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Buckingham, Que., May 3rd, 1915.
"For seven years, I suffered terribly from Severe Headaches and Indigestion. I had belching gas from the stomach, and I had chronic Constipation. I tried many remedies but nothing did me good. Finally, a friend advised "Fruit-a-lives". I took this grand fruit medicine and it made me well. To everyone who has miserable health with Constipation and Indigestion and Bad Stomach, I say take "Fruit-a-lives", and you will get well!"

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BEST TOOLS FOR GARDEN

Laying Hens Are More Profitable Than Ever.

Frequent Change of Pasture Protects Lambs from Disease and Ensures Steady Gains — Annual Pasture Has Proven Satisfactory.

(Contributed by Ontario Department of Agriculture, Toronto.)

MOST gardeners use a hoe, rake, spade, and digging fork in their gardens. The three last are used chiefly during spring preparation of the soil and again in the fall during the harvest of the crop. The hoe, however, is used almost all summer.

Most people in buying tools simply take what is offered, never considering that in using the heavier types sold in many stores much energy is spent in handling these, that could be used more profitably in doing other garden work. Besides, it is expected that women and children will do much of the garden work this season and it is necessary to give them implements suited to their strength.

For these reasons it has been urged on the gardeners to buy a hoe called the triangle, onion or beet hoe, with a cutting edge 4 1/4 inches wide. This hoe is light to handle and does very satisfactory work, especially close in around the plants in the row. With it should be used the "Bucco" type of cultivator with the two outside tynes removed. These two tools will do better work than any of the ordinary hoes with a great deal less expenditure of strength and in shorter time.

Where one has a larger garden, say 60 x 100 feet, it will be well to invest in a wheel hoe to help out the two above-mentioned tools. With the "Bucco" to make a deeper mulch after a heavy rain or continuous tramping over the soil, the small hoe for close weeding, the wheel hoe makes it much easier to maintain a good mulch during the dry season, thus conserving moisture and advancing plant growth.—A. H. MacLennan, B.S.A., Ontario Vegetable Specialist.

HOT WEATHER POULTRY CALENDAR.

The hen that laid 123 eggs in 1917 made the same profit as the 123-egg hen in 1914.

The hen that laid less than 123 eggs in 1917 made a smaller profit than in 1914.

The hen that laid more eggs than 123 in 1917 made a larger profit than in 1914.

In view of the high price of feed can the farmer afford to keep the poor-laying hens in 1918?

The fooster, unless kept for next year's breeding, is too expensive a luxury to keep—and he'll help relieve the meat shortage.

The market for the cull stuff promises to be good this month—and by marketing in June the distribution is more equalized.

The good layer of the yellow-legged breeds at this season loses the color from the feet and bill and these latter becoming almost white. The sleek plumaged, fat yellow-legged hens are usually very poor layers. It will pay to cull them out now.

The abdominal cavity, or the space between the pelvic bones (situated under the tail) and the end of the breast or keel bones should be relatively soft and flexible. If it is full of hard fat the hen is usually a very indifferent layer.

As a rule the earlier maturing pullets are the earlier and most profitable layers. By marking these the best breeders may be selected.

In grading up a laying flock pure-bred eggs should be purchased. From the chicks good female breeding stock may be secured. The male may be secured in very many cases in Ontario, from eggs secured by children taking part in school fairs. Watch the school fair winners this year.

It saves work to let the hens feed themselves—a hopper may be built at home without great expense.

Keep hens that lay over 100 eggs yearly and feed them carefully; kill the rooster and sell infertile eggs; gather the eggs daily and keep in a cool place in clean baskets; send the eggs to market quickly and regularly.—Prof. W. R. Graham.

Summer Forage for Lambs.

Frequent change of pasture is beneficial to, and relished by, all classes of stock and this applies with special emphasis to the case of sheep. It is true for two reasons. Sheep are subject to parasitic disease which may be prevented to a large extent by not pasturing on any one area for too great a length of time. In addition to this they are possibly more fastidious about their food than some other farm animals. It is not practicable on every farm to arrange for a succession of pastures during the grazing season. However, the same area will sustain considerable more sheep if such an arrangement is feasible. Rye sown early in the fall furnishes a good deal of pasture in the late fall and early spring. After the rye is eaten off in the spring rape may be sown on this land and will come along for pasture in June or



Clean to handle. Sold by all Drug-gists, Grocers and General Stores.

July. Alfalfa and red clover are satisfactory pasture crops and will serve until the rape is ready. An annual pasture consisting of one bushel each of wheat, oats and barley together with eight pounds of red clover provides a good pasture for the early summer months, and the clover coming along in the autumn will give a nice picking. This annual pasture may be sown any time early in May. Without a great deal of additional labor it is possible to have a succession of crops ready for seeding throughout the entire season. The increase in health and condition of the flock will amply repay any such outlay of time and expense.—J. P. Sackville, B.S.A., Ontario Agricultural College.

A Calgary Monument.

A monument will be placed in Calgary in the City Hall grounds in memory of Col. Boyle of the 10th Battalion, who fell at St. Julien, and the veterans of the 10th Battalion in Calgary have been given permission to erect a tablet on the monument.

More Wheat.

The area of land prepared in the fall of 1917 in Saskatchewan shows a 50 per cent. advance of that prepared during the previous fall. The total amount of land prepared during 1917 for the 1918 crop is estimated to be 6,134,619 acres.

Was Prisoner in Germany.

Pte. C. V. Combe, former church editor of the Winnipeg Tribune, is home after sixteen months in a German camp.

WRETCHED FROM ASTHMA. Strength of body add vigor of mind are inevitably impaired by the visitation of asthma. Who can live under a cloud of recurring attacks and keep body and mind at their full efficiency? Dr. J. D. Kellogg's Asthma Remedy dissipates the cloud by removing the cause. It does relieve. It does restore to normal bodily trim and mental happiness.

TAKE CHANCE ON HAPPINESS

Grasp the Mood as it Passes and Join the Great Throng Wearing Smiling Countenances.

We were coming home from a dinner party together, my friend and I. It was late at night and rather rainy, and as we sat together in the damp, almost empty trolley car, my friend spoke very suddenly and seriously, writes Margaret E. Sangster in the Christian Herald.

"Just now," she said, "I've a chance to be very happy. But I'm almost afraid to take it!"

The rain beat, in a futile manner, against the car windows. I listened to it for a moment before I spoke.

"Why?" I questioned at last—"why are you afraid to take your chance—to be happy?"

"Because," answered my friend, and her eyes looked far away—past the car and the rain, even—"because I'm afraid that it won't last!"

When it is autumn, and the leaves are crimson and gold-colored and very beautiful, we know, even as we admire them, that they will be brown and withered some day. But that does not keep us from loving their glorious colors.

It's like that, too, with flowers, and springtime, and the blue sky of summer. We know that the flowers will fade away and that springtime will go and that there will be winter storm clouds where there were once sparkles of sun.

And so this is the answer to my friend and to other friends of mine: Never be afraid to grasp at happiness because it may not last. For happiness is as beautiful as the flowers of spring and the sky of summer and the vivid leaves of autumn. And even though it might not last, happiness is too beautiful to pass by with never a glance.

And then, as the philosopher said, and as we know, don't be sure, as you take your chance at happiness, that it will not stay. Look around your circle of friends, look at your business associates, look at the casual crowds that you pass every day and you'll see that the average of happy faces is rather high. You'll see more smiles, I think, than frowns; more merry faces than sad ones!

Don't be afraid to take a chance at happiness because you fear that it is too beautiful to last. Take your chance, instead, arguing that happiness is too beautiful not to last!



A Simple Proposition

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