

WAS WEAK AND THIN ONLY WEIGHED 73 POUNDS. NOW WEIGHS 113 POUNDS.

Had Heart Trouble and Shortness
of Breath for Six Years.

MILBURN'S HEART AND NERVE PILLS
cured Mrs. K. E. Bright, Burnley, Ont.
She writes: "I was greatly troubled, for
six years, with my heart and shortness of
breath. I could not walk eighty rods with-
out resting four or five times in that short
distance. I got so weak and thin I only
weighed seventy-three pounds. I decided
at last to take some of Milburn's Heart and
Nerve Pills, and after taking eight boxes
I gained in strength and weight, and now
weigh one hundred and thirteen pounds,
the most I ever weighed in my life. I feel
well and can work as well as ever I did,
and can heartily thank Milburn's Heart and
Nerve Pills for it all."

Price 50 cents per box or 3 boxes for
\$1.25 at all dealers, or mailed direct on
receipt of price by The T. Milburn Co.,
Limited, Toronto, Ont.

Now
in bulls from R. O. M. dams? Or better yet, call
and see us.

**E. & F. MALLORY,
FRANKFORD, ONTARIO.**

Holsteins & Yorkshires

R. Honey, Brickley, Ont.

All surplus stock of Holsteins sold,
except this crop of calves. Ready to
book orders for them. Best bacon type
Yorkshires, one to six months, both sexes, at mod-
erate prices.

Spring Brook Holsteins and Tamworths.
32 choice young Tamworths from imp. sows, and
sired by imp. Knowle King David, of best British
blood and Royal winners. Correct type. Holsteins
of best strains. Write for what you want, or, better,
come and see. Will not exhibit this year. Stock
better than ever. A. C. HALLMAN, BRESLAU,
WATERLOO CO., ONT.

Maple Hill Holstein-Friesians

Special offering: Two bull calves eleven
months old; well bred; in fine condi-
tion; now fit for service.

G. W. CLEMONS, St. George, Ont.

Maple Glen HOLSTEINS
For sale: Two bull calves born
April 28th. One sired by Brightest
Canar; dam of calf has 22½ lbs.
butter record, over 4 per cent. fat. The other from
19.48-lb. 2-year-old A. R. O. test, sired by a bull
with a 22½-lb. tested dam, with 93 lbs. milk 1 day.
Also a 4-year-old cow due in Oct., sire's g. dam sister
of Carmen Sylvia. G. A. Gilroy, Glen Buell, Ont.

The Maples Holstein Herd!
RECORD OF MERIT COWS.

Headed by Lord Wayne Mechthilde Calamity, also
in the Record of Merit. Nothing for sale but choice
bull calves.

WALBURN RIVERS, Folden's, Ont.

HOLSTEINS Choice bull calves, one to six
months old, from high-produc-
ing dams. One heifer, 2 years, due in December.
White Rocks, Buff Oringtons, one dollar up.

David Rife & Sons, Hespeler, Ontario.

Homestead Holsteins Bull calves for sale
8 months old, out of
cows with large A. R. O. records, and sired by Count
Mercena Posch, whose dam and sire's dam average
25½ lbs. butter in seven days.

G. & F. GRIFFIN, Box 43 Burgessville, Ont.

"Can ye spare a poor fellow a nickel,
mister?"

"Didn't I give you ten cents yesterday
to get a meal?"

"Yes, boss; but you see I ate so much
I got indigestion an' I want to get some
medicine for it."

**BLACK
WATCH**
The Name of
Black Watch
On a Tag on a Plug of
Black Chewing Tobacco
Stands for Quality.

secured at practically no expense, and
any ration with a semblance of variety
will contain enough mineral matter for
the needs of all farm animals. The use
and importance of the three following
should be carefully studied by the dairy-
man.

PROTEIN.

This is another name for the group of
nutrients in foods which are rich in nitro-
gen. Many times they are spoken of as
nitrogenous foods, because they are com-
posed on the average of 16 per cent. of
the element nitrogen, the element which
is essential in the growth of either plant
or animal. As examples of foods rich in
protein, we may mention such concen-
trates as oil meal, cotton-seed meal, and
gluten meal, and the leguminous hays
from alfalfa, cow peas, soy beans and
clover. From the leguminous plants
(those that secure most of their nitrogen
from the air), the forage and seeds are
rich in protein. Lean meat, white of
egg, and the casein of milk, are custom-
ary examples of protein.

