

A Human Match Factory

The body contains phosphorus sufficient to make 483,000 matches. Phosphorus is one of fourteen elements composing the body—divided among bones, flesh, nervous system and other organs. The perfect health of body requires a perfect balance of the elements. These elements come from the food we eat—the stomach extracts and distributes them.

But if stomach is deranged—the balance of health is destroyed and the blood does not carry the proper elements to the different organs, and there is blood trouble—nerve trouble—heart trouble. Pain is the hungry cry of starved organs. Put the liver, stomach and organs of digestion and nutrition into a condition of health. That is just what is done by

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THE COMMON SENSE MEDICAL ADVISER is a book of 1008 pages handsomely bound in cloth—treats of Physiology—Hygiene, Anatomy, Medicine and is a complete Home Physician—Send 50c stamps to R.V. Pierce, Buffalo, N.Y.

Danger From Potato Canker

Mr. H. T. Gussow, Dominion Botanist, Central Experimental Farm, Department of Agriculture, Ottawa, has issued the following circular:—

Potato canker should not be allowed to gain a foothold in Canada. It is a disease which makes slow progress, but where once broken out it has defied every known means of control. With the approach of the potato harvest all growers are particularly requested to examine their potatoes for signs of canker. A case of potato canker escaping detection forms a source of future infection.

The appearance of this disease has been well illustrated by the Farmers' circular No. 3, obtainable free of charge from the publication branch of the Department of Agriculture, Ottawa. Potato canker, owing to its serious nature, has been made subject to certain legislative measures under the Dominion Destructive Insect and Pest Act. In order to familiarize the farmer with the requirements of the act their attention is called to the following extracts and other information concerning the necessary steps to be taken in any locality.

1. On discovery of any signs of potato canker farmers should immediately notify the Dominion Botanist, Experimental Farm, Ottawa, of the outbreak, at the same time submitting specimen, when an inspector will be sent to assist and advise the farmer as regards the treatment to be given.

2. Unless prompt action is taken and the authorities are notified without delay the whole crop of potatoes, whether "apparently" sound or diseased is liable to destruction under "The Destructive Insect and Pest Act." Regulations 7 and 8, reading:—

(7) If, on inspection, nursery stock or other vegetation or vegetable matter is found to be infested with any of the insects, pests or diseases hereinafter specified, it shall be destroyed to the extent deemed necessary by the inspector and in his presence. All cases, packages and packing in which such stock has been contained shall be destroyed in the same manner.

(8) Any inspector entering any lands, nursery or other premises where there is reason to believe that any of the insects, pests or diseases hereinafter specified are or may be present, shall give instructions for the treatment or destruction of any tree, bush or any vegetation or vegetable matter or the containers thereof, which may be found or suspected to be infested with any of the insects, pests or diseases hereinafter specified, and such instructions shall be carried out by the owner or lessee of the infested or suspected vegetation, vegetable matters, or containers thereof, and such remedial treatment shall be carried out and continued until the insect, pest or disease shall be deemed by the inspector to have been exterminated.

3. Cut off and burn all potato tops or stalks without removing them from the infested area.

4. Dig at once all potatoes on your farms carefully hand pick them and those already dug, and separate the diseased tubers from those "apparently" or perfectly sound.

5. Place the diseased tubers in a pile and cover with earth. The inspector will advise you regarding their disposal.

6. All perfectly or "apparently" sound tubers may be stored in the usual way, but none must be used for any purpose whatsoever until the inspector has given permission.

7. Allow no tubers to remain in the ground, nor any animals to have access to an infested field. The organism causing the disease is liable to be spread through the excreta of animals having eaten infested potatoes in a raw condition.

8. No raw potatoes whether diseased, "apparently" or perfectly sound, must be used for any purpose whatever. After they have been examined by the inspector they may be boiled. Boiling will absolutely destroy the disease germ. All parings must be burned immediately.

9. Under no circumstances may you dispose of, sell, receive or give away any potatoes resulting from a diseased crop, however slightly that crop may have been infested. Note regulation 10 under the "Destructive Insect and Pest Act," reading:—"It shall be illegal to sell, offer for sale or in any way to dispose of or to receive any trees, shrubs or other plants, vegetable matter or portions of the same, if the same are infested with any of the insects, pests or diseases hereinafter specified."

10. If the quantity of potatoes permitted to be used by the inspector is considerable, you are strongly advised to keep a number of pigs and use a quantity of boiled potatoes among the usual food.

11. The use for seed of any potatoes resulting from an infested crop, no matter how sound they may appear, is strictly prohibited, as the disease is entirely propagated by the use of infected seed.

12. The land on which a diseased crop has been raised is useless for the cultivation of potatoes for an indefinite number of years. It may, however, be used for the growing of any other kind of crop, except potatoes.

13. All tools, implements, etc., used on infested land must be carefully cleaned by washing with an antiseptic solution (crude carbolic acid, sheep dips, etc.) before removing them from such infested land. Any soil left adhering to them or to the boots of persons working in the field, is liable to contain disease germs, and in this way may be responsible for carrying the disease to clean land.

