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The use of any preservative or coloring matter is an adulteration, and its use by a producer or shipper will be a sufficient cause for the exclusion of his product from, for instance, the City of New York.

In addition to the above rules they make a few suggestions that are applicable to most any dairy. Among these are the following:

The barn yard should be well drained and dry and manure should not be allowed to collect in the yard or against any of the buildings.

It is desirable that the place where the cows are kept be used for no other purpose.

Storing root crops or other foods in the cow barn at any part of the year is liable to leave odors or dust which will readily get into the milk.

The ceiling of the cow barn should be tight to prevent dust and chaff from falling through.

Whitewashing the stable twice a year is very desirable.

The floors should be swept at least an hour before milking time in order that the dust may have a chance to settle.

The clipping of long hairs from the udder and the right side of the cow is of assistance in preventing the collection of filth which may drop into the milk.

The use of horse manure for bedding is positively condemned.

Clean overalls and jumpers should be used by the milkers and for no other purpose.

The practice of moistening the hands with the milk is to be condemned.

The first few streams from each teat should be rejected as this contains more bacteria than the rest of the milk.

Milk strainers should be kept extremely clean and scalded twice before using, and if cloth strainers are used several of them should be provided in order that they may be frequently changed.

#### About Silos.

At this time of the year, and especially during a season like the present when all kinds of feed are extremely high, the owner of a silo feels like congratulating himself, and his neighbor who has been provided with less foresight will vow not to pass another year without one. Not only does the silage give a succulent and nourishing food the year round, but it enables the farmer to secure a maximum amount of profit. We know of no part of the dairy farm equipment which yields more profit upon the original cost than the silo and it is rapidly coming to be considered an indispensable part of the equipment of every dairy farm. A contemporary writer sums up the advantages to be gained from feeding silage in the following manner.

First, silage enables a cow to produce milk economically.

Second, the silo increases the given number of stock which can be kept upon the average farm from a certain number of acres of land.

Third, it improves the physical condition of all kinds of stock, this being especially true during the winter months.

Fourth, it prevents waste.

Fifth, silage is much more easily handled than dry fodder, besides being more palatable.

Sixth, there are no aggravating lumps of straw in the manure where silage is fed.

Seventh, the silo will make palatable food that would otherwise be rejected.

Eighth, it enables the farmers to preserve a certain amount of green forage regardless of unfavorable weather conditions at the time when the forage is put up.

#### Ice for Next Summer.

If farmers realized the comfort and luxury there is in having a plentiful supply of ice during the hot weather that will surely come, and must come if they are to have any harvest next year, they would surely plan to have it. Now is the time not merely to think about this supply, but to actually get it. The first thing to do is to determine to have ice. The next thing is to plan to build an ice house; the next, to build it, and make it large enough and the next, to fill it in such a way that it will keep, with enough ice for yourselves, for the sick folks among your neighbors, and have some left over.

It is not necessary to picture out to the young people the bountiful dishes of ice cream which will surely appear if there is plenty of ice in the ice house, and the gatherings of young folks if there is promise of it; nor of the additional amount of fresh meats there will be when it can be kept for two or three days; nor the splendid ice-cold sweet milk that "goeth down sweetly," like the wine Solomon talked about, "making the lips of them that are asleep to speak;" nor of the butter that is able to stand alone instead of spreading all over the plate. It may involve you in a little more expense, possibly a little more trouble, but it will make farm life much more desirable and much more comfortable.

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## HELP FOR THE OVERWORKED.

### THE BROKEN DOWN!



In thunderous tones  
to-day the world calls  
for Men of Action—  
Producers

In the business  
world, in mine and  
mill, in the factory, in  
the field, new and  
swifter methods have  
supplanted the old and  
worn-out systems, and  
competitive zeal de-  
mands the Men of  
Action—the Men able  
to "do things."

Rush! Hurray!  
Strive from morn-  
ing till night! Clang  
and hammer! Ham-  
mer and clang!

No wonder men  
break down! No  
wonder the world is  
full of Dyspeptics,  
Nervous Wrecks! No  
wonder that "Doc-  
tors" are at their wits'  
end to relieve the thou-  
sands of cases of Ner-  
vous Disorders,  
Nervous Prostration  
and kindred diseases  
that daily confront  
them. No wonder  
that they call this the  
"Age of Nervousness!"



#### An Army of Human Wrecks Cured Every Year. No Drugs. No Medicines.

No time for the dreamer! Rip Van Winkle was no business man.

In a big establishment I visited recently, where several hundred men are employed, I saw a big sign with just these words: "Get busy; Do it now."

Short shrift to the laggard, "Make good or get out;" that's the advice he gets. They want men who can "deliver the goods."

No matter how big the results to-day, to-morrow's must be bigger. Hence, greater and ever greater the demand upon body and brain.

All this effort, this tremendous wear and tear is concentrated upon the Nervous System, and when the Nervous System is overstrained down goes the man; the organs of his body refuse to work; its normal functions become impaired, and he's ready for the scrap heap.

Overworked, broken-down men and women, do not despair! There's help for you in my Dr. McLaughlin Electric Belt! It has made thousands of vigorous and healthy men and women out of Mental and Physical Wrecks! Its glowing current of Electric Life, fed into your tired and aching body, will succor every weakened nerve, every debilitated organ! Use it, and get back your Strength, and Energy.

The "Drug Doctor" has not kept pace with the times! He's like Rip Van Winkle, only worse, for he's been asleep for more than 20 years. Electricity is the "up-to-date" remedy—the remedy for you!

The Dr. McLaughlin Electric Belt is a sure cure for all signs of Breakdown in Men and Women. The Vitality of the body is Electricity—the force in the Nerve Cells. My Electric Belt will give you back this power and enable you to fight on in the Battle of Life!

The Dr. McLaughlin Electric Belt cures Neurasthenia, Hypochondria, Nervous Prostration or Nervous Weakness, Headaches, Sleeplessness, Stomach Trouble, Indigestion, Constipation, Weakness of the Kidneys, Lame Back, Rheumatism, Lumbago, Sciatica, Neuralgia, Poor Circulation, Urinal Trouble, Weakness of the Organs, Night Losses, all evidence of Premature Decay.

If you are skeptical all I ask is reasonable security for the price of the Belt and

## PAY ME WHEN YOU ARE CURED.

I can give you the PROOF in abundance. Here I give you a few samples of the kind of letters that I receive every day by the score:

Dear Sir,—I purchased one of your Belts some seven months ago. I was troubled then with weak heart, and I find that the belt has greatly benefited me. I can heartily recommend your Belt to any one who may be troubled in this way, and believe they are even better than you say yourself. Yours very truly,—W. A. Henderson, Gladys, Alta.

Dear Sir,—I have given your Belt a fair trial and I think it is a grand Belt for Rheumatism and Lame Back, and I would recommend it to any one suffering from Rheumatism. It is worth its weight in gold. I beg to remain—W. D. Harrison, (Rancher) Moose Jaw, Sask.

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