

RHEUMATISM FOR OVER 16 YEARS

No Return Of The Trouble Since Taking "Fruit-a-tives"

108 CHURCH ST., MONTREAL.
 "I was a great sufferer from Rheumatism for over 16 years. I consulted specialists; took medicine; used lotions; but nothing did me good. Then I began to use "Fruit-a-tives", and in 15 days the pain was easier and the Rheumatism much better. Gradually, "Fruit-a-tives" overcame my Rheumatism; and now, for five years, I have had no return of trouble. I cordially recommend "Fruit-a-tives" to all sufferers."
 P. H. McH
 50c a box, 6 for \$2.50, trial 5
 At all dealers or sent post;
 Fruit-a-tives Limited, Ottawa

PRESERVATION OF FOOD

How to Keep Fruit and Vegetables From Spoiling.

All Bacteria Present Must Be Destroyed—Hints on Canning and Sealing, and Also on Drying in Special Ovens—Storing Fruits.

(Contributed by Ontario Department of Agriculture, Toronto.)

It is a universally known fact that foods not properly preserved will spoil. They will ferment, decay, putrify or become moldy. These changes are brought about by the development of bacteria, yeasts and molds on or in the food. If these micro-organisms can be prevented from growing on or in the food it will not spoil. Therefore, the question of food preservation resolves itself into the problem of preventing these bacteria, yeasts and molds from growing or multiplying on or in the foods. This is done in various ways accord-

ing to the nature of the food to be preserved.

Overheating or freezing will usually kill the living tissue of which the roots are composed, after which they will readily decay as a result of the rapid multiplication of bacteria and molds in the dead tissue.

In the preservation of such vegetables as green peas, beans, asparagus and green corn different measures are necessary. These are green and juicy and if stored in the fresh condition they will either wilt or ferment and rot. This fermentation and rotting is due to the development of the bacteria which are present on the vegetables. There will be sufficient moisture present in the mass to enable the bacteria to multiply and feed on the material and thus induce the rot.

So in order to preserve such vegetables in the fresh condition the bacteria present have to be all killed and all other bacteria prevented from getting on the material until it is to be used. In order to accomplish this the process of canning is resorted to. To get satisfactory results from canning vegetables it is necessary to have:

- 1st. Good sound healthy vegetables.
- 2nd. Good clean sealers with tight-fitting tops and good rubbers.
- 3rd. Wash the vegetables and fill into the sealers.
- 4th. Cover with water salted to taste.
- 5th. Put on the tops and leave slightly loose.
- 6th. Place sealers in a steamer or boiler half filled with cold water and heat to the boiling point for half an hour.
- 7th. Remove sealers from boiler or steamer and tighten down the tops.
- 8th. After 24 hours loosen the tops and return to the boiler or steamer and give another half hour's boiling.
- 9th. Repeat this process after another 24 hours. Then tighten down the tops and place away.

This treatment should destroy all micro-organisms present and if the top is hermetically sealed no others can get in until it is opened. Another method of sterilizing is to give one boiling to the filled sealers for 3-4 hours. This, however, cannot be depended on to give as satisfactory results as the above.

After methodically sealed, sealers under 15 lbs. pressure for thirty minutes. This is the commercial way for which special strong steamers (autoclaves), that can withstand internal pressure, are necessary. A small vessel of this type suitable for household use is now on the market. The canning process of preserving vegetables is by drying them in special ovens. This drying process extracts sufficient moisture from the vegetables to prevent the bacteria present from having the power to multiply unless the materials should be moist before being used. If sufficient moisture is not extracted or should the dried materials get moist during storage, then decay or rot will rapidly develop, as the bacteria are not killed in the drying process and only require moisture to enable them to develop.

In the storing of such fruits as apples and pears it is essential:

1. To have only sound specimens.
2. To pack carefully without bruising.
3. To store in a cool, well-ventilated place where they will neither be overheated or frozen.

Such fruits as strawberries, raspberries, plums, praches, currants, blueberries, etc., which are soft, cannot be kept any length of time without fermenting or molding unless they are canned.

The canning process is simply for the purpose of killing all mold spores and yeast cells that are on the fruit and preventing others getting on until the material is to be used.

Canning fruits is not so difficult as canning vegetables because it is easier to kill yeasts and molds which affect fruits than it is to kill bacteria that affect vegetables.

These fruits may be cooked in a fruit kettle; sugar added to taste, and filled hot direct from the kettle into sterilized sealers removed direct from scalding water.

Another way to preserve such fruits is by the cold pack method. In this method the fruits are not cooked before putting into the sealer. Sound fruit not overripe should be used. This is picked over and filled directly into clean sealers. Stone fruit should be pitted.

