



0 years of age
KIDNEYS NEED HELP

is no reason why, when
or woman reaches the
st full of energy and
ness. It is true, greater
must now be taken to
away the lesser ill,
if neglected, may de-
Proper attention to
kidneys suggests

in Pills
FOR THE KIDNEYS

First evidence that Kid-
neys are not working prop-
erly is, if you have pains
back or sides, twinges
numbness, constant head-
aches and restless nights,
in joints or urinary
tract, take Glu Pills. You
benefit almost from the
first dose. It costs nothing if
it does not benefit. For the
full Glu Pills on our
price of money back if
it does not.

Box or 6 boxes for \$2.50.
Free sample if you write to
Dr. J. C. Williams & Co.,
100 Broad St., Buffalo, N. Y.

malanation of the four
airy companies in the
best of distribution has
en reduced to a mini-

Canary With Food.

undred pounds of cod-
caught by Canadian
in last year, of which
cent were consumed
Canadians at home
eat more codfish and
ark an d beef for the
men.

Thin and Win.

sugar and maple syrup
ver in greater demand
year, and it is doubt-
less to producers were
high. Sugar is quoted
18 cents for best qual-

Wives Won't Waste.

ot lot and home garden
on is to be a feature of
ada Food Board's cam-
1918. The Dominion
ent of Agriculture has
reports from all the
centres of population
country as to plans for
ing season, and the
nt is wide spread.

Vernon Castle, who had
al reputation as a dan-
been killed in Texas,
cting as an aviator.



Wales might be
business. "To
ury merchandiz-
realizes that it is
morals, to render
tells you about

ent advertisers.
nds and imbued

Settle the Flour Question BY USING

PURITY FLOUR

Once you know how good Purity
Flour really is, you will rely on
it constantly for all your baking
needs. It goes further, too, and
is therefore the cheapest flour
you can use.



More Bread and Better Bread---and
Better Pastry, too.

CABBAGE GROWING.

Any soil except that having a
gravelly sub-soil will produce
good cabbage. The heavier
soils may be inclined to be too
wet, in which case drainage
may be necessary. Poor sandy
soils are unsuitable, but sandy
areas rich in humus may pro-
duce abundantly. It is es-
sential that the soil should con-
tain plenty of plant food in an
available condition. The best
soil and plant conditions can
be furnished by using stable
manure at the rate of 15 or 20
tons per acre, and to this may
be added 600 to 800 pounds of
fertilizer containing 4 p. c. ni-
trogen and 10 p. c. phosphoric
acid. If a mixed fertilizer is
not used, 150 to 200 pounds of
nitrate of soda and 400 to 600
pounds of acid phosphate per
acre will be as satisfactory. If
no manure is available, a clover
sod should be selected and 1000
to 15000 pounds of fertilizer ap-
plied per acre. Limestone im-
proves the crop and 2 tons per
acre will prove satisfactory.

A thorough working of the
soil is advisable, particularly so
if the soil is heavy. If the
soil is sandy, level culture may
be best, but usually as cabbage
are planted on the heavier soils,
it is considered best to ridge the
soil into rows 30 inches apart.
The manure is spread broadcast
and plowed in, after which the
limestone is applied and the
ground thoroughly disced and
levelled with the harrow. The
fertilizer is then scattered
broadcast and the land put in
drills with the horse hoe, thus
throwing all the fertilizer into
the row, giving the plant a
needed vigorous start.

If cabbage are grown for an
early market, a southern, well
drained location should be se-
lected, but for late cabbage a
northern exposure will prove
most satisfactory. For early
cabbage, the plants should be
started in the hot-beds the first
of April. These are trans-
planted 1-2 inches apart into
flats about the middle of April,
and after being hardened off in
a cold frame early in May, will
be ready for planting to the
open ground about the 8th of May.
Copenhagen Market handled in
this way will be ready for mar-
ket the latter part of July or
early in August.

