

ONTARIO WOMAN REGAINS HEALTH

Wants Other Women to Know About Lydia E. Pinkham's Vegetable Compound

Mount Forest, Ont.—"Before I took Lydia E. Pinkham's Vegetable Compound I felt weak and miserable, and had pains all through me. I was living in Alisa Craig at the time, and one day a friend came in and told me her experience of using the Vegetable Compound and advised me to take a bottle, which I finally did. I began to get stronger and those pains left me. I am glad I found out about this medicine as I think there is none equal to it for women who have troubles of this kind. I cannot praise the Vegetable Compound too highly for the good it has done me. Whenever I know of a woman suffering I am glad to tell her of it."—Mrs. Wm. RIDSDALE, R.R. No. 1, Mount Forest, Ontario.

Women throughout the Dominion are finding health in Lydia E. Pinkham's Vegetable Compound.

No harmful drugs are used in its preparation—just roots and herbs—and it can be taken in safety even by a nursing mother. For sale by all druggists.



Genuine **ASPIRIN** Say "Bayer" - Insist!

For Colds Headache
Neuralgia Rheumatism
Lumbago Pain

Safe Bayer package

which contains proven directions
Handy "Bayer" boxes of 12 tablets
Also bottles of 24 and 100—Druggists
Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocentric Ltd., of Salicylic Acid.

Off to the Lake!

Warm day, tired, sticky;
Off to the Lake.

DON'T forget a good sized basket of Sandwiches—you'll need stacks and stacks of them when you make 'em from our ideal

Sandwich Loaf

—Firm, even, perfect-cutting and so rich in food-value.

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Phone 73

DR. THOMAS' ECLECTIC OIL

A PURE, SAFE AND SIMPLE REMEDY FOR ALL THE COMMON AFFECTIONS OF THE SKIN. IT SHOULD ALWAYS BE KEPT ON HAND AS A MOST RELIABLE PREVENTIVE AGAINST ALL THE DANGEROUS DISEASES OF THE SKIN. IT IS THE ONLY OIL THAT CURES ITSELF AND DOES NOT NEED TO BE WASHED OFF.

Finding Out

By MELVILLE TRAFTON

"It's young Ned who is troubling my mind," spoke Abner Mills, with something of an anxious sigh.

"Oh, 'tis?" rejoined Moses Parr, cronny and familiar of half a century's standing. "What's he up to, Abner?"

"He's in love," enlightened the other. "You know what marriage means—misery, if there's a misnating."

"Why should there be that?" propounded Moses. You and I have each a son and our lives have just about centered about them since we became lonely old widowers. Well, when my lad got moonstruck two years ago I just let him have his swing. But I watched and looked up the girl—oh, you bet I did! I hired an investigator and he made me a report. All through one month. There wasn't much that I didn't know about Mina Blake and her forbears. Bless her dear heart! It was almost cruel to think of looking her up, as if she was some common criminal, but I wanted to be sure everything was all right."

"Hm! you give me an idea," muttered old Abner, "only I'll be my own detective. Here's the facts: Ned was away for two months with a chum who lives down country. While there it seems he met a Miss Eva Dodson vacationing with an old aunt. From what I gather the girl is poor, modest, respectable. Ned hasn't said a word about it, but I ran across a letter he had written and it revealed the whole layout. I see what's coming—engagement, marriage. I shan't try to hinder it, if they are likely to be happy, but I'm bound to be dead certain about just that."

So, unconscious of the fact that the cherished secret of his soul had been discovered, Ned Mills went on loving Eva Dodson and writing to her. She was surely his ideal! She wore no engagement ring, for she had insisted that Ned inform his family of his decision and try the test of a two months' separation. But Ned had procrastinated the making of a confident of his father, for he knew his ways, and that his approval of the prospective match might be a slow-motion operation.

"I am going to spend a few days on business in the city, Ned," spoke his father one day. "You look after things around the store till I come back, will you?"

"Sure enough and glad enough," acquiesced Ned in his usual hearty, accommodating way, and Mr. Mills departed, proceeded, indeed, to the city, but began a mysterious series of actions which, had the same been followed by a stranger, would have puzzled and startled him. Always precise and careful as to his attire, Mr. Mills spent an hour in the shop of a second-hand clothing man. When he emerged there was little left of the prosperous, well-dressed merchant. A faultless suit had been exchanged for one coarse of fabric, shabby and threadbare.