The principal uses of protein by the cow
are to build muscle, replace broken-down
tissue, and form the casein of milk. The
cow's food does not contain casein; she
makes it from the protein in her food.
Successful feeding of the dairy cow de-
pends much upon the proper use of pro-
tein. The selection of foods should be
carefully made, first because those used
are often deficient in protein; second, be-
cause no other nutrient answers the same
purpose.

CARBOHYDRATES.

Carbohydrates include such substances
as sugar, starch, and crude fiber, as they
exist in the different foods. This group
constitutes the larger part of the food
consumed by farm animals, and when
burned in the body, it furnishes the heat
and energy for body functions and mus-
cular activity. They are actually burned
within the animal, the heat not needed
to maintain temperature being thrown
off. Milk solids draw heavily upon the
energy of the cow. When carbohydrates
are fed in excess of the demands of the
animal body, fat may be formed. They
are the source likewise of milk sugar and
butter-fat.

FAT.

Fats or oils are common in both plant
tissues and seeds, and in the animal body,
where they are characteristic of the spe-
cies. The rough fodders contain com-
paratively small amounts, while cotton
seed, flax seed, and corn, contain large
amounts. Fats perform the same func-
tion in the animal body as do carbo-
hydrates, with the exception that they
are 2½ times as valuable. Fats and car-
bohydrates are interchangeable, one may
take the place of the other, but neither
can assume the function of protein. No
more muscle can be replaced or built up,
or casein produced, than there is protein
in the food. Protein can take the place
of carbohydrates or fats when either is
deficient, though this is an expensive sub-
stitution, but no amount of carbohy-
drates or fats will make up for a defi-
ciency of protein.

GOSSIP.

To a Jersey Cow.

Here's to you, Lady, sleek and fine,
True daughter of a royal line!
From small black feet to tiny head
A lady born, a lady bred.
The quiet, mouse-hued coat you wear,
Those fawn-like eyes, that timid air
Of fine reserve, plain as your face
Proclaim your ancient, honored race.

Here's to you, Lady! May you know
Fresh clover field where'er you go.
May daisies nod and cowslips spring
About you like a fairy ring;
May bird songs mingle with your bell,
That tinkles down the shady dell,
And still pools mirror back the sky,
Where you may drink and wade breast
high.

Here's to you, Lady! May you chew
The cud of happy memory, too,
And coming lowing from the field,
To gentle hands full udder yield.
But ere you sink to peaceful rest,
Grant me, I beg, this one request:
That I may drink this health to you
In that pure beverage which you brew.

—May Ellis Nichols.

Centre and Hillview Holsteins

125 head to select from. 35 in the R.
O. M. Stock bulls Bonheur States-
man, high official backing, and is close-
ly related to Colantha 4th's Johanna;
Brookbank Butter Boy. All nearest
dams over 20 lbs. From these sires,
out of R. O. M. dams, are several
young bulls and a few heifers. Prices right. P. D.
FDE, Oxford Centre, Ont. Woodstock Station.

LYNDALE HOLSTEINS!

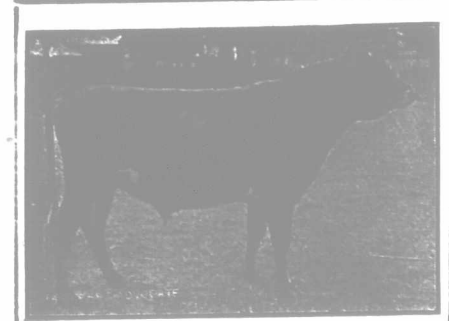
Bull calves out of cows with records
of from 18 to 20 lbs., also three heifers
coming two, and a number of young
cows in Record of Merit, bred to a
grandson of Pieterje Hengerveld's
Count De Kol. BROWN BROS. LYN, ONT.

EVERGREEN STOCK FARM offers for sale choice
young **HOLSTEIN BULLS**, from 10 to 12 months
old, sired by sons of Mercena 3rd and Tidy Abbe-
kerk, each of which made over 27 lbs. of butter per
week, and 80 lbs. milk per day. Also choice young
females. Write for prices. F. E. PETTIT, Bur-
gessville, Ont.

