

A "365" Day Liniment

YOU ARE SAYING TO YOURSELF—

"If I only knew of something to stop that Backache—help my Rheumatism—cure my Neuralgia, I would send and get it at once."

Get It. Gombault's Caustic Balsam will give you immediate Relief. A Marvelous Human Flesh Healer and a never failing remedy for every known pain that can be relieved or cured by external applications. Thousands testify to the wonderful healing and curing powers of this great French Remedy. A Liniment that will soothe, heal and cure your every day pains, wounds and bruises.

Gombault's Caustic Balsam The Great French Remedy Will Do It

It Helps Nature to Heal and Cure. Penetrates, acts quickly, yet is perfectly harmless. Kills all Germs and prevents Blood Poison. Nothing so good known as an application for Sores, Wounds, Felons, Exterior Cancers, Burns, Carbuncles and Swellings.

"I had a bad hand with four running sores on it. The more I doctored the worse it got. I used Caustic Balsam and never needed a doctor after that."
—Ed. Rosenberg, St. Ansgar, Ia.

Mrs. James McKenzie, Edina, Mo., says: "Just ten applications of Caustic Balsam relieved me of goitre. My husband also cured eczema with it, and we use it for corns, bunions, colds, sore throat and pain in the chest."

A Safe, Reliable Remedy for Sore Throat, Chest Cold, Backache, Neuralgia, Sprains, Rheumatism and Stiff Joints. Whenever and wherever a Liniment is needed Caustic Balsam has no Equal.

Dr. Higley, Whitewater, Wis., writes: "I have been using Caustic Balsam for ten years for different ailments. It has never failed me yet."

A Liniment that not only heals and cures Human Flesh, but for years the accepted Standard veterinary remedy of the world.

Price, \$1.75 per bottle at all Druggists or sent by us express prepaid. Write for Free Booklet and read what others say.

THE LAWRENCE WILLIAMS CO., Cleveland, Ohio

THERE IS NOW
Only One Agency in Manitoba
through which Farmers may secure

Farm Help

In Manitoba NO PRIVATE EMPLOYMENT
AGENCY ANY LONGER EXISTS

THE
Employment Service of Canada

(under joint auspices of the Dominion and Provincial Governments)

IS ALONE IN THE MANITOBA FIELD.

**ACT NOW
DO NOT DELAY**

To enable us to forecast our harvest help needs, and obtain the necessary number of men, please fill in the attached coupon, and mail at once.

J. A. BOWMAN, Gen. Supt. of Employment
439 Main Street - - - WINNIPEG

Employment Service of Canada,
439 Main Street, Winnipeg.

Dear Sirs:—Beginning about I will require
men for farm work.

Yours truly,

Name

Post Office

N.B. This application does not constitute a contract. It is to be
used only for purposes of estimate.

times accountable for enormous losses. It is during the interval between seeding and harvest that the farmer gets an opportunity to prepare for the busy "winding up" operations of the year, and it is very necessary to have things in shape to work smoothly and reliably.

There are many items to be considered, including the ordering of binder twine, general overhauling of machinery parts, etc., and it is advisable to see what parts are too worn to last any length of time, as these parts should be replaced before they cause a premature halt in the rush of harvest by breaking when the binder happens to be at the far end of a large field. Racks and grain boxes should get their share of attention a considerable time before harvest, as they are capable of causing trouble at the last moment. There may be some machinery fittings that take some time to get owing to the factory being at some distant point, and it is as well to give this matter some serious consideration as soon as possible in order to steal a march on the possibility of being held up while these essential parts are being shipped.

Spare doubletrees and whiffletrees are very valuable items toward the maintaining of steady work through the saving of lost time in the field. It is a good policy to have a spare set for each binder placed in a handy corner of the field. A good system in the harvest field is to establish a "headquarters" in some convenient place where reserve oil, binder twine and spare fittings are placed together so that there will be no searching among odd stooks for any article that was put in a supposedly handy place. If this system is followed, the supplies may be gathered up and moved into the next field to be cut in a far more expeditious manner than is possible when they are scattered promiscuously over the field.

Some Pointers on Milk

To get the best returns from milk, cleanliness must be strictly observed in every way. Clean milk is a splendid food, while dirty milk is a danger. It is very difficult to obtain clean milk where cleanliness is not well observed. When the cattle and barns are dirty, clean milking is a game of chance. Some of the chief points advised in the production of clean milk are, cleaning off cows with a brush and bedding down about half an hour before milking, and clean hands to do the milking.