In conclusion I must caution you to carefully carry out all these instructions. They have been devised to protect your own and the country's interests. Also kindly note paragraph "3" of "The Destructive Insect and Pest Act," reading: (8) "Every person who contravenes any provision of this act, or any regulation made thereunder, shall be liable, upon summary conviction, to a fine not exceeding one hundred dollars or to imprisonment," etc.

Further note paragraph 7 of "The Destructive Insect and Pest Act": "The Minister, upon the report of any inspector, setting forth a reasonable belief of the existence of any insect, pest or disease in an area defined in such report, may prohibit the removal from such area or the movement therein of any vegetation, vegetable or other matter which, in his opinion, is likely to result in the spread of such insect or disease."

Memo—The potato disease referred to "as hereinafter specified" in the "Act or regulations," is potato canker. Chrysophyctis endobiotica, Schilb.

N. B.—Letters and parcels of enquiry below 5 lbs. in weight are carried free by mail if addressed Dominion Botanist, Central Experimental Farm, Ottawa.

Household Hints and Helps

If using ammonia to soften water, put it in cool water instead of hot, as the latter would evaporate the ammonia.

If the floors of a closet are wiped with gasoline or benzine after being scrubbed insects will be kept away.

Melted beef drippings or tallow may be used over the top of jelly instead of paraffin, if the latter is not at hand. After the tallow is cold, if it has shrunk away from the glass, fill in with more.

When washing handkerchiefs, add some slices of lemon to the boiling water and they will come forth much nicer and whiter. Another good way to bleach handkerchiefs is to wash them and then let them soak over night in water in which a little cream of tartar has been dissolved.

Borax is one of the best exterminators for ants, and shelves and cracks where the insects appear should be sprinkled well with it.

To frost a cake evenly to the very edge, and yet prevent the icing from running down the sides, double a piece of stiff waxed paper and pin it about the cake closely, letting the band come about half an inch above the top of the cake. Spread on the icing thickly and evenly. Do not remove the paper until the icing is set.

To clean a smoke-blackened ceiling: Make a fairly thick paste of starch and water and apply this with a pad of flannel. When dry, brush off with a soft brush, and you will find the result well worth the trouble.

An inexpensive and harmless way of bleaching white clothes which have yellowed is to soak them overnight in sour buttermilk, then wash them in the usual way.

A preserve closet should be cool and dark. If it has a glass door hang a black curtain over it. It is a good plan to wrap jars of cherries, raspberries and strawberries in paper to exclude the light.

When poaching eggs, try adding a teaspoon of vinegar to the water. This helps to set the white and keeps it from spreading.

RELIEF FOR SUFFERING EVERYWHERE.—He whose life is made miserable by the suffering that comes from indigestion and has not tried Parmelee's Vegetable Pills does not know how easily this formidable foe can be dealt with. These Pills will relieve where others fail. They are the result of long and patient study and are confidently put forward as a sure corrector of disorders of the digestive organs, from which so many suffer.

The Elephant's Bath

The elephant enjoys a bath in the streams and pools of his native habitat, but his lonely brother in captivity finds no such comfort in the bath that from time to time is given him. A trainer thus describes the expensive operation: "It takes a week to carry out the process in every detail. It requires the services of three men and costs \$300. This treatment is necessary for a show elephant and, if the animal is a valuable one, the proprietor of the show does not consider the money wasted.

The first step consists of going over the immense body with the best soap procurable; 150 pounds of soap are used, and the elephant's ears are especially attended to. When the soaping and drying are completed, the elephant is well sand-papered and after that rubbed all over with the purest Indian oil until the mouse-gray skin is supple and glistening.

The last finishing touch is the most expensive of the whole bath, and consists in the application of about \$150 worth of olive-oil.

Miller's Worm Powders destroy worms without any inconvenience to the child, and so effectively that they pass from the body unperceived. They are not ejected in their entirety, but are ground up and pass away through the bowels and leave them in a condition not favorable to worms, and there will be no revival of the pests.

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COUNTY OF LAMBTON Treasurer's Notice as to Lands Liable For Sale For Taxes A. D. 1913.

TAKE NOTICE that the list of lands in the County of Lambton liable for sale for arrears of taxes by the Treasurer of the County, has been prepared by me and that copies thereof may be had in the office of the Treasurer of the County of Lambton.

AND FURTHER TAKE NOTICE that the list of lands liable for sale at aforesaid is now being published in the Ontario Gazette in the issues thereof bearing dates the 5th, 12th, 19th and 26th days of July, A. D., 1913.

AND FURTHER TAKE NOTICE that in default of payment of the taxes in arrears upon the lands specified in said list together with the costs chargeable thereon as set forth in said list so being published in the Ontario Gazette before the day fixed for sale of such lands, being the 8th day of October, A. D., 1913, the said lands will be sold for taxes pursuant to the terms of the advertisement in the Ontario Gazette.

AND FURTHER TAKE NOTICE that this publication is made pursuant to "The Assessment Act 4, Edward VII, Chap. 23, and amendments.

Dated at Sarnia this 5th day of July A. D. 1913.

HENRY INGRAM, Treasurer County of Lambton.

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