

SELF-DESTRUCTION

Every act, every thought, every rush of passion, every emotion, every movement of muscle or mind uses up some of the substance of our bodies, just as every step in walking helps to wear out our shoes. Food repairs the loss to some extent, but the power to digest food grows less, with use, from year to year. That is the reason, sooner or later, we must die.

Now take note. The faster you live, the more you waste; the more you throw away, the sooner you come to the end.

Once more. The great waster, the great thief of life is illness. Then you may lose in a month what might have lasted a year, and (remember) not merely of flesh and strength, but of the power to get it back.

Here is where Mother Seigel's Syrup does its wonderful work. It gives you back lost power. Not all of it, for then you could live for ever; but most of it. Convincing proof of this is afforded by the case of Mrs. John W. McGregor, of McLarty, Algoma District, Ont. Writing on January 25, 1910, Mrs. McGregor says:

"At the early age of fifteen I began to suffer distress after eating. The action of my bowels was irregular. I could sleep only by snatches. My face

was pale, and frequently I had severe pains in my back. In 1888 I first began to use Mother Seigel's Syrup, and I found that it helped me. I used the Syrup with the best results, and I have had no further need of it for twenty-six years! I have unbounded confidence in this remedy!"

Mrs. McGregor had no further need for Mother Seigel's Syrup, because it restored her stomach, liver and bowels to healthful working order, and for twenty-six years they have done their digestive duty. The cures effected by Mother Seigel's Syrup are not only sure and speedy, but permanent too! Mrs. McGregor has proved this! Prove it yourself!

Mr. John Stewart, of Piper's Glen, Inverness Co., N. S., writing us on January 31, 1910, says he owes the present good state of health to Mother Seigel's Syrup, and proves the assertion by stating the following facts:

He says: "A few years ago I was troubled with indigestion and loss of appetite, which very soon began to assume a serious aspect. After suffering for some time, your preparation was recommended to me as a possible help, and I commenced to take it. The syrup did me a great deal of good, and in a short time I was entirely cured."

The \$1 bottle contains 2½ times as much as the 50 cent size.

A. J. White & Co., Ltd., Montreal

INDIGESTION

MEANS:—

TORTURING PAIN. WRETCHED DAYS.
CHRONIC WEARINESS. WAKEFUL NIGHTS.

It means being "done up," "played out," bowled over," "good for nothing," all the day and every day. It means starved blood, starved muscles, a starved body and a starved brain; in short, it means ruined health and a broken-down system unless you root it out without delay.

MOTHER SEIGEL'S SYRUP

Mother Seigel's Syrup is the standard remedy for indigestion in sixteen countries. Its unrivalled reputation is backed by nearly forty years' unbroken success in curing indigestion, biliousness, constipation, and all diseases arising from a disordered condition of the stomach, liver and bowels. Mother Seigel's Syrup is made from the extracts of certain roots, barks and leaves which exert a remarkable curative and tonic effect on the stomach, liver and bowels, and has no equal as a digestive tonic and stomachic remedy. This is the testimony of tens of thousands of persons whom it has cured after all other medicines had miserably failed. Here is a case in point:—Five years ago I began to feel out of sorts; felt weakness and lack of energy I had never felt before. I lost my appetite, and when I did eat a little I always had pains in my back and chest. I had headaches, giddiness, unpleasant breath and coated tongue. I began taking Mother Seigel's Syrup and in one month was completely cured."—George Morris, 18, Cathedral Street, Montreal. 28.6.09.

GIVES

STRENGTH
TO THE
WEAK.

ENERGY
TO THE
LANGUID.

COMFORT
TO THE
DYSPEPTIC.

GOOD DIGESTION TO ALL

Sold everywhere.

A. J. WHITE & CO., LTD., MONTREAL.

katchewan's new Agricultural College at Saskatoon. Special attention will be given to instruction in the use of the increasingly intricate mechanical appliances used in farming. There will be a residence in connection with the Agricultural College to accommodate all students.

CONSERVING MOISTURE.

George P. Campbell discussed "Breaking and Summer-fallowing." He drove home the necessity of conservation of moisture above all things. It is the thing to be aimed at if we want big crops. A crop is like so many pumps pumping moisture out of a field, and the moisture must be there for them to pump if the stalks of grain are going to produce good heads. In both breaking and summer-fallowing one must keep constantly before his mind this great necessity of stopping the escape of moisture. Thorough cultivation is the great means for doing this.

