

## How Old Do You Feel?

It's all a matter of keeping the bodily tissues in good condition. You have the same chance as others to feel perennially young and to enjoy a long, happy, contented life, if you will live rationally and avoid sickness. The air is filled with countless germs ready to pounce upon a body that is in a condition to receive them. The healthy body throws them off and renders them harmless. There is no better medicine to keep the system in proper condition than

## BEECHAM'S PILLS

They begin by cleansing out the poisons that accumulate through a congested stomach or sluggish liver. They act upon the blood and purify it. They energize the nerves and through them, tone up every muscle. They strengthen each cell and make it immune against the germs from without. They prevent disease by making the body strong enough to repel it. For three generations they have been an infallible family remedy, ever at hand, pleasant and efficacious. Take them regularly to guard against constipation and they

## Will Keep You Young

In boxes, with full directions, 25c.

## HOUSEWIVES

are often at a loss during

## Harvest Time and Threshing

HOW TO KEEP A SUFFICIENT STOCK OF GROCERIES ON HAND TO FORTIFY THE HUNGRY HARVESTER

Note Our Extremely Low Prices  
and buy accordingly

Sugar, per 100-lb. sack	\$5.55	Jams, E. D. Smith's, Brigger's, or Wagstaff's, regular price 80c, our price	.65
Tea, our special Household, worth 50c. per lb. Now	.32	Pork and Beans, in large 3-lb. tins, per doz.	1.45
Tea, our special Household, per 5-lb. pkt.	1.50	Molasses, per 2-lb. tin 8c., per 12-lb. pail	.65
Tea, finest India, per 5-lb. pkt.	1.20	Extracts, per 24-oz. bottle 8c., extra strong, 24-oz. bottle	.20
Coffee, a very choice Mocha and Java, per lb.	.32	Sardines, King Oscar, per 1 doz. tins	1.35
Coffee, choice Mocha and Java, per 5 lbs.	1.50	Soaps—	
Coffee, a real good Santos, per 5 lbs.	.95	Royal Crown, per 7 bars 25c. Per case	4.20
Prunes, 90-100 per lb. 7c., per 25-lb. box	1.60	144 bars	.90
Prunes, 70-80 per lb., 8c., per 25-lb. box	1.80	Sunlight, per 20 bars	.60
Currents, cleaned, per 10-lb. lot	.87	Fels Naptha, per 10 bars	.25
Figs, per 30-lb. bag	1.65	Toilet Soap, per 12 cakes	.25
Apples, dried, per 50-lb. box	.70	Cocoa, bulk, per lb.	.25
Jelly powders, per 4 pkts. 25c. per 1 doz.	2.00	Cocoa, Baker's, Fry's, Cowan's or Lowney's, per 4-lb. tin	.22
Cheese, per 10-lb. cut	1.50	Syrup, Beehive, Corn or Edwardsburg, per 20-lb. tin	.93
Plums, canned, per case 2 doz.	2.00	per 10-lb. tin	.50
1 case containing 3 cans Pears, 3 cans Peaches, 3 cans Strawberries, 3 cans Plums, 3 cans Corn, 3 cans Beans, 3 cans Peas, 3 cans Raspberries, worth \$3.40, our price	2.90	per 5-lb. tin	.25
Salmon, a choice red, per doz. tins	1.85	Pickles, per 1 gal. pail, sweet	.85
Baking powder, per 16-oz. tin, best	.20	Pickles, per 1 gal. pail, sour	.75
Baking powder, Gold Standard, 5-lb. tin	.75	Mustard, in 4-lb. tins, Keen's or Coleman's	.23
		Mustard, bulk, per lb.	.20
		No. 1 Apples, in barrels, beautiful stock, all kinds	4.25

## DUNGAN & HUNTER

MAIL ORDER GROCERS

519 LOGAN AVE. - - - WINNIPEG

## QUESTIONS AND ANSWERS

### GENERAL

Questions of general interest to farmers are answered through our columns without charge to bona-fide subscribers. Details must be clearly stated as briefly as possible, only one side of the paper being written on. Full name and address of the enquirer must accompany each query as an evidence of good faith but not necessarily for publication. When a reply is required by mail one dollar (\$1.00) must be enclosed.

### RYE FOR SPRING PASTURE

We are very short of early spring pasture. It has occurred to me that fall rye might prove useful for this purpose. Have you had any experience with it in this country?—H. A.

Ans.—I have tried fall rye on the Manitoba Agricultural College farm and find it very satisfactory. It starts growth in the fall, remains green all winter and makes rapid growth during early spring. It provides earlier fodder than any plant I know of. It must, however, be cut when quite young. If allowed to form heads it becomes very tough and unpalatable. We sow between August 15 and September 15, at the rate of one and one-half bushels of seed per acre. It can be purchased from any reliable seed firm.

