TAKE CARE

Take care of your stomach and your health will take care of itself. That is the golden rule of correct living. Your stomach is the factory of your body. It is there that the raw material we call food is prepared and made ready to be absorbed into your system and turned into blood, brain, bone and sinew. See to it then, and help it when it fails with Mother Seigel's Syrup, the great stomach healer, and David Martin, Beaver Brook. Albert Co., N.B., writing on January 20, 1908, says:-

"I have used Mother Seigel's Syrup for stomach troubles, and would not be without it on any account. I had much pain after eating, and often could not retain my food. It was thought my complaint was chronic, but the Syrup completely cured me.

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Several hundred acres of the finest fruit lands have been put on the market for sale in the Kettle Valley, which have been subdivided into lots of various sizes; many of these front along the river and are beautifully situated. Soil a rich sandy loam, which produces the most magnificent apples, small fruit and vegetables. Very valuable local market only a few miles away in the flourishing mining district of the boundary, where the monthly pay roll is \$250,000. Splendid climate. About 30 miles east of Okanagan Valley. Excellent reliway facilities. Prices only \$100 to \$150 per acre. Abundant supply of the finest water and no rent to pay for it. Apply to

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Winnipeg Agents: B. M. Tomlinson & Co., Edward Building Opp. Eaton's, Winnipeg, Man.

POWER LOT (Continued from Page 137)

content, as I trudged home alone in the dark. She, who had been my learned lady, and above all flesh, was mortal after all. How sweet to ecstasy that thought might be to the mortal who had made her mortal, a man can imagine. But Rob was too slow, and had been too deeply hurt once upon a time by her incisively expressed disapproval of him. Once he would have thrown himself to earth with joy, just to ter. What would be a good blister for a subterranean spring be present under touch the hem of her dress; now she it, or what would you advise to do with where the instrument has been fixed, the was too far away for him to make the it? Should he be kept in the stable, needle commences to move; note being

was the lost glory of his dreams afar off | before greasing it; and how long between the spot where the greatest movement in the sweet elysium of the things that blisters? "cannot be."

"My lady," said I, tramping on alone, "and may it all be as you wish, and it shall be, if Jim Turbine can help; but it was a proud heart you struck low in into place; in other cases (complete dis-terranean spring does not exist under Rob Hilton—as proud as it was simple and humble, if I may so speak. And your soulful eyes will have to tell their sistant to draw the limb well forward. The witch-hazel or apple-wood crotch and have an assistant to draw the limb well forward. story more than once before he'll look the hand being used to press the bone attribute its action (?) to the electrical into them with any hope to find his

(To be continued)

Questions and Answers

WIDOW'S RIGHTS.

What are a widow's rights to the property of her deceased husband? She is the second wife with an adopted child, and the children of her husband's first wife. What are the children's rights?

Alta Ans. If the husband left no will, his widow is entitled to one-third of his property only, while the children receive the other two-thirds. The administration of the property to be carried out by executors named by the proper authorities. If the husband left a will the property should be divided ac- of rupture. Unless it gets much worse cording to the conditions of the will. The adopted child has not the same property rights as children of the

GROWING RYE.

buy the straw, and what do they pay for it?

S. E. Man. G. G. K. by the harness makers in Winnipeg, The Great West and Winnipeg Saddleries) at about twelve to fifteen dollars a ton at point of shipment. The straw, of course, must be clean and tied in bundles. The Mennonites thresh it with a flail so as not to crush the straw but a machine may be used if it is not set at too high a speed and the sheaf be withdrawn when the head is threshed. Rye straw is very scarce at present and there has not been an print. over supply for several years. We should think it would be quite a profitable crop to grow on light land but, like other crops, the heavier it is up will be. A lot of people think because crotch? it is rye the crop must be light, but there are good and poor crops of rye as of other grains.

DIFFICULT CHURNING.

summer in getting the butter to come water, but I can see no reason why the after it is broken. We churn somewhere witch-hazel or apple-wood crotch should about two to three hours before it will turn and indicate water; consequently I gather, and so cannot ascertain the have no confidence in it. On the other reason. We use a Daisy churn, also a hand, I have heard most estimable peoseparator. We have no farrow cows, ple declare that they had seen this and cows get plenty of the half gallon pea meal twice daily. The wasture. W. J. C. and cows get plenty of salt: also a

enough, or it may be too thin-that is, convince a man who had had such too much milk in it. If you will ob- experience that there was no virtue in tain a richer cream, by adjusting the the witch-hazel or apple-wood crotch for outlets of the separator, use a thermom-finding water. eter, see that cream is rich enough; churn at a temperature of 65 degrees, and have the churn not much more than field & Co., Liverpool, England. A half full, you should have no difficulty pamphlet describing the instrument in getting butter in thirty to thirty-five

DISLOCATION OF STIFLE.

but he does not seem to be getting bet- electricity to a certain degree. Should interpretation of her kindness one of common mortal accessibility.

