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GOOD HEALTH QUESTION BOX

By John B. Huber, M.A., M.D.

Dr. Huber will answer all signed letters pertaining to Health. If your question is of general interest it will be answered through these columns; if not, it will be answered personally if stamped, addressed envelope is enclosed. Dr. Huber will not prescribe for individual cases or make diagnoses. Address Dr. John B. Huber, care of Wilson Publishing Co., 73 West Adelaide St., Toronto.

Habit is as strong as death.
CATCHING COLDS.

As our forebears, who first got the knack of building houses, found them comfortable, conducive to ease if not to dignity, they became enervated by constantly rebreathing their own poisonous exhalations mingled with those of their family, their boarders, and such of their animal friends which they could not bear to see suffer in the raging elements without. Then coughing and sneezing, by which particles of germ-laden material was disseminated, helped infection along considerably. In short, people "caught colds."

Next in order, in the race's evolution came the fetid about night air; so that sleeping rooms were kept hermetically sealed. Bedroom windows are even now, despite all the fresh air propaganda, nailed down come November, and kept so (when properly they should have been nailed up) until March or even April. And yet, winter and summer, what air has the good Lord given us to breathe, at night, if not night air.

Then people came more and more to overburden themselves with clothes, in which they could collect germs, that would thus be added to the assortment already existing in the house. True, most germs cannot live for any length of time outside the living animal "host." And yet one cannot be sure that the germs in one's clothing are always dead ones. And let him who thinks his overcoat is germ-free because it is well brushed, turn a vacuum cleaner on it, and note the result.

QUESTIONS AND ANSWERS.

Blow From a Cow.

About 6 weeks ago our cow struck me with her horn on the left side of the bridge of my nose, "knocking me out." I have suffered since with a pain that extended from the place struck up over the eye and brow and through the eye ball. Do you think there could be any damage; could an abscess be forming without some discharge from the nose or signs from the outside. I am taking—for the pain; am I taking too much.

Answer—Have a doctor skilled in the nose and throat examine you at once. Such an ailment lasting six weeks without recovery is like to mean an abscess in the frontal sinuses—not necessarily a grave condition, but one which may well become so if neglected. There may be pus pocketed in those sinuses and not yet appearing at the nostril. The drug you mention may relieve but never cure such a condition. I cannot judge if you are taking too much; but overdosage is like to depress seriously the vital processes.

Reducing Lips?

Can you tell me of a treatment that will reduce my lips and mouth? Would pinching the lips reduce them? Do tell me something and make me happy.

Answer—Sorry; but I know of no treatment I could guarantee. The remedy you mention would be likely to increase, to have the effect the opposite of that which you desire.



INTERNATIONAL LESSON NOVEMBER 11.

Lesson VI. Nehemiah's Prayer—Neh. 1:1-11. Golden Text, 1 John 3:22.

Verses 1-3. Nehemiah receives bad news concerning conditions in Jerusalem. Chislev—The ninth month of the Jewish calendar, corresponding to part of November and part of December. Twentieth year—Though no name is given, the reference must be to the reign of Artaxerxes I (Neb. 2:1), king of Persia from B.C. 464-424; hence B.C. 445 or 444. Shushan—Or, Susa, the ancient capital of Elam, selected by Cyrus as one of the capitals of the empire founded by him. Palace—Or, "castle," as a court official Nehemiah lived in the royal palace.



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4. Nehemiah's grief. The story of the misfortunes of his fellow Jews moved Nehemiah to tears (compare the grief of Ezra, Ezra 9:3-5; 10:6). Certain days—His distress was not relieved by one outburst of tears; he mourned bitterly for days. During these days of mourning he gave himself to fasting and prayer. God of heaven—Postexilic Jewish theology emphasizes the transcendence of God.

5-11. The prayer of Nehemiah. Great and terrible—Usual attributes to the God of heaven; he is terrible toward his enemies. Covenant—Jehovah had always been loyal to the covenant established with Israel at the time of the Exodus. Lovingkindness—He always treated Israel with special consideration. Love . . . keep commandments—The attitude of Jehovah toward men is dependent on their attitude toward him; Israel he had treated more kindly than it deserved. Pray—The participle used in Hebrew denotes continuous action (verse 4); the same idea is implied in "day and night." Confess—Old Testament prayers contain much confession, which is an element in all real prayer.

In support of his petition Nehemiah reminds Jehovah of an earlier agreement and quotes words which he is said to have spoken to Moses. Scatter—The threat of dispersion is frequent in pre-exilic literature; the outcasts are the dispersed. Heavens—Babylonian inscriptions contain a similar expression, "the four quarters of heaven," equivalent to "the ends of the earth." Place—Jerusalem, which Jehovah has chosen as his earthly dwelling place. These—The Jews struggling in Jerusalem. Redeemed—The Hebrew word is used of the freeing of slaves; the reference here is primarily to the deliverance from exile. Since Jehovah has done so much, he ought to complete the restoration (compare lesson for Oct. 7). Fear—The Old Testament term for true piety, which expresses itself in loving obedience. Thy name—Equivalent to the emphatic pronoun. To fear the name of Jehovah is essentially the same as to fear Jehovah as he has revealed himself in various ways. Prosper—In the interview already decided upon. Mercy—Or, "favor," so that the king may listen sympathetically and grant the request. How the prayer was answered is told in the next lesson.

