

## CREAM *The* WEST FLOUR



The family eats more bread since Mother started using Cream of the West Flour. It makes loaves of extraordinary whiteness and flavor.

Maple Leaf Milling Co., Limited  
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You can procure Cream of the West Flour from the Watford Farmers' Co-operative Association, Limited.

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### POTATO CERTIFICATION

(Experimental Farm Notes)

During the season of 1920, 7,613 acres of potatoes were inspected by inspectors of the Division of Botany, Experimental Farms Branch. Of this number 2,050 acres were, on account of the general freedom from disease and excellent condition of the growing crops, classified as Grade No. 1, and, subject to a further inspection of the tubers after harvest, these crops were considered to be worthy of certification for seed purposes. Again, of the total inspected, 1,105 acres were found to be so reasonably free from disease as to warrant their certification as Grade No. 2, subject to tuber inspection. The presence, however, of a considerable amount of rot in the tubers at harvest-time, owing chiefly to the general prevalence of Late Blight in 1920, appreciably reduced the amount of seed which would otherwise have attained the standard of certification. Notwithstanding this, it has been recently ascertained that in Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario and Manitoba there is a total of approximately 120,000 bags of seed of several varieties of potatoes, from fields which passed field inspection, available for sale as certified seed this spring, subject to final inspection at shipping points.

Further particulars with regard to the exact location of this seed and the available quantities and varieties in any given district may be obtained from the Markets Division, Seed Branch, Ottawa.

The system and methods adopted in the work of inspection and certification were given in detail in the press some months ago. Growers who are not already familiar with the system may obtain information by writing to the Division of Botany Central Experimental Farm, Ottawa, for a circular on the subject.

The work will be continued this year along the same lines as in previous years, and all prospective

growers of seed potatoes who may be interested and desirous of participating in the benefits of the inspection, which is carried out free of charge, are invited to make application to the Division of Botany as early in the season as possible.

GEO. PARTRIDGE,  
Asst. Plant Pathologist.

### A TREADMILL THREAD-MILL

More than a century ago a thrifty Scot, David Hutton by name, saw a pet mouse driving the wheel in its cage round and round. Of course, except for the fun the mouse got out of it, nothing resulted from its efforts. "And why should it?" most people would say. But not so did the canny David reason—something was being wasted, a half-ounce of power, and if you multiplied that by the number of mice in the United Kingdom the sum total of the energy that went to waste every day was truly appalling.

So Mr. Hutton decided to try to harness this wasted power and make it do something useful. But what? By experiments he found that a mouse would run about ten and a half miles a day; and a half-penny worth of oatmeal would feed the little animal for thirty-five days, during which he would 362 miles. He hit on the idea that, as the mouse turned the wheel, it should twist and reel sewing-cotton, and he set about constructing a tiny treadmill. Sure enough, every day the mouse twisted and reeled from 100 to 120 threads each twenty-five inches long, all the time believing that he was simply keeping himself fit by taking a proper amount of exercise. He was not only earning his own living, however, but making nine pence for his master every six weeks, leaving a yearly profit of over six shillings for the ingenious Scotsman.

Hard and soft corns both yield to Holloway's Corn Remover, which is entirely safe to use, and certain and satisfactory in its action. Everyone reads the "Guide-Advocate Want Column" on page 4.



## Children Like Zam-Buk

for its magical soothing power over pain and soreness. Mothers praise Zam-Buk for its wide range of usefulness and absolute reliability. With this pure herbal Zam-Buk always handy, you're ready prepared for any skin trouble or injury.

The boisterous youngsters are always getting cuts, scrapes, and bruises that need Zam-Buk's instant attention. The same with the burns and scalds that happen about the house. Then Zam-Buk has remarkable disease-dispelling power that makes it invaluable for the skin and scalp diseases that children contract from playmates. Scores of other ways Zam-Buk's antiseptic healing saves anxiety and doctor's bills.

"My little three-year old girl suffered severely from scalp eczema," writes Mrs. A. Gaeke, of 485, Amburst St., Montreal. "It defied everything until we began to use Zam-Buk. This healer quickly reduced the inflammation and irritation and gave the child great ease. In less than a fortnight from first commencing with Zam-Buk, the disgusting disease was completely cleared away."

50c. box, 3 for \$1.25, all dealers. For 1c. stamp the Zam-Buk Co., Toronto, will mail all mothers a TRIAL SAMPLE.

Cause of Asthma. No one can say with certainty exactly what causes the establishing of asthmatic conditions. Dust from the street, from flowers, from grain and various other irritants may set up a trouble impossible to be relieved except through a sure preparation such as Dr. J. D. Kellogg's Asthma Remedy. Uncertainty may exist as to cause, but there can be no uncertainty regarding a remedy which has given relief to a generation of asthmatic victims of this scourge of the bronchial tubes. It is sold everywhere.

SEND IN THE NEWS

# Where is it Going to End?

Prohibition is the entering wedge or fanatical meddling with the personal habits of others.

## We Live by Precedent

Once established the precedent that any man, or men, can dictate to other men in regard to their personal affairs, and there will no longer be any such thing as freedom.

If organized minorities can, by agitation and propaganda, obtain the passage of laws enabling them to try the fanatical experiment of prohibition on the population of a country, it will not be long before we shall have no right to personal habits at all. The sanctity of our homes will be invaded by organizations and societies of would-be "uplifters" of all sorts, which can, by propaganda and solicitation, wheedle funds from the thoughtless or obtain them from wealthy fanatics.

## The Thoughtless Voter is a Menace to His Community

Once establish the dangerous principal of prohibition and there will be forged thereafter, link by link, the fetters of prohibition of anything which some Party, Society or League of fanatics may disapprove.

Prohibition was carried in the United States by the well organized minority. Already, today, there is a movement on foot in many states, agitated by the same prohibition fanatics to PROHIBIT the use of tobacco. In fact the State Legislature of Kansas has already passed a bill prohibiting the use of tobacco in public places.

From newspaper publicity there is apparently grounds for the belief that these same forces are planning a movement to PROHIBIT the playing of golf, the use of motor cars and similar innocent recreations on the Lord's Day

# WHERE IS IT GOING TO END?

SIGN THE MEMORIAL

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