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GOOD HEALTH QUESTION BOX

By John B. Huber, M.A., M.D.

Dr. Huber will answer all signed letters pertaining to health. If your question is of general interest it will be answered through these columns; if not, it will be answered personally if stamped, addressed envelope is enclosed. Dr. Huber will not prescribe for individual cases or make diagnosis. Address Dr. John B. Huber, care of Wilson Publishing Co., 73 West Adelaide St., Toronto.

What avail the largest gifts of Heaven, when drooping health and spirits go amiss.—Thomson.
BABY'S CLOTHES.

At the first year. At about the first year the child will begin to stand, and he must have shoes to support his ankles. Rompers will give him freedom and save on the laundry. As soon as he is sufficiently trained (about eighteen months) drawers should be worn. Laced shoes are best for a walking child; but cannot be produced for a small baby. When out of doors in winter the child should have his ears well covered, and a bonnet with an interlining should be used. A thin sweater is a very convenient garment to use under the coat on very cold days. The child should never go out when the thermometer is under 15 degrees F. A fine piece of cheese cloth may be made to fit the baby carriage, fastened on the hood; and this will guard against dust and high winds.

The out-of-door clothing is dependent entirely upon the season of the year and with the sudden changes which take place in the climate definite rules cannot be laid down. Mothers are obliged to rely upon their own judgment. As a general proposition it may be said that infants are very apt to be overclad, particularly during the hot weather.

QUESTIONS AND ANSWERS.

Appendicitis.

I have seen 2 doctors; both tell me I have appendicitis and one tells me I must be operated on. Can I be cured without an operation? It pains me only at odd times and generally at night. I drink 9 or 10 cups of tea the day, besides about as much water. I have also varicose veins. And I am constipated all the time.

Answer—The excellent physicians who examined you would be far better judges than I, and I would be presumptuous indeed to advise in the circumstances. On general principles, however, operation is decidedly indicated in such a case as yours. In chronic appendicitis the local condition is like so much dynamite in the system, ready to explode on the occurrence of any strain or dietetic indiscretion. Possibly the other ailments you mention may be much improved in consequence of the operation. The Tannic acid in the tea is very binding. Of course you are drinking too much of that fluid, 2 or at most 3 cups the day are right and should be your limit. 6 glasses of water the day are enough.

Cold Hands.

I am having quite a time to keep my hands warm. In fact I feel cold all over as soon as damp weather sets in.

Answer—Cold hands (and feet) with or without sweating, if persisting several months, are due either to nervous fatigue (neurasthenia), anemia (poor blood), hemorrhage, chronic digestive disturbances, rheumatism, gout, or heart or lung affections that may interfere with the right circulation of the blood. Many nervous people get cold extremities suddenly and temporarily by reason of excitement or anxiety or shock. There are those who will complain of cold extremities, which are nevertheless warm to the touch of another person. Doctors call this parasthesia, and it is a nervous condition. Your doctor should examine as to which of these causes obtains in your case and proceed accordingly.

Was known—

The enemy soon discovered that the Jews were prepared for them; hence they desisted from an actual attack. This made it possible for the builders to return to their tasks. Verses 16-18 give an idea of the assignments given to different classes of the population: (1) Nehemiah's immediate followers; (2) the princes and leaders; (3) the builders; (4) the carriers of burdens; (5) the trumpeters; (6) Nehemiah himself. Servants—The immediate followers of Nehemiah; half of these were to assist the builders, the others to furnish protection. Rulers—They were in the rear to give encouragement and direction. The closing words of verse 16 should be joined with verse 17, "the whole house of Judah, both those who were building and those who were in the rear to give encouragement and direction." Verses 19-21 describe the provisions made for collecting the forces quickly. Large—Or, "extensive." Consequently, only a few men were at a given point; in case of attack they had to be brought together quickly. Trumpeters—There were probably several trumpeters, but one was always by the side of the commander-in-chief; the two might always be found at the point of danger. Morning stars—The speedy completion of the walls was of the utmost importance; hence the long working hours.



