

## A TONIC FOR THE NERVES

The Only Real Nerve Tonic is a Good Supply of Rich, Red Blood.

"If people would only attend to their blood, instead of worrying themselves ill," said an eminent nerve specialist, "we doctors would not see our consulting rooms crowded with nervous wrecks. More people suffer from worry than anything else."

The sort of thing which the specialist spoke of is the nervous run-down condition caused by overwork and the many anxieties of to-day. Sufferers find themselves tired, morose, law-spirited and unable to keep their minds on anything. Any sudden noise hurts like a blow. They are full of groundless fears, and do not sleep well at night. Headaches, neuritis and other nerve pains are part of the misery, and it all comes from starved nerves, and it all comes from starved nerves, and it all comes from starved nerves.

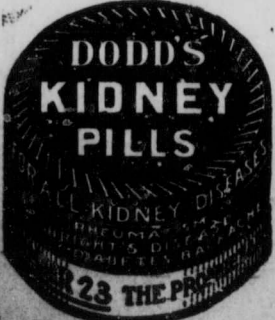
Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. Therefore to cure nervousness and run-down health Dr. Williams' Pink Pills should be taken. These pills actually make new, rich blood, which strengthens the nerves, improves the appetite, gives new strength and spirits, and makes hitherto despondent people bright and cheerful. If you are at all "out of sorts" you should begin curing yourself to-day by taking Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.



IT PAYS TO KEEP COWS

Cows as farm animals are useful in more ways than one. They are a necessity. They simplify farming, reduce risk, produce the best food and reduce the loss in marketing bulky farm products. Where the feed must be purchased cows are not profitable, but on the farm where the feed is raised they are a paying investment. The farmer that sells such feed as hay, corn, oats, forage, etc., must haul the products to market, take risks and pay for high cost of handling. The grower of feed, if he has a dairy cow, may feed it and thus get the advantage without paying the high cost of marketing. He secures a market at home for much of the bulky products, as hay, silage, grain, etc., and the products he markets are not rough, bulky, raw materials, but finished products such as milk, butterfat, cream, cheese, butter, etc., food products for which there is likely to be a good demand at a wider margin for profit. The farmer with cows has a regular income daily, weekly or monthly. This income is not hampered by bad weather nor drought. The increased fertility to the soil as a result in keeping down, saving and applying manure, rotating and pasturing cows may be considered. Poor soils are readily built up to yield large crops and more profitable returns. Raising calves is an added income. The skimmed milk, the grain, hay and silage that would sometimes be a surplus with poor marketing demand may be converted into cows or feed. Or pigs and lambs may be raised on the grain and skimmed milk with a small pasture. To-day a dry cow is worth almost as much as a fresh one, and should receive as much attention as ever. When the cow is with calf and ceases to give milk in paying quantities, while she is still receiving a full share of feed, it indicates that the development of the embryo has reached such a stage that the cow must give over a part of her energy that would otherwise go toward producing milk, to supplying life-giving blood for the embryo. Some cows are practically dry three months after becoming pregnant. Others may give milk almost up to the time of calving. It depends on many things. It is, however, a mistake to milk a cow when she is within a short time of calving. During the first six months of the development of the embryo the cow usually shows little effect of the matter, except that she gets a better appetite, and she apparently puts on a little flesh while her milk-producing capacity is falling. But during the last three months of the period of gestation is the critical stage. During this time two-thirds of the development of the embryo takes place. True it is easy to see what the danger is in cutting off her feed at this critical time and putting her on a poor pasture. In fact, the cow needs more feed during the first six months of the period than she needed before,



and she will show it by eating many things for which she showed no appetite before.

Of course, it is not necessary to give the cow at this time the same kind of feed she has been getting. High milk production concentrates may be left almost entirely out, but it is essential that she have pasture. If this is not available, it must be made up of a double quantity of good legume hay. If pasture is available, little or no silage may be fed, but silage may be made to take the place of pasture.

Plenty of good legume hay should always be fed, and some coarse hay should be given from time to time to add bulk to the feed and to keep the bowels from being too open. Silage is good to feed to fall pregnant animals that like it just before the young is brought forth, as it is laxative and keeps the bowels in trim. But too much should not be given. As for concentrates for the dry cow, wheat bran is usually best. Other grains are good and various ground grains may be fed in proportion. Laxative feeds like linseed and cottonseed meal are left out.

