

DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly Poisons As A Germ Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-LIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that Auto-intoxication, due to non-action of the bowels, is directly responsible for serious kidney and bladder troubles; that it upsets the stomach, causes indigestion, loss of appetite and sleeplessness; that chronic rheumatism, gout, pain in the back, are relieved as soon as the bowels become regular; and that pimples, rashes, eczema and other skin affections disappear when "Fruit-a-lives" are taken to correct constipation.

"Fruit-a-lives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

The Transcript.

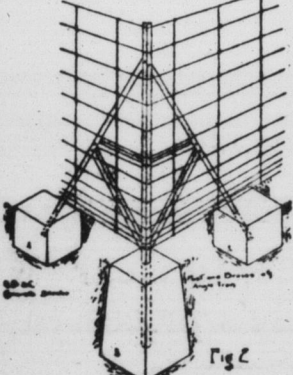
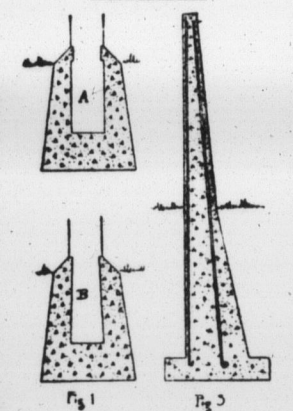
THURSDAY, JUNE 5, 1919

MIND YOUR OWN BUSINESS

People who don't mind their own business bring more misery into families, societies and churches than anything else. They turn the pleasant, peaceful stream of good will into ground where even angels would fear to tread. Now, minding one's own business is the very best remedy for the itching ears that are never satisfied with hearing and the busy tongue that hurries to speak cruel words. Minding your own business will turn your attention to self, and you will forget to watch so closely the shortcomings of others. It will make peaceful homes, happy neighbors and quiet consciences, and you will be able to realize and more fully comprehend the truth spoken in holy writ, "Blessed are the peacemakers."

A QUESTION OF ETHICS

Can the man who sends his dog to visit friends in the country while the assessor is on his rounds call himself an honest man? He can. Can the man who, without questioning, willfully withholds from the assessor the fact that he has a dog or dogs which ought to be on the roll and are not, call himself an honest man? He can. He may call himself anything he likes, but the blunt truth is that he is as much a thief as if he had robbed the poor-box in a church. —Orilla Packet.



See article "Latest in Farm Fences" next column.

A Standard Medicine.—Farnell's Vegetable Pills, compounded of entirely vegetable substances known to have a revivifying and salutary effect upon the digestive organs, have through years of use attained so eminent a position that they rank as a standard medicine. The pills should be remembered this. Simple in their composition, they can be assimilated by the weakest stomach and are certain to have a healthful and agreeable effect on the sluggish digestive organs.

LATEST IN FARM FENCES

Posts of Wood, Iron or Cement Can Be Used.

Important Factors to Be Considered Are Cost, Durability and Service—How to Lengthen Life of Fence With Undue Costs.

(Contributed by Ontario Department of Agriculture, Toronto.)

BLESSED is the farmer who, conscious in the security of his fences, can leave home on a day's business, or retire to rest at night, without anxiety as to possible depredation committed by straying cattle, or his own stock, to corn, roots, or grain, during his absence or rest. Brush, stump, and stone fences—relics of bygone days—can still be seen here and there, but are rapidly disappearing, and are being replaced with modern up-to-date woven wire fences that are built, not with the idea of the smallest possible initial cost, but with forethought for the future, remembering that quality and material as well as the design and construction of post fences are elements that determine its life and service.

The prime factors in a fence are fair cost, durability and service. The annual up-keep of fences is considerable, and to the farmer a material that will do away with the expense of repairing, painting, or other forms of maintenance, should strongly appeal to him as representing true economy, almost regardless of first cost. The opportunity for economy is found, first, in using the kind of posts which, taking into account both cost and durability are cheapest in the long run. In setting a post which will have comparative short life, he loses not only through having to buy new posts, but also because of the additional labor involved in removing the old and setting the new one. There is, however, great difference in the lasting properties of different woods. The average life of a fence constructed of wood posts cannot be safely figured as greater than 8 or 9 years. For length of service cedar and white oak outlast all other woods. By treating the posts with creosote, coal tar or charring them, the cost of up-keep might be materially lessened.

