

"BE MASTER OF YOUR HEALTH"

—Dr. Chase

Make your blood rich—strengthen your nerves, increase your vitality and build up your system generally by using

Dr. Chase's Nerve Food

You may be skeptical of what any medicine will do for you. But you are human—your vitality depends on an abundance of rich, red blood. Dr. Chase's Nerve Food supplies the ingredients from which new blood is created, and is bound to help you in the same way that it helps many thousands of others.

HERE IS THE PROOF

Peterboro

Mrs. James Bogue, 220 Dublin St., Peterboro, Ont., writes:—

"Three years ago I noticed that our children seemed to be suffering from bad nerves and poor appetites, and were inclined to anemia. Knowing the good of Dr. Chase's Nerve Food, I started to give them a treatment of this medicine. I found it built them right up, made them bright and cheery and restored their usual good health."

"I have also used the Nerve Food myself and found it very beneficial for nerves and heart. In fact I have found Dr. Chase's Nerve Food to be such a valuable medicine for general family use that I have recommended it to many of our friends and acquaintances."

Woodstock

Mrs. T. Allenby, 369 Main St., Woodstock, Ont., writes:—

"For several years I have made use of Dr. Chase's Nerve Food as a tonic and blood-builder. Whenever my system gets run down or I do not feel quite up to the mark, I resort to this medicine, and they never fail to build me up and strengthen me. Different members of our household have also made use of Dr. Chase's Nerve Food with splendid results."

Picton

Mrs. Arthur Hicks, Picton, Ont., writes:—

"About a year ago I was on the verge of nervous prostration. I became very irritable, and could scarcely stand the noise of the children. As for sleep, it was impossible. Then I had an attack of neuritis in my right arm and little finger. I had spent a great deal of money on different medicines, and doctored with different doctors, trying to get relief, but without success. Finally I tried Dr. Chase's Nerve Food, and they have given me a great benefit. My husband could see a great improvement in my looks in a short time. I feel so much better that I cannot speak too highly of Dr. Chase's Nerve Food, and would recommend them to anyone suffering from nervous troubles."

Guelph

Mrs. Emma Leach, 95 York Rd., Guelph, Ont., writes:—

"Last year my system became run-down, and I was troubled with nervousness. I had frequent headaches, and found it difficult to get a good night's sleep. I sometimes had a creepy sensation or hot flashes over my body. I secured some of Dr. Chase's Nerve Food in January, and after using them for a time I noticed an improvement. I therefore continued the treatment until the headaches and that creepy feeling disappeared. I got better control of my nerves, and now can go to bed and get a real good night's rest. We think a great deal of Dr. Chase's medicines, and I can certainly recommend the Nerve Food."

London

Mrs. S. Meathrel, 23 Hyla St., London, Ont., writes:—

"About a year ago I had a complete collapse from my nerves. I was taken to the hospital for a treatment, but it did not give me much relief. When I was brought home again, I went to the country for a change of air. I seemed to be a little better while there, but after my return home I did not feel much better. I used to have nervous spells, when my limbs would begin to shake, then grow cold, and I would be completely exhausted. I was also troubled with an accumulation of gas on my stomach, which caused palpitation of the heart. At last I decided to try Dr. Chase's Nerve Food, and after I had used them for a while, I could see that they were helping me, so I continued using them until I became quite well again. I became real strong and healthy, could sleep well at night, and was able to do my own housework. As I got stronger the nervous spells disappeared, and I have not had one since. I also used an occasional Kidney-Liver Pill in connection with the Nerve Food, which I think cured the gas on my stomach. I have received such benefit from these medicines that I wish to recommend them to others."

Hamilton

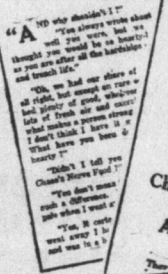
Mrs. S. Staunton, 136 McNab St. N., Hamilton, Ont., writes:—

"I have used Dr. Chase's Nerve Food for a run-down system, and found it splendid for strengthening and building up the body. I can recommend it to any person requiring a good tonic."

At this season almost everybody is in need of restorative treatment to keep up energy and vigor and to maintain health, strength and vitality. Everywhere people are talking about Dr. Chase's Nerve Food, because it seems to be exactly what is required in the great majority of cases to restore the run-down human system. 50 cents a box, 6 for \$2.75, all dealers, or Edmanson, Bates & Co., Ltd., Toronto. The portrait and signature of A. W. Chase, M. D., are on every box.



"Oh, You Do Look So Strong and Well"



Children's Diseases Are Not Necessary



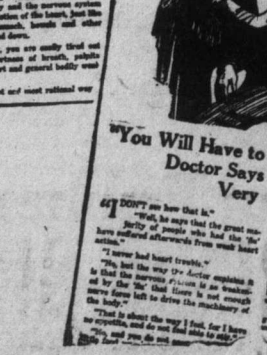
"I Am So Short of Breath"



"I Wonder If It Would Help Me"



"I Am So Afraid It Is My Heart"



"You Will Have to Be Careful, John, the Doctor Says Your Heart Is Very Weak"



"What is This Nerve Food You See Advertised in all the Papers, Some Kind of Patent Medicine?"