It was to Fernside that Mr. Mills proceeded, and that was the place he had learned Miss Dodson was living temporarily. When he located the home of her aunt, old Abner approached it in a labored, limping way that at once excited the sympathy of the loveliest young lady that he had ever met. She came to the kitchen door attired in a neat enveloping apron, befouled to the elbows, as dainty and fresh looking as the pies and cookies she had just made.

The sad tale of the aged arch-schemer, posing as an indigent wanderer, won him a meal, then work, which he did manfully. All he was after was to have an opportunity to study a possible prospective daughter-in-law. Fortune favored him. He was given a room over the kitchen, he was engaged to do odd jobs about the place. He found Eva the idol of all the little ones in the neighborhood, and dutiful to her aged aunt, in fact a model girl in every way. He wrote in his memorandum book the sentiment one day: "Eva Dodson is poor and humble, but she is well worth my son, and I shall tell Ned so."

That memorandum book the old man lost one day, and it was returned to him by Eva. Then upon another day he was confronted by a starter. He was just outside the kitchen when the aunt entered bearing a small metal box.

"Eva," she spoke, "how careless you are, leaving all this money and bonds on your bureau. Is it the \$10,000 the lawyer brought you?"

"Yes, aunt," responded Eva, "I suppose I had better send them to the bank for safe keeping," and Abner Mills pricked up his ears mightily at this extraordinary revelation. The following morning he announced to his kind-hearted hostess that he must be on his way. Eva accompanied him to the gate.

"Good-by, Mr. Mills," she spoke, gleam of mingled merriment and chief in her eyes.

"Eh, how's that?" exclaimed the astonished Abner. "You know along?"

"No, Mr. Mills, not until the you lost your memorandum book. I ask forgiveness for my stray glance at it, and will you please tell Ned that his humble country girl has become a real heiress?"

"You have turned the tables of me pretty cleverly," admitted Abner Mills, "and if you are willing to take an old tramp for a father-in-law, I am most agreeable to the relationship."

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TO PRESERVE THE EGG

MAY BE KEPT FRESH WITHOUT COLD STORAGE.

Water Glass and Lime Water May Be Used—When to Preserve—Packing—Don't Feed Carcasses to Live Stock.

A household economy well worth while may be practiced by all housewives during the period when eggs are most abundant and cheap. The high prices generally falling during the period October to March puts the extensive use of new laid eggs beyond the reach of people with limited incomes. However, all may have eggs for winter use by putting down a few dozen in a suitable preservative medium, and thereby supplying the need during the period of scarcity. It does not pay to put down more than enough to tide over the period of high prices.

Water Glass or Sodium Silicate.

Water Glass or Sodium Silicate is one of the most useful substances that can be used in preparing a suitable medium for preserving eggs in good condition for all household purposes. It is a pale yellow, odorless syrupy liquid that may be purchased at drug or grocery stores. The proper proportion is one part of water glass to ten parts of water. (Use water that has been boiled and cooled). Shout the eggs float, and they are known to be absolutely fresh, add a little more water.

Lime Water.

This is a very successful preservative medium, easily prepared by slaking three pounds of good lump lime in a small amount of water, then add the milk of lime thus formed to three gallons of water. One-quarter pound of salt may be added. Keep the mixture well stirred for the day and then allow to settle. Pour off and use the clear liquid only. Put the eggs into the clear liquid and store in a cool place, using as needed.

Time to Preserve Eggs.

During April and early May eggs are usually cheapest, and it also happens that the best quality eggs are produced in the spring. Spring laid eggs keep better than summer or autumn laid eggs.

What to Preserve.

Only the absolutely fresh, clean, unwashed, sound-shelled eggs will keep. If you have to buy eggs for preserving it is advisable to candle them before putting down, unless you have absolute confidence in the person supplying them. Any egg that floats should be discarded. Eggs with shrunken contents, cracked shells, watery content or dirty shells if put in the preservative will be useless when they come out, and they will also spoil everything that they touch while in the preservative.