Only Bull Calves

FOR SALE, HOLSTEINS and AYRSHIRES,
Of the best performing strains.

GEO. RICE, ANNANDALE STOCK FARM, TILLSONBURG, ONTARIO.



THE GOLDEN LAD BULL.

Golden Fox of Dentonia. First-prize yearling
and junior champion at Toronto, 1907, Exhibition.
His calves coming from my pure St. Lambert
cows proves this cross a wonderful success.
Correspondence invited.

T. PORTER, Weston Road,
Toronto Junction.

Brampton Jerseys!

Select your stock bull or family cow
from Canada's most famous and
largest Jersey herd.

B. H. Bull & Son, Brampton, Can.

JERSEYS We have the get of Ethel's John, a 75
FOR SALE per cent. Mary Ann of St. Lambert
bull; also of Minette's Star, a son of Brampton
Minette, Brampton Monarch (imported), Blue
Blood, and Financial King. Write for what you
want. H.S. Pipes & Son, Amherst, Nova Scotia.

**SOUTHDOWNS
AND COLLIES.**
Long-distance Telephone.

10 good yearling rams, including the first and third
prize winners at London. Also some good breeding
ewes, which must be sold, as the flock is being reduced.
ROBT. McEWEN, Byron, Ont. Ry. Stn., London, Ont.

Springbank Oxford Down Sheep

10 superior yearling rams, 1 two-shear ram, 1 imp
shearling. Good flock headers. 13 choice ram
lambs by noted imp. sire. Prices reasonable.

Wm. Barnett & Son, Living Springs P. O., Ont.

Fergus, C. P. R. and G. T. R.

FAIRVIEW SHROPSHIRE EWES

For sale at very moderate prices.
They were sired by a champion ram.
And are being bred to another champion.
Are of first-class type and quality.
Write for circular and prices.

J. & D. J. CAMPBELL, WOODVILLE, ONTARIO.

I CAN FURNISH JUST NOW A LARGE NUMBER OF EXTRA GOOD Shropshire and Cotswold Rams

A large number of extra good Shropshire and Cotswold ewes, twelve months old.
And a few very high-class Shorthorn bulls and heifers. Any of which will be sold at
moderate prices.

ROBERT MILLER, STOUFFVILLE, ONT.

SHROPSHIRE

Flock of the most approved type. We offer good
animals at reasonable prices.

W. D. MONKMAN, BOND HEAD, ONT.

CLAYFIELD Buy now of the **Champion Cots-
stock** wold Flock of America, 1906. Flock
headers, ranch rams, ewes of different
ages. All of first-class quality, and
prices reasonable. Write, or call on **J. C. ROSS,
Box 61, Jarvis, Ont.**

YOUNG SHROPSHIRE EWES

FOR SALE. Bred to one of our best rams. Glad to receive communications.

MAPLE SHADE FARM.
LONG-DISTANCE PHONE.

John Dryden & Son, Brooklin, Ont.

OXFORD DOWN SHEEP AT FARNHAM FARM.

We have 50 yearling ewes, all bred to our im-
ported ram, champion at Toronto Exhibition, 1908,
which we will sell at especially reduced prices for
the next thirty days, in lots to suit purchaser. Also
a few yearling rams and ram lambs by imported
sires. Terms reasonable.

HENRY ARKELL & SON, ARKELL, ONTARIO

Arkell, C. P. R. Guelph, G. T. R.

**POPLAR LODGE SOUTHDOWNS AND BERSH-
SHIRES.**—At right prices, 2 aged, 3 yearling rams,
2 ram lambs. Flock headers. Berkshires all ages,
both sexes. Ideal type. Correct description guar-
anteed. **S. Lemon, Kettleby, Ont., P. O. and
Sta., also Aurora Sta.** Long-distance phone.

Shropshires, Cotswolds

I am now offering a lot of large, well-
covered rams. They weigh from 160 to
200 lbs. each. Also shearling ewes, ram
lambs and ewe lambs, of both breeds,
fitted for showing.

JOHN MILLER, BROUGHAM, ONT.
Claremont station, C. P. R.

OXFORD DOWN RAMS

For sale. A choice lot of yearling rams and ram
lambs. Also two choice Yorkshire boars fit for
service at close prices for quick buyers.

W. A. BRYANT, CAIRNGORM, ONT.