Lesson IX. Nehemiah Rebuilds the Wall of Jerusalem—Neh. 4. Golden Text, Heb. 13. 6.

Verses 7, 8 narrate Sanballat's plans to attack the city. Sanballat. Tobiah—See comment on lesson for Nov. 18, verse 10. Arabians. Ammonites—The adherents of Tobiah (Neh. 2, 10) and of Geshem (Neh. 2, 19). Ashdodites—Inhabitants of the Philistine city of Ashdod. The surrounding tribes, like the Samaritans, resented the progress of the restored community. Wrath—Because in spite of all their efforts the building enterprise went right on. Unless the people could be stopped they would soon be in a position to withstand all outside attacks. Confusion—Or "panic." A panic would disorganize the work and make the people an easy prey.

Verses 9-11 portray Nehemiah's feelings on discovering the seriousness of the situation. Prayer. Nehemiah and the people had full confidence in Jehovah they did not neglect to take proper precautions, so as not to be taken by surprise. Outposts were placed beyond the city wall where they watched day and night. Verses 10 and 11, which are obscure, seem to call attention to the one hand, to the discouragement of the Jews; on the other, to the bold confidence of the enemies. Judah—The Jewish community. Not able to build—The strength of the workmen was exhausted, and yet much remained to be done; no wonder the Jews became disheartened. The enemies, on the other hand, were confident. Their plan seems to have been to take the city by surprise, slay the workmen, and thus bring the building enterprise to an end.

Verses 12-14 describe the preparations made to meet the attack. The thoughts of verse 12, as translated above, seems to be that some of the Jewish workmen living outside of the city, near the gathering places of the enemy, brought reports that the enemies were gathering for the attack. Immediately Nehemiah took proper defensive measures. The general sense of verse 13, another obscure verse, seems to be that Nehemiah on receipt of the reports arranged his forces so as to meet the attack. Be ye afraid—When he saw that the people were still downcast and full of fear he sought to arouse them by appealing to their courage, religion, and patriotism. Verses 15-18 tell that the enemy gave up the attack and that the work

MAKING BUTCHERING EASIER

Methods That Take the Drudgery Out of Hog-Killing Time.
By Mrs. L. E. Armour.

When we butcher hogs we prefer a clear, cool day, with the wind from the north. All necessary preparations are made beforehand as much as possible. If a number of hogs are to be dressed, they are not all killed at the same time, as standing seems to impair the flavor, but to make good time we aim to have one ready for scalding as soon as the one before it is finished. A small amount of lime added to the scalding water will not injure the meat in any way, and it makes the hair slip much more easily and the skin is whiter.

The carcasses are pulled from the scalding barrel and put on a long platform which is a little lower at the end farthest from the barrel. This lowering of one end gives the water a chance to drain off, and the hair and scurf is more easily cleaned from the platform. The best procedure in removing the hair is to begin on the head and feet. These are the hardest to dress properly, and when they become cold they are almost impossible to take.

Avoid Heavy Lifting

Every advantage of heavy lifting is taken. We do not try to lift a heavy hog on the pole in the old way. Our method is simple. The carcass is rolled from the platform on to a strong chair. Two men can carry a very heavy hog in this manner. The hog may now be taken with a minimum of effort to the place where it is to be hung. A number of devices may be employed to save the heavy lifting. The gambrel stick may be slipped out of one leg, put around the hog, and reinserted in its proper position. Then it is easily possible to push it up to a notch cut in the pole, which is used as an inclined plane. A block and tackle may be tied to the limb of a tree and the gambrel stick tied to the lower pulley. If a pair of pulley-wire stretchers are handy, they are the best, as they have a patent grip that holds the hog securely at any height. Now we are ready to dash cold water over the body.

