

### The Farm Spring.

Natural spring waters are rarely dangerous to health, for the substances held in solution are generally harmless. A few waters, it is true, have properties that adapt them to medicinal rather than to drinking purposes, and others, although harmless, are objectionable in taste or odor.

There is no infallible way to detect pollution in small quantities. A common-sense inspection of the surrounding will usually show whether or not there is any possible source of contamination in the vicinity. If one is found, it should be removed immediately or the use of the spring should be discontinued.

A spring in soft ground, if the water is to be used for drinking, should be curbed with stone, brick or cement—not with wood. The top of the curbing should be at a height sufficient to prevent surface water from being washed over the whole should be placed a water-tight cover to prevent pollution from above. There should be no crack or opening in the curbing or between it and the covering through which toads, mice, or other small animals could enter. An opening left for the escape of water, or for other purposes, should be covered with wire netting. Stock should be fenced off from the vicinity of the spring.

A spring thus protected is generally safe from all pollution except that which reaches it by seepage. Usually such pollution is likely to occur only where there are dwellings or barns on the slopes above the spring. Even then, owing to the process of purification that the water undergoes in filtering through the earth, the danger is greatly lessened if the spring is one hundred and fifty feet or more from the source of contamination.

Rock waters, except those from limestones, are commonly safe if they are not beneath cities or towns. In such neighborhoods polluting matter is sometimes carried downward through cracks or fissures into springs on lower ground. In limestones the waters follow open underground channels, often miles in length, in which there is no opportunity of filtration; and if, as so often happens, polluting matter finds entrance through sink holes or otherwise, disease may be transmitted for long distances.

Springs in a limestone formation should, therefore, be carefully watched. Moldiness or floating matter rising with the water after rains is often an indication of connection with sink holes. If the sink holes are in cultivated or pasture lands, the safest course is to discontinue the use of the water.

If protected, as is here suggested, spring water is an ideal source of farm supply, especially if it can be piped to the house. Often the waters of the larger springs can be forced into the buildings by rams or windmills if they will not flow by gravity.

Spring water is best conducted through iron pipes, since poisoning often follows the use of lead-pipes if the water is not constantly flowing. Pipes must be laid well below the first line to prevent interruption of supply or breaks due to freezing.

### EARLY SYMPTOMS OF BLOODLESSNESS

Shown by Pallor of the Face and Lips—How to Obtain New Blood.

Anaemia, or lack of blood, is so gradual in its approach that it is often well developed before the patient is sufficiently alarmed to consult a doctor or take proper treatment to restore the blood to a healthy condition. The earliest symptom of anaemia is loss of color, especially in the lips, gums and membranes lining the eyelids. Then comes shortness of breath on slight exertion, such as going up stairs, palpitation of the heart, increased pallor of the face and lips. If this thinning of the blood is not corrected it will proceed rapidly until a complete breakdown in health follows, when there may be disorders of the stomach, headaches and back-aches, dizziness and fainting spells. The most effective and prompt way to increase and enrich the blood at a time like this is through the fair use of Dr. Williams' Pink Pills. These pills have restored to good health thousands of weak, anaemic people, among them Miss Mae Johnston, of Port Arthur, Ont., who says:—"Between the ages of sixteen and eighteen I worked in a telephone office, and it was very trying to the nerves and health. I became bloodless, and so pale that friends often said I looked consumptive. One night I had to be taken home from the office, and a doctor was called in who told me I must not go back for a time. Sometimes I would faint, and to walk up stairs would leave me utterly breathless. As I did not appear to be getting any better one of my girl friends, whose mother had used Dr. Williams' Pink Pills with great benefit, advised me to try these. I took the pills very faithfully for some time, with the result that they restored me to good health, and now when anyone tells me they feel weak or rundown I always recommend Dr. Williams' Pink Pills, as I feel so thankful for the help they gave me."

If you have any of the symptoms described by Miss Johnston try building up the blood with Dr. Williams' Pink Pills. Eat nourishing food, exercise a little in the open air daily and watch the color return to cheeks and lips. You can run no risk in giving Dr. Williams' Pink Pills a trial as they can not injure the most delicate system. You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

### Why I Grow Forage Crops.

Years ago forage crops were considered of very small importance, and their true value was practically unknown to many landowners. Times, however, are changing, and many good things have come to light through absolute necessity. Among these are our different kinds of forage crops.

