

# Spring Skin Troubles

Every spring, for years, Mr. Amos Smith, of Port Hood, C.B., suffered from boils, until he used Zam-Buk. He writes:

"Each spring they would return and break out on my hands and arms. At times they were so bad that I could scarcely work. I tried various remedies without receiving any benefit. I consulted a doctor, but he was unable to cure me.

"Then a friend recommended Zam-Buk. The improvement after using the first box was surprising. I continued until the boils had entirely disappeared, and I have never had any return since."

Zam-Buk is also unequalled for eczema, ulcers, abscesses, scalp sores, ringworm, blood-poisoning, piles, cuts, burns, wounds, etc. All druggists, or Zam-Buk Co., Toronto; 50c. box, 3 for \$1.25.



## FEED FOR POULTRY.

Why import poultry food when it can be grown more cheaply at home. During the past year many tons of specially prepared poultry foods were brought into the Valley. These foods contain a proportion of wheat, oats, barley and corn, any of which can be grown without difficulty. Let every farmer put in an

area of mixed grain such as barley, oats and wheat in equal parts, seeding at the rate of 3 bushels per acre, for his hens. Hens properly fed are as profitable as any kind of livestock, but too often they do not receive the mixed grains they require.

Canada yellow Corn can be grown and ripened and added to the above feed list to profit. It is best grown in hills with a small forkful of manure under each hill, the hills 3 1-2 feet apart, and planted about 24th May. If wheat is not available, and good clean wheat free from oats, fit for milling or seeding for milling purposes should not be used, but in equal parts of oats and barley, Banner Oats and Duckbill or Canadian Thorpe barley ripen about the same time.

W. S. BLAIR.

## LETTER FROM SECRETARY OF THE NOVA SCOTIA FRUIT GROWERS ASSOCIATION.

The Advertiser, Kentville, N. S. Dear Editor:—

As the recommendations of the Fruit Conference held at Ottawa March 26th and 27th are of so much importance to Valley Fruit Growers I thought your readers would be interested in a report of the resolutions passed as they are likely to become law before another shipping season is upon us.

There were in attendance only twenty official delegates in the whole Dominion. Four from B. C., six from Ontario, two from Quebec, one each from N. B. and P. E. Island, four from N. S. and at the special request of the Minister of Agriculture two were appointed to represent the buying interests of the Prairie Provinces. We had no knowledge of this Conference being called at the time of our annual Meeting in January and our executive were asked to send representatives only two or three weeks before the date set for the Convention. Those appointed for Nova Scotia were, F. W. Bishop, Pres. of the United Fruit Companies, A. S. Banks of the Cornwallis Fruit Company and F. H. Johnson and Manning Ellis, Pres. and Sec'y respectively of the Fruit Growers Association. Mr. A. E. MacMahon of the United Fruit Companies was also present the first day of the Conference.

The Resolution passed as given below pretty well explain themselves. The question of one uniform barrel for Canada has been a matter of debate and resolutions for at least twenty-five years, and it seemed as if we had come to a dead lock. A matter of compromise was never suggested before, but when the United States decided on one sized apple barrel for their whole country, and some States especially either ruled our small barrel out altogether or allowed it to be sold under such restrictions as to very much discourage shipments, it looked as if we had every thing to gain and nothing to lose in joining with Ontario in asking for a standard barrel for Canada in conformity with the one adopted for the United States.

If the recommendations of the Conference in regard to the barrel go through, Nova Scotia apples will no longer be discriminated against in Liverpool and Glasgow on account of the size of the package as was the case in the past. If we have a large crop this fall we can use the new barrel to ship to the United States markets, and it may mean the difference between disaster to our fruit interests and a fair return. Personally I believe the proposed amendments to the fruit marks Act will be the greatest step in advance for our fruit industry since the Act was passed some ten or twelve years ago. The definition for the No. 2 has been brought up only to the standard as set for the past eight years by the most of the Fruit Companies, and all the most reputable packers in the Valley. It simply means that No. 2 must be nearly as good as a No. 1 in quality but a grade lower in size. The Domestic Grade came to the front because it filled a place completely no other grade seemed quite fitted for. All the Conference did was give it a name and take off the objectional No. 3. So we will not have the confusion of quoting Co-operative No. 3, Extra No. 3, No. 3 Special, No. 3 large, and labeled No. 3 that all meant the same thing and yet did not mean anything that the buyer could be sure off. It will be noticed that the Domestic grade takes in both No. 1 and No. 2 in size, leaving all below that size and exclusive of culls to be marketed under the grade of No. 3. As the definition of culls in the Act is now rather vague, the Department were asked to see that this was amended when the other changes were made. The majority of the delegates outside of those from the Maritime Provinces were opposed to having the No 3 defined wishing it to be simply marked and sold as ungraded or unclassified. We from Nova Scotia felt that we could speak with authority in the matter as we have sold No. 3s ungraded too long now for the good of the fruit growing industry. After considerable discussion Ontario delegates were willing to vote with us, but B. C. Contended that the Domestic Grade was really a No. 3 and that this lower grade if defined at all should be mark-

ed No. 4. The Resolution as passed was finely put through and on the second vote was made unanimous.