Suitable Containers.

Earthenware, or glass crocks, wooden tubs or casks may be used. Avoid metal containers. A vessel of six gallon size will hold 20 dozen eggs, usually enough for a family. Whatever is used it must be clean and sweet, eggs will quickly take up any taint. Better seal vessel before the eggs go in.

Packing.

Place the eggs in the vessel, small end down, and pour the solution of waterglass or lime over them. If you are putting in a few each day then fill the crock half full of liquid and place the eggs when gathered, having at least two inches of liquid above the eggs at all times. Store in a cool well-ventilated basement.

Three gallons of either the lime or water glass solutions will preserve 20 dozen eggs. The water glass cost will be about two cents per dozen eggs; lime is a little cheaper.

Cooking Qualities.

Eggs preserved by lime or waterglass solutions can be used for nearly all cooking purposes as cakes, custards or omelettes.—L. Stevenson, Dept. of Extension, O. A. College, Guelph.

The Ewe and the Lamb.

If possible, keep the ewe and the lamb in a separate pen for a few days after lambing. If each ewe cannot be kept in a separate pen, only those having lambs at about the same time should be kept together.

Since milk is about 87 per cent. water, a cow should have access to all the pure water she will drink.

APPRENTICES

OFTEN IN PRISON IN OLD DAYS.

The Tudors and Stuarts in His Master and Was to Attend Church—In by Their Caps.

of the young apprentice departed, and he can be traced from no other source.

the days of the Tudors and Stuarts, when he wore a blue cap in summer and a blue gown in winter; and blue was the color of his jacket, as it was then for the coats of all serving men. The shirt, tight breeches were white, and the stockings white or yellow.

Readers of the "Fortunes of Nigel" will remember the graphic pictures in the first chapter of Fleet Street business and of the apprentices at their masters' door, with their outspread aprons of "What d'ye lack, sir?"

all, flat round cap, worn usually on the side of the head, was the apprentice's badge. These caps were usually made of wool, with a flat rim, or sometimes with a rim which deepened and fell down at the back.

Concealed in the rim of one such cap dating from the fifteenth century, which was unearthed in Finsbury, was found a quarter noble of Edward III. In the brim of another of slightly later date, discovered in the same locality, was found concealed a gold eagle of Richard III.

A more showy cap than usual was found among a collection in Tabernaacle Street. It is now in the Guildhall Museum, and is described as a flat cap of feltlike material, reddish-brown color, with elaborately slashed rim and the original sarcelnet lining. "Flat-cap" became a common nickname for the apprentices and citizens of Tudor London, as may be seen by many allusions in the older dramatists.

The city records show that the apprentices were under very stringent regulations and were looked after in a thoroughly paternal way. On November 18th, 1628, the assistant of a certain Widow Boulton came before the Court of the Pewterers' Company with "unseemly hair and bedding an apprentice," and there and then a barber was brought and by order of the court the young man's flowing locks were cut to the necessary degree of shortness.

One rascally youth, who had several times robbed his master, having confessed his guilt before the company's court, immediately received a sound whipping. Other offenders were sent to prison, Bridewell being the usual reception for incorrigible apprentices.

In 1599 John Smith, having been bound to a pewtermaker named Geoffrey Matthew, ran away to Maidstone, where he worked at making rapiers for a tinker. He was captured, brought to town and lodged in Bridewell. At first he would not make submission and acknowledge his fault; but after a few days' experience of Bridewell he made his peace with outraged authority by submitting himself and asking the forgiveness of the company, "kneeling upon his knees in the presence of the master and wardens," and many householders and journeymen. He promised never to offend again, and, says the record, "if he doo, to be banished the company for ever," which was plainly no light penalty.

A refractory apprentice of a much earlier date, a Robert Halleman, who was bound to one John Long, a hatter, was committed to Newgate in March, 1332, by the mayor and aldermen of the city for refusing to take the usual oath that he would faithfully serve his master. However, a week of the mediaeval Newgate was quite sufficient for Master Robert, who came out meekly.

The candidate for apprenticeship was liable to a personal examination. Not only the apprentices, but the journeymen, who lived in their masters' houses, were bound to go to church with their master and mistress morning and evening on Sundays and holy days, and it was only after evening service that the young fellows were free to indulge in such sports as were then deemed lawful.

