

The Path to Health

For many thousands of women the Path to Health has certainly been through Lydia E. Pinkham's Vegetable Compound. When this great remedy was first introduced, and for many years after, skeptics frowned upon its curative claims, but as year after year has rolled by and the little group of women who had been cured by it has since grown into a vast army of hundreds of thousands—doubt and skepticism have been swept away as by a mighty tidal wave, until today this purely vegetable medicine is recognized as the greatest remedy for woman's special ills in the world. This is because it is a wonderful tonic and reconstructor which acts directly and favorably upon the feminine organization and is a specific for that purpose.

Women in All Countries Depend Upon

Lydia E. Pinkham's Vegetable Compound



which is carried the "Hessian Fly" stage from its resemblance in size, color and shape to this seed. In this condition it passes the winter, fully protected by its position in the stem and safe from injury. In the following May the fly emerges and deposits its eggs for the production of a second brood. These eggs are laid upon the young spring wheat at one of the lower joints of the stem, and upon any of the fall plants that have escaped the previous attack and survived the winter. The effect of the work of the maggot is to cause a weakening and hardening of the stem at the point of attack, which results in the bending down or breaking off of the plant. The Hessian Fly stage is reached in due course and the insect remains in that condition until the crop is harvested. As the pest, when present, is usually very numerous, great damage is done to both the fall and spring crops and very serious loss is suffered by the farmer.

Remedies.—Prevention in this case is better than cure. It has been found that fall wheat may escape attack if sown not earlier than the 20th of September in southwestern Ontario, or a little earlier in other parts of the Province. The parent flies are on the wing at the beginning of September and by the dates mentioned, the period of egg-laying is over. This plan can be made more certain of success if a strip of wheat is sown at the beginning of the month to serve as a trap crop. The flies lay their eggs on these early plants before the main crop is above ground. By ploughing under this strip the brood is effectually destroyed and all danger is escaped.

After the crop of an infested field has been taken off, if practicable, the stubble should be burned; but if this cannot be done, it should be ploughed deeply under to prevent the flies, which are about to hatch out to reach the surface of the ground and escape for the production of another brood. Wheat should not be grown again on the same piece of ground for at least a couple of years. As many of the "Hessian Fly" remain in the straw, it is advisable to collect and burn the screenings from the threshing machine. By the adoption of these methods, which involve little trouble or expense, the farmer may be reasonably sure of getting a full return for his industry, as far as least as this Hessian pest is concerned.—Dr. C. J. S. Bethune, O. A. College, Guelph.

Your local fall fair is a good advertising medium for your stock. A better selection of a ram can be made early before breeders are nearly sold out. The ram will become accustomed to his new quarters and give greater satisfaction.

Increasing Value of Cows.

The farm cow that gives milk for human food stands first in value among animals on the stock farm. Not even the total value of all other



Average Price of Milk Cows Per Head Has Increased From \$58.25 in 1915 to \$91.95 in 1919.

cattle is equal to the value of the dairy cow. The average price per head of milk cows in this country has increased from \$58.25, since January 1, 1915, to \$91.95, the average for 1919, or a gain of 58 per cent. In five years, according to the Department of Agriculture.

Machine "Bags" Potatoes.

A machine recently invented by an Ohio farmer is calculated to overcome the last remaining difficulty in the way of handling the potato crop from seed to sacking, entirely by mechanical means. The new device is a bagger, mounted on a three-wheeled platform, which is attached to the mechanical digger. The bags are suspended from a standard erected on the platform and just high enough to allow the bottom of the bag to rest on the platform itself. In order to effect the filling of the bag the elevator at the rear of the digger is extended so that it will carry the potatoes to higher level than the top of the bag, where it delivers the newly-dug tubers into an inclosed screen which conveys them to the mouth of the bag. With his device, two men—one on the platform, to tie and shift the bags, and another following the digger to pick up small potatoes that fall through the conveyor—are able to accomplish work that would keep six men busy if hand picking had to be depended on.

Food Required by Chickens.

Experiments carried on for eleven months with 40 hens at the agricultural experiment station, Ames, Ia., show that the food required by hens to produce a dozen eggs costs from 18 to 19 cents.

