

INFLUENZA

When Fighting a Germ!
M. COOK.

Always wins and never fails to become panicky and crowds. Excite air and practice the Clean Mouth, a Clean Bowel. To carry off accumulate within the stomach, take a good liver the bowels. Such a May-apple leaves of p, and is to be had and called "Pleasant."

Those who have puny, ailing or run-down children or aged parents may prove this at our expense. Besides the good it does children and the aged there is nothing like Vinol to restore strength and vitality to weak, nervous women, and overworked, run-down men. Try it. If you are not entirely satisfied, we will return your money without question; that proves our fairness and your protection. Millions of people have been convinced this way.

VINOL MAKES CHILDREN STRONG

And Invigorates Old People

Any doctor will tell you that the ingredients of Vinol as printed below contain the elements needed to improve the health of delicate children and restore strength to old people.

It Cod Liver and Beef Peptones, Iron and Manganese Peptones, Iron and Ammonium Citrate, Lime and Soda Glycophosphates, Cascaria.

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Why Not Now?

YOU have always promised yourself that you were going to try our Bread. Why not NOW? Just get one loaf for a trial and note the flavor. You will be a steady customer ever after.

Lovell's Bakery

Canada Food Board License No. 5-1784.

Lieut. G. D. Hazen, R. A. F., a Sarnia boy who was reported missing on August 19, last and afterwards reported a prisoner, was killed on that day, according to a letter received by his mother. Sweet and palatable, Mother Graves' Worm exterminator is acceptable to children, and it does its work surely and promptly.

TO MAKE CHICKENS LAY

To Make the Stock Pay Feed Concentrates.

Roughage and Roots Give Bulk to the Ration, But Production Depends Upon the Grains, Mill-feeds and Oilcakes.

(Contributed by Ontario Department of Agriculture, Toronto.)

MANY people forget that a hen requires feeds other than grain in order to be in good health and to lay.

All grain rations are neither conducive to health or egg production. At times when hens have the run of the stables and the yards, together with house scraps, they do very well, owing to the fact that an opportunity is given them to pick up bits of clover leaves, roots, and such like material.

A certain amount of meat foods is essential in order to produce the white of the eggs. Too much of such feed is apt to cause trouble with the general digestion of the bird.

Milk as a drink, is, without doubt, the best animal feed known. It gives the best results when sour. When birds are accustomed to it they will not take too much.

Beef scrap and high grade tankage are used very extensively on large poultry plants where milk is not available. These are mixed with ground grain, generally in the proportion of fifteen to twenty per cent. For the general purpose breeds the former amount is sufficient. Breeds such as Leghorns will make good use of twenty per cent. of meat scrap in the ration.

Cooked butchers' meat, green cut bone, cooked beef head, lungs, liver, etc., are all very good feeds and may be fed in a manner similar to meat scrap.

Some people think that because a little of meat feeds are good, more would be better. Experience has shown that such is not the case. Too much often causes serious trouble.

Green feeds are essential for health and for economy. A hen should have all the green feed she will consume. A certain amount of bulky, succulent green feed she will consume. Such feed is usually fairly inexpensive. Where birds are not fed a green feed, in the course of time they become unthrifty, lay poorly and, moreover, the eggs from such birds many times are very low in hatching power.

Experience has shown that oats when properly sprouted are a most excellent feed. The hens are very fond of them and the value of the oats as a feed is good. That is, the sprouted oats reduce the grain fed, consumption equal to the pounds of oats sprouted and one gains the increased palatability of the oats, as well as the value from the greens.

Thin-leaved greens contain one of the very important elements of growth and health. They are called nature's protective feeds; that is they assist to maintain the birds' health or normal resistance against disease. Health is an essential to profit. In winter we find such feed in sprouted oats, cabbage, and clover leaves.—Prof. R. W. Graham, O. A. College, Guelph.

Value of Concentrates in Ration. A cattle feed is valuable to the extent it contains those substances which will repair body tissue, build new tissue and furnish energy to do work. The particular materials in a food which have this power are protein, the flesh-forming substance, carbohydrates and fat, the fat and energy producers and the mineral matter which has a great many functions in the body.

Any feed that carries a high percentage of protein and fat and a large amount of a digestible form of the carbohydrates is called a concentrated feed or a concentrate. Thus grains, mill feeds and oil cakes are concentrates. On the other hand, a feed low in these valuable constituents and high in indigestible carbohydrates, or crude fibre, as, for instance, straw, hay, corn stalks, are called roughage or bulky feeds. Roots may also be put in this class because they contain a very high percentage of water and they are for this reason bulky.