Years ago I tried out the different kinds of forage crops that I found we could grow. My work at that time was more of an experimental nature, but some of the lessons learned from small plots have been of inestimable value to us. I have learned something of the real feeding value of these crops, and have always found them to be of value when handled properly.

There is nothing that helps more to make hog-raising profitable than a good forage crop. I firmly believe the time is now at hand when we will not find it profitable to raise hogs without an abundance of forage. Rape makes good forage for hogs. The advantage of rape is that it can be grown continuously throughout the growing season.

In the past we have aimed to prepare only sufficient acreage for the hogs. However, other stock will benefit greatly if the acreage is large enough. This will depend largely on the season. When the season is favorable a great crop of forage can be grown from a comparatively small acreage.

I like red clover because of its high feeding value, and because it can be readily worked in with other crop rotations. For many years past it has furnished us with an abundance of hog and cattle pasture. In order to grow red clover successfully, the land must be sweet, well drained, and fairly rich.

### Catworm Control Measures.

Careful study of tobacco insect pests and methods of eradication has been made by H. A. Freeman, Tobacco Inspector. Some knowledge of the life history of these insects is necessary to properly cope with them. Frequently they can be attacked when in that stage of their development in which they do no damage to growing crops. One of the simplest and easiest methods of attacking these insects is through fall plowing of the tobacco field, which destroys all vegetation on which the insects may feed, and also exposes these insects in their winter stages to alternate freezing and thawing.

During the crop growing season the most certain and practical method of control is through destruction of the insects by poisoning. There are three ways of using poisons against cutworms: 1. Spraying the tobacco plant. 2. Spraying trap crops; and 3. using poisoned bait.

Poisoned bait is most generally used. In using this material it is advisable to keep the field as clean as possible of weeds two or three weeks preceding transplanting time in order to reduce the food supply of the worms and render them hungry. A couple of days previous to transplanting spray a small patch of clover with Paris Green at the rate of one ounce to six gallons of water. Cut the clover in small pieces and scatter in small handfuls about the fields, preferably on a cloudy day and in the evening when cutworms are out for feed, and the clover will not dry out too rapidly. If these poison baits are not more than 6 to 8 feet apart the worms will have no trouble in finding them. This treatment should be repeated once or twice.

Instead of poisoned clover bait poisoned bran mash may be used. This is made by mixing one pound of dry Paris Green with 40 pounds of bran. To this add a little sweetened water or cheap syrup, stirring it thoroughly until moistened uniformly. This is scattered about the field in the same way as the clover bait, and seems to be more attractive to the worms even than clover. All poultry should be excluded from the area for some time, or at least until the rain has washed the poison away.

"Death is a great teacher; from him men learn what are the things they really value."—Donald Hankey.

### A STUNNING PARIS MODEL



9459—Ladies' Dress (surplice closing, two styles of sleeve; two-piece skirt with or without peplum, 37 or 35-inch length from waistline). Price, 25 cents. In 7 sizes, 34 to 46 ins. bust measure. Size 36 requires 4 1/2 yds. 40 ins. wide. Width around the bottom, 1 1/2 yds. This pattern may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond Street, Toronto, Ont.

### Cost of Complaining.

'Taint in the way o' common sense To growl at rain an' bring the sun; A grumbler never built a fence Or finished work that should be done. I've never known the clouds to go Because some fellows eat an' whine, When it's too wet to plough or hoe, Some other task to do to find. I've never known a kicker yet To alter things past his control. Nor met a man with power to fret An easier journey to his goal. Fond hopes go wrong an' plans will stray However much a man complains, An' spite of all we have to say When it is willed to rain, it rains. The chap that gets the biggest crops Is not the one that wears the crown; When growin' starts all progress stops. No man can climb by sitting down. Time spent in whimperin' is lost. An' cursin' never changed the sky; The grumbler pays a heavy cost For every discontented sigh.

### Where Woman Really Rules.

Tiburon, otherwise known as Shark Island, is a real Amazon kingdom, or perhaps queenland.

The women are the heads of the family and rule the men with a hand of iron, graciously permitting them to attend to the work of gathering food, wood, and water, while their wives, mothers and daughters take care of the serious business of governing the country.

All the men on Tiburon are under the rule of their women-folk, but the newly married husband is the most abject of slaves. After mother has approved of the suitor—who seeks her daughter in marriage—father's approval is taken for granted—the favored youth is at once made a slave of the family of his future bride, and for a year must be at their beck and call.

