

Nervous Headache

AND MUSCULAR RHEUMATISM
DISAPPEARED WHEN THE
NERVES WERE RESTOR-
ED BY

DR. CHASE'S NERVE FOOD

Feeble, wasted, starved nerves often make their condition known by nervous headaches. This is one of the first and most marked symptoms.

If you are at all subject to rheumatism you have noticed how much worse it gets when the system gets run down. Both nervous headache and muscular rheumatism disappear when Dr. Chase's Nerve Food is used to re-build and re-vitalize the wasted and weakened body.

Mr. James Riley, moulder for the Waterous Engine Co., 46 Jarvis St., Brantford, Ont., writes: "I suffered for years with muscular rheumatism and as I also had frequent and severe attacks of nervous headache I concluded that the trouble came from the nerves and began using Dr. Chase's Nerve Food. As I continued this treatment the rheumatism was gradually driven out of the system, my nerves got stronger and steadier and the headaches disappeared. I consider Dr. Chase's Nerve Food a splendid nerve regulator and health builder."

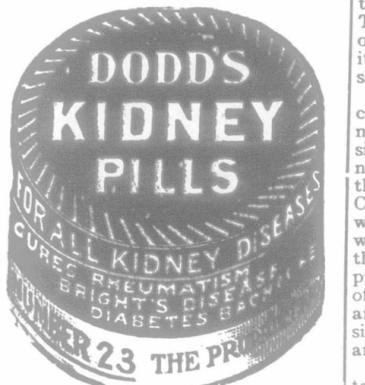
You cannot possibly make a mistake in using Dr. Chase's Nerve Food when the nervous system gets run down, for by forming new, rich blood this great food cure builds up the nerve cells as nothing else can.

When you have made up your mind to test this treatment, go at it in earnest and keep at it regularly until you feel again the joy of health and vigor. 50 cents a box, 6 for \$2.50, all dealers; or Edmanson, Bates & Co., Toronto. Write for free copy of Dr. Chase's Recipes.

Boo Spavin

Cure the lameness and remove the bunch without scarring the horse—have the part looking just as it did before the lameness came.
Fleming's Spavin Cure (Liquid) is a special remedy for soft and semi-solid swellings—Boo Spavin, Thoroughpin, Splint, Oub, Capped Hock, etc. It is neither a liniment nor a simple blister, but a remedy unlike any other—doesn't irritate and can't be misused. Easy to use, only a little required, and your money back if it ever fails.
Fleming's Vest-Pocket Veterinary Adviser describes and illustrates all kinds of ailments and gives you the information you ought to have before ordering or buying any kind of a remedy. Mailed free if you write.
FLEMING BROS., Chemists
6 Church St., Toronto, Ontario

from the ground floor lay a dropping floor" and above it arrange the roosts. By hanging a heavy cotton curtain in front of this roosting pen, which curtain can be raised in daytime, you have snug roosting quarters for cold nights. Have an entrance door at one end only, partition doors connecting with the other pens.
As good a way as any to ventilate is to leave the windows open; or better,



remove the glass from one sash and tack in its place a piece of cotton or duck. The cloth diffuses the air as it enters and dangerous draughts do not result. There is not much danger of a house thus constructed being damp. Do not be afraid that it will be too cold. Hens can stand fairly low temperatures if the house is dry and free from draughts and they have warm roosting quarters.

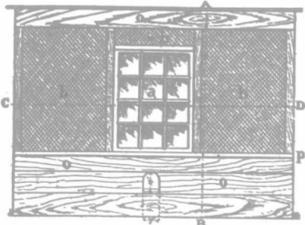
2. As a rule one of the utility breeds will be found most generally satisfactory. The three best examples of these are Plymouth Rock, Wyandottes and Orpingtons. You should find these breeds nearly alike as layers. They are all hardy.

3. Give the fowls a variety, grain, mash, meat and green foods. In winter feeding for eggs try as nearly as possible to imitate summer conditions when the hens are running out. Green food, such as chopped cabbages, roots of any kind or steeped clover should be given liberally; meat scraps two or three times a week or green cut bone is the cheapest animal food. Wheat, oats and barley are the common grain foods. These should be fed in a good, deep litter to make the fowls exercise digging it out. Plenty of water and grit should always be before the fowls. As it is impossible here to enter fully into the question of winter feeding we would suggest that you procure from the Dominion department of agriculture such bulletins as they have issued on poultry; also from the department of agriculture, Edmonton, Bulletin No. 1, "Advanced Methods of Poultry Farming," by A. W. Foley.