THE KIND OF COW IS IMPORTANT More attention should be paid to the kind of cow kept and the way they are cared for. In these times of high and scarce feeds, it is a very easy matter to lose money on poor cows.

Milk drawn at night and morning differs considerably in the percentage of fat. This is not due to any material difference between the milk being secreted by night or by day, but because of unequal difference between the periods. When cows lie still there is a larger per cent. of water and a correspondingly less percentage of solids in milk. Generally speaking, the milk is richest in butterfat that has been milked after the shortest period. This has been determined where cows are milked three, four or five times a day.

Cows vary from day to day. Usually this can be accounted for by change of feed, sudden changes in the weather, indisposition of animals, etc. There is always a variation between the milk first drawn and the last drawn. The first is very low in fat, while the last or "strippings" is very rich. Sometimes this may be as much as 1 and 10 per cent., respectively. The larger globules of fat, being nearly as large as the small milk ducts, pass along rapidly than the milk fluid.

The amount and the character of food have a considerable influence upon the quantity of the milk. But the quantity is more easily effected by changes in the character of the food than the quantity. Cows kept under favorable conditions, with an abundant supply of food, it is hardly possible to increase the proportion of fat to other solids by a change in the food. But while the amount of the various constituents of the milk is not easily affected by the food, the quality of the constituents themselves may be considerably influenced, especially the fat. For instance, linseed meal, gluten meal and certain other foods make soft, oily fat, while cottonseed meal, certain legumes and wheat bran make fat.

### Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, 2, 3. No. 1, 50c per box. No. 2, 75c per box. No. 3, \$1.00 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

### FARM NEWS AND VIEWS.

The dairy farmer, the producer of milk and cream, controls the quality and price of butter. If he furnishes cream of good quality he makes possible the manufacture of good butter, which will command the highest price on the market. If he supplies cream of inferior quality of low-grade butter is bound to be made from it, which means small returns for the product. The dairy farmer is the controlling power which determines the destiny of the dairy industry. The care he gives the cream on the farm determines the financial returns from the butter determine the prosperity of the dairy farmer, because the price the creamery pays for butterfat is necessarily largely regulated by the price the butter brings on the market.

The application of barnyard manure has built up many poor soils and enabled farmers to prosper. More manure ought to be produced and more used. Poor soils mean poor farmers; rich soil is likely to mean prosperous farmers.

It matters very little how much land one farms, provided he farms well what he has. Winter cover crops are of much benefit to worn lands, because roots of plants hold the soil particles, utilize the readily available plant food that might be lost and return vegetable matter when turned under.

Calves are usually fed whole milk for two or three weeks, then gradually changed to skim milk. About the time of changing begin to feed a little grain, but do not think that it is necessary to use oilmeal or any other high-priced feed, high in protein or fat or both. Experiments at the Missouri experiment station show that a mixture of two parts of corn and one part of oats, by weight, gives as good results as oilmeal and ready-mixed calf meals often purchased at higher prices. Bran is not especially good for the young calf, because it is too laxative. The grain mixture should be fed immediately after the milk and neither should be fed too liberally or too sparingly.

Dirty carries bad flavors. If the barn or its surroundings and cows are dirty it will result in poor milk; poor milk results in poor cream; poor cream results in poor butter.

## SIMPLE AS A. B. C. TRY IT TO-NIGHT FOR YOUR NERVOUSNESS

Worn out, tired in the morning, you lack the energy and ambition to work as of old. This means nerve decay—nerves that are starved for the want of good, rich blood.

It's blood nourishment that vitalizes the nerves. Your blood is thin, weak, watery. It's filled with poisons that hang on because your kidneys don't filter properly.

See here, fix up your kidneys, put new life in your liver, and you'll feel like new in a short time.

To do this, you must use Dr. Hamilton's Pills. They make life look bright and pleasant because they restore harmony and vigor to the organs that need repair.

Dr. Hamilton's Pills warm the blood and fill it with nutriment that's bound to build you up, that's sure to lift your weakness, that invariably does make joyous, robust Good Health.

Think of it, youthful strength, lots of nerve force, plenty of red blood surging through your veins—lent this reason enough for your using Dr. Hamilton's Pills? Sold in 25c boxes by all dealers.

## A TRUE PROPHET

Prince's Grandfather and American Unity.

(N. Y. Sunday Sun.)