Soils and Crops

By Agronomist

This Department is for the use of our farm readers who want the advice of an expert on any question regarding soil, seed, crops, etc. If your question is of sufficient general interest, it will be answered through this column. If stamped and addressed envelope is enclosed with your letter, a complete answer will be mailed to you. Address Agronomist, care of Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

Subscriber:—I have about an acre inclosed for hog pasture. This has been well manured and plowed and I should like to know what to plant to get the best pasture for the coming year. Would you advise me to sow rye or rape in the spring, or is there something better?

No better crop can be sown for early hog pasture next spring than rye seeded as soon as it can be gotten in, if possible sowing this fall. Then the ground can be seeded to clover in the rye, and some late pasture provided, also good pasture for the following season. Rape could be sown on this ground early in the spring and would make good midsummer pasture. It could be turned into about six weeks after sowing if weather conditions were favorable, and would make good pasture for two or three months thereafter. There are many forage crops which can be satisfactorily used for this purpose, but in a case like this the rye would afford an opportunity to get the land seeded to clover, which would also provide pasture for the following season.

L.H.—I have ten acres of corn that was just in the milk when the frost came. Would you think it safe to feed this to cattle and sheep this winter, (from shock), or would it be better to let the hogs eat the corn, and cattle clean up the fodder? If not,

what would you advise? I have no silo.

There will be no danger in feeding frosted corn from the shock to either cattle or sheep at least, provided some other forage is given them in the ration, as clover or alfalfa hay. The frosted corn fodder fed from the shock will be in very much better condition to feed than where the fodder is subjected to repeated heavy freezes, as is the case with standing corn.

A.F.—I have 19 August pigs to get ready for market as soon as I can. What would you advise me to feed, barley, ground, or wheat and oats ground together, feeding in a self-feeder?

Barley is an excellent feed, but for best results should be fed in combination with other feeds such as middlings, where available for growing pigs. Barley would be a much cheaper ration when combined with middlings than would wheat and oats ground together. Sound wheat should not be fed to pigs under present conditions from either an economic or patriotic standpoint, since all the available supply will be needed for human consumption, and the pigs can be grown as well on coarser and cheaper feeds. Barley should always be ground for pigs, and would be better fed in combination with other feeds in a self-feeder, since it is not as palatable as a mixed ration.

Getting Winter Eggs

By A. Gallagher.

We are told that "eggs are going sky-high" before long. And while this may be somewhat exaggerated, yet we have to admit that prices are on the upward trend. Not only egg prices, but grain prices and, in fact, prices of nearly everything else.

A good many poultry keepers are asking themselves the question: "Will it pay to keep hens for winter eggs and feed high-priced grain?" The above question must be answered by the individual himself, or by someone who understands local conditions. But so far as we are concerned, there is no question as to whether it will pay or not. We know by long experience that winter eggs are profitable and with ordinary success we still hope to come out "ahead of the game."

Plenty of Feed Essential

There is no magic in getting eggs in winter. But a good many things must be considered. To begin with, it is essential that the fowls kept be healthy and of suitable age, i.e., neither too old nor too young. Old hens, as a rule, put on flesh instead of laying eggs, while small, late hatched pullets or those that were stunted in growth, will lay no eggs during the winter months.

We have tried a good many different kinds of chickens, but have at last settled down with the good old Silver Laced Wyandottes and Leghorns. We have plenty of house-room and always keep the two varieties separate during the winter, when all of our poultry is kept housed much of the time. Now, we don't mean to say that our selection of chickens is the best. We find that they suit our purpose best and believe this to be a step in the right direction. No one is likely to succeed with fowls he does not like.

Keep Pullets Separate

Don't let the young pullets roost in the same house where the hens are kept, until they get used to the rest of the flock. There are always some backward pullets that cannot "hold their own" with the older birds. For these, we have a house and yard where they are kept for a few weeks, separate from the others. Of course, they must have good care and plenty of feed.

Remember, these so-called back-

ward pullets are not the culs, but good thrifty pullets which seem rather timid and, for some reason, are unable to get their full share of the feed. A variety of grains and other things are necessary. Practically the same ration is required for growing pullets as that which is necessary for laying hens.

Also, moulting hens. The latter require a liberal ration. Plenty of feed and good, dry roosting quarters should be provided if the hens are expected to come through the moult and be ready for business, before cold weather sets in.

Buttermilk is Valuable

Buttermilk is very beneficial, both as an egg producer and growth promoter. It also helps the moulting hens to grow feathers. Bear in mind that the latter are under a strain so to speak. Their vitality is being taxed to the limit. The late moult is very frequently a heavy layer and while she is growing a new coat of feathers, she is, at the same time, laying up egg material for the future. We keep sour milk before the fowls most of the time, but sweet milk should never be used because it takes a bad effect on the bowels. Be careful to keep the milk trough as clean as possible.