For late cabbage the seed is
usually sown in rows about 6
inches apart in good garden
soil, or in a cold frame about
the middle of May. It is wise
to provide for a cheese cloth
covering to keep out the fly of
the cabbage root maggot if this
pest is troublesome, otherwise
the plants may be ruined. These
plants should be set to the field
by the latter part of June. It
is wise not to seed too thickly
as the plants will not be as
stocky and are likely to become
leggy when crowded.

Cultivation should be such
that the ground is kept loose,
forming a fine mulch on the sur-
face to help conserve moisture.
The cabbage uses large quanti-
ties of water, and every provi-
sion should be made to prevent
the soil from becoming hard and
dried out by giving frequent cul-
tivation, particularly when dry

enough after rains.
The cost of growing cabbage
per acre should be approximate-
ly as follows:—
Manuring, 15 tons \$ 30.00
@ \$2.00 30.00
Fertilizer 30.00
Plowing and working 5.00
Half pound seed 2.00
Work on seed bed 5.00
Transplanting 15.00
Cultivating 7.00
Spraying 6.00
\$100.00

The plants are usually set
18 to 24 inches apart in the row.
If the plants are spaced 18 by
30 inches, it would require
11616 plants to set one acre.
Assuming that 10,000 plants
would develop into 5 lbs. cabb-
age, this would give a total of
25 tons per acre, which at 1c.
per pound, or \$20.00 per ton
would amount to \$500.00 per
acre. One must take into ac-
count losses from insects, etc.
and probably 12 1-2 tons of mar-
ketable heads per acre would be
an average crop. This, how-
ever, would give a crop worth
\$250.00 at 1c. per lb., with an
outlay of approximately \$100.00.

The Copenhagen Market is
the best early drumhead variety.
Succession is a good mid-sea-
son drumhead and the Flat
Dutch is a reliable sort. Fott-
lers Brunswick, Flat Swedish
and the large Drumhead are
other good ones. For winter
storage purposes the Danish
Roundhead and Danish Ball-
head, are two of the best.

The cabbage Rott Maggot is
the most difficult to control of
all cabbage insects. The white
egg is deposited by a small fly
at the base of the plant, and on
hatching the maggot penetrates
the root and destroys the plant.
Disks of tarred paper placed a-
round when they are set is con-
sidered effective by many. Suc-
cess in using them is dependent
upon their being properly ap-
plied to fit tightly so that the
fly will be unable to obtain ac-
cess to the soil at the stem of
the plant to lay her eggs. The
cabbage worm is usually con-
trolled by using arsenate of
lead, 2 pounds to 40 gallons
water. To this is added a
sticker made by boiling together
for one hour 2 pounds resin and
1 pound of sal soda in a gallon
of water, and this is added to
the 40 gallons. This may be
used safely until the heads are
half formed. Fresh Pyrethrum
insect powder, 1 pound to 4
pound of flour thoroughly mix-
ed and allowed to stand in a
tight vessel for 24 hours be-
fore using is an entirely safe
preparation to dust on cabbage
or cauliflower to kill this cater-
pillar.

The above article is written
by Prof. Blair of the Experimen-
tal Farm, Kentville, and will
be found of great interest to
all who can and will grow cab-
bage this year. There is no
doubt about a market as cabb-
age found a ready sale the
past year. In consultation with
the Supplies Limited of this
town they inform us that they
will be paying \$20.00 per ton
for cabbage this season and will
be in the market to buy 600-
000 lbs.— Editor Advertiser.

EDUCATIONAL DEPART- MENT CANADA FOOD BOARD.

"The Food Controller Says."

Rationing is a subject that
is receiving much newspaper
attention in Canada at present.
It is a thing that is as new
to us in theory and practice as
war was three years and a half
ago. That must be the only
excuse for some things which
are written. The general as-
sumption is that rationing can
be carried out, just as some
people thought price-fixing
could, by a mere wave of a
magic pen. When it is re-
membered, however, that Can-
ada's seven and a half million
people are scattered over an
area greater than Europe the
question at once arises: "Who
is to see to the carrying out
of the rationing scheme?" For
rationing means that each family
would be under an obligation
not to eat more on any day or
in any week than a certain set
amount of particular foods.

