

CANADIAN PACIFIC FARM LABORERS WANTED

"Fare Going"—\$15 to WINNIPEG. "Fare Returning"—\$20 from WINNIPEG.
 1/2 cent per mile Winnipeg to destination. 1/2 cent per mile starting point to Winnipeg.

GOING DATES	TERRITORY
AUGUST 9, and AUGUST 16.	From Stations in Ontario, Smith's Falls to and including Toronto on Lake Ontario Shore Line and Havelock-Peterboro Line. From Stations Kingston to Renfrew Junction, inclusive. From Stations on Toronto-Sudbury direct line, between Toronto and Pary Sound inclusive. From Stations Drancoel to Port McNicoll and Burketon, to Bobcaygeon, inclusive.
AUGUST 11, and AUGUST 18.	From Stations South and West of Toronto to and including Hamilton and Windsor, Ont. From Owen Sound, Wainwright, Teeswater, Wingham, Elora, Listowel, Goderich, St. Mary's, Port Burwell, and St. Thomas Branches. From Stations Toronto and North to Bolton, inclusive.

SPECIAL TRAINS FROM TORONTO
 Full particulars from Canadian Pacific Ticket Agents. W. E. HOWARD, District Passenger Agent, Toronto.



The sight of a train is like the throbbing of an enormous pulse in the arteries of the nation. To slow the beat is to slow the life of the country.

THE train in this picture is one of the eleven hundred freight trains in daily service in Canada.

It consists of one heavy-duty freight engine and 45 standard box cars.

It can carry 2,000 tons of wheat.

In 1913 its engine could have been built for \$34,700—to-day \$81,000; its box cars for \$1,138.85 each—to-day \$3,797.50.

In other words the rolling stock alone in the movement of 2,000 tons of wheat has increased in cost from \$85,948.25 to \$251,887.50 or 193.1%!

The labor bill of the railways has risen in the same period from \$115,000,000 to \$231,000,000,—101%!

The cost of rails for a mile of track has gone up from \$9,497 to \$19,680—107%!

No cost has been unaffected by the general rise.

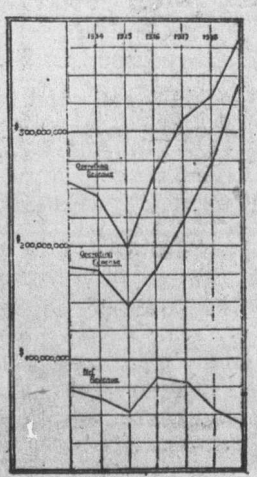
Operating expenses continue to rise more rapidly than Gross earnings. Net earnings are sinking at an alarming rate.

These are the facts that lie behind the application for increased freight rates for the railways.

*Estimated

This is the second of a series of advertisements published under the authority of
The Railway Association of Canada
 formerly the CANADIAN RAILWAY WAR BOARD

Explanation of Chart:
 Top line shows the rise of Gross revenue.
 Middle line shows the more rapid rise of Operating Expenses.
 Bottom line shows the downward plunge of Net earnings as a result of the rise in the middle line—Operating Expenses.



GOITRE IN LIVE STOCK

All Classes More or Less Liable to This Trouble.

The Cause of Goitre Not Yet Well Understood—Simple Treatment is Suggested—Summer Dairy Hints.

(Contributed by Ontario Department of Agriculture, Toronto.)

GOITRE, or Bronchocele, is an enlarged condition of the thyroid gland, which consists of two lobes situated one on each side of the windpipe in the region of the throat, and connected by an isthmus. Animals of the different classes, of all ages, are liable to this condition, but we wish to discuss the trouble when appearing at, or shortly after, birth.

Each of the said lobes is ovoid, and consists of minute vesicles surrounded by a plexus of minute blood vessels. The gland has no duct, but is plentifully supplied with blood fluid, which becomes absorbed. The function of this gland is not well understood. The lobes can be felt in an animal of any age by careful manipulation, and, as stated, are liable to become enlarged (either one or both lobes) at any age. In some cases, especially in lambs and calves, it is of abnormal size at birth. This is more frequently noticed in lambs than in any other class of stock, and sometimes the enlargement is so great that respiration is interfered with, the young animal is weak and unthrifty and not infrequently dies.

It is worthy of note that in foetal life the gland is quite large, but normally becomes reduced before birth. The cause of enlargement is not well understood. Some claim that the condition in the young animal is the result of insufficient nourishment for the dam during the period of gestation. Others claim that it is caused by the pregnant animal consuming water too highly impregnated with lime.

Symptoms—The symptoms cannot readily be mistaken. Either or both lobes are enlarged, sometimes at birth and sometimes not until a variable time after birth. If both lobes are enlarged a well-marked, movable lump will be noticed at each side of the throat, there not appearing to be any connection between the two, but appearing, both to sight and manipulation, as two separate lumps. If but one lobe be enlarged, of course one side appears normal. These enlargements are not sore to the touch, and in most cases do not apparently interfere with the health of the animal, but in some cases, especially in lambs, they interfere with respiration and strength.

Treatment—In many cases treatment is not necessary, as the glands gradually become reduced without it, but treatment is wise in other cases, and in all cases hastens reduction. It consists in rubbing well once daily with an ointment made of 2 drams each of iodide of potassium and iodine mixed with 2 oz. vaseline, or other ointment or lard containing a large percentage of iodine or one of its compounds.—Dr. J. H. Reed, O. A. College, Guelph.

