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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 diagnosis. Address Dr. John B. Huber, care of Wilson Publishing Co., 73 West Adelaide St., Toronto.

For that which befalleth man befalleth also the beast.
THE CUP THAT CHEERS.

Tea and coffee are generally drunk for the pleasure and the sense of well-being they give; yet both these beverages are mostly stimulants, with practically no food value.

When a tired woman prefers to food cup after cup of strong tea she is cheered, perhaps exhilarated—yes, times actually inebriated; and this to the jeopardy of nerves and muscles. So that her constitution must sooner or later break down, if the tea tipping habit is persisted in. Then is there a case of hysteria for the doctor, possibly even a case of "incompatibility of temper" that has to be dealt with in the domestic relations court. In like manner, when a man under stress of business or who is going "the pace that kills" drinks daily anywhere up to a dozen cups of strong coffee in order to keep up under the unnatural strain, he is, as sure as fate, and the tides, going to pay the penalty for his intoxication—for that is what it all amounts to. There are plenty of other intoxicants in nature besides alcohol.

The natural forces of the human body are able to do normally just so much work; and their ability to do this work is directly in proportion to the energy derived from the food supply taken into the body. A machine is kept going by the fuel in the engine; it may be made to go faster by means of bellows. Coal is the fuel; the bellows stimulate the flame. In the man machine, food (meat, vegetables, cereals) are the fuel; tea, coffee, alcohol and like stimulants are the bellows—they are not the fuel. No amount of such stimulants adds to the living tissues (the nerves, muscles, organs of the body); they merely goad the nerves, the muscles and the organs to undue, unnatural effort,

however tired and unwilling these tissues may be. When the stimulant is stopped, or, if after a time in spite of the stimulant, the exhausted tissues refuse to do their work, then the weakened body rebels and refuses to work again until it has been fully restored—re-created—by rest, sleep, change, fresh air, abundance of nutritious food and by hygienic living in general. If these salutary means are not forthcoming, disease perhaps fatal, is inevitable.

QUESTIONS AND ANSWERS.

Feels Dizzy.

I am 54 years of age and am troubled with dizziness. In the morning on rising I have to hold on to something to steady myself; and on lying down I seem to lose control for a moment or so. What can be the cause of my trouble.

Answer—With such a symptom at your age one must consider hardening of the arteries, of which dizziness is a very frequent symptom. You should be under the care of a good family doctor.

Rabie Horse Bites Cow.

Sometime ago our cow was bitten on the neck and foreleg by a horse having hydrophobia. But where the cow was bitten there was no wound made in the flesh. We have waited 25 days before using her milk; do you think it is safe for us to use the milk now? Our veterinary told us to wait 21 days.

Answer—By all means use the milk after 25 days. You were wise to take precautions. And when the skin of animal or man has not been perforated by the bite of a rabie animal, the danger of hydrophobia is slight and certainly after 21 days negligible.

THE STORAGE OF POTATOES

By Louis D. Sweet.

It is of great importance that all the potatoes raised this year should be stored under proper conditions. Even when every precaution is taken the wastage of potatoes during the winter is considerable; under bad conditions of storage it is very great indeed.

In order that the best methods may be adopted by the small growers, those who have not had the experience in the storage of potatoes should know the chief causes of the wastage. These causes are:

1. Sweating, heating and consequent rot: often due to insufficient ventilation.
2. Rotting: due to potatoes getting wet at the time of putting them in storage.
3. Injury from frost.
4. Decay: owing to disease in the tubers at the time of storage.
5. Sprouting of tubers in the spring.

It is not possible to prevent altogether losses from these causes, but by using the best methods of storage, it is possible to reduce them very materially.

This may be done by taking care to guard against losses from each of these causes:

1. Sweating and heating occur if the freshly dug potatoes are piled in too large piles, so that the air cannot circulate between the tubers. The risk of loss from this cause is greatest in the fall, immediately after the tubers have been dug, and it is, therefore, important that potatoes when dug should not be put in unnecessarily large piles, nor kept in an ill-ventilated room.

