

OF HEALTH

man Thanks ham's Vegetable Compound

a.—"When I was and working I had more than I could regular. These tired all the time and no ambition friends and have a at tired and miser just seemed as if it I saw so much in ydia E. Pinkham's 1, and then I had a en it and told me me. Every month stronger and I soon month. It stopped d me other ways, were coming I was e first three months took the Vegetable ng and must say it of me and able to helped me through see I am a farmer's e to look after, and I have told ever so our medicine. Just etter from my old Her baby was born mine and she told ling very well, her h, and that she is me medicine I took, er and I hope some it."—Mrs. Jos. H. all, Manitoba. C

amy Mass of il Hair

ne" So Improves lected Hair



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or Liver s-10c a Box

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chafed, sore and ough and unsightly. sthese "breakings- f all skin worry. d purifying, herbal Buk are promptly sores, clearing and aggrish skin most ing it back to a ffection.

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te staged very enc- Sales last Friday

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Trains leave Watford station as follows:

GOING WEST	
Accommodation, 111.....	8.42 a.m.
Chicago Express, 17.....	11.59 a.m.
Detroit Express, 83.....	6.51 p.m.
Chicago Express.....	9.11 p.m.
GOING EAST	
Ontario Limited, 80.....	7.48 a.m.
Chicago Express, 6.....	11.22 a.m.
Express.....	2.50 p.m.
Accommodation, No. 112.....	6.08 p.m.
J. E. McTAGGART, Agent, Watford	

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MANY SOILS NEED LIME

YIELD ON LIME AND PHOSPHATE PLOTS WAS 60% GREATER.

Results of Experiments Carried Out During Two Past Seasons in Several Different Counties.

(Contributed by Ontario Department of Agriculture, Toronto.)

Lime and phosphate experiments were planned by the Chemistry Department of the Ontario Agricultural College to determine the effect of lime and acid phosphate on wheat and the succeeding crop of clover. Each experiment consisted of four one-half acre plots. The experiment was started in the autumn of 1922 when three experiments in each of the following counties were undertaken: Halldimand, Norfolk, Wentworth, Brant, Lincoln, Halton, Elgin and Welland. The fertilizers and lime were applied immediately before seeding the ground with wheat. It was not expected that lime would influence the crop of wheat but it was applied to see its influence on the clover following the wheat. When the wheat was harvested in 1923 it was found that on the plots receiving lime and acid phosphate the yield was 54 per cent. greater than on the check plots.

In the autumn of 1923, three experiments were laid down in each of eight counties, extending west and east of the original eight. When the plots in the sixteen counties were harvested in 1924, it was found that the plots where lime and acid phosphate had been applied yielded 45 per cent. more than the check plots. The clover was harvested from the plots started in the autumn of 1922, and gave a yield of clover on the lime plots forty per cent. greater than the yield on the check plots. The clover yield on the lime and phosphate plots was sixty per cent. greater than it was on the check plots.

The soil of the plots in these sixteen counties all showed a shortage of lime when taken over by the Department.

During the autumn of 1924 the work was extended to three other farms in each of eight additional counties.

The results to date on the lime phosphate experiments are very interesting and show that without doubt lime may be applied with profit for clover and that acid phosphate may be used with profit on wheat.—Dept. of Extension, Ontario Agricultural College.

Salting Tests.

There is some difference of opinion as to whether salt is, or is not, a butter preservative. Tests were made at the O. A. C. Dairy Department comparing butters made from the same cream, pasteurized, to one lot of which no salt was added, in other lots the salt content was .946, 1.69 and 2.9 per cent. The lots of butter were held in cold storage in 14-pound boxes for six months at temperature of 12° F. It was scored by the Provincial Butter Grader at the end of 1, 3 and 6 months periods. The lots having no salt averaged higher in flavor score when fresh and were practically the same at the end of 1, 3 and 6 months, and a little higher with one exception than the salted lots throughout the holding period. In these tests salt apparently had no preservative effect on the butter. High salting no doubt injures the quality of butter when fresh and is no advantage when it is kept in cold storage. Most Canadian markets require some salt in butter, but the demand is for less salt than formerly. At no time should butter contain over 2.5 per cent. of salt.

