OM
LL STONES

peration Could Save His
' Enabled Him to Pass
S.

DING, Esq.

Ave., Toronto, Ont., Jan. 10th, 1913.
L-STONES, for the past three years,
g relief. I also paid 5.00 $for one bottle
es the pain from these gall-stones was
my condition was desperate. I was
e doctors said I must be operated upon
acute attacks, I was given some
short treatment of this remedy, I pass-
nd as many as one hundred and fifty
TIVES" was the only thing that would
medicine in the world, and if there is
that suffers from gall-stones, I say "Let
ed."
the good work of "Fruit-a-tives" pub-
J. B. HARDING.
ves"—a medicine made from fruit
l tell you. The Gall bladder is the re-
ecreted by the liver. If there is insuffi-
adder is thick and easily forms stones.
very litle bile and then the Gall bladder
mass of bile and thus forms into lumps
liver to secrete more bile, and this in-
d by overfilling the Gall bladder, forces
Gall duct—and thus cures the dis-

e in the world made of fruit juices. By
perties of certain fruits are greatly in-
iseptics are added and the whole made
n in every section of Canada as "Fruit-

25c. At dealers or sent on receipt of

sifted flour, 7 eggs (whites only), 4 level teaspoons baking powder, flavor with one-half teaspoon grated lemon peel. Cream butter and sugar, add one tablespoon of the milk to soften so the butter will cream easily. Beat whites stiff, beat creamed butter and sugar into whites of eggs, a spoonful at a time. Sift baking powder through flour several times, add this and the milk by degrees to the creamed butter, sugar and whites of eggs. Add flavor. Beat very thoroughly. Bake in layers. Three layers are best.

Splendid Butter milk Bread

Setting Spounge: Sift into a milk crock one-half pint of flour. Heat until scalding hot, one and one-fourth pints sweet butter-milk made from sweet cream. Pour this over the flour. Stir until free from lumps; add one tablespoon granulated sugar and one heaping teaspoon salt. Beat very thoroughly. Dissolve one-half yeast cake in a little warm water; add this to the sponge when it is a little more than milkwarm. Beat again very thoroughly, cover and set in a warm place to rise. This sponge should be set in the evening before baking-day. In the morning it will be very light and covered with air bubbles. When the bubbles break then the cover is removed, the sponge is light and ready for mixing.

0 Headache Wafers
promptly, yet do not contain any of
common in headache tablets. Ask your
25c. a box.
D CHEMICAL CO. OF CANADA, LIMITED. 122

e Boys!"
pure milk
e. They're
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the children
me sweets.
N'S
BUDS
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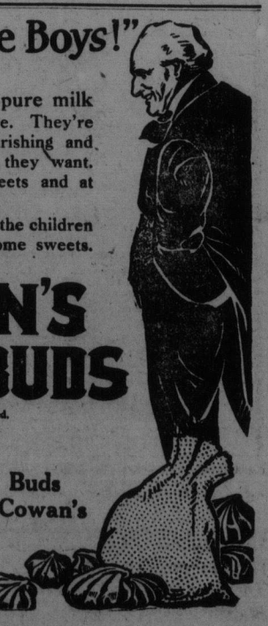
Buds
Cowan's



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Summerside - - P. E. Island

The Hurry Habit

Hurry and Worry are the advance agents of Nerve Exhaustion. Avoid them. It is easy to get Johnny off to school or husband off to work in the home without hurry or worry where

SHREDDED WHEAT

is served at the morning meal. Shredded Wheat is ready-cooked and ready-to-serve. Two of the Biscuits with hot milk or cream make a warm, nourishing meal, supplying all the strength needed for a half-day's work or play.

For breakfast heat the Biscuit in the oven a few moments to restore crispness; then pour hot milk over it, adding a little cream; salt or sweeten to suit the taste. It is deliciously nourishing and wholesome for any meal with stewed prunes, baked apples, sliced bananas, preserved peaches, pineapple or other fruits. At your grocer's.

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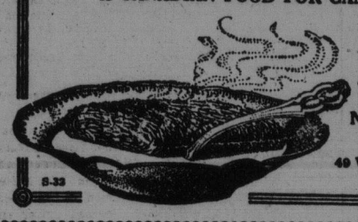

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Toronto Office: 49 Wellington Street East
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is time spent well.

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Sprinkler-top glass jar, 35c.
For a TRIAL SAMPLE send 2c. stamp to
F. C. CALVERT & CO., 355, Dorchester Street West, Montreal.

