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ADAMS FURNITURE CO., Ltd
Canada's Largest Home Furnishers **TORONTO**

MAYPOLE SOAP

The Clean, Easy Home Dye

Maypole Soap cleans and dyes, at one operation, cotton, silk, wool, satin, velvet, lace or feathers. Gives the freshest, most brilliant colors because it contains soap. Colors are even, free from streaks, and absolutely fast.

Being in cake form, Maypole Soap does not scatter, waste or make a mess, as powder dyes do. Does not stain hands or kettle. Has long been England's favorite home dye because it is easiest and most satisfactory.

24 colors—will give any shade. Colors 10c—black 15c—at your dealer's or postpaid with free Booklet, "How to Dye," from

FRANK L. BENEDICT & CO., Montreal.

"The Home"

"As pretty as a picture." That's what one said of a home enclosed with

"IDEAL" LAWN FENCE

And with good cause, too, for surrounding a magnificent house was a beautiful garden and lawn, unmarked by the rampages of small animals, yet bathed by the glorious sunlight. "IDEAL" LAWN FENCE casts practically no shadow, which gives the flowers along the border the direct rays of the sun.

Well-kept lawns, surrounded with "IDEAL" LAWN FENCE AND GATES, not only add to the appearance of "The Home" and the value of the property, but they make "The Home" more attractive, more artistic. "IDEAL" is not expensive, and can be erected by anyone. It's cheaper than iron or wooden fences, and better than either. We will gladly send you Catalogue No. 136 on "IDEAL" LAWN FENCE and other "IDEAL" LAWN ACCESSORIES.

THE MCGREGOR BANWELL FENCE CO., LTD.
WALKERVILLE, ONTARIO

Eggs---Butter---Poultry

Our present supply is limited and we require daily consignments to meet our demand. Highest market price guaranteed.

MERCHANTS' PRODUCE COMPANY,
57 Front St. E., Toronto Estab. 1899; Long-distance 'phone Main 1478

Please Mention The Farmer's Advocate

morning! Perhaps wiser ones recognize that exercise is needed; but the exercise makes them hungrier than usual, as of course it should; and when they eat, to make up what is lost in exercise, they eat too much, and actually gain.

BRINGING UP COAL FROM THE CELLAR.

Most bodies groan and grunt over burning up their own fat, after so carefully storing it away. They prefer to use the sugar they can get fresh, and fresh from their food at every meal. If the coal is stored away in the cellar, and wood is delivered at the kitchen door every day, most people, I suppose, would prefer to use the daily deliveries, right to hand, of quick-burning fuel, rather than go to the cellar, open the bin doors, and lug the slow-burning coal up-stairs to the kitchen stove. At all events, this is the way the body feels about it.

THE PROPER WAY.

To reduce fat, exercise—muscular exercise—is needed, not necessarily very hard exercise, but exercise, in excess of that justified by the food taken. Very little exercise will do if very little food is taken; very much is needed if the food taken is excessive; but little or much, the exercise must keep "one jump ahead" of the food.

WAYS AND MEANS.

Suppose you are determined to cut your fat down and are willing to take real pains about it. Weigh yourself stripped, or in a definite set of clothes, with empty pockets, on a reliable scale.

Then weigh the food in your ordinary meals, bread, meat, vegetables, etc., separately, and so get a real idea of how much you eat per day. (Many people may find it easier to count so many slices of bread, so many helps of butter, so many chops, so many potatoes, etc., but this is not so accurate, although, perhaps, accurate enough.) Figure the average calories you have been taking in. (See table January 15th, 1914.)

Then make up your mind which you will do; eat just the same amount, but exercise more and more until your weight comes down: or (b) exercise just the same, but cut your food down; or (c) both increase exercise and reduce diet. Then, whichever you choose to do, do it! Not spasmodically, or a day at a time, or when you feel like it, but right straight along for three months.

HELPS TO THE WAYWARD.

