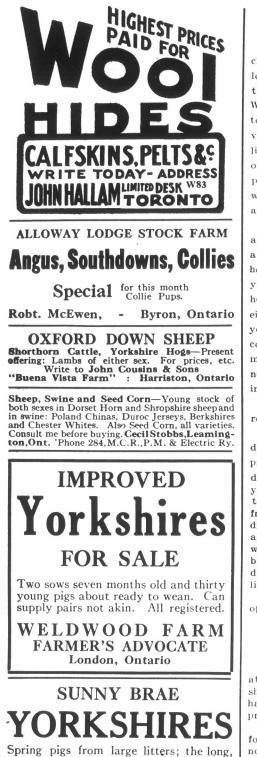
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## THE FARMER'S ADVOCATE.

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## Vegetables or Meats, or Both.

Those who eat steak, pork and lamb chops, sirloin of beef, leg of lamb and loin of pork with a relish, and live and thrive on them, will not agree with Dr. Wu Ting Fang, former Chinese Minister to the United States, who, in an interview by Samuel G. Blythe recently published in the Saturday Evening Post, outlined his ideas as a vegetarian. People who pin, their appetit s to vegetables will enjoy this. In reply to a question as to his age, Mr. Wu suid :

"I take no count of years. A man is as he thinks. Never forget that ! If a man thinks he is old, he is old. If he thinks he is young, he is young. If you have a man aged twenty who thinks he is sick, and you have a man aged eighty who knows he is well, which do you prefer ? The man aged eighty, of course. He is more useful to the community. Age is a relative thing. I never consider my years. I always think in terms of youth."

Asked how long he would live, Mr. Wu replied :

"Oh, as long as I want to-two hundred years, say; or maybe more! At present I have decided to live two hundred years. Maybe in fifty or sixty years I shall get tired of it and decide to die; but if I continue in my present frame of mind I shall live for two hundred years at least. Any man can live as long as he wants to. It is only when a man makes up his mind to die, barring accidents or calamity, that he does die. If he makes up his mind to live he will live indefinitely. "You have some basis for this philos-

ophy.'

- "I have." " What is it?"
- "Vegetarianism !"
- "Are you still a vegetarian?"

"Certainly !" Mr. Wu was astonished at the question. "Why not? Why should I go back to flesh eating when I have found the fountain of youth in my present manner of living ?"

"Look at what vegetarianism has done for me !" he continued. "I have eaten no flesh for eight or ten years. I have lost all my afflictions. I get younger year by year. Why, having found this panacea, should I be so foolish, s) wickedly foolish, as to go back to flesh and the infirmities it causes ?" "There is no doubt." Mr. Wu

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> That the milk of the silage fed cows is far richer in cream.

That an acre of land will produce ordinarily less than two tons of hay, but more than fifteen tons of silage

That more cows can'be kept with a silo than without.

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Bu'il't of selected spruce, creosoted to preserve it, with steel splines in the end joints of the staves and all

Staves Double - tongued and Grooved

making both end and side joints absolutely solid and airtight, special steel hoops with wrought iron lugs (not cast iron). The roof is covered with weather-proof Panamoid roofing. There is an adjustable dormer window for filling and lighting.

Save money by using a Chapman Silo

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SAVE \$7.75 barrel of barrel of MEDICO"-mix it yourself with common salt. Cheapest and most effective way to kil worms. Write for "Worm Destruction" free on request. NM. COOPER & NEPHEWS, 184 W. Huron Street, CHICAGO

## **IMPROVED YORKSHIRES**

We are offering a few extra choice Brood Sows in plg, due between May 1st and June 15th. These Bows are priced very reasonably, and will sell in thort order. We have a few young Boars fit to bead any herd. Pomona Farm, Cobourg, Ont.

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25 young sows, bred for spring farrow and a few choice young boars, registered. Write for prices John W. Todd, R.R. No. 1, Corinth, Ontario

Poland-China, Chester White Swine tock of any age, either sex, both breeds. A limited quantity of Al seed corn, White Cap and Leam-Ing. Order early and avoid disappointment. Pr easy. Geo. G. Gould, Essex, Ont., R.R. 4.

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Berkshirkes from prize-winning dams, Guelph and Toronto. Herd headed by Montain Pat, 1st aged class and champion at Toronto in Aug, and Nov. and at London 1913 Ira Nichols, Box 988, Woodstock, Ont

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"that when a man eats flesh he puts into himself a certain poison which is detrimental to his well-being. There is no doubt of that, is there? Why, since I became a vegetarian I have lost all the ills I had. I never catch cold; nor have I any dyspepsia or sciatica."

Mr. Wu eats eggs and drinks milk, takes no breakfast, and here is one of his daily menu cards :

"I have just finished my luncheon. had some brown bread and ate a nut substitute for butter on it. I had a dish of vegetables and a dish of almonds, and a potato. After that 1 ate a mango and an orange."

"For dinner 1 will have some more vegetables and a bowl of rice. I substitute the rice for bread at the evening meal."

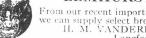
Mr. Gardener, get busy; Mr. Meatproducer, make an assignment.

## Gossip.

Volume 31 of the Dominion Shorthorn Herdbook, edited in the office of the Canadian National Live-stock Records, Ottawa. Canada, containing the pedigres of Shorthorn cattle, unported and Canadian-bred, recorded frem January 1 to December 31, 1914, inclusive, has been issued from the press and a copy received at this office. This volume contains pedigrees of bulls numbered from 92540 to 97424, and cows from 105770 to 1111149, and was edited by R. G. T. Hitchman, Relistrar.

Kind Stran et " H w (ld is your) aby brother, little girl?" Little Girl - 11 's a this year's model."





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