That the end or corner posts bear all the strain, and are the foundation of the fence, is common knowledge to every experienced fence builder. They must be well anchored, rigid and strong, and so constructed that they can be depended upon to give proper service at all times, and under all conditions. The foundation carries the strain and must, therefore, be absolutely solid and permanent, so as not to permit the fence to sag.

The setting of wood posts in cement as commonly practiced is not conducive to the longevity of the post, because a water-tight union between the post and the concrete is not secured, and ultimately decay sets in. By far the most effective way is shown in diagram (Fig. 1). The post is first notched as shown in sketch, and the concrete worked well into the notch. This sheds the water trickling down the post, and cannot possibly get between the post and concrete, and the life of the post is considerably lengthened. A post concreted in this way, and kept painted, is practically immune from decay.

However, every locality differs in the material used for fence posts—wood, steel and cement are all used. The supply of farm timber available, or the prices and condition of the local market for the other commodities determines largely the fence post used. One of the most important factors in the construction of steel posts is the anchorage. The end and corner posts and their braces should be set in concrete whenever possible, as in that way best results and maximum efficiency and service will be secured (Fig. 2).

A steel post cannot possibly give complete satisfaction, no matter how lasting the material itself may be, if it is not strong enough to withstand the use to which the average fence is subjected. It must be capable of resisting and sustaining shocks without bending or breaking.

Concrete fence posts properly reinforced and made from suitable materials, carefully selected and proportioned, should last indefinitely, and are, therefore, a good investment. Considerable variety of surface finish and ornament, limited only by the skill of the individual worker, can be given to the concrete corner, gate, and line posts (Fig. 3).

Large heavy wires not lighter than No. 9 in woven wire fence are much more durable than finer wire, and a lasting improvement for the farm. Hinged joints in the stays make the most substantial union, so that under pressure, the stays forced out of alignment will spring back when released. Triple tension curves in the wire fabric will not be pulled out by the stretching process, and will allow for sufficient contraction and expansion. Sound and rigid posts and proper stretching of woven wire fences are the first considerations in fence building. Regardless of the type of posts, or the height or make of a wire, the farm which is fenced stock-tight is a valuable and money-making farm in any section of the country.—Prof. John Evans, O. A. College, Guelph.

Cultivation and Drainage Pays. Loosening up a soil by cultivation increases the pore space, and with loams, mucks and clays this increases their power to absorb and retain water while at the same time allowing more free air space. Drainage also makes a soil more porous, thereby producing the same results. Coarse sands retain less water when loose than when compact.

KILL ROADSIDE WEEDS

Cultivation Stores Water in Soil for Crops.

Grasshoppers Cheaply and Quickly Destroyed by Treating With the Poisoned Bran Mixture.

(Contributed by Ontario Department of Agriculture, Toronto.)

"A STITCH in time saves nine." This is especially true in the case of weeds. When one considers that a single specimen of many kinds of weeds may produce over 10,000 seeds, and that many of such seeds may be blown far and wide by the wind, one begins to realize just what a source of contamination is a weedy roadside, a fence corner or a waste place.

In Ontario it is too common a sight in the fall of the year to see a farmer busy with his fall cultivation, attempting to clean his field and preparing good seed bed for next year's crop. At the same time on the roadside near the field or in the fence corners or some waste place near it such weeds as Perennial Sow Thistle, Canada Thistle, Milkweed and Wild Lettuce are maturing seeds by the thousands, to be blown on to his well tilled field and seed bed with enough vitality to markedly reduce his crop and increase his labor next year. When labor is so scarce, attention should be given to the maximum quantity of grain should be produced from every acre under cultivation, no man can afford to allow weeds to seed anywhere in the neighborhood of his farm. A few hours spent now and again during the summer cutting weeds on roadsides, in waste places and fence corners is a good investment for the future, which will pay him many dividends in labor saved and increased crop.—Prof. J. E. Howitt, Ontario Agricultural College.