Remember that your stomach may be so used to bulky meals that you really feel uncomfortably empty on small ones: you may placate your stomach, and "balance up" in bulk, by eating coarse, branny foods, and foods very high in water; guard against taking concentrated foods, especially sugars and fats and starches: look over the list of foods already given (January 15, 1914), and pick things like oatmeal and macaroni, that have low fuel value, but good bulk. (It takes about six pounds of cooked oatmeal to equal about one pound of good candy in fuel. Notice string beans, green; ten pounds about equal one pound of sugar; but notice, too, that one pound of navy beans dry are equal to a pound and a half of beefsteak, very nearly.) Remember, in using this table, that you are aiming to cut down the fuel you give your body in your meals, so that your body will be forced to burn up its own fuel, your fat. But don't go at it so hard that you collapse in a week, and have to stay in bed a month to recover. Be content to take off a pound or two a week, not fifty pounds a day!

A pound of fat represents 4,200 calories, and to burn this up in a week you must average 600 calories a day less food than you are taking now if your exercise remains the same, or you must increase your output of energy by the equivalent of 600 calories if your food remains the same; in other words, if your average diet before you begin reducing is 3,000 calories a day, you must cut it to 2,400, keeping up your ordinary exercise; or you must much increase the exercise you ordinarily take. Violent exercise suddenly entered upon by people who have been living rather sedentary lives, may easily result in a great deal of trouble, and it is much better to both cut the diet somewhat and increase the exercise somewhat, working gradually to the point where you begin to get a definite reduction in weight. It must be remembered that

Bourinot's Canadian Manual

On the Procedure at meetings of municipal councils, shareholders and directors of companies, synods, conventions, societies and public bodies generally, with an introductory review of the rules and usages of Parliament that govern public assemblies in Canada.

This book gives in simple and plainly understood language the rules for the proper conduct of meetings. It is of great value to all who are interested in the methodical progress of business and who wish to make themselves conversant with the principles, rules and usages that should guide the proceedings of public assemblies of all kinds. Any person occupying a public position should have an intelligent understanding of the management of public meetings.

The book contains 444 pages, is strongly bound in half-leather, and will be sent postpaid on receipt of \$3.75, or \$3 if cloth binding preferred.

There is also a Citizens' Edition of the above, containing 162 pages, which omits only the portions relating to municipal councils and church synods. Price, cloth \$1, or boards 75c.

The Carswell Company, Limited
19 Duncan St., Toronto.

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The result of over 100 years' experience with calf-raisers. The only Calf Meal made in an exclusive Calf Meal Factory. As rich as new milk at less than half the cost. Makes rapid growth. Stops scouring. Three calves can be raised on it at the cost of one. Get Bulletin, "How to Raise Calves Cheaply and Successfully Without Milk," by sending a postcard to

Steele, Briggs Seed Co.,
Toronto, Ontario

MAIL CONTRACT

SEALED TENDERS addressed to the Postmaster General will be received at Ottawa until noon, on Friday, the 8th day of May, 1914, for the conveyance of His Majesty's Mails on a proposed Contract for four years, six times per week each way, between Big Point and Chatham (Chatham No. 1 Rural Route) from the 1st day of July, 1914, next.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Offices of Big Point, Dubuque, Painscourt and Chatham, and at the Office of the Post Office Inspector at London.

Post Office Department, } G. C. ANDERSON,
Mail Service Branch, } Superintendent.
Ottawa, 28th March, 1914.

Wanted at Industrial School
MIMICO, ONT.

A competent gardener; must have a thorough knowledge of the cultivation of vegetables, small fruits, etc. A young, unmarried man preferred. References required.

C. FERRIER, Superintendent

Cream Wanted

We pay express charges on cream from any express office within 200 miles of Ottawa. We also supply cans. Sweet or sour cream accepted. Write for particulars to

Valley Creamery of Ottawa, Limited
Ottawa, Ontario

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Toronto consumes the milk and cream from over 14,000 cows and the butter production of over 70,000 cows, we need your cream and expect to pay well for it, drop a card.

The Toronto Creamery Co., Ltd.,
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Baby Chicks

Order your baby chicks now from our splendid laying strain of single-comb White Leghorns.

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