We remove the entrails next, being very careful all the while that they be drawn intact. We place a stick between the ribs to hold the sides apart, rinse out with cold water, and we continue with the others until they have been brought to the state of the one described.

It is time to begin cutting and trimming the first when the last hog is dressed. Hams, sides, and shoulders are trimmed to the desired size and carried to the smokehouse, where we spread them singly on shelves and sprinkle them with salt. Heads are soaked in water to remove the blood, and handled in the same manner.

Skins should be cut from the pieces that are to be used for lard, and all lean taken off for the sausage. The skins are cooked alone. The lard fat is cut into small pieces and the sausage meat into chunks for grinding.

Recipes For Brine

Here is the brine we use for 100 pounds of meat: Salt, eight pounds; saltpeter, pulverized, two ounces; brown sugar, two pounds. Dissolve in six gallons of water. This brine is placed in the kettle and brought to the boiling point, and cooled overnight. Then when the meat is placed in a clean barrel, joints first, the solution is poured over it and a clean cloth tied over the top of the barrel.

The lard fat is placed in the kettle with just enough water added to keep it from sticking. Stir it constantly, and add fire sufficient to keep it cooking. We bring our sausage out by the fire and grind it while we render the lard. Use only a good grade of pork for sausage. Three pounds of the lean to one of the fat is near the right proportion. The combining should be done before the grinding, as the grinder gives a much more thorough mixture than can possibly be made by hand. Most good sausage makers put the meat through the cut-

ter the second time. At the second grinding the seasoning may be added. For four pounds of meat the following is the proper amount of seasoning, although it will be best to add or subtract to make it suit your own taste: One ounce fine salt, one-half ounce of black ground pepper, and one-half ounce of powdered sage. If the color of the meat is desired a little saltpeter will keep it.

Making Sausages

Sausage for immediate use may be packed in crocks and jars. A very good method is to pack the jars tightly and set in an oven and heat until enough lard has run out to make a covering over the top. Expert sausage makers advise covering the jar with cheesecloth and pouring melted paraffin on the cloth to fill up the pores. It is no trouble to keep the sausage for months this way. Always keep in a cool and dry place.

Then the casings may be used as a container. They are the small intestines of the hog, and have been thoroughly cleaned, washed, and scraped. A special stuffing machine is used to pack the sausage in them. My own favorite way is to pack the sausage in muslin bags. It seems better if it is dried a while, and after the drying we pack it away in crocks and cover with lard. Mixed sausage is made by allowing one pound of lean beef and one pound of fat pork to two pounds of lean pork. It is handled the same as pure sausage.

In making souse or hog-head cheese, one head should be used with about twelve feet. Boil them together until they are perfectly tender, and remove the bones. Mash the meat thoroughly, and season with salt, pepper, and sage. Store in a deep pan or crock until well cooled, and then it may be fried, or sliced and served with vinegar, as desired. Liver cheese is made in the same way, using three livers, one head, and eight feet.

To Prepare Livers

At butchering time there is so much fresh meat and "bones" that we seldom eat all of the livers. The French in Louisiana have the following way of taking care of it, and it is an extremely appetizing food when rightly prepared and served: Cook as many livers as desired, boiling until perfectly tender. Mash well, add salt, pepper, sage, minced onions, or garlic to suit the taste. Add one third as much rice that has been thoroughly cooked and seasoned. Stuff it in well-cleaned paunches and hang to dry. It should be smoked a little with coals or hickory wood. After the smoking operation it is sliced and fried.

Backbones and ribs, if unsalted, can be hung in the smokehouse in fly-proof sacks, and will not taste old for several days. After we have left our meat in the brine from three to five weeks—the colder the weather the longer we leave it—we smoke it over a hickory fire and pack it in rat-proof receptacles, placing corn husks between the layers.



Less Grain For Live Stock.