For the cleaner the teeth are kept, of course the longer they will last and the better they will look.

ARE YOU AS WELL AS YOU SHOULD BE?
Or do you suffer from

Anaemia
The body derives its nourishment from the blood. When the blood is weak and "watery" it cannot supply the body with sufficient nourishment. Therefore people suffering from Anaemia have pale, transparent skins—have constant headaches — and a feeling of intense weariness. But a few wineglassfuls of "Wincarnis" will speedily create a new fund of rich, new blood—will give brightness to the eyes and new vigour and vitality to the whole system.

Weakness
When your system is weakened by worry, overwork, illness or any other cause—when you feel listless and low-spirited, "Wincarnis" will promptly invigorate and strengthen you. Directly you have taken a wineglassful of "Wincarnis" you will feel a delicious stimulating effect. This is caused by "Wincarnis" being immediately absorbed into the system, thereby stimulating the heart—revitalizing the blood, rebuilding the lost vitality and creating new energy. By taking "Wincarnis" regularly for a few days you will derive new health, new strength, new vigour and new life.

Sleeplessness
Sleeplessness is due to a disorganized condition of the brain cells. The body may be thoroughly worn out, but owing to the excitable and highly-strung state of the brain, sleep is impossible. A wineglassful of "Wincarnis" taken the last thing at night will compose and soothe the highly-strung brain and ensure an uninterrupted and sweetly refreshing night's rest. And while you are asleep "Wincarnis" is busy storing your system with energy in readiness for another day's work.

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Forty years in use, 20 years the standard, prescribed and recommended by physicians. For Woman's Ailments, Dr. Martel's Female Pills, at your druggist.

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Send for Free Book giving full particulars of Trench's Remedy, the world-famous cure for Epilepsy and Fits—Simple home treatment, 25 years' success. Testimonials from all parts of the world; over 1,000 in one year.
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AGRICULTURE

THE IMPROVEMENT OF SEED GRAIN.

Federal Aid to the Provinces for the Encouragement of Seed Fairs and Field Crop Competitions.

Thirty thousand dollars were set apart last year to reimburse the provincial departments of agriculture for approximately half the cost of organizing and conducting seed fairs, provincial seed exhibitions and field crop competitions. All who know the advantages of using good seed realize the valvuev of these organizations in the improvement of field and garden crops. The new and superior strains of seed produced at experiment stations may be increased in quantity by farmers who make a specialty of growing registered seed under the supervision of the Canadian Seed Growers' Association. Such registered seed is much in demand by farmers who compete in field crop competitions. The product of their crops, though not eligible for registration, ultimately becomes disseminated, either directly or through seed fairs, among the less progressive farmers in the locality.

Experience has shown that the expenses for advertising and for judges at seed fairs and field crop competitions amount on the average to about $25 for each organization—frequently less for seed fairs, sometimes more for field crop competitions where judges are required to travel long distances. Either of those organizations is well provided for when the prize list amounts to $75,: making a total expenditure of approximately $100. Under the new plan of reimbursing the provincial departments of agriculture by money subventions, on receipt of certified statement showing the amount of work done and the total amount expended in cash prizes to seed-growers, a cheque for two-thirds of that amount is issued to the department which conducted the competitions. Such subventions, however, must not exceed $50 for each seed fair, $50 for each field crop competition (allowing competitions in three kinds of crops to any agricultural society) and $400 for a provincial seed exhibition. Any province with less than a million acres in field crops may receive an amount up to but not exceeding $4000. For any province having more than a million acres under cultivation in field crops the amount of the subvention is increased pro rata, $1,000 for each million acres.

The total area under field crops, as shown by the unrevised census returns for 1911, and the amount of the subvention each province may be able to earn on account of this educational work for the improvement of field crops is as follows:

Provinces	Approximate area under field crops	Total subvention available
	Acres	$
Prince Edward Island	465,765	1,000
Nova Scotia	573,040	1,000
New Brunswick	918,057	1,000
Quebec	5,164,487	5,165
Ontario	9,473,240	9,473
Manitoba	4,932,032	4,932
Saskatchewan	8,006,421	8,006
Alberta	3,277,066	3,277
British Columbia	43,024	1,000

Subventions have been paid during these subventions, while not involv- organizations to all of the provinces, and although some of them may not during the first year earn the total amount of the subvention made available it is encouraging to note that much interest has been taken in the work and that the expenditure has been productive of excellent results. British Columbia successfully conducted 20 competitions in field crops, including oats, wheat, potatoes, turnips and red clover. This plan of co-operating with and assisting the provinces is in vogue in Europe and has grown out of centuries of experience in the administration of organizations working for the perfection of field agriculture. It virtually imposes upon all the provinces the maintenance of a highly efficient service for agriculture, for which they must bear half the expense. The benefit which any province may receive on account of these subventions, while not involving large amounts, is restricted only by a liberal estimate of what the province is able to accomplish the first year.