Conserve the Soil Moisture.

Moisture is the most important soil property. Without it a crop is absolutely impossible, no matter how fertile the soil may be. The proper amount of water is obtained, while on the other hand if moisture is excessive or deficient the yield is diminished according as the excess or deficiency causes. If all the water necessary for the production of a full crop could be collected on the surface of the ground at one time, it would be from 18 inches to 24 inches deep, depending on the crop and the season. During the growing season only 10 or 12 inches of rain falls in Ontario, and this is only half the amount required by the crops. Hence it becomes necessary to store up in the soil as much of the winter and spring rains as possible, while at the same time guarding against excess.

The amount of water a soil may contain depends on the pore space in the soil. Sands have least pore space, loams and mucks most, and clay is intermediate. The porosity of a coarse sand is about 35 per cent. of a loam or muck about 50 per cent., and of a heavy clay about 45 per cent. From these figures it will be seen that a soil may contain nearly as much water as soil grain. Since the plant roots require air it is not desirable to have all the soil pores filled with water; some free air space must be left, hence drainage becomes necessary.

There are three ways that water may be lost; first by run-off, secondly by drainage, and thirdly by evaporation. Of these three the greatest loss is by evaporation. In the summer half the total rainfall. As long as the soil is wet in the spring we want all these at work, but as soon as the soil is dry enough for cultivation we want the loss of water by evaporation to be the only direct means by which this can be done in summer. Cultivation should begin just as early as the soil is dry enough. To delay one week may cause the loss of as much as 1 1/2 inches of water, and this is as much as falls in the month of April, a very serious matter when the needs are so great and the supply so limited. In the fall of the year cultivation should be deep to increase absorption and retention of water; in the spring shallow, in order to produce a dry layer on the surface to cut off evaporation.—Prof. W. H. Day, Ontario Agricultural College.

A Cheap and Efficient Method of Controlling Grasshoppers.

Grasshoppers may be easily and cheaply controlled by poisoning with the bran mixture, which is made as follows: 20 lbs. bran, 1 lb. Paris green, 1/2 gal. molasses, 2 gals. water, 2 or 3 lemons.

The bran and Paris green should be mixed thoroughly together when dry. This should be done the night before using. In the morning squeeze the juice of the lemons into the water, run the pulp and rind through a meat chopper and add this and the molasses to the water. Stir well and then pour the liquid on the poison, the bran and mix so thoroughly that every part is moist and will fall like sawdust through the fingers. The mash should be spread early in the morning between five and seven o'clock, by scattering thinly over the infested field, in the fence corners and on roadsides where the insects are observed just before dark in the evening.—L. Casar, B.S.A., Provincial Entomologist.

The same means may be employed for the control of cutworms, making the application wherever the worms are observed just before dark in the evening.—L. Casar, B.S.A., Provincial Entomologist.

PREVENT POTATO ROT

Spraying With Bordeaux Mixture Proven Very Effective.

Machinery Must Be Kept Well Oiled If It Is to Work Efficiently—An Expert Discusses the Question From Every Angle.

(Contributed by Ontario Department of Agriculture, Toronto.)

LATE Blight and Rot of Potatoes can be prevented by spraying with Bordeaux mixture. Commence spraying when the plants are from five to eight inches high and keep the foliage covered with Bordeaux throughout the season. Take special care to see that the spraying is very thoroughly done if the weather is at all damp about the 15th of July, as Blight often begins about this time. Add a poison when necessary for potato beetles—arsenate of lead paste 3 1/2 lbs. to each 40 gals. of the liquid spray, or Paris green 2 lbs. to 40 gals. or a mixture of 2 lbs. arsenate of lead paste and 1 lb. of Paris green to 40 gals. From three to seven applications should be made, depending upon the season, the weather the larger the number. Do not put off spraying because it looks like rain. If the spray is on the plants half an hour before the rain comes it will be dry and sufficient of it will stick to prevent infection, which takes place during or soon after rain. Such spraying should prevent not only Late Blight and Rot but also Early Blight and potato beetles.