It is time to do away with extravagance in feeding grain to stock. The fact that grain is commanding enormous prices is sufficient reason why its use should be limited. Profitable production of breeding animals without the necessity of a large amount of grain in the ration, is an added reason why its use should be curtailed.

In the dairy barn, roots, or forage crops such as alfalfa, clover, soybeans and cow-peas, may partly take the place of grain. The best feed to use as a partial substitute for grain is silage. For all practical purposes, a balanced ration for an average cow giving fifteen to eighteen pounds of milk is about fourteen pounds of alfalfa hay and thirty-five pounds of corn silage. No grain is necessary for that production. A pound of cottonseed-meal fed on the silage will furnish the necessary protein. A cow producing more than eighteen pounds of milk will need grain, the amount depending on the quantity of milk.

Soils and Crops

By Agronomist

This Department is for the use of our farm readers who want the advice of an expert on any question regarding soil, seed, crops, etc. If your question is of sufficient general interest, it will be answered through this column. If stamped and addressed envelope is enclosed with your letter, a complete answer will be mailed to you. Address Agronomist, care of Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

C.B.—1. Is it possible to treat seed corn so as to keep crows from destroying it? **2.** How can one exterminate wild carrots? **3.** What would be the best seed to sow in the spring to produce a small crop of hay next year?

Answer:—1. In order to control the attack of crows on young growing corn, it is well to dip the corn in tar, by putting it in a kettle and then applying the tar to the corn, keeping the corn stirred. Just enough should be used to make a very thin covering of tar over each kernel. A tablespoonful should be sufficient to treat six or eight quarts of seed corn. It is good practice to dry the excess tar by the addition of some dry road dust or lime. This will prevent the seed sticking. **2.** Wild carrots can be exterminated by cultivation. This weed yields readily where care is taken to prevent its seeding. **3.** Probably the best you can do to get a hay crop from spring sown seed, would be to sow a mixture of peas and oats, a bushel of each to the acre. These should be cut just before the oats begin to turn color, at which time the pea pods will be fairly well filled, and the mixture should make nutritious hay.

Reader:—I wish to plant an acre in strawberries in the spring. Can you give me advice regarding cultivation as this work is new to me. Soil is good clay loam.

Answer:—In preparing a strawberry patch next spring, the ground should be worked as early as possible, and the plants set in rows three to four feet apart, and from one to two feet apart in the rows. Successful strawberry growers apply from 300 to 600 lbs. of fertilizer to the acre, in preparing a suitable bed for the strawberry plants. This can be done by broadcast over the ground and working in by carefully harrowing or raking the ground. Fertilizer on a fairly rich clay loam soil, should analyze about 2 to 3 per cent ammonia and 8 to 12 per cent available phosphoric acid, and possibly 1 per cent of potash. During the first season the blossoming stalk should be pinched off and the runners should be trained along the row, not spreading more

than a foot wide on either side. During the first season the strawberries should be frequently worked, rather deep at first, but shallower as the season advances, rarely exceeding a depth of 2½ inches. After the ground has frozen it is good practice to cover the plants with straw or other mulch which can be removed in the spring.

R.S.—1. Will you give me particulars for treatment of barley for smut? **2.** If I sow sweet clover with a nurse crop next spring, how long will the plants last? It is a biennial, I know, but does planting with a nurse crop make a difference? **3.** Should a wooden silo built of yellow pine be painted on the inside as well as the outside? Is it necessary that silos with cement floors have a hole left in the centre for drainage?

