or lameness as your poorest!

### KENDALL'S SPAVIN CURE

has saved many thousands of dollars in horse flesh by entirely curing these ailments.

Ed. Ristone, Jr., Haliburton, Ont., writes:

"I have been a user of your Kendall's Spavin Cure for about 20 years, with good results. Could you supply me with your *Treatise on the Horse*? Don't take chances with your horses. Keep a bottle of Kendall's handy. \$1—6 for \$5. Our book 'Treatise on the Horse' free at druggists' or Dr. B. J. KENDALL CO., Enosburg Falls, VT. 119

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Wonderful book on wrestling. We can teach you by mail to be an expert wrestler. Learn from the actual world's champions, by mail.

**Frank Gotch, Farmer Burns**

Know self-defense and jiu-jitsu. Be able to handle strong men with ease. Quickly learned at home. Free book. Write now—state age. Farmer Burns School of Wrestling, 1011 Range Ridge, Omaha, Neb.

**Spruce Lodge**  
**Shorthorns and Leicesters**

Sire in service, Roan Chief Imp. 60865. Young bulls from 10 to 14 months, and a choice lot of rams and ewes. All by imported sires.

W. A. Douglas, Caledonia, Ontario.

**GLENFOYLE SHORTHORNS**

**PRESENT OFFERING**

Choice young cows and heifers. Young bulls of the best dual-purpose families; also four females of Scotch breeding for sale. Prices right.

STEWART M. GRAHAM, LINDSAY, ONT.

**PLASTER HILL HERD**  
**DUAL-PURPOSE SHORTHORNS**

A few choice bull calves coming on; also a few heifers in calf to Butterfly Champion 110726.

F. Martindale & Son, Caledonia, Ont. R. R. 3

**MARDELLA SHORTHORNS**

Bulls, females, sires, quality; breeding dual-purpose cattle over 40 years. The Duke—dam gave 13,599 lbs. milk, 474 lbs. butter-fat—at the head.

Thomas Graham, Port Perry, Ont., R.R. No. 3

**Brownlee Shorthorns.** Offers a choice lot of young bulls, ranging in ages up to nine months and sired by the Nonpareil bull, Royal Saxon. See these before buying elsewhere. Could also spare a few females. Douglas Brown, Bright, Ont., R. R. 3. Ayr Station, C. P. R.

**Choice Stock in Shorthorn Cattle, Poland Swine, Many are winners at the best shows.** See us at the Exhibition.

GEO. G. GOULD, R. No. 4, Essex, Ontario

The quantity of food taken will depend largely upon the age, temperament and physical condition of the individual.

Individuals over 40 years, who are inclined to be fleshy and full-blooded, or those running a high blood pressure, should eat sparingly on account of danger of arterio sclerosis (hardening of the arteries) kidney and liver diseases.

The young and those who are nervous should eat plenty of nourishing food. All stimulants in the form of alcohol should be avoided by young and old.

### Community Kitchens.

In the United States, this year, "community kitchens" have become quite popular for canning purposes. Sheds and other unused buildings were fitted up with tables and cooking apparatus, not a difficult matter when oil-stoves, etc., can be secured, and the women have been working in successive groups. Money was pooled to buy all the apparatus necessary, the one set sufficing for each group in turn, and sometimes it was paid for by sale of the canned goods.

### Terrible Forest Fires From Trifling Causes.

A man dropped a lighted match on the shore of Kalamalka Lake, British Columbia, on July 8th last. Within an hour a hot fire was racing through the underbrush. For three weeks after that there raged a series of forest fires, defying the organized efforts of hundreds of men.

At one time 26 fire fighters were ringed about with flames while their relatives, shut off from them and helpless to aid, awaited news in terrorized suspense. Only after severe suffering from exhaustion, thirst and hunger did the band of workers force their way through to safety.

That experience is a big price to pay for one person's foolish act in handling matches in a forest. The court fined the careless man \$50, but that does not help the province to bear the enormous loss.