It would not be hard to make
a rule that so much bread should
be used by each person at a
meal. But how many mil-
lion police would be wanted to
attend to the execution of the
order? Even the making of
orders that would be fair in a
large city as compared with a
country home offers difficulties
little thought of. In the Mari-
time Provinces fish is plentiful
and comparatively cheap as in
the West are wheat and beef.
But more fish is not needed
"at the front" to anything like
the same extent that beef and
wheat most urgently are want-
ed.

What rationing plan could
ignore the "customs of the
country"? Yet immediately here
a discrepancy arises. One
might prescribe the use of beef
and wheat in Canada by decree
but its incidence would be un-
equal from the first. There
is, one way in which the food
saving could be made which
the whole end and object of
rationing. It is by a volun-
tary pledge of each home. In
three words this is nothing else
than by unremitting patriotic
saving of the food-stuffs that
are known to be wanted by the
Allies. No amount of talk-
ing can make up for this. It
is not a legal question at all
but a moral one, which must
be left to the conscience of each
household. There is not bet-
ter way for the present in which

those who cannot go to the
trenches can actually help in
the fight in Europe for moral
rightness and pure ideals of
life than in practicing in each
home at all times of the day
that honest carefulness to avoid
waste which would have to be
done under a compulsory ra-
tioning scheme.

In a way this is a new factor
which hitherto it has not been
possible to utilize. The Cana-
dian women is here especially
indicated to aid. So far wo-
man's work in the Dominion
had to do with Red Cross and
similar works of mercy. This
opens out the field enormous-
ly. Every woman who saves
bread, beef and pork products
is in fact and deed wielding
an unseen weapon in the war
as truly as her sisters behind
the trenches are in caring for
the broken and the maimed.

SEVEN WEEKS IN SHELL HOLE.

One of the most remarkable
experiences of the war was
that of Pte. J. Taylor of the
London Regiment, whose home
is at Holloway and who received
the D. C. M. for "extraordinary
pluck and endurance in his
determination not to fall into
the enemy's hands." He was
cut off with his company and
received a bullet in the thigh,
causing a compound fracture.
To avoid capture he crawled
into a shell hole, where he re-
mained the whole of which time
the surrounding district was
subjected to a severe bombard-
ment by our artillery. He lived
on tins of bully beef collected
at night from dead bodies, and
water which he obtained in a
waterproof cape.

After some weeks three of
the enemy visited his shell-hole,
but by feigning death he avoid-
ed capture and eventually suc-
ceeded in crawling back to our
lines—a distance of some 900
yards.

Newfoundland is rapidly
learning how to build her own
vessels. The Province is fill-
ed with excellent timber of al-
most every description. The
Curling Star says the shipbuild-
ing concern at Harbor Grace
has laid the keel of a 600 ton
ship. Four other ships of
over 400 tons each will be laid
down shortly. About two
hundred and fifty men are em-
ployed there at present, and the
"second city" promises to be a
busy spot in the very near
future.

Letter Received by Mrs. G. W.
Woodworth in answer to a
Xmas Stocking.

FRANCE,
Feb'y. 5, 1918.

Dear Friend:—
I take the liberty of calling
you a friend. For I have been
lucky enough to receive one of
the stockings which you sent to
a soldier. And I know that you
are indeed a friend.

It is friends like you and
other ladies at home that keep
the spirits of the boys at the
highest point. It is not only the
lads in the firing line who are
doing their bit. But you the
women of Canada are also doing
their bit and a big bit at
that. When they give of their
time and money to send com-
forts to the lads in France.
While I sympathize with you
over the fate of your brother,
Capt. Allen. Still I really be-
lieve he is better off after all.

Through fear the Hun is forced
to treat his prisoners now in
a decent manner. Which was
not always the case.