It is should it be possible to bandage carefully taken of the number of degrees on the scale, and the position of the Moreover, he was bound, and she long should one wait after blistering it instrument changed from time to time,

In partial dislocations in grown horses made. sometimes a sharp crack of a whip will "If the needle remains stationary, it startle the animal and the bone will fly may be taken for granted that a sub sistant to draw the limb well forward, not being a magnetic needle, we cannot forward and inward, when it will usually currents which make the needle move in fly into place with a sharp click. Once in place, it is best kept there by keeping O. A. C. Wm. H. Day.

the limb well forward by means of a side line. There is no better blister than cantharides (Spanish fly), one part, to clean lard, six parts. Clip the hair off and rub in well, and grease the third day. Repeat the blister after two or three weeks, and again repeat if necessary.

UMBILICAL HERNIA.

I have a colt, three months old, that for the last two months has had a lump on the navel about the size of a hen's egg, and lately it seems to be getting a little larger. The lump seems to be quite soft, as though it were filled with water, and can quite easily be pressed back up into the body. What is the matter with it? What is the cause of Is it dangerous? What will cure A Subscriber.

Ans.—This is hernia, or a mild form it may be as well to leave it alone for a few weeks, at least, as sometimes nature works out a cure of this class of trouble. If it continues to grow worse it is advisable to put a truss or pad over the part, supported by a leather or strong linen bandage four or five inches My land is very sandy and there is wide around the body. Make a pad also some gravel on it. Grain does not about the size of a small deep saucer wide around the body. Make a pad yield very well except rye. What do on the bandage to fit over the rupture you think of growing rye? Do saddlers to keep it in place. Have the straps and buckles fastened to the bandage so that it can be regulated and fastened to prevent its slipping or shifting back Ans.—In some districts of Manitoba, or forwards. Keep this on for three among the Mennonites, rye is quite ex-tensively grown. The straw is bought a cure, have your veterinarian apply a

> A correspondent at Lewiswyn, Sask. asks two questions, but as he did not observe the rule of signing his name when writing, we have not published the replies. We require the names of correspondents before answering questions. No man should be ashamed of his name, or of seeing his initials in

WITCH-HAZEL TO FIND WATER.

1. Do you put any faith in the finding to its own limit the more profitable it of water by a witch-hazel or apple-wood

2. If so, why does the crotch act as it does

3. Why will it act with some people and not with others?

Ans.—Personally I have had no ex-We have had considerable trouble this perience with this method of finding nethod indicate They where water might be found, while only a short distance on either side dry wells Ans.—Probably the cream is not ripe had been sunk. It would be hard to

I may add that there is an automatic spring-finder manufactured by W. Mans-

"The principle on which the instrument works is the measuring of the strength of the electrical cu ents which are constantly flowing between I have a colt that is stifled. There earth and atmosphere, and which are seems to be quite an enlargement, and always strongest in the vicinity of subthe bone cracks when he walks. I have terranean water courses, the flowing kept him in all summer, and blistered it, waters of which are charged with listers? Subscriber. of the needle has been obtained being Ans.—Keep him quiet in a level place, that where the well-boring should be

BOVRIL

is indispensable in the camp, and for all impromptu meals. Add a little BOVRIL to your canned meats and soups and note the difference.



BOVRIL sandwiches are nutritious and toothsome.

HAPPY THOUGHT.

A lady writing from Ireland says :- "I went to see my sister's baby, who was very ill indeed. She had been up for nights with him without undressing; he was crying all the time as with some internal pain. The doctor told her he could do nothing except put him in a warm bath, which gave him a little ease for the time being

"I thought of STEEDMAN'S SOOTHING POWDERS which I used for my own children; and next day sent some to my sister, when she gave he child half a powder according to directions. For the first time for a fortnight she and the baby, and, in fact, all the household, had a good night's sleep, and the little fellow has continued to improve ever since.

These powders do not contain poison. nor are they a narcotic; but they act gently on the bowels, thus relieving everish heat and preventing fits, con-

> Please notice that the name STEEDMAN is always spelt with EE.

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