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Those who have puny, ailing or run-down children or aged parents may prove this at our expense. Besides the good it does children and the aged there is nothing like Vinol to restore strength and vitality to weak, nervous women and over-worked, run-down men.

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CO-OPERATIVE EXPERIMENTS

How to Obtain the Most Practical Kind of Information.

Kindness and Cleanliness Two Chief Points to Observe in Caring for Dairy Stock—Cow and Young Calf Should Be Separated in Not Over Three Days.

(Contributed by Ontario Department of Agriculture, Toronto.)

CO-OPERATIVE experiments have been conducted in agriculture throughout Ontario annually since 1886. Previous to the war the number of farmers conducting these experiments reached over 5,000, and in 1918 (the last year of the war) the number was slightly over 3,600. Some of the leading varieties of crops now grown in general cultivation throughout Ontario were introduced through the medium of the co-operative work, such, for instance, as the O.A.C. No. 21 barley, Marquis spring wheat, O.A.C. No. 72 oats, O.A.C. No. 3 oats, Dawson's Golden Chaff winter wheat, O.A.C. No. 61 spring rye, Canadian Beauty pease, O.A.C. No. 81 Soy beans, Rye buckwheat, Golden Mantam sweet corn, Early Amber sugar cane, Dwarf Essex rape, Irish Cobbler potatoes, Yellow Leviathan mangels, Grimal and Ontario Variegated alfalfa, etc.

The co-operative experiments enable practical farmers to obtain information regarding varieties of field crops, mixtures of grain for grain and for fodder production, ways in increasing soil fertility, etc., for their own particular farms which they cannot possibly get in any other way. They furnish hundreds and even thousands of object lessons annually, which form centres of interesting study along the lines of progressive agriculture. They enable farmers to get a supply of pure seed of the leading varieties of field crops which rapidly increase in quantity and which furnish seed for sowing and planting in large areas and for selling at good prices. The whole work leads to a substantial increase in farm profits and to a steady advance in agricultural education throughout Ontario.

The plan of the co-operative work for 1919 is printed in circular form and has already been sent to all the successful co-operative experimenters of the past few years. Other interested farmers could secure a copy of the circular by applying to the Department of Field Husbandry, Agricultural College, Guelph, Ontario.—Dr. C. A. Zavitz, Ontario Agricultural College, Guelph.

Care of Cow and Young Calf. Kindness and cleanliness are the two chief points to observe in caring for dairy stock.

About a week before the young calf is expected, the cow should be placed in a clean, well-bedded, comfortable box-stall. The practice of compelling cows to give birth to their calves, tied in the row, is cruelty for the cows, dangerous for the calf, and bad for the whole herd. Privacy and quietness should be the rule at this time.

The cow should be allowed to lick the calf dry, and should be kept tied until the after-birth is removed. The two may be left together for one to three days. Some remove the calf at once, but if it is to be reared, it should be left with the dam for a short time, in order to give the young animal a good start. Leaving cow and calf together for a day or two also tends to remove inflammation from the udder of the cow.

If necessary the cow's udder should be bathed with warm water or some form of liniment such as camphorated oil, or equal parts of turpentine and vinegar and an egg in one quart of the mixture.

In case the cow and calf are all right, they may be separated in not over three days, and the cow be returned to her regular stall. The calf may be allowed to remain in the box-stall, if not needed for another cow, or be placed in the nursery along with other calves, as this will cause it to forget its "mummy" more quickly. It should receive its mother's milk for a week, whole milk for two or three weeks, then skim milk and other suitable feeds for six months, and be kept dry and clean at all times.—Prof. H. H. Dean, Ontario Agricultural College, Guelph.

Trimming and Staking Tomatoes.

This method of handling tomatoes has come into very extensive use in the past few years among the commercial market gardeners, owing to the high price of land and backyard gardens. The plants as a rule are set two feet apart each way and after planting are given one cultivation. The sticks are then set, driving them down about a foot into the ground and leaving from five to five and a half above the ground. These sticks may be made from mill edgings, saplings or anything else of a similar nature about one and a half inches square and strong enough to hold the plants when the fruit is fully grown. After driving the sticks and tying the plants to them, the ground should be

ACUTE NERVOUS EXHAUSTION

All Treatments Proved Useless Until He Tried "FRUIT-A-TIVES".



MR. JAS. S. DELGATY.

R.R. No. 4, Gilbert Plains, Man. "In the year 1910, I had Nervous Prostration in its worst form; was reduced in weight from 170 pounds to 115 pounds.