A syrup of sugar and water sweetened to taste is then filled into sealers so as to completely cover the fruit. The tops, rubbers and rings are put on but not screwed down tightly. The sealers are then placed in a boiler containing cold water sufficient to reach three-fourths up the sealers, and this is brought to a boil and kept boiling for half an hour. The sealers are then removed and the tops screwed down tightly at once. When cooled, store away.—Prof. D. H. Jones, O. A. College, Guelph.

Relief For the Depressed.—Physical and mental depression usually have their origin in a disordered state of the stomach and liver, as when these organs are deranged in their action the whole system is affected. Try Farnelle's Vegetable Pills. They revive the digestive processes, act beneficially on the nerves and restore the spirits as no other pills will. They are cheap, simple and sure, and the effects are lasting.

DREAD LUMP JAW.

Average Owner of Cattle Regards Disease Far Too Lightly.

I spent several years as a veterinary inspector for the Department of Agriculture, most of the time at post-mortem work in some of the large packing houses. Daily I had experience with so-called lump jaw. The head is the first part to receive inspection in the regular routine of post-mortem, and here we find tuberculosis of the submaxillary and post-pharyngeal lymph glands. I believe that any inspector will agree with me that more than nine-tenths of these lumps are tubercular. Look at the post-mortem reports of these inspectors and see if they do not report these lumps as tuberculosis of the submaxillary or retropharyngeal lymph glands. I do not believe it is possible for these inspectors to differentiate between tuberculosis and actinomycosis of the lymph glands on gross post-mortem, but every inspector knows that if he finds these throat glands abscessed he must be on the alert for other ailments in the organs and body.

I can classify my reasons for taking this stand about as follows: (1) More than nine-tenths of these lump jaws will react to the tuberculin test. (2) More than nine-tenths of these



Better Management of Cattle Prevents Loss of Such Food Animals.

abscessed glands reported by the veterinary inspectors are reported as tuberculosis, and I believe they are right in doing so. (3) The packer will not buy the lump jaw. He wants them tagged, so that if condemned the loss is thrown back on the shipper.

Now look over the condemnations of any inspector and see how many carcasses are condemned for actinomycosis. I do not believe it will be one in 1,000. The packer would not go to that trouble to save himself on one carcass out of 1,000 condemned, but he knows that by experience that a lump jaw is quite apt to be condemned by the inspector for generalized tuberculosis after a thorough post-mortem. The packer loses many cows in a year condemned for septic metritis, but he does not insist on a close examination of the tail and vulva, yet his loss from septic metritis is far greater than from actinomycosis.

I have been in practice the last few years and some of my clients are men well informed and who read a great deal. I was surprised at first to know how lightly they regarded the lump jaw. Most of them regard it as something that can be cured. I am beginning to understand now there has been no effort to eradicate lump jaw, and no information sent out by the Department of Agriculture warning the farmer of the danger of keeping the lump jaw in the herd. To me it seems just as reasonable to advise a client how to load a herd so that it will not react to the tuberculin test as it is to operate on a cow, remove a tubercular lymph gland and make her look alright so that the owner can sell her to his neighbor or the stock shipper.—W. L. Hanson, Assistant State Veterinarian, Butler County, Iowa.

Two Handy Shelves.

Two shelves thirty inches long by ten inches wide, with a double row of hooks in the bottom make one housewife's kitchen neat and convenient. One shelf—white enameled—is over the sink. On it stands the double boiler, coffee percolator, coffee in an airtight can—the coffee mill is attached to the wall just over the drainboard—and scouring powder, bath brick, steel wool and a bottle of lavelle water. On the hooks beneath hangs the cooking utensils in constant daily use, long-handled spoons, meat knife and cleaver, bread knife, dish mop, soap, shaker, bottle cleaner, cork screw, steel frying pans of small size, stew pans, etc.

The other shelf is on an enclosed porch, and is just outside the kitchen door. On the hooks hang broom, floor mop, dustless mop, oiled mop, brushes of various sizes. These all have screws put in the top of the handle so that they may be hung up easily. On the shelf in furniture polish, floor wax, a shoe box containing clean old cloths and squares of cheesecloth for cleaning and dusting, and empty syrup pails, in which oiled dust cloths are stored. The carpet sweeper and scrubbing pail stand below the shelf.

Frank Duncan, formerly a resident of the townline, P. & E., died after an operation at the Mayo Bros. Hospital at Rochester. He leaves a widow and one child.

Feels Lost Without It

"We had never used Zam-Buk before but would feel lost without it now," writes a grateful Ontario mother, Mrs. T. G. Miller, of Winona.

"Whilst at play," she says, "my little two-year-old ladderan up against a cross-cut saw and gashed his forehead badly. As we happened to have a box of Zam-Buk in the house I got it down and applied a dressing to the injury. It speedily soothed away the pain."

