



## Brampton Jerseys

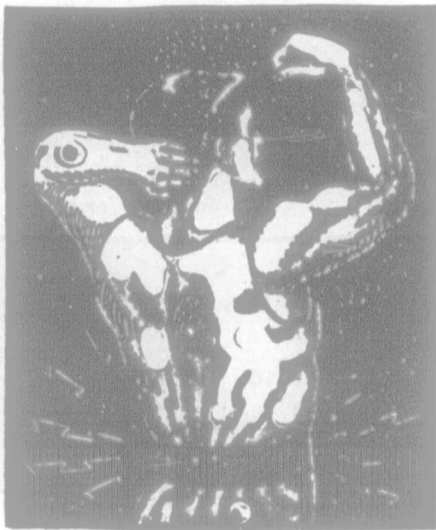
—Canada's Greatest Jersey Herd

We are once more starting out on our fairs circuit, leaving for Calgary with over 40 head. We have a full line of cows, heifers and bulls, dairy and show animals in one. See our exhibits at Calgary, Winnipeg and Regina. We have butter-bred stock for sale.

**B. H. BULL & SON, BRAMPTON, ONT.**

## Perpetual Youth

Let Me Tell You How to Regain All Your Old Vim, Vigor and Manly Strength. Be a "Health Belt Man"; Feel Young for Balance of Your Life. Age Doesn't Count if You Have the Vitality.

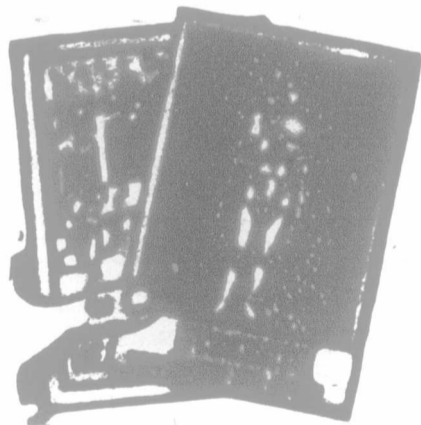


"I could shout for joy. After years of suffering and Debility Your Wonderful Health Belt Cured Me. I am a Man Again. Use My Name as You See Fit."

**C. Simpson,  
Pilot Mound, Man.**

Perpetual youth. That is precisely what I mean. I say as man to man give my Health Belt a reasonable chance and it will carry you through any business, mental or physical strain you may be under. It doesn't stimulate; it simply adds the electro-ionic element to your bone, nerves, tissue and blood; all the force and strength which has been drained from your system by some earlier indiscretion. My Health Belt is essentially a strength-giver. It overcomes the private symptoms of weakness in men which sap the vitality. If you are nervous and lack manly vigor you are passing away thousands of brain cells every day. Ask your physician if this is not true. I stop this awful weakening process. You wear my Health Belt nights; while sleeping a great stream of soft electricity passes into your body at the small of the back; it cures backache in one application; you feel better immediately; inside of an hour; two months will make a new man of you. No drugs; no privations; no restrictions except that you must give up all dissipation. Let me restore your vitality and you will be able to face the world with new ambitions. The Health Belt cures other ailments, too. A positive remedy for rheumatism in any part of the body, sciatica, lumbago, kidney, liver stomach disorders.

Special attachments furnished, and worn by women as well as men



### Let Me Send You These Two Books Free

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," is a private treatise for men only. Both sent upon application, free, sealed, by mail.

If in or near this city, take the time to drop in at my office that you may see, examine and try the Belt. If you cannot call, fill in the coupon and get the free booklets by return mail. It is better than a fortune for any one needing new vigor.

**DR. C. F. SANDEN, 140 Yonge St., Toronto, Ont.**

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

NAME .....

ADDRESS .....

When Answering Ads. Mention the Advocate

this separation, Jack Pine cones will not open till subjected, for several hours, to a temperature of about 130 degrees Fahr. After the cones are opened, the seeds are then shaken out by placing them on wire screens and the wings afterwards detached from them by flailing them in bags. After this the seeds are thoroughly cleaned by being run through a fanning mill, and are then ready for sowing.

The next step shown was the making of the seed beds. These are dug four feet wide, and the ordinary nursery soil is used, no special treatment whatever being given it. Rough boards, about six by one inch, set on edge, are placed on either side of the beds. This is done so that the surface may be properly protected from direct winds. The seed may be sown either in the fall or spring of the year, and the nursery practice at Indian Head has been always to sow broadcast and then to rake the seed in very lightly, care being taken never to cover it deeply. The soil is now firmed with a light roller or by the use of a wide board. A very important point brought out was the necessity of shading the beds. The shade screens are put on immediately after sowing and are usually allowed to remain on the beds for two seasons and sometimes even for three. They are usually made by nailing common lath to pieces of two by two, an inch space being left between each lath.