Dairy Notes.

Milk is such a perishable food that measures should be taken to preserve it in good condition for at least 36 to 48 hours after it is drawn from the cow. Pasteurization, which includes cooling and holding at a reasonably low temperature, preferably below 50° F. are the two things necessary and practicable at reasonable cost. Where milk is held at 60° to 70° F., which is ordinary house temperature, the Dealers' raw milk will not remain sweet for more than 12 hours, whereas if pasteurized it will likely be quite fit for table use up to 24 or 30 hours holding. If kept at 50° F. the pasteurized milk will remain in good condition for 48 hours or longer.—Prof. H. H. Dean, Dairy Dept., O. A. College.

Buttermilk.

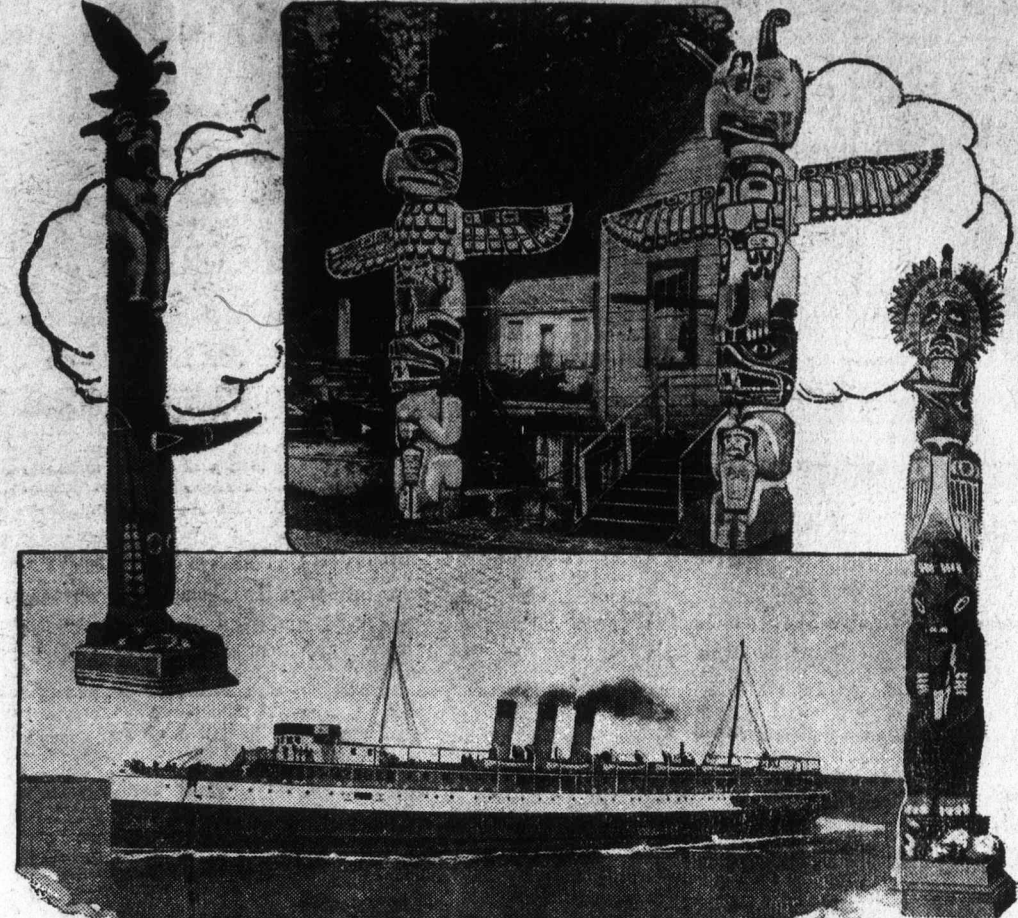
The lactic acid organisms in buttermilk make it a very valuable food. Not so much is it valued for the energy value that it contains, but for its ability in fighting and destroying the bacteria of decomposition in the alimentary canal.