Summer Dairy Notes.

I realize that the majority of dairy farmers do not need reminders as to what they should do in ordinary practice, but mankind tends to slackness. Most men need a wife to give occasional prods in order to keep them up to the mark. These notes are given with the same good intention that a wife "just tells her husband"—because she is interested in him.

Falling pastures should be supplemented with grain, meal or green feed in the stable. The hot dry weather of June means short feed for July and August; this means small milk and cream cheques, or a small amount of butter to sell. By the size of the milk or cream cheque we may know the value of our herd, but not the value of individual cows, which latter can be known only by testing each cow in the herd, with scales and fat test.

Next to feed in importance, comes salt and water. Without plenty of these, cows cannot milk well. Salt aids digestion and gives tone to a cow's system. An average cow requires about one ounce of salt daily. Water is the great carrier of nature's supplies of plant and animal feed. A cow in full flow of milk will drink from ten to twenty gallons of water daily. Needless to say the water should be pure.

Cooling milk and cream on the farm is perhaps next in importance. Milk for the condensery, cheeseery, or for city trade, should be cooled to below 70 degs. as soon as possible after milking—to a lower temperature if at all possible. Some firms will not accept milk at a temperature above 65 degs. F. and prefer it below 60 degs. Plenty of cold water, or preferably ice-water for cooling milk is needed. Where water is scarce it may be used for watering stock after cooling the milk, if the cooling tank be kept clean. A milk cooler is a great convenience where there is a good supply of cold water under pressure.

RHEUMATISM FOR OVER 16 YEARS

No Return Of The Trouble Since Taking "Fruit-a-tives"

103 CHURCH ST., MONTREAL.
 "I was a great sufferer from Rheumatism for over 16 years. I consulted specialists; took medicine; used lotions; but nothing did me good. Then I began to use "Fruit-a-tives", and in 15 days the pain was easier and the Rheumatism much better. Gradually, "Fruit-a-tives" overcame my Rheumatism; and now, for five years, I have had no return of the trouble. I cordially recommend fruit medicine to all sufferers."

P. H. Mc H
 50c a box, 6 for \$2.50, trial 5
 At all dealers or sent postpaid
 Fruit-a-tives Limited, Ottawa

COURTESY is much more easily done, because there is only about ten to fifteen per cent. the bulk to cool, as compared with milk. Immediately after separating the fresh cream should be placed in cold water and allowed to remain there until the cream pail is needed for the next lot. Empty into the cream can, wash and repeat the operation twice a day. This will insure good, sweet cream for buttermaking or for any other purpose. We need better cream for the making of fine butter in Ontario. Everybody should give Ontario butter a boost upward in quality.—Prof. H. H. Dean, O. A. College, Guelph.

Children Cry FOR FLETCHER'S CASTORIA

Fall Fair Dates—1920

Strathroy	Sept.	20, 21, 22
Petrolia	"	23, 24
Sarnia	"	27, 28
Glencoe	"	28, 29
Wilkesport	"	30
WATFORD	"	30, Oct. 1
Forest	Oct.	5, 6
Brigden	"	4, 5
Florence	"	7, 8
Wyoming	"	7, 8
Alvinston	"	12, 13

SCHOOL FAIR DATES

Sarnia Township Hall	Sept.	13
North Enniskillen, Petrolia	"	14
Bosquet Township, Jericho	"	17
Warwick Township, Arkona	"	20
Warwick Village	"	22
Dawn Township, Rutherford	"	23
South Enniskillen, Oil Springs	"	27
Euphemia Township, Cairo	"	27

ASTHMA

If you have Asthma, don't imagine that you must always suffer untold misery. Relief quick, sure and safe is guaranteed in even the worst cases by using

TEMPLETON'S RAZ-MAH CAPSULES

We are so certain of results we will send you a free sample of these capsules, confident that you will find them all we have claimed. Write to Templetons, 142 King St. W., Toronto. 63a
 Sold by reliable druggists everywhere for \$1.04 a box.
 Local Agent—J. W. McLaren.

INSURANCE

J. H. HUME.

AGENT FOR FIRE, ACCIDENT AND SICK BENEFIT COMPANIES.
 REPRESENTING Five Old and Reliable Fire Insurance Companies
 you want your property insured call on J. H. HUME and get his rates.

—ALSO AGENT FOR—
 P. R. Telegraph and Canada Permanent Loan and Saving Co.
 Ticket Agent For C. P. R.—Ticket to all points in Manitoba, Northwest and British Columbia

THE LAMBTON Farmers' Mutual Fire Insurance Company.

(Established in 1875)
 JOHN W. KINGSTON PRESIDENT
 JAMES SMITH VICE-PRESIDENT
 ALBERT G. MINNELLY DIRECTOR
 THOMAS LITHGOW DIRECTOR
 GULFORD BUTLER DIRECTOR
 JOHN PETER McVICAR DIRECTOR
 JOHN COWAN K. C. SOLICITOR
 J. F. ELLIOT FIRE INSPECTORS
 ROBERT J. WHITE }
 ALEX. JAMIESON } AUDITORS
 P. J. McSWEN }
 W. G. WILLOUGHBY, MANAGER AND WATFORD SEC. TREASURER
 PETER McHEIRAN, Wainstead P. Agent for Warwick and Plympton.