

The Farm.

Lighter Shoes for Horses.

The wear and tear on horseflesh make quite an item on the farm, and anything that will reduce this friction for the farmer should be welcomed. It has been proved beyond dispute that the average horse is shod with too heavy shoes, and if lighter ones were substituted the animal could do more work with less weariness. Heavy shoes have no particular advantage except for large truck horses on stone roads, where shoes wear out quickly. Even in such cases it is doubtful if too heavy shoes prove of any value. Certainly, for farm horses light shoes are much more satisfactory. The effects of such a change are quite noticeable shortly after they are put on, and in a year's time the extra amount of work that is obtained from a horse will more than pay for the shorter time that light shoes may wear.

The main object of the shoe is to protect the hoof, and the lighter it can be made and serve its purpose the better it is for the horse. A good part of the year horses on the farm would be better off without shoes and they can do ploughing and similar work in soft fields without in any way injuring the feet. In winter, when the ground is frozen, it is quite different, and shoes seem necessary at these times. A horse weighing 1,100 pounds should generally be shod with shoes not weighing more than twelve to fifteen ounces each. If four ounces are added to each shoe the total difference in the animal's shoes is fifteen ounces. In ploughing, cultivating, mowing and reaping a farm horse will walk from ten to twenty miles a day. If it takes about four feet each step the horse will lift half a pound extra on its two feet, or 600 pounds in every mile. If we make the average day's work fifteen miles, the horse will lift 9,000 pounds extra a day, or nearly five tons. The energy required to lift this amount is wasted and serves no useful purpose. If it could be expended in doing extra work that would, it would nearly pay the animal's keep. Leg weary horses are apt to break down in time and have crooked and ailing limbs. It is not only a matter of humanity, but one of profit, to lighten the horse's burden all we can, and this is one good way.—(C. T. White, in The Progressive Farmer.

\* \* \*

STRUCK CENTRE

When She Found Coffee Was Slowly Killing Her.

Even a very temperate mode of living in regard to food beverages will not avail if the use of coffee is continued.

A Virginia lady, Mrs. R. F. Miller, of Bedford City, says that she was very temperate in every way. "I did not suspect that coffee was the poison that was undermining my whole nervous system, causing a condition of vertigo and headaches, until the attacks became so frequent and violent that I was compelled to give up all kinds of work and forced to lie down most of the time.

"My attention was drawn to Postum Food Coffee by the experience of some others in regard to common coffee, and the thought occurred to me that perhaps coffee was the cause of my trouble, so I began to use Postum, being careful to have it made according to the directions on the package.

"I did not have to cultivate a taste for it for I found on the start that it was a most delicious beverage.

"Day after day I continued to improve but did not dream that it would be such a help, and never since the day I left coffee and commenced the use of Postum Food Coffee (about nine months ago) have I had any return of the trouble. I have used no medicine or tonic of any kind during this time, and my present condition of magnificent health is due entirely to the use of Postum Food Coffee.

"I have heard several persons say they did not like Postum but in each case I discovered upon inquiry that it was because they tried to make it like common coffee, that is boil it four or five minutes. This will not do, for one cannot get the delicious flavor and the food value in so short boiling. The directions are plain enough, and it only requires a little patience to bring out the beautiful flavor.

"The doctors find Postum one of their most valuable aids in their treatment of cases like mine."

Benefits From Competition.

There are some astonishing statements in George Monro's paper on "Growth of the Fruit Trade" in the new number of the Royal Horticultural Society's journal. When he started as a fruit salesman in 1871, he says, there were only three regular fruiterers in the city, and about as many at the West End, although several others used to take shops for two or three months in a year to sell strawberries, in the first instance, keeping open as long as they could get anything to sell. Green-grocers procured choice fruit only when it was ordered, and the bulk of the trade was done in the Central-ave., Covent Garden. Even orange, Mr. Monro says, did not come in great quantity until 1860, when the duty was taken off, and for some years afterward there was little beyond our own orchard produce arriving regularly, so that there was no constant supply of fruit all the year round until about twenty-one years ago. American apples followed oranges, and bananas and pineapples later on, while the present great supplies of tomatoes and grapes, with numbers of other fruits from foreign countries, are comparatively recent acquisitions.

Home producers will possibly be surprised to learn that in Mr. Monro's opinion the foreign fruit trade is really to their advantage, for, by keeping the country furnished freely all the year round, it has led to the opening of a great number of fruiterers' shops, which could never have paid expenses had they been supplied only during those parts of the year in which home produce is available in abundance. It may be that this view of the case will be rejected by many growers who have seen prices brought down 50 per cent or more by foreign competition; but it is a fact that glut was frequent in the days of high prices, whereas now any quantity of good fruit can always be disposed of. The enormous development of the production of grapes and tomatoes is referred to by Mr. Monro, and the fall in the prices of these products, as he points out, has been tremendous; but it has been brought about by home rather than foreign competition, as a result of the enormous multiplication of hothouses in this country.—(London Standard.