G. H. CLARK.

PRESERVATION OF ANIMALS FOR SLAUGHTER.

Animals intended for slaughter should be kept off feed from twenty-four to thirty-six hours. If kept on full food the system is gorged, and the blood loaded with assimilated nutrients is driven to the extremities of the capillaries. In such a condition it is impossible to drain out the veins thoroughly when the animal is bled, and a reddish colored, unattractive carcass will be the result. The blood is the most easily decayed substance in the animal carcass and often causes trouble in the curing of meat. Food in the stomach decomposes very rapidly after slaughter and if the dressing is slow the gases generated often flavor the meat.

Water should be given freely up to the time of slaughter as it keeps the temperature normal and helps to wash the effete matter out of the system, resulting in a nicely colored carcass.

It is important that the animals be not excited to raise the temperature of the body previous to killing. Excitement prevents proper drainage of the blood vessels and, if extreme, will cause souring of the meat very soon after dressing. In no instance should an animal be killed immedistely after a long drive or after a rapid run in the pasture. The flesh from animals overheated is usually pale in color and often develops a sour or putrid odor within three or four days after being dressed. The animals should not be chased or driven rapidly, nor should they be handled in such a way as to bruise the bodies. Bruises cause blood to stay in that portion of the body affected and often cause the loss of a considerable portion of the carcass. A thirty-six hour fast, plenty of water, careful handling and rest before slaughter are all important in securing meat in the best condition for use, either fresh or for curing purposes.—Univ. Farm Press.

SCALDING AND DRESSING HOGS.

It is an easy matter to dress hogs neatly provided the temperature of the water is just right. The water for scalding should be heated to a temperature of 200-212° Fahrenheit. On a farm where it must be heated in the house, usually it should be boiling when removed from the stove. If turned into a cold barrel it will then be about the right temperature, 185-3195 degrees, when the hog is ready to be scalded. Water at 165-175 degrees will scald a hog, but more time will be required and the results are not so satisfactory. It is not expected that a thermometer will always be used, but boiling water carried from the stove to a cold barrel out of doors will usually be at about the right temperature for scalding, when the hog is put in the barrel, unless there is unnecessary delay.

A small shovelfuf of hard wood ashes, added to the water, aids materially in removing the scurf from the body, although it has a bad effect in loosening the hair. A lump of lime or a handful of soft soap will have the same effect.

While being scalded the hog should be kept moving constantly to avoid cooking the skin. As soon as the hair and scurf slip easily from the surface, scalding is complete. If it is suspected that the water is too hot, scald the hind end of the hog first; if too cold, the front end, in order to always get a good scald on the head which is difficut to clean.

The scraping should begun just as soon as the hog is removed from the water and the more rapidly it is done the easier it will be. The head and feet should be cleaned first, as they cool quickly. A small hand "candlestick" scraper is a very convenient tool for the purpose. It may be purchased at almost any hardware store for from 25 to 35 cents.

After removing the hair from the body the hog should be hung up and rinsed with hot water and then with cold, scraping down with a sharp knife to remove all hair and scurf from the body.—Univ. Farm Press.

FEEDING FOR DAIRY CATTLE

The following notice has been sent from the Experimental Farm to all dairy farmers: Every year every dairy farmer loses much money on account of the scarcity of grass or by reason of the unprofitably large area of land that has to be used to insure good pasture during the months of July and August.

If the average dairy herd is to be profitable, every cow must be kept up to her full capacity, during those two mouth, as well as during the preceding and suceeding months.

The quantity of milk produced during September, October and November is very materially influenced by the way in which the cattle are fed in July and August.

Cows receiving insufficient food during these two months naturally decrease very rapidly in milk flow. Once the milk yield is materially decreased for any considerable length of time, it cannot during that season be again brought up to what it might otherwise have been.