These bulky feeds have their place in the ration, indeed in the case of full-grown animals on maintenance ration, they may form the whole of the food; but it is impossible for a young animal to make rapid growth, a cow to give a large amount of milk or a horse to work hard on such feed. The hard woody fibre of the straw and hay are difficult to digest and much of the energy that should go to production of work or increase is used up in digesting the food. Consequently when production is desired the amount of roughage feed must be reduced and the concentrates increased.

Another reason why concentrates must be used is that to get the largest production we must have the animal digest and absorb the maximum amount of the various constituents which together form a food. A cow cannot long continue to furnish a large amount of casein in milk unless it gets the material from which to form it from the food. Neither can a steer make rapid growth and fat-

ten on a ration that does not furnish a large amount of the food constituents essential for growth. These cannot be supplied in the largest and best quantities except by the use of the concentrates. The coarser feeds or roughage are necessary to give bulk to the ration, but there must be an abundance of easily-digestible materials if the best results are to be obtained and this is the place of concentrates in the ration. We want some coarse feeds, even if they are poorly digested, but we also want some concentrates to supply the materials for growth and production. Furthermore within certain limits the more of the concentrates fed the greater the production.—Prof. R. Harecourt, O. A. College, Guelph.

HOG CHOLERA DANGER

How to Detect Disease and the Measures of Control.

Spraying to Be Effective Must Be Done at Exact Time — Have Everything in Readiness When Season Opens — Write Department of Agriculture for Up-to-Date Spray Calendar.

(Contributed by Ontario Department of Agriculture, Toronto.)

THE symptoms of hog cholera differ somewhat according to the virulence of the virus and the resisting power of the hogs in any particular outbreak. Owing to this variation, two forms of the disease are recognized—the so-called acute form and the chronic forms.

In the acute or severe form, the hogs sicken and die quickly, appearing to be well one day and frequently dead the next. In the chronic or less severe form, the hogs may be sick for weeks before they die or get better.

When cholera enters a herd, the hogs do not all become sick at once. One or two fall to come for their feed and will be found lying down in some dark corner. On being raised up their backs will be arched, and they will shiver as with cold. They soon become thin and tucked up in the flank and stagger around when trying to walk, the hind legs being particularly weak. The eyes become inflamed and show a whitish discharge, sometimes causing the lids to stick together. When the lungs get affected there is a cough. Constipation is noticed at first, followed by diarrhoea; red and purple blotches appear on the skin of ears, belly, and inner surfaces of the legs. The temperature of the sick hogs will rise to as high as 107 degrees F. or even higher, the normal temperature of healthy animals being 101 to 104 degrees F.

Methods of Spreading. So far as known, the virus of hog cholera will not propagate outside the body of the hog. As already stated, the virus is given off in large quantities in the urine and faecal discharges of sick hogs. Anything that gets contaminated with these discharges is liable to spread the disease to healthy hogs that come in contact with it. Consequently, boxes, wagons, and cars in which sick animals are shipped, are potent sources for spreading the disease. The pens and yards in which sick animals have run get heavily contaminated, so that anyone walking over the same get their shoes and clothes contaminated, and may carry the disease to other herds subsequently visited.

Prevention and Treatment. From what has been said above regarding the way the disease is spread, it will at once be seen that one way to keep the disease from a healthy herd is to take all steps necessary to prevent materials contaminated by sick hogs from coming in contact with the healthy herd.

Canada (by order of the Veterinary Director-General)—If by any chance the disease gains entrance to a herd anywhere in Canada, the laws of the Dominion require that a veterinary inspector be notified without delay. Failure to make this notification means loss of compensation for animals slaughtered under the act, and liability to a heavy fine.—Prof. D. H. Jones, O. A. College, Guelph.

Order Everything Early. Spraying is something that cannot wait. It must be done at a definite time. Failure to do it then means failure to get clean fruit. Experience shows there is no one factor so important in obtaining a good crop as spraying. Therefore apply business-like forethought to it. Estimate at once how much material you will need and place your order for this not later than March 1st with definite instructions to have it shipped to you by the first week in April.

If you have to purchase a new outfit find out the make you think best and have it shipped just as soon as possible. Run no risk of its not being on hand when required. If the old outfit is to be used do not fail to overhaul and test it out in March or early April. Don't leave it until the first day of spraying. If you have to send it away to be repaired remem-

ber that many owners will be sending the same and if you postpone sending until April you will in the rush of work have to wait your turn and may not get it back until after spraying has begun. This often happens.