Poultry fatteners feed buttermilk with the purpose of getting quicker gains and more tender, juicy meat. They have also found that Buttermilk fed chickens ship with less mortality and that the dressed poultry retains its high quality for a longer period after being placed on the market. Indicating that the bacteria of decomposition had been eliminated or at least held in check.

THE AD GUIDE-ADVOCATE

PAGE SEVEN

Keynote of Northland is Mystery



A typical coastal Indian village scene. Left and Right, Hesquiat Indian totem poles now owned by W. C. Bannister of Vancouver. Below, The Princess Charlotte, one of the Canadian Pacific fleet which plys the Alaskan route.

Mystery it is said, is the keynote of the north. Mystery and silence. And because of its mystery there will always be an attraction, something to draw men on and hold them. For it is no mere legend that the north ever calls back those who have once lived in the snow and the mountains, or through an Alaskan summer. What is true of Alaska is also, to a very great extent true of the coast of Alaska, to a very great extent true of the northern mainland shoreline. Scarcely has one left Vancouver or Victoria than there dawns the feeling that here is a new life opening out. As everywhere there is charm, so also is there mystery. One stops off at little coastal villages to explore, or perhaps to fish or hunt, or study native life or industry, and the first thing that one runs into is the mysterious totem pole, that Indian "family tree", which has great significance in the aboriginal history and life of the Indians of the Coast, but which conceals its strange tales from the uninitiated white man.

Two striking examples of Indian art, totem poles which are said to be among the best on the Pacific Coast because of their excellent design, legendry and historical importance, have been brought from the west coast of Vancouver Island to Vancouver, B.C., where Mr. C. Bannister, who secured them from the Indians, has erected them in front of his home. They were made by the Hesquiat Indians and illustrate native legends and tribal history.

The Hesquiat Indians lay claim to being the first natives to see the white man in British Columbia. The tribe's legend of the seeing of these men dates back to 1788. The story told by these Indians is:

"Two Indians were travelling along the west coast in canoes and in a light mist. Suddenly out of the mist there loomed a giant canoe with white wings and skulls hanging from them. All over the decks of the boat scrambled strange-looking creatures such as they had never seen before. They had white faces and stone feet.

"One of the strange palefaces took a long stick and pointed it in the air and it spurted fire. Immediately a seagull fell dead.

"The two Indians in the canoe never recovered from the shock of this quick succession of strange and terrifying scenes and died on the spot."

The totems which Mr. Bannister has secured exceed twenty feet in height and have been set in concrete bases. The Great Eagle on the top of one of the poles was looked upon by Indians as a deity and is seen bringing the whale, which is also an emblem of great strength, to the powerful chief, Cee-Ta-Ka-Nim who was famous as a whale hunter.

When a potlatch, or great giving away feast was held, all of the people of the tribe would gather in the lodge of the chief and a human skull thrown in amongst them. The man who was able to get out of the lodge with the skull was the hero of the potlatch and received the greatest measure of gifts and attention. Cee-Ta-Ka-Nim evidently accomplished this feat as he is seen holding the skull in his hands. The large killer whale beneath is part of his family crest or emblem.

On the other pole the top figure is the official dancing mask of the Hesquiat chief. Beneath is depicted the legend of the Kingfisher and the Great Bear.

The kingfisher was looked upon as a great prevaricator and boaster. One day the bear was walking by a creek where the kingfisher was fishing. The Great Bear said "Tam-Moo-Kee, you are always boasting to everybody of what you can do, yet you never seem to do anything. Now you never hear me boast, but I will show you what I can do." He stood up on his hind legs and started to draw a serpent out of his stomach much to the astonishment and amazement of the kingfisher.

In nearly all Indian legends the characters took on a dual personality, and were able at any time to change themselves into birds, animals or fishes.

Weak Link.

The number of eggs set to get a mature pullet is possibly the most inefficient part of the poultry business. The hatching power of eggs is known to be an inherited character, yet the hatching power of eggs is very seriously affected by nutrition and general care and management. The Department of Poultry Husbandry, O. A. College, has been conducting some experiments along these lines, but results so far would warrant any conclusions being offered. The problem is complicated and will take some time to work out.—Prof. W. R. Graham, O. A. College.



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