The eldest son of England's democratic King has crossed the Atlantic and his presence on this side of the ocean will evoke, from the harpings of both our national history and personal memory, not a few delightful chords. In a word, because of the initial visit of a Prince of Wales in 1860, American patriotism is to-day more of a reality. The "indissoluble union of indissoluble States" resembles much more that adamant rock, which Lincoln believed it to be, and not at all the "rope of sand" which President Buchanan feared and talked about.

It was in those dark days when the fifteenth President, "the Sage of Wheatland," called for a day of fasting and of prayer—as he did well to do—while the United States Government, with an empty treasury, had to beg for money at 12 per cent. interest, when the American commonwealth and sisterhood was menaced with disruption, that the Prince of Wales, afterward King Edward VII. and peacemaker par excellence, visited us. Still, it is simple fact to recall that the great historian, Edward A. Freeman, believing that the Union was at an end, planned his great book, in four volumes, on the "History of Federal Government, from the Amphictyonic Council to the Disruption of the United States of America." The activities of Lincoln, Grant, Sherman, Thomas and a million or more of American patriots, however, compelled a change in Mr. Freeman's views and plans. Only one volume appeared and the work remains a torso.

On the other hand, it was an even grander voice that laid emphasis on the creative and unifying forces in American history. He proved the true prophet. It was no less a personage than the Prince of Wales, England's future King, who in 1860, as Lord Renfrew, visited us almost incognito, and certainly without ostentation or trace of snobbishness. He came unexpectedly into the State House at Philadelphia and was mightily interested in Independence Hall.

But, oh, what did he see in the hallway and underneath the grand staircase? Listen, ye Daughters of the American Revolution of 1919, to whose mothers we owe much, while some there be yet who remember and can confirm what we tell. Literally, they took up the bell, which the men had put down. What did the Prince, to his disgust, see but an eating stand and materials of quick lunch, whose steaming odors filled the place? We, with our juvenile Keystone State appetite, voted these viands as ambrosia and fit for the gods. There we took our Philadelphia pepperpot, waffles, hominy, scrapple, smorgase, cheese-cakes and "dumplings and snits"—for Manhattaners, we translate, wheat flour doughballs, dried apples and ham boiled together and served with molasses.

To crown the vision, beheld as joy-

fully by the Quaker City small boy, who concealed a mammoth cave under his diaphragm, as it was sorrowfully looked upon by the surprised Prince, there sat a goddess of liberty, in the form of a fat lady, who might have tipped the scales at a quarter of a thousand pounds. Red faced and beaming with motherly good nature, amid appetizing clouds of vapors, she presided over the steaming pots and pans, kept calorically high over live charcoal in sheet iron bases. This lady bountiful dispensed soup, beans, pretzels and pickled tripe with especial joy when candidates for her pine benches began to multiply, at 12:05 post meridian, and she soon had a waiting list. The more, the merrier, seemed to be the motto of herself and her maids. There was the Liberty Bell, which, then set on rough timbers under the stairway, furnished on its platform a dresser for dishes.

But, oh, what a debacle from august historic memories! Was the treasury of Penn's city so poor and even as low as that of the Buchanan Government in 1861 that the city fathers must rent out the sacred edifice for the mean revenue of an eating stand? The future Edward VII. was horrified. Then and there he, the Prince, spoke out strongly, in his mother's English, which we give in paraphrase. He intimated that it was the duty of the Philadelphia municipality to end such base usage of an edifice consecrated by noble memories.

For, let it be recalled to-day, none more than Edward knew the true inwardness of the Revolution. In 1775, on American soil with blood, and on British soil without slaughter, the same struggle began. Without the bloodshed of battle the same victory was won in 1830 that he won in 1781, with French air, and in 1787 consolidated here, namely, that of true representative government. We made sure of our victory against a German King, who, with a corrupt Parliament, misrepresented British tradition and spirit, in our Constitution, our union and our stable government, in 1787. Across the water the reform of 1830 meant a Parliament representing men and not land, as in 1775.

The Prince, later King Edward VII., recommended that not only should the refreshment tables and benches be removed, but that the whole building should be restored to its original simplicity and use.