The sooner after the frost is out of the ground one can start breaking, the more moisture one can keep from escaping. But it was pointed out that the moment the sod is turned over both sun and wind start robbing it of moisture. This loss must be stopped, and the moisture saved for the growing of next year's crop. It can only be stopped by packing the sod and making a dust-mulch on top at once.

"Pull your horses off your plow at 4 o'clock," was Mr. Campbell's counsel, "and disc what you have done. Don't give your disc more than one notch set, and give your breaking two light strokes. Then use a scrubber. You will then have packed your sod and made a shallow dust-mulch over it. This will prevent the all-important moisture from escaping."

He hammered home this necessity of discing, breaking lightly the same day you break it; also the importance of getting all breaking disced and ready for next year's crop before the end of July—before the rush of haying and harvest is on, when it is apt to get pushed to one side in the pressure of so many things. Then the wasteful evaporation of moisture is stopped, and all rain that falls is held. That backsetting is the gilt-edged way of handling breaking was admitted. The time it takes and the fact that the crop from it takes longer to ripen, are drawbacks to be considered, and which weigh heavily with most. Breaking about four inches was said to be sufficient. The usual way of discing was criticized, viz., cutting breaking to pieces with the disc, and leaving a mass of clods exposed to the heat and wind, instead of having a fine dust-mulch on top. If the disc is not set in too deep, and it is aimed to cut not more than two inches down, a fine dust-mulch will be formed, and the under sod will simply be packed, but will not be otherwise disturbed. Better crops will result, and it isn't as hard on horses.

Though Mr. Campbell dealt with other important questions, especially the uses of summer-fallowing, I wish to draw special attention to what he said about the growing of soft wheats (such as Preston) in the Northwest, and the serious effect it is having on the price of our whole wheat crop. Mr. Campbell told us our No. 1 Northern wheat sold this fall in Liverpool for nine cents a bushel less than Australian wheat, which is a soft wheat. Our Red Fife cannot be equalled for milling qualities in the world. Yet our wheat brought 9 cents a bushel less than Australian wheat, when in the ordinary course of things it should have brought a cent or two more per bushel. Now the grower of Preston and other soft wheats haul their wheat to the elevator or ship to Fort William and Port Arthur direct, the same as the growers of Red Fife. No difference is detected in the two wheats, and the growers of Preston get the same grade as the growers of Red Fife; soft wheat and Red Fife are dumped into the same terminal elevator bins and loaded into the same boat, and are delivered to the Old Country miller as hard wheat, No. 1 Northern, Manitoba, No. 2 Northern, and so on. The Red Fife takes a certain amount of steaming to remove the bran—much more than soft wheats need. When the miller looks at his rolls he is aghast to find that while some bran is coming off clean, other

Poor Digestion?

This is one of the first signs of stomach weakness. Distress after eating, sour eructations, sick headache, bilious conditions are all indicative that it is the stomach that needs assistance. Help it to regain health and strength by taking

BEECHAM'S PILLS

for they are a stomach remedy that never disappoints. They act quickly and gently upon the digestive organs, sweeten the contents of the stomach, carry off the disturbing elements, and establish healthy conditions of the liver and bile.

The wonderful tonic and strengthening effects from Beecham's Pills, make them a safe remedy—they

Help Weak Stomachs

Sold Everywhere. In Boxes 25 cents.

bran is bringing considerable flour with it. This is the work of the growers of Preston and other soft wheats. The miller is losing flour. He is going in the hole. He doesn't have this experience often before he discounts No. 1 Northern, Manitoba, and comes to regard it with suspicion. He cannot separate the hard wheat from the soft, and when he buys No. 1 Northern, Manitoba, he now knows that he must take chances on getting a combination of hard and soft wheat that requires two distinct modes of treatment, which he cannot give, in order to release the bran.

Mr. Campbell urged farmers to do all they could to discourage the growing of soft wheats, which lower the standard of our wheat in the world's markets. Growing oats will solve the difficulty of a man who has gone into Preston to escape frost. This was backed up by the mention of one of the wealthiest farmers in the West, who had in the early days been put almost out of business by frozen wheat-crops, and who had gone into oats in place of wheat, and made money at it.

Sask.

DAVID ROSS.



STAG

BRIGHT PLUG
CHEWING TOBACCO

A lasting chew.
Ask for it.