The resolutions on other packages as plum and peach baskets and crates are not of much interest to our growers. The idea for one standard and uniform packages for each class of fruit was adhered to right through the Convention. The fourth-fifths strawberry box as used in N. S. was decided on as well as the twofifths size and the full Imperial pint size that is used in B. C. Notice the pint is a square box not flaring like the four-fifths.

The growers name and address will be required on all strawberry crates as well as on other open packages and fruit inspectors will be empowered to examine open packages at point of shipment to see that such are properly filled.

The following are the resolutions passed of particular interest to Maritime Province fruit growers, and the Fruit Commissioner expects that legislation in conformity with these recommendations will be placed on the statute books at the present session of parliament.

Yours respectfully, MANNING ELLS.

Resolutions passed at the Dominion Fruit Conference, Ottawa March 26th and 27th, 1918.

1. That the United States standard apple barrel be adopted for Canada.

Dimensions:— 17 1/8" head diameter. 28 1/2" stave. 26" distance between heads. 64" circumference at bulge. 7056" cubic inches content.

Further suggested that present manufactured stock may be used during the season 1918, 1919 but that after June 1st, 1918, all staves cut for apple barrels will be of the above dimensions.

2. That the American or Washington apple box, measuring 10 1-2 X 11 1-2 X 18 inches, inside measurement, be adopted as the standard for Canada and for exporting to such countries as have no legal requirements of their own; and that exporting to such countries as have legal requirements permission be given to export in the box required by the country to which they are being exported.

7. That three sizes of berry ballocks be made legal in Canada; namely, the standard fourth-fifths quart, the standard twofifths quart and the Imperial pint measuring 4 3/8" at top and bottom, and 1 2/8 inches deep.

15. That the following amendments be made to the Inspection and Sale Act, Part IX:

(a) Fancy grade eliminated.

(b) No. 2 to be defined "unless such fruit includes no culls, sound, of nearly medium size and some color for the variety and not less than 85 per cent free from scab, wormholes, bruises and other defects and properly packed."

(c) That a "Domestic Grade" be embodied in the Act and defined as follows: "unless such fruit includes no culls, sound and of not less than nearly medium size for the variety, 80 per cent free from worm holes, but may be slightly affected with scab and other minor defects, and properly packed."

(d) That Grade No. 3 be defined to include no culls and be properly packed; and that the definition of the word "culls" be left in the hand of the Department of Agriculture.

16. That all packages of fruit offered for sale shall be well and properly filled at point of shipment and in cases where inspectors find evidence of underfilling, they shall have the right to weigh or measure contents of package at point of shipment, in order to determine whether said package had been well and properly filled.

13. That when inspectors find fruit falsely marked at shipping point, they shall have the power to compel the removal of the original grade mark, and the remarking of such packages with the proper grade marks.

# HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time, I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADELAINI R. LYNCH, 100 Plain St., Providence, R. I.



Backache and nervousness are symptoms or nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment. Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

14. That no immature fruit shall be marketed except where the demand is legitimate and the package marked "immature" in plain letters; also that no fruit that is so materially diseased, wormy or otherwise depreciated as to be unfit for consumption shall be marketed and that the Department be requested to draft legislation whereby the various points and facts embodied in these principles can be put into effect.

17. That the name and address of the packer be placed on all open packages.

18. That fruit packages for sale shall be marked as such and bear the name and address of the repacker, and no change in grade marks shall be made on such package without the authority of a Dominion Fruit Inspector.

19. That in cases where any standard fruit packages is again used for many purposes, the original marking shall be obliterated.

By a King... The form... Nova Scotia... the exercise... and the excellent... good. An... visitors from... M. L. A. Dr. Robert... Department... was former... Donald Col... Professor... few brief... and spoke... done by the... past year... prizes were... graduating... ed twenty... two ladies... of Carters... the highest... year. Mr... brother to... Mr. Walter... bank, Halifax... prize for... name of the... is engraved... by the Fri... short our... cup itself... ciples office... Mr. Torr... thy and ab... ject of grea... ing the con... handled his... ly, leavi... in the... his audienc... tia would d... sist in inc... food supply... of his rema... an apprecia... good work... cipal Cumm... members of... in the Colle... out the pro... Dr. Robe... pectably br... address... various pha... life and his... tion was so... every perso... definition is... tences."... his discours... young men... out upon lif... independent... Dr. Soloi... lege followe... chosen word... tioned) the... existing bot... tural Colleg... College... The exer... to a close... remarks fro... ing.