

WHEN THE LIVER IS INACTIVE CONSTIPATION SOON FOLLOWS

The duty of the liver is to prepare and secrete bile, and serve as a filter to the blood, cleansing it of all impurities and poisons.

Healthy bile in sufficient quantity is Nature's provision to secure regular action of the bowels, and therefore when the liver is inactive, failing to secrete bile in sufficient quantity, constipation soon follows.

Mr. Henry Pearce, Owen Sound, Ont., writes:—"Having been troubled for years with constipation, and trying many so-called remedies, which did me no good whatever, I was persuaded to try Milburn's Laxa-Liver Pills. I have found them most beneficial; they are, indeed, a splendid pill, and I can heartily recommend them to all suffering from constipation."

Milburn's Laxa-Liver Pills are 25 cents per vial, or 5 vials for \$1.00, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

GRAND TRUNK RAILWAY SYSTEM

Homeseekers' Excursions

July 23 August 6 and 20
September 3 and 17
Via Sarnia or Chicago.

WINNIPEG AND RETURN, - \$34.00
EDMONTON AND RETURN, - \$42.00

Tickets good for 60 days.
NO CHANGE OF CARS

Special train will leave Toronto 10.30 p.m. on above dates, via Chicago and St. Paul, carrying through coaches and Pullman Tourist Sleeping Cars.

The Grand Trunk Pacific Railway is the shortest and quickest route between Winnipeg-Saskatoon-Edmonton.

New Fast Express Service between Winnipeg, Yorkton, Canora and Regina. Smooth roadbed, Electric lighted Sleeping Cars, Superb Dining Car Service.

Lv. Winnipeg,	8.45 am	6.00 pm
Ar. Yorkton,	7.10 pm	9.30 am
Ar. Canora,	8.30 pm	11.45 am
Ar. Regina,	9.00 pm	7.00 am
Ar. Saskatoon,		8.18 am
Ar. Edmonton,		9.00 pm

UPPER LAKE SAILINGS

Sailings from Sarnia for Sault Ste. Marie and Port Arthur 3.30 p.m. Mondays, Wednesdays and Saturdays.

Ask any Grand Trunk Agent for full information, or write

A. E. DUFF, D. P. A.,
Union Station, Toronto, Ont.



SYNOPSIS OF CANADIAN NORTHWEST LAND REGULATIONS.

ANY PERSON who is the sole head of a family, or any male over 18 years old, may homestead a quarter section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-agency of the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties—Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister. In certain districts a homesteader in good standing may pre-empt a quarter-section alongside his homestead. Price, \$3.00 per acre.

Duties—Must reside upon the homestead or pre-emption six months in each of six years from date of homestead entry (including the time required to earn homestead patent) and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may enter for a purchased homestead in certain districts. Price, \$3.00 per acre. Duties.—Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$30.00.

W. W. CORY,

Deputy of the Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

GOSSIP.

THE LAND "SKINNER."

A recent editorial article in the New York Independent, observes that "every year hundreds of thousands of Americans, journeying between New York and Chicago, have a remarkable opportunity to observe from their Pullman windows the difference between good farming and poor. Going one way through Ohio and Pennsylvania, and the other way through Canada from Buffalo to Detroit, it is necessary only to look for obvious things to learn the different way of our own fellow citizens of the agricultural vocation and the painstaking thrift of our British-American neighbors.

The best representation of farming is not always along the railway lines, so the following reference may not do full justice to Ohio, but it is frankly truthful regarding Southern Ontario: "South of Lake Erie litter and disorder about barns, houses and outbuildings, hedges of weeds and bushes along the fence lines, and unsheltered farm machinery, tell of the farmer who either has never been properly trained to his work, or whose mind is on something else than the careful administration of his domain. North of Lake Erie one rolls through mile after mile of beautifully tilled fields, noting fences and buildings in perfect repair, and field boundaries absolutely clean. The shrubs and bushes that stand have been kept for a purpose, not through negligence or because of inadequate energy to use the brush-hook. On the Canadian side of the lake live stock is abundant. Sheep, cattle and horses, always in the landscape, give evidence that the farmers there have learned how impossible it is without live stock to keep up the fertility and productiveness of their acres. South of the lake, except in specialized areas, like the grape-growing region about Cleveland, the old land-skipping game goes merrily on.