Answer:—1. In order to treat barley to control smut, take a barrel holding about 50 gallons of water. Add one pint of formalin to approximately 40 gallons of water. Mix this thoroughly, then dip the bag of barley seed into this mixture until it is completely submerged. Raise the bag until it has drained out and then resubmerge. Afterwards lift the bag up so that the solution drains back into the barrel and empty the sack onto a clean floor, covering the barley so treated with sacks or covers. Leave these on over night so as to keep the formalin gas in among the kernels as much as possible. In the morning remove the bags and the gas will quickly escape. **2.** If sweet clover is sown with care and the ground is well prepared and rich, it will last for several years. Planting it with a nurse crop makes no difference as to the longevity of the clover plants. **3.** Painting the inside of the silo will tend to preserve the wood. This painting is not as necessary as that of the outside, since the outside painting protects the silo from weathering. It is good practice to have a hole at the bottom of the cement floor silo. This hole should lead off into a drain, but of course should be closed before the silo is filled. Otherwise air will get into the silage by this avenue and destroy much of it. The drain at the bottom of the silo will allow thorough cleaning out of the silo.

alfalfa hay and thirty-five pounds of corn silage. No grain is necessary for that production. A pound of cottonseed-meal fed on the silage will furnish the necessary protein. A cow producing more than eighteen pounds of milk will need grain, the amount depending on the quantity of milk.

In the feed lots the most economical gains on steers and lambs are secured when silage and alfalfa or clover hay are used largely in the ration. Swine being fitted for market can not consume any large amount of roughage, but brood sows relish alfalfa hay, and its use insures strong, healthy litters. Fillies and weanling colts utilize alfalfa hay advantageously, while mares in foal may be wintered on that ration alone. Breeding ewes that enter the winter in good shape can be carried until lambing time without grain, provided they have a good supply of well-cured alfalfa or clover hay and some silage for succulence. It is imperative to feed neither moldy silage, nor silage made from corn cut too green.



How To Make Successful Hatches

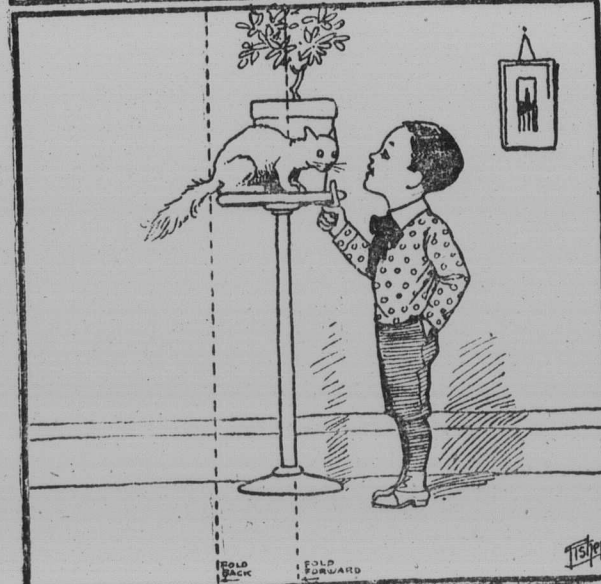
Weak chicks are caused by the same things that cause a poor hatch, says a successful poultry woman. I keep my tray filled with hatchable eggs by testing them before putting them in the machine. There are many imperfections on the inside of the shells, and in the egg itself, which are impossible to detect without the magnifying lens. I test again in thirty-six hours, taking out all infertile eggs before they are injured. I try to keep my lamp clean and well trimmed, and use the very best oil. I keep the temperature at from 102 degrees to 103 degrees the first two weeks, from 103 degrees to 104 degrees the last week, and never exceed 104 degrees at any time. No moisture is used, except that which the incubator provides, until the hatch is well advanced. Then a wet, warm towel is laid over the eggs if necessary. I am constantly on the lookout for dead germs which, if permitted to remain, will spoil the hatch by poisoning chicks that otherwise might have been strong and healthy. A dead chick in the shell will have the same effect on the good eggs in the incubator that a decayed apple would have in the midst of good ones. They throw off a poisonous gas which is responsible for many chicking time. This also causes bowel trouble, so common with incubator chicks, for which the incubator is not to blame. I fill every vacancy made by testing out unhatchable eggs, by setting a couple of hens at the same time I set the incubator, to draw from when

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