Again thanking you for your
very nice parcel, I remain.

Yours,
F. TUFTS.

THE ONLY MEDICINE FOR LITTLE ONES

Once a mother has used
Baby's Own Tablets for her little
ones she will use nothing else.
Their use teaches her they are
absolutely safe; that they never
fail to give relief and that the
little ones do not dread taking
them as they do castor oil and
other harsh purgatives. Con-
cerning the Tablets Mrs. John
M. Weaver, Blissfield, N. B.
says—"I have used Baby's Own
Tablets for the past ten years
and have found them so good
I always keep a box in the
house." The Tablets are sold
by medicine dealers or by mail
at 25 cents a box from The Dr.
Williams' Medicine Co., Brock-
ville, Ont.

ESTATE WORTH \$72,000

The inventory of the estate
of Mrs. Mary Alice Sheffield,
(widow of Dr. M. A. Sheffield,
St. John), who died at South-
ern Pines, North Carolina, has
been filed in the probate court
at Halifax. The inventory
shows the estate to be worth
\$72,000.37.

Real West Canadian Fur

THOSE who have never had the
privilege of seeing a wild fox in
the full glory of his winter cloth-
ing cannot begin to form a conception
of the beauty of the dress. In the
foothills and mountains of western
Canada these animals reach practi-
cally the same perfection they do in
the bitter cold of the Arctic. Some
people claim they possess a more
showy coat because they generally
fare better.

The ordinary dweller of the cities
pictures a fox as an indefinite red
creature something like a wolf or a
dog, but possessing a big tail. They
know a fox is called red generally,
but they do not know the shades.
Those people who have seen foxes in
cages also cannot appreciate the vast
difference between the captive and
the free.

The true wild fox in winter is a
wonderful creature of soft blendings
of bright gold, cream, the palest of
white, the sharpest of black. Every
hair shines with life and vigor, and
the brush is a magnificent appendage
which would make a true cross-coun-
try fox-hunter kill an Irish hunter to
obtain.

A splendid type of red fox trotted
up the snow-covered ice of the head-
waters of the Red Deer River in Al-
berta. He heard the sound of splin-
tering shell-ice and he paused to
listen. Far ahead some Stoney Indi-
ans, returning from their big annual
game drive to the Clearwater and the
Saskatchewan were crossing south-
ward, their ponies laden with the
meat of bear and deer and moose.
They were bound for their homes in
Morley, thirty miles distant, where
they would sit in comfort in the
warm log cabins for the remainder of
the winter, going out perhaps only to
feed their saddle horses or to pose in
their blankets on the Canadian
Pacific Railway platforms for the
benefit of any tourists who might be
travelling.

The fox took to the brush. It was
high noon; clouds had rolled down
from the peaks and soft new snow
was falling. Crossing another bend
of the river he came to a river flat
where the body of a dead horse lay.
He was as cautious as any fox but he



was confident that no harm lay in the
meat of this carcass because on the
preceding night he had slunk by
sparkled, at the foot of an open, snow-
filled gulch he spied his catch. It
was dead, its toes turned up as is
usual with the victims of strychnine.
Its shining red and white and black
coat, its huge, soft brush, were as
striking points of beauty as anything
else in that ermine covered, green
and silver studded spot of northern
beauty. But the hunter was material.
He was pleased because he had pro-
cured a girl in New York that when he
returned home from his holiday in
the foothill hunting country he would
bring her some real Canadian fur.

But sometime during that morning
a hunter in the district had "sited"
portions of the dead animal. He
had heard the coyotes at it and he
had been waiting for just that devel-
opment, knowing that after their
caution had been blunted by one feed
they would be back again and he
would be able to harvest some fur.
By and by he came to inspect his
"bait." He saw the fox tracks in the

fresh snow and he followed, but not
far. In a wooded dell where the
spruces and birches gloomed and
sparkled, at the foot of an open, snow-
filled gulch he spied his catch. It
was dead, its toes turned up as is
usual with the victims of strychnine.
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