



The Massey-Harris Separator Gives Satisfaction

Satisfaction follows the use of this Separator

These
are
the
Reasons
Why

It saves more of the cream at all temperatures than any others.

It is easy to fill—easy to turn—easy to clean.

It is built to last.

It is a neat, symmetrical, nicely finished machine—one you will take pride in having and using.

MASSEY-HARRIS CO., Limited.

Head Offices—Toronto, Canada.

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Illustrated
Catalogue for
the asking

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Saskatoon, Swift Current,
Calgary, Yorkton, Edmonton.

— Agencies Everywhere —



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Connor Machine Co., Ltd.

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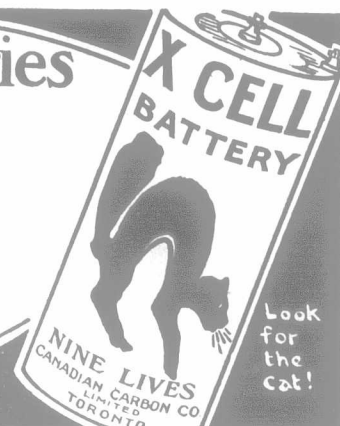
— cost less
— last longest

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the stomach may have to be removed, if cancer is the cause. Between these two extremes all sorts of possibilities lie. The Institute makes examinations of stomach contents to aid physicians in their diagnosis.

More About Foods.

(Continued.)

FEEDING HUMANS TO MAKE MUSCLE

Remembering previous articles, that proteins, like lean meat, are necessary to repair and growth of muscle, nerve, skin, bone, liver, and practically everything in the body except fat, it is necessary to distinguish between gaining weight by increasing muscle and bone, etc.; and gaining weight by merely increasing the fat. Children do the former as they grow up, and athletes as they train; so do people, not used to hard physical work, if they turn in and "harden up" during a season on the farm or elsewhere requiring muscle; so do people when recovering from any "wasting" attack, in which their muscles, etc., have really become smaller in weight and bulk. Fat and carbohydrates alone (sugar and starch) would not do for this purpose at all. It is true that "soft" people, who take up heavy, muscular work, may lose weight at first, because they are burning up reserve stores of fat; but they gain weight also, in muscle; whether their total weight remains the same or increases or diminishes depends on how much and how fast their fat reduces and how much and how fast the muscle increases.

FEEDING HUMANS TO MAKE FAT.

Sugar is the real muscle-fuel, and is greatly needed by all hard workers; the starch of the foods goes into the blood as sugar: the sugar of the food, of course, does so, and even much of the protein forms sugar as well, to be burned up like the rest. (You will remember fats and carbohydrates are fuel only, but proteins are both fuel and repair material.) But the moment the total work done by the body falls off much, the diet remaining as before, the sugar obtained from the foods tends to be stored as fat; and the fat obtained as fat from the food is stored with it. Gaining weight in muscle means hard work and heavy eating, especially proteins; gaining weight in fat means light work and heavy eating, especially carbohydrates. No wonder women without much real muscular work to do grow fat on cakes and candy and pies and other combinations of starch and sugar!

FEEDING HUMANS TO REDUCE WEIGHT.

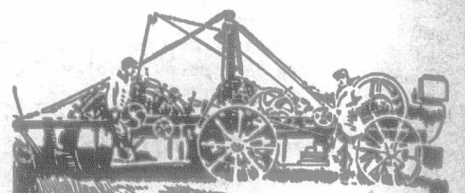
Very few healthy humans ever want to reduce their muscle or bone; but very many healthy ones do want to reduce their fat. They diet, and find, to their dismay, that the more they diet, the fatter they become! Then they take to medicines or other foolishness, not remembering that any medicine strong enough to interfere seriously with the natural operation of a healthy body must do it, as a rule, by injuring some normal process: a good deal like slowing the operation of a thresher, not by putting less fuel under the boiler, but by pouring sand into the bearings!

The secret of dieting to get rid of fat is this, and this only.—keep the outgo of the body above the intake; in other words, burn up a little more fuel than you receive in food; i. e., use up your own fat for fuel, until it is gone. Now, this takes time and patience and perseverance and thought and self-control; a good deal more of each than most people will give to it.

FAILURES IN DIETING.

To lose excessive fat, while still in health, requires that the total work your body does, measured in calories (see previous articles), shall be a little more than the calories in the food. Now, most fat people rather like eating, especially sugar: and being fat, they become lazy, too; not necessarily lazy in mind or tongue or about their own house or business, but lazy in muscle.

Then, when they make up their minds to diet, they want to get it over quickly, and cut their food down very much all at once; this makes them feel weak; they exercise less than ever. Then they eat their heads off to relieve their ravenous appetites at night, and sorrowfully do without breakfast to make up next



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Below will be found a list of Seed Grain carefully selected, nearly all grown in Wellington County. Farmers wishing a change of Seed would do well to look this Ad. over.

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Oats—O.A.C. 72 (new), price 15c. per lb. or 10 lbs. for \$1. Bush., \$3. including bag; Daubeney (Very Early), ripens with Barley, 90c. Bush., 10 Bush. lots, 85c. Bush., bags extra; Bumper King, 70c. Bush.; Tartar King, 60c. Bush.; White Wave, 70c. Bush.; Sheffield Standard, 60c. Bush.; Banner, 60c. Bush.; Derby, 65c. Bush.; Irish White, 60c. Bush.; Sensation, 60c. Bush.; Siberian, 65c. Bush.; Abundance, 65c. Bush.; Snowdrop, 65c. Bush.; O.A.C. No. 21 Barley, 90c. Bush., 10 Bush. lots, 85c.; Black Barley (Hullless), \$1.40 Bush. (60-lbs. to Bush.); Wild Goose Wheat, \$1.35 Bush.

Timothy Seed, 99 1/2% pure, \$4.00 Bush., bags included.

Red Clover No. 1, \$12.00 Bush.

Alfalfa No. 1, \$ 9.00 "

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Terms: Cash with order. "Will not send C.O.D." Goods can be returned if not satisfactory and money refunded.

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