Improvement of the herd comes through the sire. Therefore, make sure you get a right good one.

In selecting a sire attention must be paid to the average type of females in the herd.

SALT IN RATIONS.

Salt, Charcoal, Lime, Bonemeal and Wood Ashes for Swine.

Common salt (sodium chloride) plays an important part in the diet of most classes of farm animals. This will be better appreciated if we stop to consider that, of the minerals in the fluids of the body, salt is present in the largest amount. Salt does not contribute directly to the energy of the body as does the food consumed, but nevertheless, it is necessary in the proper nutrition of the body. Besides its physiological action, salt serves as an appetizer and increases the palatability of many foods. It also stimulates the secretion of digestive juices, promotes good circulation of the fluids of the body and prevents digestive disturbances.

Of the common classes of farm animals, namely horses, cattle, sheep and swine, the latter have the least need of salt. This is in all probability due to the difference in diet, that of swine usually consisting largely of grain, whereas other classes consuming large quantities of salt deplete the stomach and bowels, causing gases, diarrhoea, convulsions and paralysis, often resulting in death. Nevertheless pigs should have access to salt, the best means of providing it being to keep it before them at all times, in a covered receptacle if outdoors, a mixture of salt, charcoal, air-slaked lime, bonemeal and wood ashes or soft coal cinders.

For sheep salt is very necessary. Keeping it before them at all times is here again the most advisable course, for an irregular supply induces scouring. The salt tends to keep the sheep in a good state of health, and they are better able to ward off attacks of disease or internal parasites. Furthermore, sheep fed plenty of salt shear a better quality and heavier fleece than do those receiving no salt.

In the case of cows owing to their much larger size and the fact that they are giving daily large amounts of milk which contains considerable salt, a heavier ration of salt is needed. For cows being fed in the stable up to 2.5 ounces per day is recommended. While cows giving a heavy flow of milk require an abundance of salt, at the same time the dry, pregnant cows should not be overlooked as their requirements are even greater. Cattle on pasture usually require less salt than those in doors, and the amount necessary varies with the nature of the soil and vegetation. On this account it is advisable to have a supply before them at all times. Either rock salt or ground salt may be used, but in either case it should be placed in a receptacle in which it will be sheltered from the rain, or much of it will be lost. Young growing animals usually require a larger percentage of salt than do mature animals.

Horses are no exception in the matter of salt requirement. Here again it should be regularly supplied. A sack of rock salt in the corner of the manger where the horse can get it at will is the best means of provision. Horses at heavy work require more than those that are idle or at light work. An allowance of two ounces per day is generally recommended.—Experimental Farm Note.

Chinese Tendencies Prevail.

Chinese tendencies are everywhere noticeable in the vivid greens, blues, yellowish-red and burnt orange favored for the coming season. The hip-length mandarin cloak—or shall we call it a blouse, since it oftentimes answers this purpose?—is being worn at the southern resorts, and will be in the North. Of black or green or burnt orange satin, plain or covered at intervals with an all-over embroidered design, and, with bordering bands of contrasting satin about the open throat and loose sleeves, it is admirably effective and is oftentimes worn over a short, straight, knife-plated skirt of oyster-white tussore. The couturier usually bears in mind the fact that the true Chinese cloak fastens on the right side.

Cow's Milk for Foal.

When beginning to give a foal cow's milk do so most gradually. If it is suddenly given a full meal, indigestion and troublesome results will be sure to occur, but if given in small quantities, and often, there should be no complaints. When once accustomed to a cow's milk there will be few or no dangers in feeding more liberally.

Brick-Laying Army Wanted.

Before the war there were 900,000 men employed in the building trade in England; now there are only 650,000. A great brick-laying army is wanted.

Time Has Tested It.—Dr. Thomas' Electric Oil has been on the market upwards of thirty years and in that time it has proved a blessing to thousands. It is in high favor throughout Canada and its excellence has carried its fame beyond the seas. It has no equal in the whole list of liniments. If it were double the price it would be a cheap liniment.

Read Guide-Advocate Want Ads.