There is doubtless a great deal of soft corn in many parts of the country at this time. Be careful about feeding this immature grain to poultry. New corn, at best, is none too safe. In former years we have suffered severe loss by feeding poultry new corn, especially turkeys. If new or soft corn must be used, we now boil it.

This same rule holds good with other things, such as mucky grain, cull corn, etc. If any of these are not too badly spoiled, they may be made suitable for poultry feed by thorough cooking. This sort of feed can be used as a mash by adding bran or something similar. Right here we want to speak a word of caution in regard to the use of crushed corn. When the cob is crushed with the corn it should not be used as a poultry food. The crushed cob is practically indigestible, somewhat similar to sawdust. We have known of a number of cases where poultry have died from eating "cob meal." They simply can-

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not see the difference between cob meal and corn meal.

A Wheatless Ration

While wheat is one of the best egg-producers known, when fed along with corn, we have cut it out of the ration entirely, on account of the cost as well as for patriotic reasons. Instead, we use bran and boiled oats. This, with a little corn meal added, makes an excellent morning mash. Sometimes we use boiled vegetables instead of oats. When the hens are kept housed, as they must be, when the weather is severe or snow is deep, it is essential to vary their ration. We sometimes add raw cabbage (chopped) to the mash. A little salt or a dash of cayenne pepper helps to give it a "tang" that is greatly relished. Green stuff, or substitute for same, should be provided. Pure water, with the chill removed, should be kept within reach. Don't fail to provide some sort of place where the hens can get all the exercise they need. We have regular scratch-sheds attached to each house, but in former years the floor of the poultry house answered very well.

Every fall when dry leaves are plentiful, we store large quantities to be used as scratch material. Rye in the sheaf, or other unthreshed grains are used, also. Small grain, such as kafir or even millet, will answer to make the hens work, but will not take the place of corn.

Fall Feeding Important

Sharp grit is an important factor. Again let us impress upon the minds of beginners the importance of a generous ration, right now, for both old and young. Don't wait until winter to begin feeding for eggs. The fact is, chickens are more often under-fed than over-fed, at this season of the year. If judgment is used in the selection of feeds, it is next to impossible to over-feed a moulting hen or a growing pullet. As to hopper feeding, don't do it unless the fowls have been accustomed to it, from the time they were hatched. Otherwise, they seldom know when to stop eating.

A warm mash in the morning, with scratch-feed and "grains" through the day and a full feed of warmed corn at night (never feed frozen corn) will give better results as a rule. We usually allow one quart of shelled corn for every ten fowls. A large handful for each hen is a safe rule, but may be varied.

Horse Sense

Many men insist on feeding silage to horses so as to reduce feed costs. Many men have fed silage to horses for years with success. Many men have poisoned horses by feeding them accidentally moldy silage.

Right there is the trouble. Horses are so valuable and so easily killed by damaged feed that caution has repeatedly been urged in the use of silage. On the average farm it is better not to feed it at all than to feed it and lose even one horse. Those who are determined to feed silage should follow a rigid system of closely scrutinizing every forkful as it is taken from the silo. When a little moldy pocket of silage is discovered it must be rejected. Silage should be thrown down by daylight so that inspection is easy.

Of course the general quality of the silage must be as perfect as possible, and that is determined by care and thorough tramping as the silo is filled.

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The Dairy

Feeding the Calves.

Remove the dairy calves from the cow at birth. Do not allow them to suck, unless weak or unable to drink, or unless the cow's udder is severely caked. Mother's milk for the first four days, at the rate of 8 to 10 pounds divided into three or four feeds, is essential. Feed whole milk for the first ten days, then start replacing part of the same with skim milk, so that when the calf is one month of age it may be receiving in two feeds daily twelve pounds of skim milk, plus a tablespoonful of finely-ground scalded flax-seed jelly.

At three weeks old feed a small quantity of whole oats in the manger. Fine clover hay and clean water might profitably be kept before them from this time on.

During the next fifteen weeks gradually increase the skim milk to 15 to 20 pounds daily. Add to the flax-seed jelly other constituents to make a cream substitute as follows:—Fine ground flax 1 part, fine ground oats 2 parts, ground corn 2 parts. Feed in the milk divided into two feeds daily at the rate of one-eighth pound at the start and increase to 1 pound.

Replace the whole oats at four weeks of age with a grain mixture of equal parts bran, rolled oats and ground corn. Start the calves on one-eighth pound per day and increase gradually to 1½ pounds daily at twenty weeks of age, when the skim-milk may be gradually cut off and this grain ration increased proportionately.

Do not expose your calves to heat and flies, but during extreme heat keep them in a dark, cool box until four months of age, after which they may have a night paddock. If fall-dropped calves keep in a clean, bright, comfortable, warm box stall. Feed a limited amount of roots or a mixture of roots and ensilage. Feed salt in limited quantities regularly, and water as required.

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