Thorough spraying only is effective. If thorough spraying is to be done sufficient Bordeaux mixture must be used. From 50 to 150 gals. per acre should be applied at each spraying, and when the plants are large not less than 100 gallons per acre should be used. Thorough spraying, however, is not enough. Every part of the potato plant with Bordeaux mixture in the form of a fine mist. This can only be done when the solution is applied with good pressure, so as to insure covering every portion of the plant. The best results from spraying are obtained when potato sprayers are used which are fitted with a T-joint attachment so as to insure covering both surface of the leaves at each spraying. When the plants are large it has been found that it pays to go over each row twice at each spraying.—Prof. J. E. Howitt, O. A. College, Guelph.

The Importance of Keeping Machinery Properly Oiled.

The importance of keeping machinery properly oiled may be better appreciated if we try to compute, in dollars and cents, the annual sacrifice in machine efficiency through friction. Carelessness in lubrication may easily reduce the efficiency of a machine to one-half its normal. At the same time the machine itself is wearing out faster, on account of the needless friction, than owing to the real work done.

The microscope reveals the fact that the surface of the most highly polished shaft ever made is as rough and untrue as a rough casting appears to the unaided eye. In practice it is impossible to make a metal surface that is absolutely smooth, incompressible, or even a true circle, hence inequalities of pressure at the bearings, grinding and tearing of the metal sides, causing friction, producing factors of inefficiency and wear and tear. Though these faults of construction cannot be avoided, we can, in a great measure, overcome the effect of machinery, by judicious application of a lubricating agent.

The lubricant consists of minute balls or globules. These readily insinuate themselves between the faces in mutual contact forming a cushion, keeping the metals apart. Its use is not only to reduce friction, but also to carry away whatever excess of heat is generated. All liquids have not sufficient sustaining powers to be used as efficient lubricants. Some cannot be retained between the metals; others do not cling together persistently enough. To resist the tendency of the metal to tear the lubricating film apart, these globules must have a good deal of internal strength, and must stick together well. They must also cling well to the metal, or they will be squeezed out of the bearing.

The oils and the fats are the principal lubricants. The mineral oils are thin, and so are lard, olive, and tallow. Castor oil, neatfoot, tallow and rape are thick. Nothing is better for high speed bearings and light spindles or shafts than sperm oil, but it is costly; for heavy bearings castor oil is superior to this, but it is also expensive.

But there is relatively little pure lubricant used in machinery, for it is usually unwise economically to employ a compound oil, compounded for special uses, than to use pure lubricants which, after all, are often heavily adulterated—gun, soap lime, alumina soda, and free acids have their own distinct purpose to serve in the composition of cheap oils. The chief advantage, however, pertaining to the use of compound oils is, that the objectionable qualities of one kind of lubricant can be neutralized by mixing it with a lubricant of another kind. For instance, vegetable and fish oils are drying oils, and they cure very rapidly, and cause gumming or clogging of the bearings to which they are applied, and if allowed to drop and accumulate upon dust, cotton waste, and other oily matter, they develop an internal heat that will cause spontaneous combustion. Mineral oil does not oxidize, neither does animal. But mineral oils have what is termed a low flashing point; that is, they fire or ignite at a low temperature, some at 212 degrees Fah., or under. Animal oils develop fatty acids, and these corrode and pit the surface of the metal which they are used to lubricate.—Prof. John Evans, O. A. College, Guelph.

BARBERRY CAUSES RUST

Provincial Campaign Advocated to Destroy This Shrub.

Current and Gooseberry Worms Cause Great Losses—How to Identify It—Simple Measures of Control—Spraying With Arsenate of Lead Solution Most Effective.

(Contributed by Ontario Department of Agriculture, Toronto.)

THE Barberry should not be tolerated by the farmers of Ontario. It is a thief in their midst, which every year takes money from their pockets, by increasing the amount of rust upon their grain, and thus reducing their crops.