"After treating the wound with Zam-Buk twice daily for three days, it healed so well that I was able to leave off the bandages. There's not even a scar now, thanks to Zam-Buk."

Our files hold thousands of similar letters confirming the wondrous soothing and healing power of Zam-Buk in Cuts, Burns, and Scalds, and for ending obstinate attacks of Eczema, Poisoned Sores, Ringworm, Ulcers, and Piles. There is need of a thoroughly reliable anti-septic healer like Zam-Buk in every home. It ensures safety from festering and blood-poisoning prevents little sores from developing into obstinate and chronic skin disease. Zam-Buk has medicinal properties never associated with any ordinary ointment or salve, and it's purely herbal. Get this unique healer today! Of Druggists and Store, 50c, or Zam-Buk Coy., Toronto.



LIVESTOCK FOR SALE
 Shorthorn, Angus
 Hereford, Holstein
 Ayrshire, Jersey

Farmers and stockmen desiring to purchase purebred registered males and females, individually or in lots, should communicate with the Secretary of the Lambton County Pure Bred Livestock Breeders' Association.

Up-to-date lists of the pure bred livestock for sale in the county kept on hand. Expert assistance will be given to all parties desiring to purchase herd sires. Parties desiring to list their animals should communicate with the Secretary.

W. P. MACDONALD, Petrolia, Ont.

INSURANCE

J. H. HUME.

AGENT FOR
FIRE, ACCIDENT AND SICK BENEFIT COMPANIES.
 REPRESENTING
 Five Old and Reliable Fire Insurance Companies
 you want your property insured, call on J. H. HUME and get his rates.

—ALSO AGENT FOR—
 P. R. Telegraph and Canada Permanent Loan and Savings Co.

Ticket Agent For C. P. R.—Tickets to all points in Manitoba, Northwest and British Columbia

THE LAMBTON Farmers' Mutual Fire Insurance Company.

(Established in 1875)

JOHN W. KINGSTON, PRESIDENT
 JAMES SMITH, VICE-PRESIDENT
 ALBERT G. MINNELLY, DIRECTOR
 THOMAS LITHGOW, DIRECTOR
 GUILFORD BUTLER, DIRECTOR
 JOHN PETER MCVICAR, DIRECTOR
 JOHN COWAN K. C., SOLICITOR
 J. F. ELLIOT, FIRE INSPECTORS
 ROBERT J. WHITE, AUDITORS
 P. J. McEWEN, AUDITORS
 W. G. WILLOUGHBY, MANAGER AND
 Watford, SEC.-TREASURER
 PETER McWEDRAN, Waukegan P.
 Agent for Warwick and Plympton.

CHANTRY FARM

SHORTHORN CATTLE AND LINCOLN SHEEP

For Sale, some extra good shearing and two-year-old rams. Good selection of lambs—either sex. Must reduce stock as I have sold one farm.

ED DE GEX, Kerwood P.O.

In putting away potatoes this fall in cellars or in pits put a bushel of lime to a hundred bushels of potatoes, and positively stop all tendency to rotting. In small quantities put not more than half-pint of lime in a bushel of potatoes. This has been tried and proven an effective preventative of potato rot.

CASTORIA

For Infants and Children
 In Use For Over 30 Years

Always bears the signature of
 Signature of *Chas. H. Fletcher*

HOBBS GOLD MEDAL

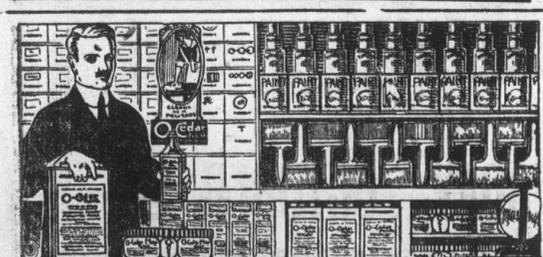
SPORTING GOODS, LAWN MOWERS, SEWING MACHINES, WASHERS & WRINGERS, BINDERS, TWINES, PREFRIGERATORS, CUTLERY, HARDWARE, ROOFING, SAFES, TOOLS

"QUALITY" OUR WATCHWORD

The "Gold Medal" Label Shields You Against Unknown Hardware Goods

Easy to remember! Think of "GOLD MEDAL" when you want the best! Look for the Gold Medal Label on any article and you will know instantly—without question—that it must be right.

For Sale by All First-class Hardware Dealers



Hints from Our Home Brightening Department

It's wonderful what a new coat of paint or varnish will do in brightening up the house. When you decide to freshen up the bathroom or kitchen with a coat of paint, or surprise that scratched chair and table with a sparkling coat of varnish, come in and see us. We have a complete line of paints, varnishes, brushes and everything for brightening up the home.

To keep the floors and furniture bright and glistening, we know of nothing better than the O-Cedar Polish Mop and

THE N. B. HOWDEN EST.