The pails used have a considerable influence in the matter, as a wide topped pail becomes not only a receptacle for the milk, but a harbor for any dust, stray hairs, or other undesirable matter that may fall at the time of milking. A partly covered pail is the most desirable to use, as the area being restricted will exclude what the wide open pail includes. The mending of holes in milking pails by means of small pieces of rag and match sticks will defeat the object of cleanliness for the reason that the places thus stopped up will become an assembling place for germs owing to the porous state of the material employed. Expert patching is required when holes occur, and all pails should be thoroughly scalded after milking is finished and well aired.

Waste Your Coal and Ruin Your Skin

By Dr. Leonard Keene Hirschberg, A.B., M.A., M.D. (Johns Hopkins University).

There was a day, not so far distant, when there was no coal in use by man. To hear the grumbles and kicks and gnashing of teeth against Fuel Administrator Garfield, you would think "civilized man cannot live without coal."

Perhaps the child, the aged and the infirm would suffer some hardships from gas heaters and log fires, but even this is not certain when you recall the virtues of the open fireplace. The fire on the open hearth, with its inviting hospitable blaze roaring up the chimney, acts as a suction for all the cold, dusty, stale vapors in the rest of the room.

The kitchen range, nowadays, is often happily a gas range. It is decidedly to the mother and homemaker's advantage. All she needs to do is strike a light and the gas does the rest. Mother used to rake fires, sift ashes, haul up buckets of pea coal and otherwise almost break her back and her health. But no more.

There is, however, such a matter as "too much of a good thing." If the housewife does not save gas, she commits a felony of waste and a misdemeanor of good health. The gas supplied by your gas company is made from coal. If you waste it, you waste coal and throw your own money away uselessly. Simultaneously, you consume and turn up much of the fresh air of your kitchen and dining room, as you also pour forth from the gas range, foul vapors and poison gases.

These latter, like those of a coal fire, enter your lungs, deposit lots of black particles, and gases, which play the part of poor substitutes for fresh, airy rooms. The soot and black particles are not visible always in the rooms, but they are larger and more troublesome in the throat and lungs. You then cough, sneeze and hawk them up in your sputum.

Fireless cookers are aids in the campaign of fuel economy, as well as in the effort of public health officials to keep indoors as bright and sanitary as out-of-doors.

Cooked food is often unhealthy because it absorbs too many bad gas or coal vapors. If most of the table pabulum were cooked merely to the point desired and then kept hot in vacuum bottles, thermos jars or newspaper cosies, the latter easily made as insulators, much fuel would be saved, the food would be tasted and eaten with more zest, and the foul gases would not have been absorbed by the hot rations.

The steady burning of gas or coal in most kitchens is largely a matter of animal imitation, tradition, custom, habit. Eight hours in ten, this need not be. It irritates a pure atmosphere, makes those who live in the private house anemic, pale and flabby, and it wastes most valuable fuel.

There come to mind also many homes where hot water is made for every "lick-stitch" of effort. If John wishes to shave, the hot water heater is aflame; if Mary wishes to wash her dishes or hands, the heater "gets busy." Whenever anyone wishes a bath, the hot water waste goes on endlessly. So it goes. Yet the hot water in the boiler for John could have been insulated with newspapers, rag bags, or in vacuum tubes, and saved for baths, dishes and other purposes.

Too many cooks spoil the broth, and too hot a bath invites pneumonia and other mischievous goblins of disease.

A lukewarm bath for those who cannot abide cold ones, will prevent lots of ailments as well as too sensitive a skin.

The skin is not merely a garment to be steamed and cleaned. It is a sensitive structure with adaptabilities, sensations, behavior, evaporations, absorptions and other vital, living powers. The skin is a delicate structure important in your personal physiology. It must not be burned or tampered with thoughtlessly. Much heat is not good for it.

Pain in the Feet

We do not realize how constantly we use our feet until something happens to interfere with their function. When that occurs, we are likely to suffer a good deal of pain, and still more inconvenience, and even to find our general health seriously affected by our inability to walk—for walking is the most valuable and necessary of all forms of exercise.

In many cases the pain in the feet is owing to the presence of corns, bunions, or chilblains. But there are more obscure affections that cause pain in walking. Two of the most common are flatfoot, and the opposite condition—an overhigh arch. The latter is really a partial clubfoot, although those who have it like to regard it as a mark of aristocratic blood.

When the arch is too high, the weight of the body is not properly distributed, but falls on the heel and the ball of the foot. The pain is especially severe in the ball of the foot. In flatfoot the pain is most severe in the early stages, when the fibrous sheet that stretches between the ball of the foot and the heel has to do all the work of keeping the foot in shape, since the ligaments that are meant to support the arch are already weakened and elongated. After this fibrous structure—the plantar fascia it is called—has yielded, and the flatfoot is fully established, the pain is much less acute.

The fibrous structures are sometimes painful, even when the arch of the foot is neither too high nor too low, owing to a so-called gouty or rheumatic condition. Physicians are still uncertain just what this condition really is, but it can usually