What discourages and annoys you most when spraying? Is it not delays and poor pressure? With proper foresight and a little knowledge of the mechanism of your engine and pump you can almost entirely prevent this annoyance, discouragement and loss of time and money; so learn to do your own repairing as far as possible, pack your own pump and clean your own engine. If, however, you have no mechanical ability, get a handy neighbor to help you. Work with him yourself to learn all you can.

Be determined that this year you will do your spraying right, that you will have a good working outfit with no leakages, good long hose firmly attached, good nozzles or a good spray gun, plenty of material, a spray calendar to guide you and everything ready to start the first day the spraying season opens.

If you do your part the spray will do its part, and the result will be a clean crop. You cannot be too thoughtful about your spraying. Nothing about the orchard pays so well as intelligent spraying. You can't do it intelligently unless you are ready and follow directions carefully.—L. Caesar, B.S.A., O. A. College, Guelph.

The Only Difference. Hi Upraham—Where do you live when you are home? Jay Walker—Seaforth. "Much of a place?" "Bout like this." "Do you mean to tell me Seaforth is as big as Toronto?" "Yes. But, of course, it isn't all built up."

A Medical Candle. To take the place of adhesive plaster a candle has been invented, composed of paraffin and cleansing and healing ingredients, which is lighted in the usual way, the drippings being allowed to flow over wounds and seal them.

Shooting Trees. For literally shooting trees to death a pistol has been invented by an Englishman that fires steel bolts into their limbs to tear out the living cores.

Picture Fans in Great Britain. The latest figures show that there are 4,500 picture houses in the United Kingdom, with an annual attendance of 1,075,000,000.

The time that a lock patented by a United States inventor is locked or unlocked is recorded on a paper ribbon.

Reduced by Asthma. The constant strain of asthma brings the patient to a drearful state of hopeless exhaustion. Early use should by all means be made of the famous Dr. J. D. Kellogg's Asthma Remedy, which more than any other acts quickly and surely on the air passages and brings blessed help and comfort. No home where Asthma is present in the least degree should be without this great remedy.

The Danger Mark. To the new munition worker the Red Line, or danger mark, is a source of wonder. He sees a large room divided by a line of red paint drawn upon the floor; on one side of the line a seething line of men in various stages of undress, on the other side few or none. He observes that individuals who cross that line do so in their stocking feet as though entering a mosque, and that once across they do not return the way they went, but disappear through doors on the other side. Later he will discover that the reason for all these precautions is to prevent explosions, because inside that danger zone is covered with a fine gray dust. That dust is gunpowder. The men working there wear few clothes, no shoes with nails in them, and change and bathe before leaving the factory, so that when they are safely home and are having their evening smoke they won't cause a sensation by suddenly going up in the air through the roof.

Canada's Algonquin Park. If Canada cannot claim a national playground equal in wild beauty to the world-famous Yosemite Valley, the great California park of the United States, it has, at least, something both beautiful and gigantic in the territory of nearly 2,000,000 acres, termed the Algonquin Park. Far up in the highlands of Ontario, 2,000 feet above sea level, Canadians from all parts come to camp in the woods of pine, balsam and spruce, which stretch for hundreds of square miles, and in which thousands of holiday seekers may lead the simple life in comfort. The district is studded with lakes.

Cheapest of all Oils.—Considering the curative qualities of Dr. Thomas' Electric Oil, it is the cheapest of all preparations offered to the public. It is to be found in every drug store in Canada from coast to coast and all country merchants keep in for sale. So, being easily procurable and extremely moderate in price, no one should be without a bottle of it.

ACUTE NERVOUS EXHAUSTION

All Treatments Proved Useless Until He Tried "FRUIT-A-TIVES".



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R.R. No. 4, Gilbert Plains, Man. "In the year 1910, I had Nervous Prostration in its worst form; was reduced in weight from 170 pounds to 115 pounds.

The doctors had no hope of my recovery, and every medicine I tried proved useless until a friend induced me to take "Fruit-a-tives". I began to mend almost at once; and after using this fruit medicine for 3 or 4 months, I was back to my normal state of health.

I never had such good health for twenty years as I have enjoyed the past six years. We are never without a box of "Fruit-a-tives" in the house". JAS. S. DELGATY.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.



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