### Earth's Noblest Thing.

Women are a new race, recreated since the world received Christianity.—Beecher.

Earth has nothing more tender than a woman's heart when it is the abode of pity.—Luther.

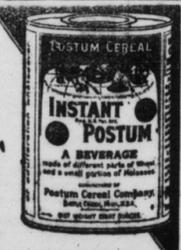
Woman is born for love, and it is impossible to turn her from seeking it.—Margaret Fuller Ossoli.

Handsome women without religion are like flowers without perfume.—Helene.

Woman is the masterpiece.—Confucius.

If there were but one potato in the world, a careful cultivator might produce 10,000,000,000 from it in ten years, and thus supply the world with seed again.

### Less Trouble to make your table beverage when it is INSTANT POSTUM



It is made instantly by adding hot water to a spoonful in the cup stirring and adding sugar and cream to taste.

Sold by Grocers

### BITS OF HUMOR FROM HERE & THERE

Made a Big Difference.

Bringing with him an electric atmosphere, the man strode into the newspaper office and banged his stick on the counter.

"Where's the editor?" he shouted angrily.

"He's—he's out!" replied the clerk nervously. "What's he done this time?"

"In that advertisement for my valveless motor," stormed the visitor, "he's turned the second 'v' into a 'u'!"

Their First Haul.

With the summer come sunshine and flowers and lots of other joys—and sorrow. Little Dorothy's mother was fully alive to the situation, and made preparations beforehand.

She sent her daughter into the kitchen to go through the parcels from the grocer's shop and pick out some fly-papers.

But Dorothy returned not, and at last mother got impatient.

"Hurry up, dear!" she called from the dining-room. "Can't you get them?"

"No, mummy," came a sad little voice in reply. "They've got me, but we're both coming."

### CHILDHOOD CONSTIPATION

Constipation is one of the most common ailments of childhood and the child suffering from it cannot thrive. To keep the children well the bowels must be kept regular and the stomach sweet. To do this nothing can equal Baby's Own Tablets. They are a mild but thorough laxative; are absolutely safe and never fail to relieve constipation and indigestion; colds and simple fever. Concerning them Mrs. Jules Fauquereau, Nominique, Que., writes:—"My baby was terribly constipated and suffered day and night. I was advised to give him Baby's Own Tablets and from the first they helped him and now at the age of thirteen months he is a big, healthy, happy boy." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Spain is Land of Licorice.

The greater part of black licorice is derived from Spain, where it is made from the juice of the plant and mixed with starch to prevent it from melting in hot weather. The licorice plant is a shrub that attains a height of three feet, and it grows wild where its roots reach the water. It flourishes especially on the banks of the Tigris and Euphrates rivers. Since the Valley of the Euphrates contained one of the earliest civilizations in the world, the probability is that licorice is about the oldest confection in the world, and the taste which the boys and girls of to-day like so well was enjoyed by the youngsters of 2,000 years ago.

### For Spanish Influenza

The Liniment that Cures All Ailments—

### MINARD'S

THE OLD RELIABLE—Try It

MINARD'S LINIMENT CO., Limited, Yarmouth, N.S.

Adding to the World's Good.

It is not alone those high in place or great in the world's esteem who have the opportunity of living a purposeful life and of accomplishing a part in the world's work. Whoever does a useful thing, and does it well and cheerfully, is contributing to the world's happiness and betterment. Whoever does no more than keep himself truly happy, is adding to the world's good.

### Bottoms of Ancient Lakes.

Many of the most fertile valleys and plains in the world appear to be the bottoms of ancient lakes laid dry, an exit having been opened by some convulsion of nature, in some instances by mere gradual operations, for the waters that were previously inclosed by impenetrable barriers.

Most of the great rivers were formerly successions of lakes, like the St. Lawrence river in North America. The level spaces between the Allegheny Mountains and other parallel chains appear to have been inland lakes, until the rivers which descend from these heights formed for themselves exits.

The Euxine and Caspian seas, as well as Lake Aral and several others, are the remains of an extensive sea, which covered the great part of the north of Asia, according to the belief of Peter Simon Pallas, the German naturalist. It has been conjectured that the opening of the Bosphorus was the occasion of the draining of this ocean in the midst of Europe and Asia, the memory of this disruption of the two continents being preserved in the traditions of Greece.