Another important point to remember is the necessity of transplanting for the best results. As soon as the seedlings are from three to four inches high they are transplanted into rows, this being done to give them more room and to assist them in the development of their root system. Pines will usually be ready to transplant at two years, and spruces at either two or three years, depending upon the growth made. In being transplanted the young plants are set at least four inches apart one way, and from six to ten inches the other, and are allowed to remain in these rows till about one foot high, which, in this country, requires about three years' time.

In setting out evergreens in a permanent plantation they should always be planted close together, so that they can afford each other mutual protection. Three feet by three feet is the best distance, but on no account should they be placed farther than four feet each way. If mixed with broad leaf varieties, care must be taken to see that the latter do not overcrowd the slower growing evergreens. It is also a very great advantage if deep snow can be made to lie on a freshly planted evergreen belt during the latter part of the winter. This prevents all sun burning, which is the greatest danger in young plantations. At Indian Head the snow is held by the growing of Sunflowers near the evergreens it is wished to protect; and this system has proved very satisfactory.

#### DISCUSSION

Mr. Patmore—In the nursery business in Europe, and especially in regard to having large nurseries in Denmark, it must be remembered that conditions are different there from what they are here. Labor is also much cheaper, a great deal of the work, such as hoeing, etc., being done by women.

Mr. Stevenson—The Scotch Pine can be grown very easily from seed. Some evergreens are more difficult to grow than others. The Scotch Pine can be grown very cheaply, indeed. We have offered Scotch Pine to the farmers for a very small figure, but as yet there does not seem to be such a big demand for them. In the older countries they have large nurseries and make a business of propagating trees and shrubs. There are thousands of trees cut down every year, and thousands planted in their place.

Mr. Patmore—How does Scotch Pine compare with other evergreens?

Mr. Stevenson—Scotch Pine grows very rapidly. All pine trees have a poor root system. The Jack Pine is the worst of them all to transplant. I would sooner have the White Spruce, but some like the Scotch Pine. I think nothing will equal the Scotch Pine shelter belt in a hedge. For ornamental purposes planted alone they grow well. We may possibly have more symmetry with the White Spruce.

## Crippled With Lame Back

THIS RESULT OF LONG STANDING  
KIDNEY DISEASE WAS OVERCOME BY

### Dr. Chase's Kidney-Liver Pills

This letter gives you some idea of the definite and certain results you obtain by using Dr. A. W. Chase's Kidney and Liver Pills for kidney disease.

This medicine is very prompt in action and very direct in effecting cure. You do not need to keep up the treatment long before you find most marked improvement.

Mrs. Richard Patterson, Haldimand, Gaspé Co., Que., writes:—"I want to tell you that I was cured of kidney disease of long standing by the use of Dr. Chase's Kidney and Liver Pills. I used to suffer a great deal, not knowing just what was the cause of the trouble and got so bad that I was almost crippled with lame, sore back.

"Before I had used two boxes of these pills I found my back better and less than three boxes made the cure complete. I have never had a sore back since and believe the cure to be lasting."

Backache, headache, bodily pains, scanty, painful urination, deposits in urine after standing, fickle appetite indigestion and irregularity of the bowels are among the symptoms which warn you of serious trouble from kidney disease.

You can be practically certain that Dr. Chase's Kidney and Liver Pills will help you and help you quickly. Make the test for yourself today. One pill a dose, 25 cts. a box. All dealers; or Edmanson, Bates & Co., Toronto. Write for free copy of Dr. Chase's Recipes.

Question—Does not the nature of the soil have something to do with the growing of evergreens?

Answer—It is supposed that all evergreens like light sandy soils. We find the white spruce growing in the sand hills and also in our clay soils, and they will do well there. It is a mistake to say that evergreens will do best on sandy soils.

Question—What about using small trees?

Mr. Patmore—In this country everybody wants the largest trees, but they are the hardest to transplant.

Mr. Lovering—I am a salesman. It costs money to sell the goods. In this country where the farmer is so far away, it is hard to get the seedlings to the farmer unless at a very great cost. If you send the seedlings to the station, in many cases they are left at the station, the man having forgotten all about them, and then when he goes for them they are spoiled and the farmer does not want to pay for the goods. If we don't send our agents to the people, the people from the south of the line will. The best way and the one that will give satisfaction is for the nurserymen to deliver them right to the farmer's door, and then he is sure of them, and in that way the nurseryman is likely to get his money for the plants.