The Barberry Increases the Amount and Severity of Rust.

It is not necessary to go into the complicated life-history of the fungus which causes stem rust of grain. Scientists have known for many years that one phase of its life-cycle is passed on the Barberry, and all who have made a study of this matter agree that the amount and severity of stem rust is very much increased by the presence of the Barberry in the neighborhood of grain fields. While scientists do not expect to see rust entirely disappear if the Barberry is destroyed, the general consensus of opinion is that if it were completely exterminated the chances of severe epidemics of stem rust occurring would be greatly reduced.

Enforce the Law Regarding the Barberry.

Ontario legislation has been passed regarding the destruction of this shrub. Let all concerned realize that the Barberry does increase the amount and severity of stem rust and a sentiment will be created for the enforcement of the present act. This act should be enforced. The Barberry in Ontario should be destroyed. There is strong evidence to show that Barberry bushes are centres of infection which in wet seasons may give rise to severe epidemics of rust.

The Common Barberry and Its Purple-leaved Variety the Culprit.

The Common Barberry, and its purple-leaved variety harbor grain rust. The average man does not know this shrub when he sees it. It is a spiny shrub from six to nine feet high, with yellow wood, arching branches and gray twigs. The leaves are bright green, smooth, somewhat oval, from one to three inches long, the margins with bristly teeth. The flowers are small, yellow and borne in long, drooping clusters. The berries are oblong, red and sour. The purple-leaved variety is similar except for the color of the leaves, which are purple. Unfortunately, the Barberry has been much planted in some sections of Ontario for ornamental purposes and has become wild in many localities.

The Japanese Barberry Harmless.

If Barberries are required for ornamental shrubs the low growing, small leaved Japanese Barberry (Berberis thunbergii, D.C.) may be planted, as this species does not harbor the rust.—Prof. J. E. Howitt, O. A. College, Guelph.

Current and Gooseberry Worm.

The most common insect enemy of currants and gooseberries is the Current and Gooseberry Worm. The larva is a greenish caterpillar, about three-quarters of an inch long when full grown, with a black head and numerous black spots over the body. The larvae attack the foliage of gooseberries and of red and white currants but seldom injure that of the black currant. At first they work chiefly in the central part of the bush, stripping the leaves nearly all off there, and doing much damage before they are observed. Later they may devour the foliage anywhere. It is common to see nearly all the leaves eaten off numerous bushes.

The life history of the insect is as follows.—The adults, which are known as Sawflies—are small four-winged flies, about a quarter of an inch in length. The female has the abdomen yellowish and the rest of the body blackish in color. The male is for the most part blackish or black. The flies appear in spring very soon after the leaves have expanded. Eggs are laid on the under surface of the leaves in chains along the main veins. The young larvae on hatching feed upon the foliage and become full grown in two or three weeks. Then they drop to the ground and form little cases in which they pupate. A new brood of flies emerge, lay their eggs and from these there comes a second brood of larvae, which may be seen on the plants at the time when the currants are ripe. When these larvae are full grown they enter the soil, form little cases or cocoons, and remain there till the next year, when they pupate and emerge as adults.

Method of Control.—These are easy insects to kill. All currant bushes and gooseberries should be sprayed with from 1 to 3 pounds arsenate of lead paste or half that amount of the powder form in forty gallons of water as soon as the leaves have become well expanded. Particular care should be taken to spray thoroughly the inner parts of the bush. This will kill all the first brood. If a second brood appears hellebore should be used instead of arsenate of lead, in the proportion of one ounce to one gallon of water. Arsenate of lead would be dangerous on the ripe fruit. The insect occurs everywhere in the province, and everyone should prevent his plants being weakened and seriously injured by it, especially as it is so easy to control.

Note.—Hellebore loses its insecticidal properties unless kept in airtight packages.—Prof. L. Casar, O. A. College, Guelph.

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Note.—Hellebore loses its insecticidal properties unless kept in airtight packages.—Prof. L. Casar, O. A. College, Guelph.