



A FORTUNE IN POULTRY

Increase your egg yield by purchasing hatching eggs from our high-record Breed-to-day Rocks, Wyandottes, Leghorns or Bantams. Mailing list, containing 45 photos of stock and buildings. Feed and tonic formulas free.

Our Mail Eggs Kind

L. R. Gall, Box 76, Rockwood, Ont.

WANTED Fowl of all Kinds Highest Prices Paid WALLER'S 713 Spadina Ave., Toronto

SELDOM SEE a big knee like this, but your horse may have a bunch or bruise on his ankle, hock, stifle, knee or throat. ABSORBINE TRADE MARK SINGLES PATENT will clean it off without laying up the horse. No blister, no balis gone. Concentrated—only a few drops required at an application. \$2.50 per bottle delivered. Describe your case for special instructions, and Book # 9 free. ABSORBINE, Jr., the anti-rheumatic, or medicinal, reduces Pained Swellings, Sprained Clavicle Wrens, Bruises, Varicose Veins, Ailments Pains and Inflammations. Write to a bottle at drugists or delivered. Liberal trial bottle postage for 10c. W. F. YOUNG, P. O. B. F., 173 Ligonier St., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

CALLED TO COLORS, MUST SELL 80 Ace Equipped Farm, \$2250 In rich section near neighbors, school, church, convenient depot, high school; easy to Big University and Agricultural College. Productive farm fields for muck-making crops; creek-watered wire-fenced pasture; estimated 2,500 cords wood, should pay for farm. Apple orchard, pears, peaches, cherries, grapes, berries. Good mud-brick-ed home dwelling, big barn, new poultry house, etc. Owner's son drafted, father wishes to retire at once. Includes 2 Horses, 2 cows, calf, all wagons, harness, plows, cultivators, other tools, half interest in binder, drill, roller, all for only \$2,250, easiest terms. Full details page 16 Strout's Catalogue. Easy free. E. A. STROUT FARM AGENCY, Dept. 9, 150 Nassau St., New York.

FOR SALE AND WANT ADVERTISING THREE CENTS A WORD, CASH 'Y' TH ORDER WHITE AND COLUMBIA WYANDOTTES, LIGHT BRAHMAS, S. C. WHITE LEGHORNS. Michael K. Boyer, Box 2, Hammonds, N.J. FARMERS' STATIONERY—100 letter books, 8 x 11; 100 envelopes, good stock, printed name address, etc., anywhere in Ontario, \$2.25; cash with order. Farmers' Printing, Beaverton, Ontario.

of God and the Lamb, whence flows the river of the water of life. It is there, and only there, that thou canst be filled with the Spirit. Cultivate carefully the habit of daily, yea, continually honoring Him by the quiet, restful confidence that He is doing His work within. Let faith in His dwelling make thee jealous of what ever could grieve Him,—the spirit of the world or the actings of self and the flesh. Let that faith seek its nourishment in the Word and all that says of the Spirit, His power, His comfort, and His work. It is faith in Jesus that brings the anointing; the anointing leads to Jesus, and to the abiding in Him alone.

The Holy Spirit was given for this one purpose,—that the glorious redemption and life in Christ might with Divine power be conveyed and communicated to us. We have the Holy Spirit to make the living Christ, in all His saving power, and in the completeness of His victory over sin, ever present with us. It is this that constitutes Him the Comforter: with Him we need never mourn an absent Christ. Let us therefore, as often as we read, or meditate, or pray in connection with this abiding in Christ, reckon upon it as a settled thing that we have the Spirit of God Himself within us, teaching, and guiding, and working. Let us rejoice in the confidence that we must succeed in all our desires, because the Holy Spirit is working all the while with secret but Divine power in the soul that does not hinder Him by its unbelief.

Canning the Early Vegetables

Mrs. M. L. Woelard, Toronto. "THIS is the day of the man who can." So wrote Carlyle. But that was yesterday, and to-day is the day of the woman who can. But her cans are, or should be, glass jars filled with the early vegetables.

On every available signpost are placed placards bearing the words in large red letters: "Save Food or Starve," and these plain words convey a message to everyone that the time has come to act seriously. Last year the canning campaign launched by the Ontario Department of Agriculture, Women's Institute Branch, proved a boon to many. The instructions were thorough and organization complete in every detail. The Women's Institute did a splendid work in helping women all over the Province, and the Department were begged by other organizations to send their demonstrators here, there, and everywhere, and the women of the Province are aroused to the great necessity of saving the perishable food.

This year the situation is much more serious, and not one bit of food should be allowed to waste.

We can start now and take care of the early vegetables. By using all we can on the table, we save wheat and meat for other uses. The slogan has always been: "Eat Vegetables and be Healthy," and I will continue to use that slogan.

Canadians have not used enough vegetables in the past, and that reason accounts for much of the physical unfitness found in the men examined for overseas—a lack of the sulphur, salts and nitrogen, etc., of which quantities are found in green vegetables. At this season of the year, when our system requires toning up, we should use more of nature's remedies, such as watercress, rhubarb, lettuce, young onions, in fact all green stuffs, and nothing will stimulate the appetite more than a tempting salad.

It is well established fact that vegetables are necessary to the human system. We should know more of our fruits and vegetables as there is less health. Many a mother has said to me: "My family do not care for vegetables, so I never use them." The answer is: "Come, give everyone must eat them, to save other food."

