

## Was so ill couldn't even sweep the floor.

Now, thanks to Carnol, she can work sixteen hours a day without fatigue.

Here's her story.—"When a young girl I was knocked down by a horse and trap in London, England. I was kicked in my side and head. In later years I always had a cramped feeling in my left side if I sat too long. Five days out of seven I was never well. I underwent an operation and my doctor told me that my bottom rib was growing up over the other and caused my back to be one mass of inflammation and lameness. He also said that my kidneys were affected. Even sweeping gave me pain. My operation took place in Brazil, South America. After my operation I had a nervous breakdown with insomnia. One time I didn't sleep for three months day or night. My doctor advised me to go home to England for a change. I stayed in England only a short time, but couldn't sleep. I then came to Canada. I have been here two and a half years and have been laid up now and again. I have also been a great sufferer from aches in the mouth due to stomach, and my food has given me trouble. One night my husband brought home a bottle of Carnol and I still

take it. I can honestly say now that the ulcers are gone. Your great tonic Carnol has been my salvation, for I can now work with anyone. I cook and care for fourteen, nine men, four children and myself, so that's a good proof that I am feeling all right. All my friends are telling me that I am looking well. I can work from five o'clock in the morning till nine and ten at night. My friends here in Timmins say, 'Don't you find it very hard work?' I say, 'Oh, no, I take my Carnol and that helps me.' I find the days all too short, I wake up in the morning fresh, and sleep as sound as a bell. It would take too much of your time to tell you how I have suffered. It was nothing for me to be taken like one dying, frantically tossing to my feet. I could just feel my heart beating. My husband or anyone near me had to rub me until I could feel life return to my side. This seems to have completely left me. I am thankful to think I have come to Canada to find so valuable a tonic as Carnol."—Mrs. J. Drew, P.O. Box 804, Timmins, Ont. 7-24

### A Business Project

It was during the Prince of Wales' visit to Canada in 1919 that he determined to become a ranchman, and obtained possession of the Pekisko Ranch, in the south of Alberta, now the E. P. Ranch, or the Prince of Wales Ranch, twenty-five miles from High River Station, on the Macleod branch of the Canadian Pacific Railway. The prince's ranch, oblong in form, extending to three miles by two miles, and including 4,000 acres, is in the centre of the finest ranching district of Alberta, beautiful in its verdant green covering, which stretches as far as the eye can reach. The low, rounded hills and valleys are ideal alike for the grazing of livestock—cattle, horses and sheep—and for sport. In the southern half of the area of this ranch is a duck-frequented lake of considerable extent, which is capable of being stocked, according to

the ways of the country, from government fish hatcheries. The residential quarters, even with an addition which has been made to the west wing for the accommodation of the prince's staff, are a modest frame house of the ordinary type, with creeper-hung veranda. The livestock barns for cattle, sheep and horses, lie to the east, and with the headquarters building form a crescent-shaped group facing the south, all situated about 3,400 feet above sea level. In a sunny hollow, with a background of sheltering poplars and willows, through which a tributary branch of the High River winds in a gravelly, tortuous and, in some places, beautiful course. The low wooded hills to the east, where the ranch boundary line and the watershed run together, form ideal short grass pasture for sheep, and are fringed at the bases with sheltering bluffs of poplar and willow. At a considerable distance to the west, whence come the warm winds

of spring, are to be seen the sharply peaks of the Rocky Mountain range over rolling grass country. To the south, beyond some rising ground, are to be found splendidly sheltered and watered pastures for cattle. Open spaces, clothed with natural grass of very special quality, known as prairie wool or buffalo grass, are cut in alternate years for hay.