One lighted match dropped on one inch of inflammable ground expanded into fifteen miles of ruin.

In the Spruce Valley fire of British Columbia of the same month, eleven men lost their lives, most of them tortured to death as they struggled over the mountain tops. The fuse to that disaster was supplied by a small piece of lighted tobacco carelessly thrown on the grassy floor of a tent.

Ninety out of a hundred tragic holocausts could be avoided if every Canadian camper and fisherman kept vigilant watch on his own pair of hands, and every settler kept a tight rein on his clearing fires. It does not cost five cents or five minutes to put out a camp fire or a cigarette or a match, but it costs the people of Canada four or five million dollars a year to partially overtake the timber damage caused by runaway flames.

### Suggestions on Saving.

Following are suggestions put forth by Hon. W. J. Hanna, Canadian Food Controller: 1. Use perishable foods. Save garden truck that has been produced so abundantly this summer. Preserve, dry, can and store.

2. Eat more fish.

3. Substitute other cereals for wheat products—cornmeal, buckwheat flour, rice flour, and above all oatmeal.

4. Don't throw good food into the garbage can; \$50,000,000 is wasted every year in this country by carelessness in the kitchens.

5. Preach once more the good old-fashioned gospel of the clean plate. Do not let children waste food at their meals. Do not waste it yourself.

6. Organize. Various women's organizations are already active. Their leaders will tell you what to do. Get in touch with the workers in your own district.

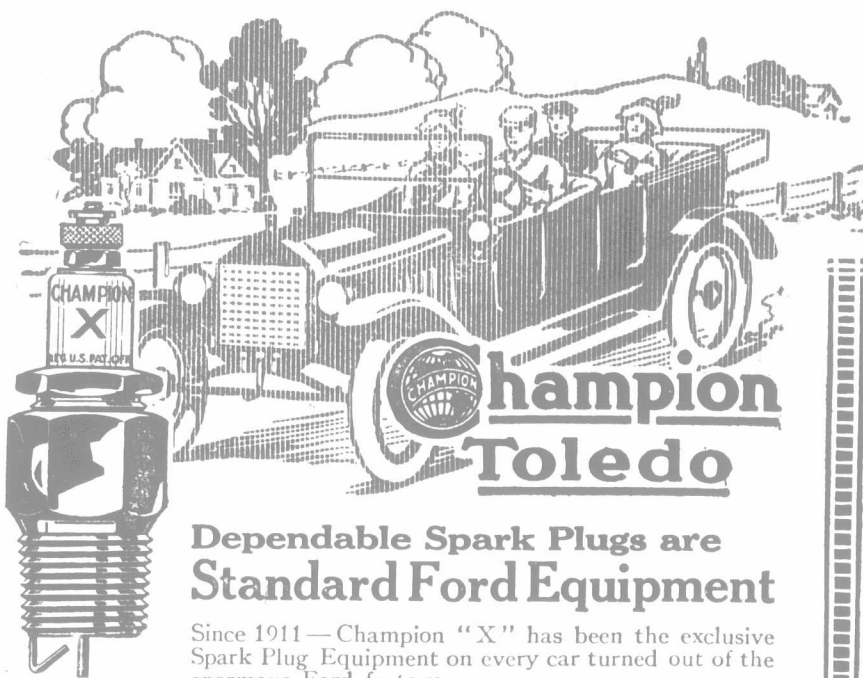
### Questions and Answers.

Miscellaneous.

#### Mortgage Discharge.

A had a mortgage on B's property. B pays the mortgage off. Who has to get the mortgage discharge, A or B, and who has to pay for it? J. H. C.

Ans.—B.



**Champion Toledo**

**Dependable Spark Plugs are Standard Ford Equipment**

Since 1911—Champion "X" has been the exclusive Spark Plug Equipment on every car turned out of the enormous Ford factory.