The doctors had no hope of my recovery, and every medicine I tried proved useless until a friend induced me to take "Fruit-a-tives".

I began to mend almost at once; and after using this fruit medicine for 3 or 4 months, I was back to my normal state of health.

I never had such good health for twenty years as I have enjoyed the past six years. We are never without a box of "Fruit-a-tives" in the house".

JAS. S. DELGATY.
50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

every four to six inches thick with very straw manure, as a mulch. This mulch will keep the moisture in the ground and, at the same time, remove any necessity for cultivation and other disturbance of the roots. In growing tomatoes on the single stem, such as is used in this method, all side branches which appear where leaf stems join the main stem of the plant are removed as quickly as possible. If they are allowed to grow it will take away very valuable plant food from the growing plant. The plant should be tied every eight or twelve inches to the stake and when they have reached the top are cut off.—A. H. MacLennan, Ontario Vegetable Specialist.

"Cold Feet" Saved Canada.

Investigation being made by the United States Senate Committee disclosed the efforts made in 1916 by Bernstorff and Albert on behalf of Germany to gain control of the marine war risk insurance business of the United States, the evidence of these activities being supplied by the Department of Justice and read into the records of Bruce Bielaski, the chief of the Department's Bureau of Investigation. Mr. Bielaski also made a reference to the activities in America of the German organization known as the Kriegsbund, from the ranks of which he said the German authorities had hoped to mobilize an armed force to invade Canada. The invasion scheme failed because of what may be termed "cold feet" on the part of the members of the War Brotherhood, who were expected to invade Canada.

Lived on a "Pharm."

"I want some intelligent men as hospital orderlies," announced Lieut. Worley. "Any pharmacist in the company?" A flaxen-haired individual shuffled forward. "Ye gods," said the lieutenant, "are you a pharmacist?" "Shure ay bane pharmacist," was the indignant reply. "Vy ay bane work on pharm all mae life."

Boost W. S. Stamps.

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The local newspaper should be found in every home. No child will grow up ignorant who can be taught to appreciate the home paper. It is the stepping stone of intelligence in all those matters not to be learned in books. Give your children a foreign paper which contains not one word about any person, place or thing which they ever saw or perhaps ever heard of, and how can you expect them to be interested? But let them have the home paper and read of persons whom they meet and places with which they are familiar, and soon an interest is awakened which increases with every arrival of the paper. Thus a habit of reading is formed, and those children will read the papers all their lives and become intelligent men and women, a credit to their ancestors, strong in their knowledge of the world as it is today.

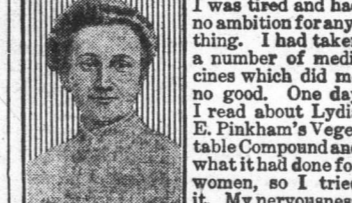
LABOR AND WEALTH

Labor is the source of wealth. No other means of producing wealth have ever been or ever will be found. It must be wrung from the soil by patient toil; it must be brought up from mines deep in the earth by the labor of man; it must be coined from the forest by the axman and the millman; it must be wrought out from the raw materials by the skill, the patience and the labor of human operatives. The curse of this and all other communities today, is that so many persons are trying to escape this Heaven-ordained law, and to secure something for nothing—wealth without labor of their own.

HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ABELINE E. LYNCH, 100 Plain St., Providence, R. I.



Backache and nervousness are symptoms or nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment. Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

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STRAFORD, ONT.—"I can highly recommend Dr. Pierce's Golden Medical Discovery and Pleasant Pellets. I have used these remedies twenty-five years in my family. Had a very bad case of neuritis and 'Golden Medical Discovery' completely cured me in a very short time. I have given it to all my family, also to my grand children. I had a grand-child last summer that we thought could not live. We gave him the 'Discovery' and he is strong and healthy as any child could be. I am a great believer in Dr. Pierce's Medicines and would not be without them."—Mrs. A. BOWLING, 238 Railway Ave.,

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Administratrix' Notice

NOTICE is hereby given that creditors and others having claims against the estate of PHILIP SQUIRE, late of the Township of Warwick, in the County of Lambton, Farmer, deceased, are to send in full particulars of such claims, together with the nature of security, if any, held by them, by mailing them to Cowan, Towers & Cowan, at Watford, Ontario, on or before the tenth day of May, 1919, and after the said date the administratrix will proceed to distribute the estate among the parties entitled thereto, having regard only to the claims of which she shall then have received notice.

COWAN, TOWERS & COWAN, Solicitors for Ellen Squire, the Administratrix. Dated this fourth day of April, A. D. 1919. 3

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