But, women, sisters, let us reveal the secret. Men balked at the cost. They pleaded the same argument, of loss of revenue, which has been so industriously and with as much fallacious reasoning and pseudo-elegance urged in favor of retaining strong

**Wood's Phospholine.**  
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Tones and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, mental and brain weariness, loss of energy, palpitation of the heart, failing memory. Price \$1 per box, six for \$5. One will please six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

## Dr. Martell's Female Pills For Women's Ailments



A scientifically prepared remedy of proven worth, recommended by physicians, sold for nearly half a century in Patent Tin Hinge Cover Box with Signature. Knickerbocker Remedy Co. across side. Accept no other. At your Druggist or by Mail Direct from our Canadian Agents, Leman Bros. & Co. Ltd., Toronto, Can. upon receipt of price \$2.50.

beverages. One glorious male exception was seen in that gentleman of strong individuality, who wrote one of the most honest autobiographies in modern days, Samuel Whitaker Pennypacker. He turned the energies of his unique erudition to the reinforcement of the D. A. R. With women's tenacity and an impetuosity as invincible as that of their Biblical exemplar and precedent, the Daughters of the Revolution persisted and won. Independence Hall, restored to its chaste simplicity and pristine grandeur of style, is now an American altar. What a tremendous agent for national unity! What an investment in nation wide loyalty to the ideal of the fathers!

### NO OPTION.

Man From Town: "What very changeable weather you get down here?"  
Old Fisherman: "Changeable do ye call it, sir? If it 'ad been changeable, we'd 'ave changed it long ago."

## Are Your Nostrils Full Of Catarrhal Discharge?

If So, It's Time You Got Wise to Catarrhazone, the One Certain Cure

By no other means can you get relief so quickly as from Catarrhazone. It's the most direct remedy—direct, because you breathe it to the very spot that is irritated and full of catarrhal germs. Nothing roundabout in the Catarrhazone method. It acts instantly, clears the throat of phlegm, stops the hacking cough, relieves tight chest, removes bronchial irritation.

So healing and soothing is Catarrhazone, so full is it of curative essences that winter illis flee before it. Carry a Catarrhazone Inhaler in your purse, in your pocket, use it to ward off your little colds before they grow big. Dollar outfit lasts two months, small size 50c, trial size 25c; all dealers or the Catarrhazone Co., Kingston, Canada.

Drug Clerk—How was that last bottle of perfumery, madam? Mrs. Dimpleton—Best I ever drank.—Life.

## FACTORY DISTRIBUTORS SALE OF READY ROOFING MILL ENDS

These are full-measure rolls of Prepared Roofing, complete with nails and lap cement for laying. Every roll will cover at least 100 square feet, after lapping. There are not more than four pieces to a roll, and very many of the rolls are in one piece, but may be defective in appearance. Customers find these "Mill Ends" to be good for all practical purposes. Mostly used as a Roof Covering, but hundreds of squares now applied on outside walls of buildings to protect from wind and dampness. "Mill Ends" are usually snapped up by customers living near the Roofing Mills, but we have secured enough to be able to make a wide-spread offer. We must, however, reserve the right to refuse orders when once our present stock is sold. Order at once, and if in doubt as to how much you need, send the size of your building and we will ship the right amount of Roofing to cover.

## MAKE A BIG EXTRA SAVING

All Roofings offered in this sale are "Mill Ends" of our highest grades. We particularly recommend the "Mill Ends" of Slate Surface Roofing. You can lay it right over the top of old wood shingles. Kindly Order by Number and for convenience clip this advertisement and mail with your order.

D 32. "Mill Ends" of Three Ply Mica Surface Roofing, weighing about 55 pounds per square. Our regular price \$3.65.

"Mill End" price only ..... 2.45

E 42. "Mill Ends" of Slate Surface Roofing, in ornamental natural colors, red and green, extra heavy and usually called "four ply." Weight per square about 80 pounds. The price usually paid for this Roofing in Ontario will be from \$4.00 to \$4.50, depending on the distance from the mills. Our "Mill End" price ..... 2.90 only

NOTE.—If intending to lay Slate Surface Roofing over old wood shingles, allow 10 cents per square for extra long, large-head nails.

## OUR "CAP SHEAF" OFFER

To further introduce our Roofings, and to quickly dispose of our present stock of "Mill Ends," we will PREPAY FREIGHT on orders of Ten Rolls or more to railway stations in Ontario south of the Ottawa Valley, providing you send the names of Ten neighbors with your order. On shipments outside this territory we allow freight to the Ottawa Valley, or French River.

SEND NO MONEY If there is an agent of the Railway Company at your station we will ship your order C.O.D., subject to inspection and approval before you pay a cent. If there is no agent, send Cash with Order. "your money back if not satisfied."

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