Apprentices were said to be "bound" to their masters, and the bondage seems to have been tolerably real. In some respects they were their master's chattels. The word "chattel" indeed, is sometimes used in speaking of them; and there are cases on record in which, to satisfy a debt of the employer, the apprentice was actually put up for sale, and the purchase money applied to discharge the master's debt.

Help!

Railway porters produce quite a number of distinguished folk. In addition to Mr. Chappell that railwayman poet of whom everyone is talking at the moment, I recall a cinema humorist who left the moving trains for the moving pictures, and I believe there was also a "singing porter" who once proved that he

MINERALS FOR STOCK

ARE NECESSARY FOR THE WELL-BEING OF THE BODY.

Recognition of Mineral Deficiencies—Methods of Supplementary Feeding—Burning by Paris Green Spray.

(Contributed by Ontario Department of Agriculture, Toronto.)

In the construction of the animal body some ten principal minerals are used. This seems a lot, and when we look at a cow or a pig, nothing of a metallic nature is in view unless it is the ring in the pig's nose. Minerals are reduced to forms that the layman cannot readily recognize, by various processes before they are used in body building. When we see a roast of beef on the butcher's block we do not think of it in terms of hydrogen, oxygen, calcium, phosphorus, iron, etc., unless we have a knowledge of chemistry. To the majority it is just beef and that is as far back as their thoughts go. But to the man on the land who makes his living producing food animals it is something more. He has had experience some time during his feeding operations, with animals that lacked thrift, did not develop properly, bones weak, small, crooked, and joints malformed.

The experienced feeder knows that salt is essential to the well-being of his animals, so he provides it. In doing so two of the necessary minerals, sodium and chlorine, find their way to the structural units of the body. The experienced feeder knows that blue grass grown on limestone lands is different from other blue grass, in that it provides something that aids very materially in building a strong bony structure for the young animal.

Recognition of Mineral Deficiencies.

1. Iodine.—Big neck or goitre in new-born calves, lambs, foals and dead hairless pigs indicate that this mineral element was not present in quantity sufficient for normal development.

2. Calcium and Phosphorus.—Rickets in young animals, paralysis of the joints of either fore or hind limbs, weak legs, and soft-shelled eggs in chickens, and low milk production are common conditions where these minerals are not supplied in sufficient quantity.

Feeds Rich in Calcium (the bone maker)—Alfalfa, Red Clover, Tankage, Dried Milk products, Skim milk, Butter milk, Whey.

Feeds Poor in Calcium.—Cereal grains, roots, Timothy hay, cereal straws.

Feeds With Calcium in Moderate Amount.—Dried beet pulp, corn silage, corn fodder.

(a) Calcium can be supplied by feeding steamed bonemeal, raw rock phosphate, whitening, chalk, air-slacked lime, limestone, marl, or wood ashes, in quantity sufficient to supply the need along with the daily ration.

(b) Phosphorus can be supplied best by using phosphorus rich food as bran, linseed meal and tankage, or by using raw rock phosphate flasks in conjunction with calcium. Steamed bone meal can also be used.

(c) Iodine can be supplied by using sea salt from which the iodine has not been removed or by using the commercial iodized salt.

Method of Feeding Supplements.

The quantities required are not large. For animals at pasture a self feeder is the only practical method. For stall-fed animals the ingredients can be mixed and given with the daily ration, where calcium and phosphorus alone are required such can be supplied by mixing steamed bone meal, marl and salt. If iodine alone is required a solution made of one ounce of iodine to one gallon of water can be made up and one tablespoonful applied daily to the feed of each animal.

If the milk yields are low, and the cows chewing bones, look to the mineral content of the feed and make adjustment. If the pigs are crippled, with swollen joints and defective bones, look to the mineral content of the feed. If the hens are laying soft-shelled eggs, look to the mineral content of the food.

You are the one that supplies the feed. The cow shut up in the barn yard and the pig in the high-walled pen are your prisoners; it is up to you to provide what their bodies need, or let them go out to nature and find it for themselves.—L. Stevenson, Dept. of Extension, O. A. College, Guelph.

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