2. Rotting from getting the potatoes wet. If the potatoes at the digging time are allowed to get wet and to go into storage in that condition, rotting is sure to occur. Be careful to have your potatoes dry before storing.

3. Injury from frost. Potatoes are easily damaged by frost. If they become frozen, their market value is destroyed. Therefore, take every precaution to protect the tubers from frost before and after digging.

4. Disease. There are several diseases of the potato which destroy the tuber, and if diseased tubers are mixed with the sound ones, the disease spreads rapidly; therefore, it is necessary to sort the potatoes carefully, eliminating all of the disease, the cuts,

and dirt before placing them into permanent storage for the winter. All of the cuts, culls, misshapen and diseased tubers should be fed to the poultry and live stock, but should be steamed or boiled before being fed, as in this way you increase the food value, and also destroy the germs of the disease, so that it will not get into the manure and thence into the land.

5. By proper ventilation of the cellar or storage room, and by holding the temperature as near 35 degrees F. as possible, you can keep the potatoes from sprouting.

Selection of seed. Seed for next

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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.

L.F.—1. Will frozen corn make good silage? **2.** When is manure most valuable, when fresh or after standing some time? **3.** What is a remedy for the zebra caterpillar? **4.** Also for wire worms:

Answer:—**1.** Frozen corn, if handled sufficiently early will make a fair quality silage. When the corn is frozen it is best to cut it at once, or as soon as possible, before the leaves are entirely dried out. Corn cut under such conditions should be put together in large bunches or shocks, so that as little drying out as possible will take place before it is cut up and placed in the silo. If handled in the above way, very little loss will be occasioned. **2.** From the standpoint of obtaining the most organic matter, manure is most valuable when it is fresh. From the standpoint of obtaining the most available plant-food, it is most valuable after it has stood for some time, provided that the manure is protected from rain and snow and sufficiently packed so that it will not burn or fire-fang. **3.** I do not find any insect catalogued under the name of "zebra caterpillar." I assume from your description that you refer to the army worm. This worm collects in large numbers in meadows and pastures for about two weeks before it begins to migrate. The insects hide during the day, but begin feeding about sundown. There are several methods of combatting the ravages of this insect. One is by sowing broadcast a mixture of bran-mash, mixing about 25 lbs. of bran with 1 lb. of Paris green, and a pint of sorghum or molasses, with enough water to make sort of a loose paste. The insects eat this poisonous mash readily. If you can discover where the insects are working in the meadow or pasture, have the section of the field rolled or dragged with a log drag. This will kill a great number. In case the attack is under way and the army of insects is moving toward a corn or wheat field, have a furrow plowed with the vertical side of the furrow toward the crop. Spread dry straw along this furrow and sprinkle the straw with kerosene. As the insects fill in, light the straw and repeat the burning out of the furrow until the attacking host of insects has been halted. **4.** Wire worms are very hard to control. A careful system of crop rotation should be established so that the field that is infested with wire worms may be plowed

and worked, at least once in three or four years. This will upset the dwelling place of the wire worms and should clear the soil of the pests. The addition of fertilizers has been found to control to some extent the attacks of wire worms.

L.R.—1. I have a five-acre field in alfalfa but it looks very thin. It was sown last fall. How can I improve it? **2.** Can you suggest a remedy for ox-eye daisy and wild mustard?

Answer:—**1.** It is late to do anything on your alfalfa field this fall other than covering it with a light dressing of straw manure at the rate of possibly four or five loads to the acre. In the spring I would advise you to top-dress it with fertilizer at the rate of 200 to 300 lbs. per acre, the fertilizer analyzing at least 2 per cent. ammonia, and 10 to 12 per cent. available phosphoric acid. After you have broadcast this fertilizer over the field, follow it with the harrow, harrowing with the rows of alfalfa, if the alfalfa has been drilled in. The teeth of the harrow should be set back so as not to drag the young alfalfa plants out of the ground. The cultivation will do them good as will the addition of the available plant-food. **2.** I assume that the ox-eye daisies are growing in your alfalfa field. If such is the case, frequent cuttings of the alfalfa should prevent much seed dropping. It would be well also when fertilizing the field in the spring to scatter some fresh alfalfa seed over the areas where the alfalfa has not grown, or where the daisies have killed it out. If wild mustard appears in the grain field, the field should be thoroughly disked immediately after the grain is cut, so that the wild mustard seed will have an opportunity to sprout and the young plants can be killed by the plowing that follows. If the grain field is infested with mustard, it should be sprayed before the plants come to the blossoming stage, using the following solution: Add 75 to 100 lbs. of sulphate of iron to 52 gallons of water. When this is sprayed over the field it will turn the grain a slightly dark color and will kill to a very large extent the mustard plants growing. The grain will quickly recover, while the mustard will die out. If the mustard is among the alfalfa crop, I am afraid the spraying with iron sulphate will injure the alfalfa, so that all that can be done would be to have the mustard pulled by hand, under such conditions.