M.A.C.

S. A. BEDFORD.

### TIMOTHY AND ALFALFA

I wish information regarding the growing of timothy and alfalfa in this country.—L. W.

Ans.—Timothy succeeds well here if sown in the spring with a grain crop, preferably wheat or barley. The seed can be sown to best advantage with a grass seed attachment sold with most of the grain drills. It can also be sown by hand and covered with the harrow. Alfalfa should never be sown with a grain crop, for the grain will rob it of moisture and also crowd it out. The following plan has always proved successful with me. Plow grain stubble during May, harrow once, then sow twenty-two pounds of alfalfa seed mixed with forty-four pounds of chopped grain on an acre. An ordinary grain drill will sow this mixture. As soon as the weeds and volunteer crop is a foot high cut with a mower and leave the cuttings on the ground. Do not pasture the first year. Repeated cuttings with a mower will prevent the weeds from going to seed and also encourage the clover to branch out.

M.A.C.

S. A. BEDFORD.

### OLD COINS

Could you inform me if there is any value in old coins? I have one dated 1687, a three cent piece. I do not know if it is an English piece or not, as I cannot make out what is printed on it. On one side is a woman's head and around it these words: Dei Gratia, Iacobus II. On the other side in the centre is III. with a crown at the top, and around the outside these words: M.A.G., B.R. Fra. Et H.I.B. Rex. 1687. Will you let me know if there is any value to this coin?—G. K.

Ans.—This is a three penny piece of James the Second of England. We imagine you have misquoted the letters and abbreviations about the edge. They probably are: Rex Brit. Fra et Hib. 1687, which read with the words on the other side, "Dei Gratia Iacobus II." mean "James the Second, by the grace of God, King of Britain, France and Ireland." The value of the coin depends to a large extent on whether or not it is milled on the edge, that is whether or not it has the fine grooves or indentations around the edge. Coins of this period were made with both smooth and milled edges, the smooth kind being the most rare and valuable. Would advise you to send a rubbing of this coin to some concern making a specialty of old coins. If you would send such rubbing to "Numismatic," an old coin journal published at Monroe, Michigan, you would probably learn definitely what it is worth.

### RACK LIFTING DEVICE

I notice in a recent issue that a reader is asking for a device to load and unload basket racks. I have such a device.

## Make Them Sound



A lame horse is a dead loss. Spavin, Curb, Splint, Ringbone, Swollen Joints and Bony Growths won't cure themselves. Yet you can cure these troubles and make your lame horse sound with

## Kendall's Spavin Cure

just as thousands have done, and are doing today.

In the 40 years that this world's famous remedy has been on the market, Kendall's Spavin Cure has saved millions of dollars to horse owners.

Mounds, P.O., Olds, Alta.

"I have used Kendall's Spavin Cure for a number of years with great success, and I think it can't be beaten as an all-around stable liniment for Kicks, Strains, Swelling of all kinds, Ringbone and Spavin".

ARTHUR FLETCHER.

No telling when you will need it. Get a bottle now—\$1—6 for \$5.

Our book—"A Treatise On The Horse"—free at your druggists or write us

Dr. R. J. KENDALL CO., Essexburg Falls, Vt.

It is built in this way: Four posts 14 feet long are set 3½ feet in the ground at such distance apart that they form the four corners of a rectangular area 15 feet by 12 feet. Tie the posts together on the long side, at the top and half-way from the ground. Brace each set of posts diagonally from the ground line to the top of posts. Tie the end posts at the top, tie also diagonally. Secure two very straight poles, 6 inches in diameter and 14 feet long to use as rollers on top of the frame just made. On one end of each roller securely fasten two pieces about 3 inches in diameter and 11 feet long, or long enough so that a man can reach the ends from the ground. These pieces are for turning the rollers. Fasten two ropes on each roller, each rope three feet from the end of roller, and have a hook in the loose end of each rope. To take the track off simply drive the wagon under this de-

## HAD LAME BACK

Was Almost Unable To Move.

Two Boxes of Doan's Kidney Pills Cured Her.

Mrs. M. B. Cairns, Upham, N.B., writes: "I feel it my duty to drop you a few lines to let you know what Doan's Kidney Pills did for me. I had such a Lame Back that I was almost unable to move, and my kidneys were in an awful condition."

"After taking two boxes of Doan's Pills I was completely cured and feel as well as I ever did."

Doan's Kidney Pills are a specific for all Kidney Troubles. They begin by expelling all the poisonous matter from the kidneys, and then heal the delicate membranes and make their action regular and natural.

Doan's Kidney Pills are entirely vegetable, and may be safely taken by young and old.

Price 50c per box, or 3 boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

When ordering direct, specify "Doan's"