### DOG DISEASES

Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author, H. Clay Glover Co., Inc., 115 West 21st Street, New York, U.S.A.

### NEURITIS

So many have Neuritis, that painful, paralyzing inflammation of the nerves, do not realize another day. If you are a victim, try

### Templeton's Rheumatic Capsules

Nothing else brings relief so quickly and so surely. Send for free sample to Templetons, 142 King St. W., Toronto.

For sale at reliable drug-gists for \$1.04 a box.

### ASTHMA

Templeton's RAZ-MAH Capsules are guaranteed to relieve ASTHMA. Don't suffer another day. Write Templetons, 142 King St. W., Toronto, for free sample. Reliable druggists sell them at \$1.04 a box.

### DAD! YOUR HAIR IS FALLING FAST

"Danderine" will check that ugly dandruff and stop hair coming out



### TWO MONTHS OLD BABY HAD ECZEMA

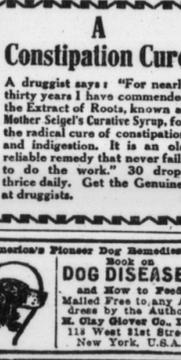
On Face, Very Sore and Itched. Did Not Sleep. Cuticura Heals.

"When my little niece was two months old she had eczema very badly on her face. It was of a moist kind, and took a blister form, and was very sore. It itched, making her face feel hot, and she would scratch badly. She did not sleep well nights. A neighbor recommended Cuticura so we got them, and one cake of Soap and two boxes of Ointment healed her." (Signed) Miss Zilla G. Stoddard, R. F. D. 3, Randolph Centre, Vt., March 10, 1919.

Makes Cuticura Soap, Ointment and Talcum your daily toilet preparations. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion, Canadian Depot: Empire Limited, St. Paul St., Montreal. Cuticura Soap always without cost.

### ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



For Colds, Pain, Lumbago, Stiffness, Rheumatism, Sciatica, Neuritis, and for Headache, Neuralgia, Toothache, Earache, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all. Accept only "Bayer" Tablets of lets cost but a few cents. Druggists Aspirin in an unbroken "Bayer" package.

There is only one Aspirin—"Bayer"—You must say "Bayer"

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoc-aceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

### ANCHOR PLUG TOBACCO

15¢ a Plug 2 for 25¢

ANCHOR PLUG is the chewing tobacco of superlative excellence.

Try a plug today.

It Holds its Flavor

### "SYRUP OF FIGS" CHILD'S LAXATIVE

Look at tongue! Remove poisons from little stomach, liver and bowels



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear. Mother! You must say "California."

Horses on the farm in England and Wales in 1919 totaled 10,000 more than last year, notwithstanding the increase of traction.

### Classified Advertisements.

STEVENS' COMPLETE FERTILIZER will pay you. George Stevens, Peterborough, Ontario.

FOR SALE WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$1500. Will go for \$1500 on quick sale. Box 66 Times Publishing Co., Ltd., Toronto.

SOFT ELM WANTED. 3 IN. AND 4 IN. THICKER, SHIPPED GREEN FROM SEAS. Do not sell until you communicate with us. Keenan Bros. Limited, Owen Sound, Ont.

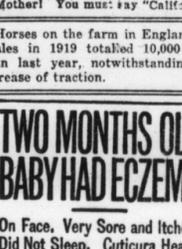
TRAINING SCHOOL FOR NURSES. REGISTERED TRAINING SCHOOL for Nurses: St. Elizabeth Hospital, 264 South Broad Street, Elizabeth, New Jersey. Complete course. Monthly allowance first year \$2.00, second year \$3.00, third \$15.00. Address: Superintendent.

MISCELLANEOUS. CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co. Limited, Collingwood, Ont.

WOULD YOU PAY EIGHT CENTS a day to insure against loss of time from sickness or accidents? We have a policy that will do so. Further information will cheerfully be given by writing Mr. Barlow, Continental Casualty Company, 50 King Street East, Toronto. Agents wishing to get with a high grade Company, using part, or all of their time, write us.

### Lift off Corns!

Doesn't hurt a bit and Freezons costs only a few cents.



### SHILOH

30 DROPS COUGHS

### ANCHOR PLUG TOBACCO

15¢ a Plug 2 for 25¢

ANCHOR PLUG is the chewing tobacco of superlative excellence.

Try a plug today.

It Holds its Flavor

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