year's planting should be selected from hills that produce all nice, true to type potatoes. These should be selected at the digging time, and stored separately in crates or boxes, and by storing them in a well-lighted room where the temperature can be held at from 34 to 40 degrees, with a little ventilation and this seed planted next spring, the grower will make a start toward improving the quality of his potatoes, instead of as in the past, simply planting the culls or runouts.

About four-fifths of the Italian army is drawn from the agricultural classes, and as a result requests for leave of absence to allow of the tending of crops are numerous, but only a small percentage can be granted.

As far as known, only three conditions are necessary to produce spontaneous combustion in hay-mows or stacks. These are the presence of moisture in the hay, the presence of a great enough bulk of the hay to retain heat, and sufficient ventilation to supply the necessary oxygen.

The Sunday School

INTERNATIONAL LESSON
 NOVEMBER 18

Lesson VII. Nehemiah's Prayer Answered—Neh. 2. 1-11. Golden Text, Matt. 7. 7.

Verses 1, 2. Nehemiah's sorrowful countenance aroused the sympathy of the king. Nisan—the first month of the Jewish year, corresponding to the latter part of March and the opening weeks of April. Twentieth—See comment on preceding lesson, verse 1. Since Nisan preceded Chislew by several months, Neh. 2. 1, compared with 1. 1, implies that the events narrated in chapter 2 took place earlier than those narrated in chapter 1; which is improbable. The events of chapter 1 may have transpired in the preceding, the nineteenth, year of Artaxerxes. Before him—Better, following the early Greek translation, "before me"; that is, when it was my turn to



Willie wants to dig a cave; My! at the rate he's going down 'Twould not surprise mo' in the least If he'd come out in Chinatown.

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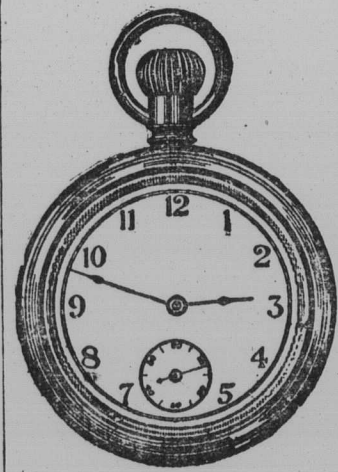
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whether the presence of the queen helped or hindered his cause. It might inspire the king to generosity or might lead him to hide his interest in the affairs of a servant. How long—Better, "when is your journey to begin?" When do you wish to start and how long do you expect to be gone? Set time—Proposed a time for his departure and perhaps for the length of the leave of absence. Letters—To serve the same purpose as modern passports. Governors—Of the districts between Susa and Jerusalem, including local officials. Beyond the River—Primarily, beyond the Euphrates; but here all the territory west of the Tigris must be meant. Nehemiah also made provision for building material. Asaph—Otherwise unknown; the name suggests that he was a Jew. King's forest—Or, "park"; the word is the Hebrew form of "paradise," which is Persian in origin. The location is not known; probably in the neighborhood of Jerusalem. Castle . . . house—The "house" is the temple; the castle was to the north of the temple area (compare Acts 21. 37; 22. 24). The timber was wanted for (1) the castle, (2) the city wall, and (3) his official residence. All the requests were readily granted. Good hand—Nehemiah recognizes the reality of a divine providence in his case.