\* \* \*

Winter Rhubarb.

Do you like rhubarb? Do you remember how pleasant it seemed in the early spring days when nothing like it was to be had? Would it be pleasant to have it even earlier when the first spring fever comes on, or as winter begins to slacken its grip? Can you spare two or three hills from the garden? There ought to be plenty there, so that they will not be missed. If so, go and dig up these hills, or even one large hill, at the time when the ground freezes. Let it lie on top of the ground exposed to the cold until thoroughly frozen, then take it to the cellar, banking a little moist earth around the roots. Some of the weaker crowns and roots may first be trimmed away, since they will not produce good stalks. If there is a furnace in the cellar, long before spring comes these hills will produce fine stalks. They will waste no energy in extra leaf surface; nearly all will be bright, crispy stalk.

If the cellar is too old and they are slow in coming, a barrel may be set behind the kitchen stove, one hill placed in this and a canvas thrown over the top. If the appearance of a barrel in the kitchen is objectionable, a more pretentious cabinet may be made of lumber, which will answer the same purpose. Simply see that the soil is kept moist, and soon there will be rhubarb ready for harvesting. That which remained in the cellar will be along a little ahead of that outside, even if the cellar is cool, and in either case will well repay the slight effort needed to get it.—(Fred W. Card, Rhode Island Agricultural Experiment Station.

\* \* \*

Marconi has a plan for wireless telegraphy between Great Britain and Australia.

**Baptist Periodicals**  
The Only Key That Exactly Fits the Lock of Bible Truth

QUARTERLIES		MONTHLIES	
Senior	4 cents	Baptist Superintendent	7 cents
Advanced	2 "	Baptist Teacher	10 "
Intermediate	2 "		
Primary	2 "		
per copy! per quarter!		per copy! per quarter!	

**LESSON LEAFLETS**

Bible	1 cent each	HOME DEPARTMENT SUPPLIES	Price
Intermediate	1 cent each	OF ALL KINDS. QUARTERLIES	Senior
Primary	1 cent each		Advanced
per copy! per quarter!			5 cents
			10 "
			3 "
			per copy! per quarter!

Picture Lessons . . . 2 1/2 cents per set! per quarter!  
Bible Lesson Pictures . . . 15 cents per quarter!

**ILLUSTRATED PAPERS**

	Price, per quarter	per year
Young People (weekly)	13 cents	50 cents
Boys and Girls (weekly)	8 "	30 "
Our Little Ones (weekly)	6 1/2 "	25 "
Young Reaper (semi-monthly)	4 "	16 "
(monthly)	2 "	8 "

(The above prices are all for clubs of five or more.)  
Good Work (New), in place of "The Colporter," (monthly), Price, 25 cents per year, in clubs of ten or more, 20 cents per year.

**American Baptist Publication Society**  
1420 Chestnut Street, Philadelphia

Whenever and wherever there is a use for **THREAD Corticelli Sewing Silk** is Best and Cheapest, for it lasts longest and goes farthest.

Shades to suit every color of fabric.

Every inch of the \$2,000 miles of **THREAD** turned out by the **Corticelli Silk Co'** every day is tested and found perfectly uniform in strength and size, and free from knots or flaws.

Sold Everywhere.



**BE SURE**

BE SURE and get our BARGAIN prices and terms on our slightly used **Karn Pianos and Organs**.  
BE SURE and get the aforesaid before buying elsewhere.  
WE MUST SELL our large and increasing stock of slightly used **Karn Pianos and Organs** to make room for the **GOODS WE REPRESENT.**

**MILLER BROS.**  
101, 103 Barrington Street HALIFAX, N. S.

**WHEELER'S BOTANIC BITTERS**

A reliable and effective medicine for cleansing the blood, stomach and liver. Keeps the eye bright and skin clear. Cures headache, dizziness, constipation, etc.  
Purely Vegetable, large bottles, only 25 CENTS.

**EARN THIS WATCH**

By filling in only 1 down Glass Pens at 10c each. These wonderful Pens are made of one piece of glass with colored handles and fitted nib. They never wear out and will write a page with one dip of ink. Write and we mail Pens. Sell them, return money, and we send postpaid this handsome Watch with polished nickel case, ornamented edge, hour, minute and second hands, keyless wind and genuine American lever movement. It is accurate and reliable, and with care will last 10 years. **TOLEDO PEN CO., Box 2, Toledo, O.**