Workers in Chemicals and Metals Are Often Subject to Anemia



A Mother's Tribute



"I don't think I can go, Jessie, for I just feel wrecked"



"Will Morning Never Come"



"I Shall Have to Quit, Principal, I Cannot Manage This Class"

SAVE WINTER FODDERS

By Putting the Grain-Grinder and Cutting-Box in Shape.

It Pays in Time and Money to Overhaul Farm Machinery—Hints on Knife Adjustment—How to Estimate the Speed of Pulleys.

(Contributed by Ontario Department of Agriculture, Toronto.)

TIME in farm work will be saved by systematically overhauling the implements and machinery. This should be done after the season's work is over. Use tends to disorganize machinery: the fixed parts become loose through vibration, wear, stress, and strain; bearings, gears, joints, all bright and moving parts are attacked by rust, particularly if left out in the weather; oil holes and grease cups become clogged with gummed oil, dust and trash. All this accumulated matter should be scraped off and the parts wiped down with a rag saturated with kerosene; afterward covered with a coating of grease or oil as a protective measure against the devastating action of rust. To render efficient service and to prevent possible accidents these machines should be kept clean, properly adjusted, and run at correct speed.

The grain grinder shaft and bearings should not be allowed to become gummed up with oil and dust; the burrs or plates should be renewed when worn. In replacing them see that they are attached so that they do not wobble, and that the sleeves are free from rust, chaff, sand and gritty matter. All running parts should be kept well oiled.

Every working mechanism of the cutting box should be carefully examined and all trash and gummed oil removed from flywheel shaft, feed rolls, bearings and gears; guards and shields placed in position and securely fixed; the feed rolls should move freely up and down and the safety devices in working order. Attend to the cutter knives, have them properly ground and correctly adjusted to the flywheel in relation to the cutter bar; if too far the fodder will not be properly cut; if too close to the cutter bar the draft of the machine is increased, the knives acted as a brake on the flywheel, dulling both knives and cutter bar. Using a blower it is important that the proper speed be developed as the fan can only create sufficient blast by running fast enough to force air through the pipe at a rate of 9 to 10 thousand feet per minute. Speed is an important factor in operating these machines for efficient service, not only as to the amount done, but also as to the quality, or the amount of work accomplished, but most manufacturers state in their catalogues the speed at which the machine should travel. The operator should figure out the size of the pulley to attain the speed required.

The rule for speeds of pulleys is the diameter of the "driving" pulley multiplied by its speed is equal to the diameter of the "driven" pulley multiplied by its speed; or $D \times R = d \times r$ in which "D" is the diameter of the driving pulley multiplied by "R" its speed, and "d" the diameter of the driven pulley multiplied by "r" its speed. If we know three of these items we can easily figure out the fourth.

The driving pulley is the one that causes the belt to move. The driven pulley is the one that is moved by the belt. Possibly a farmer may have on hand an engine rated 2 h.p., speed 400 revolutions per minute with an 8-inch pulley. He buys a grinder without considering what relation its speed bears to that of his engine. When the grinder is hitched up to the engine it does not deliver the capacity expected of it. This promise should be given in this regard when buying additional machinery for the farm. We'll suppose the grinder bought is rated 2,000 to 2,500 R.P.M., 4 inches or 5 inch pulley; capacity per hour 3 to 10 bushels depending on the condition of the grain.

Relating this grinder to the engine, we find, taking the above formula that $88 \times 400 = d \times r$ $8 \times 400 = 800$ R.P.M., but the manufacturer's rating calls for 2,000 to 2,500 R.P.M. Hence the grinder is delivering only two-fifths of its rated capacity or something like 1.5 bushels per hour. To get the required speed the driving pulley on the engine should be 20 inches in diameter, worked out as follows:

$D \times R = d \times r$ $20000 = 4 \times r$ $5000 = r$ or the speed of the engine with an 8-inch pulley should be 5,000 R.P.M. worked out thus:

$D \times R = d \times r$ $20000 = 4 \times r$ $5000 = r$ This method applies also to finding the speed and size of pulleys of the cutting box.—Prof. Jno. Evans, O. A. College, Guelph.

Something About Egg Circles. There are about fifty Egg Circles in the province, ranging in membership all the way from four to 400. The story of all these egg circles and others which have failed would give an almost complete picture of how co-operation should, or should not, be carried on. In reading over the names where the circles are established, we find many of them whose previous market was the small-town local dealer, with his uneconomic method of marketing eggs. Such circles are now receiving, in spite of their distance from the central market, wholesale prices while unorganized parties nearer often receive lower prices.

By Way of Remembrance. Grogan—O! hate to mention it, Mrs. Cawsey, but your husband owed me ten dollars when he died. The Widow—Indade! Shure it's nice for ye to have something to remember him by.

High rents in Detroit forced a young bookkeeper to send his wife home for a season. On the Big Four, near Penningville, O., his daughter, Dorothy Beatrice was born.

A twig on a hydrangea bush in the yard into which he fell, entered the nose of an 11-year-old Freepoint, L.I., boy and pierced his brain. He died of spinal meningitis two days later.