The canning of vegetables, with the exception of corn, peas, and tomatoes, has not been carried on by the women in our Province to any great extent until within the last two years, when almost every variety has been canned. Some women have made a great success of the canning. Others have had failures, but will try again, for our women of Canada are true patriots and know we must save and serve.

We are very apt to leave the canning of the vegetables until later in the season. This will be a great pity, as so much delicious stuff will be missed. Get busy as soon as the first vegetables are ready, and can as many jars as possible.

One thing is certain: We will never return to the factory-canned vegetables—and there is such a difference in price. A small bottle of tomato catsup, holding one cupful, a scant one at that, will cost from twenty-five cents to thirty-five cents. You can make eight such cupfuls, or two quart jars, for the price of the little bottle.

This year we are making a great effort to get the people interested in drying the vegetables and fruits, and much has been printed concerning the dehydration plants in use in the U.S. Every woman can use a rack over her stove and dry any vegetable or fruit. Especially can we have a soup mixture containing such vegetables as onions, parsnips, carrots, potatoes, parsley, having it all ways ready, just as fresh as the fresh vegetables. As I say: "Eat Vegetables and be Healthy."

Note.—In our issue of next week Mrs. Woelard will give some practical pointers concerning the canning of various kinds of vegetables.

More Homes Wanted

A FEW weeks ago we published information concerning children for whose homes were wanted. Several of Our Polks got in touch with the inspectors of the Children's Aid Societies who were in search of homes for these children, and we anticipate that good homes were secured.

Mr. Geo. Powell, Inspector, Children's Aid Society, Peterboro, Ont., advises us that he has three children, all boys, for whom he is anxious to find good homes, preferably in the county of Peterboro. Their ages are one year, one between two and three years, and one between five and six years, and Mr. Powell tells us that some months ago, when we put an announcement in our columns that he wished to secure homes for eight children, the response from Our Polks more than filled his requirements, so we trust that these children may also find good homes.

We have advised also from Mr. Hugh Ferguson, Inspector, Children's Aid and Humane Society, Stratford, Ont., who is looking for a home for a boy, and writes us as follows: "We have a pleasing, healthy, promising boy in readiness for a home with a good Roman Catholic family. He is three years of age."

Anyone desiring to secure further particulars concerning these children may do so by communicating with Mr. Powell and Mr. Ferguson.

Mr. Amos Tovel, Inspector, Children's Aid Society, Guelph, Ont., writes us as follows: "I am very grateful for your assistance. Many applications were received as a result of your kind notice in a recent issue of Farm and Dairy. Homes were opened for four of the little boys we had need for them. The twins, brother and sister, whom we wished to place with a Roman Catholic family were not called for and are yet awaiting a home. Bobby aged five, Billy aged four and Frank aged two, are three brothers. They are desirable boys. They need good homes. I hope to send you a photo of these in a few days."

MADE IN CANADA MAGIC BAKING POWDER CONTAINS NO ALUMINUM E.W. GILLET CO. LTD. TORONTO, CANADA WINNIPEG MONTREAL

CASH FOR OLD FALSE TEETH Don't matter if broken. We pay up to \$15.00 per set, we also buy Crowns, Bridge-work and Platinum. Will send cash by return mail and hold goods 10 days for sender's approval of our price. Mail to MAZERS' DENTISTRY SPECIALTY 2007 5th St., Philadelphia, Pa.

QUEEN'S UNIVERSITY KINGSTON ONTARIO ARTS MEDICINE EDUCATION APPLIED SCIENCE Mining, Chemical, Civil, Mechanical and Electrical Engineering. HOME STUDY Arts Course by correspondence. Degree with one year's attendance of four summer sessions. Summer School Navigation School July and August December to April 19 GEO. Y. CHOWN, President

Peck, Kerr & McElerry Barristers, Solicitors, etc. 415 Water St., Peterboro, Ont. E. A. Peck F. D. Kerr V. J. McElerry

BOB LONG UNION MADE OVERALLS SHIRTS & GLOVES KNOWN FROM COAST TO COAST R. G. LONG & CO. LIMITED TORONTO CANADA

To see tendency to care should be taken of the quality of the material used in the drying process. The Nebraska... Last year... drying fruits... it would be... take kindly... fruits, having... old-fashioned... apples. Certain... mode of pres... practical, for... things after... "Later I sa... tables dried... together cony... that the dryi... very thorough... dust was und... feared many o... indefinitely be... and thus defie... It was presen... case we dried... ourselves? T... questions in m... "However, I... ing staling w... doubts. Not l... layer of seed... soaked into a... of their forme... and of tastin... Straightaway I... of the value o... Dried string b... doubtful arti... excelled any c... I ever ate the... more canned... "Apples drie... and soaked re... ed and smell... I was assured... this pie as ma... no one could... tively dried an... tially everyth... canned was sh... don, and some... for instance, on... celery, for soup... "Thirly con... by of the ric... inquiry about... fly dryer and w... be built for ab... and operated at... over. A gasol... the drying tr... rent is not avai... "In view of t... food for next... cases, it seem... dryers should be... community, and... to believe that... patented ever... established. If y... noted this quick... suggest that... early vegetables... and peas.