"The Mohawk Valley and the Valley of the Ohio were once the potential garden of the world. Enormous crops of wheat could be raised there, as now in the Red River Valley of North Dakota. The land-skinner exploited them and then moved on to the prairies of Illinois and Iowa. Having exhausted in those States also the possibilities of making fortunes out of nothing, he is now pushing into the great Northwest of Canada. We have heard laments over the departure of American farmers from Iowa, and have read the Canadian newspaper rejoicings as the Iowans have crossed the border. Lamentations and rejoicings are both misplaced. The United States should view the departure of land-skimmers with something better than equanimity. Canada will rue their enterprise.

"Good farming is coming in this country, but slowly. From New England, through the Middle West and into the Dakotas and Montana it is making its way, partly through the influence of the agricultural colleges and experimental stations, partly through the coming of people who know how to farm and are willing to put the necessary thought and labor into their vocation to carry it on properly.

"The virtues of the old American stock were many, and we are among those who sincerely hope that it has left an enduring intellectual and moral influence upon the larger American people that is now in the making. But it would not be truthful to maintain that the old stock consisted largely of exemplary farmers, though most of it nominally followed agriculture as an occupation. The American has been a land speculator, a land exploiter, a forest destroyer, a mining speculator, and a stock speculator, but not, as a rule, a thrifty, patient, practical, scientific, far-seeing farmer. A great population of really good farmers would mean more for the material and moral prosperity of this country than almost any other one thing that could be named."

"My dear girl," exclaimed an elderly lady, "do you know that the man you are intending to marry drinks and gambles?"

"Yes, I know; I am going to marry him to reform him."

"Listen to me, my girl. Try one experiment before you do that."

"What experiment?"

"Take in a week's washing to do and see how you like it."—Town Topics.

How MUCH?



YOU KNOW how much butter-fat there is in the cream which you sell. Do you know how much plant food there is in the fertilizer which you buy—or do you leave it to the agent and let him send you any kind of fer-

tilizer he sells, at what seems to be a reasonable price?

Are you getting as much phosphoric acid as you need in an available form to perfectly ripen the wheat berry so that it will turn out plump hard A-1 grade?

HOMESTEAD

BONE BLACK FERTILIZERS

are known as crop producers and every analysis is guaranteed to be as represented. They are easily applied because they are so finely ground. They can be sown with a grain drill before planting or scattered by hand from the wagon if you have no drill, and then harrowed in.

At Dashwood, Ontario, Louis Walper says: "I had one of the biggest crops ever seen on this farm, following the use of 'HOMESTEAD' fertilizers."

At Thetford, Ontario, Wilson Bros., say: "We are well satisfied that it does not pay to sow wheat without them;" and Mr. H. Wilson of the same place writes: "Each year I sow a piece without fertilizer and the difference is so great I am fully convinced it does not pay me to sow wheat without the 'HOMESTEAD'."

At Arkona, Ontario, Mr. J. A. Gordon says: "I have used 'HOMESTEAD' fertilizer about five years. The first year I shut it off once across the field and my neighbor said he could see that strip 8 rods away; and it could be seen two years afterward in the meadow, so I think it pays all right."

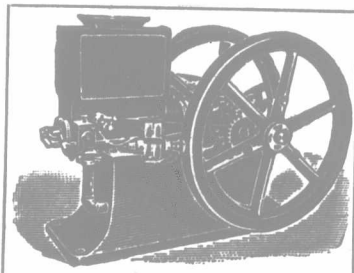
Every farmer should read our 52 page book on Fertilizers and "How to Fight Drouth with Fertility," sent free, postage paid. Write us today and tell your friends to do the same.

WE WANT AGENTS FOR UNOCCUPIED TERRITORY

The American Agricultural Chemical Co.

Michigan Carbon Works, Detroit, Mich.

A NEW NAME for the BEST Farm Engine



Made in air-cooled or water-cooled styles. Sizes 1½ to 20 h.p. Send for catalogue, prices and buying terms for farmers.

We have changed the name of our famous "CANADIAN" air-cooled and water-cooled engines to a name that also signifies superiority.

Hereafter, these engines will be known as the Monarch.

It is a Monarch among farm engines. No engine runs better, is more compact, easier started, surer and steadier than this. Always remember the "MONARCH".

Every part is true to 1/500 in. or less. Experts work on every part. Material is the best money can buy. Bearings are

big and wide. The design is compact and every part is reachable. The "MONARCH" is reliable, simple, durable, powerful and dependable. Easy buying terms. Write us for catalogue. Our Company has a new name too.

THE CANADIAN ENGINES, LIMITED

Formerly Canadian-American Gas & Gasoline Engine Co., Limited.

DUNNVILLE, ONTARIO

Frost & Wood, Ltd., Smith's Falls, Sole Selling Agents for East'n Ont., Que. and Mar. Prov.

Please Mention The Advocate