Hence, although pastures are unusually good or feed plentiful during the months of September, October and November, when prices for cheese and butter are high, we must in order to get the full benefit of these high prices and abundant supplies of feed, have been feeding well during the months of July and August.

The cheapest, easiest and most certain plan of insuring an abundance of food during the months of July and August is to make use of soiling crops. Farm as well as elsewhere would seem to indicate: vetches, pease, Oats, clover and corn, as the most suitable crops for the purpose.

FOR TEN COWS

Dairy farmers are there fore recommended to prepare and feed somewhat as follows for each ten cows in their herds:

1. **CLOVER 1 acre:** To have been sown with the mixture of pease and oats the previous year as described below.

Feed off June 20 to July 15.

2 **PEASE and OATS 1-2 acre:** Sow 1 bushel pease, 1 1-2 bushel oats and 5 lbs, red clover seed on 1-2 acre of land about the first week in May, or earlier if possible.

3 **PEASE and OATS 1-2 acre:** Sow same mixture on another half acre about 3rd week in May.

Feed off August 1 to 15.

4 **CORN 1-2 acre:** Sow 10 lbs. Longfellow corn (or other small variety) in hills 3ft. apart eachc way. Sow 3rd week in May or as early as possible. Sow on well drained land, clover sod manured at rate of 20 loads (tons) per acre.

Feed off August 15 to 30.

5. **CORN 1-2 acre:** Sow 12lbs. Leaming (or other medium variety) same way as above.

Feed off in September.

WM. SAUNDERS,
Director
J. H. GRISDALE,
Agriculturist.

HEALTH NOTES

Fine salt rubbed into the scalp strengthens the hair follicles and stops the hair from coming out.

Take time to masticate your food. Five minutes more at dinner may give you better use of the rest of the day.

A little child's first teeth should receive great care as their early decay influences the development of the second set.

There are no miracles in medicine To gain or to keep health requires only a knowledge of nature's laws with common sense to obey them.

Do not discard warm clothting too early in the season. Rheumatism is frequently the result of sudden changes of temperature in the spring.

The strain of a hard, cold winter is apt to result in a tired run-down condition of the whole body. Good nourishing food is often the best tonic.

Try a raw egg beaten up in a glass of milk or in a little lemon juice between breakfast and dinner and again in the afternoon. Go to bed early and take long nights of sleep and rest.

An oily skin is caused by sluggish glands which are secreting more than they can work off. When this is a noticeable condition of the face it is best to massage it gently but persistently every day, using the tips of the fingers.

Wash the face in hot soft water using a mild soap and then rinse in cold water which should be dashed on to serve as a stimulant to the skin.

This is the more rational treatment than to soak up the oily substance with powder.

It is difficult for the eyes to view motion pictures for a length of time without injury. The steady vision necessary to follow motion pictures, the flickering produced by the cut-off shutter and the sharp contrasts between black and white shadows in the pictures, all prove to be a great strain upon the normal eye sight.

There would be less need of physicians in attendance upon school children, if physicial culture were made compulsory in every school in the land. Fifteen minutes once a day in the upper grades of vigorous exercise with windows open would serve to put the children in much better physical condition.

Whooping cough which usually appears during the winter and spring months as an epidemic among children is a disease affecting the nervous system, being unusually more severe in children of a nervous temperament. Fresh air and plain nutritious diet are the main factors in the treatment. Allow the little patient to be out of doors as much as possible being careful to protect him from taking cold. It is also necessary to have fresh air in the bedroom.

Corned Beef

Weigh 6 1-4 pounds salt, 2 1-2 pounds of sugar,, 2 1-2 ounces saltpetre. Put salt and sugar into a tub, add five gallons of cold water, stir until the salt and sugar are all dissolved.

Dissolve the saltpetre in a little hot water, add this to the water in which the sugar and salt have been dissolved. Stir well and skim thoroughly. Cut the beef in pieces, four or five pounds in each piece. Pack the meat in large stone jars, using new jars for this purpose Scald the jars thoroughly. See that the meat is well covered with brine. Weight down so as to keep the meat under the brine.

After corned beef has been in the brine twelve hours it is delicious baked in the oven. After this length of time the corned beef should be boiled. This is the genuine article of boiled corned beef.

SEED OATS

We have on hand and in transit a few cars of
Choice Banner and Other Varieties
Before buying we would thank you to let us know your requirements as we know we can suit you in quality and price.
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