HESSIAN FLY HISTORY

Some Facts About This Enemy of the Wickets.

The Maggot Stage the Dangerous Period—Late Sowing to Evade Injury—Trap Crops Are Also Recommended—September Butter Packs Well.

(Contributed by Ontario Department of Agriculture, Toronto.)

EVERY year complaints are made of the ravages of this minute insect, especially in those parts of the Province where fall wheat is grown. In some places a large proportion of the crop may be destroyed, while in others the amount of injury may be slight.

The insect gets its name from the supposition that it was brought to America in straw carried by some Hessian soldiers, who were sent out from England during the Revolutionary war. These troops landed on Long Island in 1776, and three years later the wheat crops in the neighborhood of their camp were found to be seriously injured by the newly imported insect. This account of its arrival in America has been disputed by some investigators who declare that it occurred on this continent many years before. However this may be, the name of "Hessian Fly" has been universally adopted in all parts of the world where wheat is grown. It certainly received its scientific name (*Cecidomyia destructor*) from Thomas Say, a pioneer American entomologist, in 1820.

From Long Island it gradually spread throughout the State of New York and then southward, westward and northward, till it finally reached California in 1884. In Canada it was associated with the Wheat Midge during the years 1854 to 1857, when the wheat crops in this country were totally destroyed and the farmers were driven to despair. In 1856 the Bureau of Agriculture in Toronto offered prizes for the best essays on the insect enemies and diseases of the wheat plant. The highest award was made to Prof. H. Y. Hind, of Trinity College, Toronto, and his essay was officially published in 1857 and widely distributed among the farmers of this Province. The book is an admirable production, and is full of valuable information on these enemies of wheat which is just as useful now as it was some sixty years ago.

The Hessian Fly is a small two-winged gnat, about one-eighth of an inch in length and dark in color. Owing to its minute size and active habits it is seldom seen, and few, if any, of our farmers would be able to recognize it. The female fly lays from 100 to 150 eggs, depositing them in rows of four or five on the surface of the wheat leaf near the ground. From these small maggots soon hatch out and burrow beneath the sheaf and into the stalk where they absorb the juices of the plant. After a time the plants turn yellow and die, which is usually the first indication of the insect's presence.

After some time the maggot becomes full-grown, its skin hardens, turns brown, and it forms a puparium

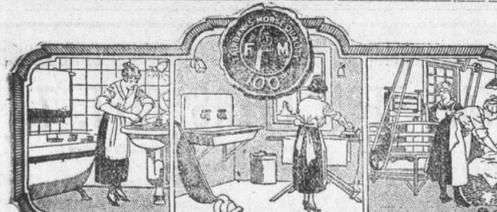
2 IN 1

BROWN AND OX-BLOOD SHOE POLISHES

THE GREAT HOME SHINE

ALSO FOR BLACK, TAN AND WHITE SHOES

THE F. F. DALLEY CORPORATIONS LTD., HAMILTON, CAN.



You can have all these helps on the farm.

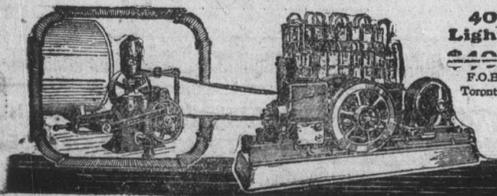
IN the best lighted farm homes, brilliant, clean electric light floods every room, cellar, stairways, stables, and other buildings at the touch of a button. These folks also have running water in bathroom, laundry, kitchen and outbuildings by turning a tap. No one turns the separator, grindstone, fanning mill, or churn—the "F" Power and Light Plant does all these jobs as quickly and easily as it pumps water.

The womenfolk are not slaves to the wash tub, and there are no lamps to fill and clean—the "F" Plant ends such drudgery. They save time and labour by using an electric iron and vacuum cleaner. The farm help is contented, does more work and becomes attached to the place.

You can live under the same happy and prosperous conditions.

Call in the first time you are near and learn how the "F" Power and Light Plant will save dollars, and work for you.

J. MCKERCHER



40 Light 2400 F.O.B. Toronto