Champion "X" for Ford Cars Price 75c

Ford Engineers selected it because of its proved ability to give perfect service under the severest road conditions—remember this when replacing the plugs in your Ford Motor.

Dealers everywhere sell guaranteed Champion plugs for Fords and all other makes of cars, gas engines or tractors. Look for "Champion" on the porcelain.

The Champion guarantee—"Complete satisfaction to the user—free repair—Replacement or Money Back."

**Champion Spark Plug Co. of Canada, Limited**  
Windsor, Ontario

## NICHOLSON'S SHORTHORNS

Herd headed by "Best Boy" = 85552 =, and "Brownale Winner" = 106217 =. Bulls and females for sale. Visitors always welcome to this herd of long-established reputation.

R. & S. NICHOLSON PARKHILL, R. NO. 2, ONTARIO

## OAKLAND---50 SHORTHORNS

A herd of feeders, breeders and milkers that give satisfaction wherever they go. One bull for sale, 12 months, white, extra milk strain. Also females any age. Priced so you can buy. One of the finest bulls in Ontario heads this herd.

JNO. ELDER & SON, HENSALL, ONTARIO

## SHORTHORNS

Imported and Canadian bred. A. G. FARROW, Oakville, Ont.

## SPRUCE GLEN SHORTHORNS

of such popular strains as Minas, Fames, Miss Ramsdens, Florences, Emilys, etc. Have still a few young bulls—thick, mellow fellows, fit for service.

JAMES McPHERSON & SONS DUNDALK, ONTARIO

## SPRING VALLEY SHORTHORNS

Herd headed by the two great breeding bulls, Newton Ringleader (Imp.) 73783, and Nonpareil Ramden 83422. Can supply a few of either sex.

KYLE BROS., DRUMBO, ONT. PHONE AND TELEGRAPH VIA AYR.

## Blairgowrie Shorthorn Offering

Imported and Canadian-bred. More bulls to select from than any herd in Ontario, all of serviceable age, also a large number of females, which are bred right and priced right. All the stock for sale.

JOHN MILLER, Ashburn, Ont. Myrtle Station, C.P.R. and G.T.R.

## Glengow Shorthorns, Cotswolds

For the present we have sold all the Cotswolds we wish to spare, but we have a choice offering in young bulls, fit for service. They are all of pure Scotch breeding, and are thick, mellow fellows bred in the purple.

WM. SMITH, Columbus, Ont., Myrtle, C. P. R., Brooklin, G. T. R., Oshawa, C.N.R.

## SALEM SHORTHORNS

Herd headed by Gainford Marquis, (Imp.), undefeated in England and Canada. Sire of the winning group at Canadian National, 1914, 1915 and 1916. Can supply cattle, both sexes, at all times.

J. A. WATT, ELORA, ONTARIO

Robert Miller, Stouffville, Ont.

still has a few Shorthorn bulls fit for service, and some females that are as good as can be found for the man that wants to start right in Scotch Shorthorns. They will be sold at a low price, considering the quality, and the freight will be paid.

Write for anything in Shorthorns or Shropshires. One hour from Toronto.

## Maple Shade Farm—SHORTHORNS

An importation consisting of forty-three head now in quarantine will be home about September 30th. Myrtle, C.P.R., Brooklin, G.T.R., Brooklin, C.N.R. Will. A. Dryden, Brooklin, Ontario Co.

## IMPORTED SHORTHORNS

Thirty-five imported cows and heifers, forward in calf to service in Scotland; also five imported bulls. Our 1916 importations are all choicely bred. Have also home-bred bulls and females. Farm half mile from Burlington Junction. Write or call and see us. J. A. & H. M. Pettitt, Freeman, Ont.

## Welland District Shorthorn Breeders' Club

are still offering young bulls of serviceable age, and a few breeding females.

Chas. Gainer, Secretary, Box 607, Welland, Ont. A. E. Howell, President, Fenwick, Ont.