COTTON FRONT POULTRY HOUSES

A. G. Gilbert, manager of the poultry division of the Central Experimental Farm, writes as follows regarding the cotton front poultry house:

One of the chief requisites of profitable poultry keeping is a style of house which embraces the following features: 1.—Suitability to climatic conditions. 2.—Cheapness of construction. 3.—Freedom from dampness, which is secured by proper ventilation. This preserves the good health of the birds. 4.—Facing the south, with a window or windows on this side to admit sunshine. 5.—Affording comparative warmth to the inmates during winter



MODERN POULTRY HOUSE, WITH COTTON FRONT. FRONT VIEW

nights in the colder districts. 6.—A house which will be likely to permit of a profitable egg yield during the winter, the season of highest prices.

Among the several patterns of poultry houses which have been on trial in our poultry division during recent years, none has come nearer to fulfilling the conditions enumerated above than the poultry house with cotton front, diagrams and particulars of which are given as follows:

This house with cotton front measures 10 by 12 feet, and offers sufficient space to accommodate twenty laying hens. These dimensions can be modified without any inconvenience, as by making it 15 by 20 feet, the house would easily shelter fifty hens.

Section BBB at the south side is covered with muslin (cotton) C. The muslin should be protected on the outside by a covering of 2-inch mesh wire netting. Ventilation is obtained by the air passing through the muslin, C and E, and the light or sunshine, which is absolutely necessary to the well-being of the birds, is admitted through the window, A. In order to prevent the obstruction of the pores of ventilation, the muslin frames, C and E, should be kept as clean as possible. Remove frequently the dust and dirt from the muslin.

It is essential that the roosting quarters should be as comfortable and well

WALL PLASTER

When figuring on that new house do not overlook the interior finish

Ask for Sackett Plaster Board

and the Empire Brands of Wall Plaster

Write for Booklet

Manitoba Gypsum Company, Ltd.
WINNIPEG, MANITOBA

This Man Is Young at 55 Years

He is a "Health Belt Man," Therefore Has the Vitality and Hot Red Blood of Youth in His Veins; He Towers like a Giant Above the Ordinary Difficulties of Life—Be a "Health Belt Man" Yourself—It Gives Manly Strength; It makes You Young and Keeps You Young All the Days of Your Life; It Takes all the Coward Out of Your Make-up—Let Me Give You of This Abundant Vitality. Then Nothing Can Ever Conquer You but Death Itself—100,000 Men Have Taken My Advice. Why Not You?

The secret of lifelong youth may be summed up in one word—Vitality. If you have this great natural power in abundance years count for nothing. I use no drugs, I recommend none. Just the Health Belt. No privations, no dieting and no restrictions, excepting that all dissipation must cease. Put the Health Belt on nights when you go to bed; let it send its power into your nerves, organs and blood while you are sleeping. It gives you a great flow of soft, gentle, galvanovital electricity during the entire night. One application and you are like a new being; it takes all the pain and weakness out of your back; it makes you answer the morning greeting with "I'm feeling fine!" It is a great strength builder; it overcomes the results of earlier mistakes and indiscretions, it gives you a compelling power, so that you are attractive to all women and men with whom you come in contact. W. B. Freel, East End, Sask., writes: "I am a man again, thanks to you. Nothing can discourage me now."

This is one among tens of thousands.



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Call or write to me and I will at once arrange to let you have the Belt on trial, not to be paid for until cured. No deposit or advance payment. Send it back if it doesn't do the work. Liberal discount for cash if you prefer to deal that way.

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They fully describe my Health Belt, and contain much valuable information. One is called "Health in Nature," and deals with various ailments common to both men and women, such as rheumatism, kidney, liver, stomach, bladder disorders etc. The other, "Strength the Glory of Man," is a private treatise for men only. Both sent upon application, free, sealed, by mail.



Dr. C. F. Sanden, 140 Yonge St., Toronto, Ont.

Dear Sir:—Please forward me your books as advertised, free.

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