The climate is such, with the natural shelter available, that no livestock needs to be housed even in the coldest and most trying weather. The grass cures into hay as it stands in autumn, and retains its nourishing properties during winter, so that stacked hay is only needed for cattle when snow covers the ground, or when the pasture has been exhausted. The thousands of acres of natural hay which the E. P. Ranch provides make it practically self-supporting and independent of the costly operation of ploughing, except for about 100 acres which are cultivated to grow fodder crops to fill a silo, which has a capacity of 110 tons—the only one in the district. This is admirably done by growing green oats and mixing them with sunflowers, also cut well before the seeds are ripe. The sunflower grows large crops of silo-filling material on which animals thrive well after they have been trained to eat it, in areas too cold for the satisfactory cultivation of corn (maize) the crop most widely employed for this purpose on the American continent.

Not a Philanthropic Venture. In operating this ranch the prince's chief object is to benefit the stockbreeders of the West, and to this end he proposes to send out from time to time the surplus stock of his own farms in England, supplemented by purchases of high-class stock. To carry out his idea, all the animals on the ranch are on offer at reasonable prices.

The ranch is not a philanthropic institution, but a venture run on commercial lines and intended to pay its way. Benefit to the country will be possible along various lines of activity. Light horse breeding will be stimulated by the services of "Will Summers," a beautiful well-known thoroughbred, with an excellent four-year-old racing record on the English turf, lent by the King.

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Then there is a stud of eighteen Dartmoor ponies of exceptional quality, headed by a very fine stallion used by the prince as his riding pony on the ranch. A flock of Shropshire sheep has been doing remarkably well, led by a ram of outstanding quality—champion in good company on the other side of the boundary line. To this has recently been added by importation a flock of forty-one Hampshire ewes, picked from about a dozen of the best home flocks and presented by the Hampshire Down Sheep Breeders' Association. The sheep run in the open all the winter, nothing but oat-hay being given them, except a little grain before lambing.

### Home Management

ON COMPILING A MENU.

Whether a simple or elaborate meal is to be prepared, it is essential that the menu should be well balanced, with variety in the items chosen. This question of expense, of course, influences the number of courses for

a formal dinner. When service is limited a few well-chosen, well-cooked and easy-to-serve dishes are to be preferred to an elaborate succession of indifferently served foods.

#### Providing Variety.

Variety, in flavourings, method of cooking, colour and decoration, must be the first consideration.

For example, two fried or grilled dishes must not appear at the same meal, nor must two pastry dishes be chosen.

Should the soup be tomato or onion, avoid sauces or entrees containing either of these ingredients. A fish savoury is not a happy choice when fish has preceded it, unless it be an absolute contrast, such as lax or tunny fish.

Again, when cheese has figured in any entree do not choose a cheese savoury. Two white meats, such as veal and chicken, must not follow each other.

Should poultry or game be served as a roast, an entree made from that particular bird is not permissible.

When chicken, for instance, forms the roast, do not serve an entree containing it; although pigeon, or any game bird may constitute an entree at a meal for which roast fowl is selected.

Although practically most foods can be obtained from other countries all the year round, it is far better to select foods that are in season, as not only are they cheaper, but infinitely superior in flavour. This applies especially to fish.

#### Choosing the Right Vegetables.

The meat of young animals and poultry should always be accompanied by vegetables of the season, such as lamb and green peas.

When drawing up the ordinary bill of fare for the household, avoid monotony by providing a contrast between the dishes for breakfast and those for luncheon and the later meal. Thus, if fried fish appears at breakfast avoid it for luncheon and dinner. The remains, if any, can be used in a made-up dish for the following day. A substantial dinner should follow a light luncheon and vice versa.

### Mystery of the Ancients

The Department of Agriculture of Egypt has seeds which were found in age-proof containers in the tomb of King Tutankhamen which they will endeavor to propagate at their Agricultural Research Laboratories. These seeds may represent herbs containing medicinal properties that this age and generation knows not of. It was the simple roots and herbs of the field that half a century ago produced Lydia E. Pinkham's Vegetable Compound, a remedy that has never been equalled in overcoming ailments peculiar to women.

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