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Health by Lydia E. Pinkham's
Vegetable Compound.

Paris, Ont.—"For five years I suffered from pains caused by displacement of my organs and in my back. All of this time I was unfit for work and was taking different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and took it faithfully. I am now in perfect health and do all my own work. I recommend it to others, and give you permission to publish this letter in your little books and in the newspapers as a testimonial."

—Mrs. D. CASSADY, Box 461, Paris, Ont.

Why women will continue to suffer so long is more than we can understand, when they can find health in Lydia E. Pinkham's Vegetable Compound!

For forty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, irregularities, etc.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Hens In Contest Are Speeding Up

The two hundred odd pullets taking part in the egg laying contest at the Fredericton Experimental station appear to be speeding up. Last week, which was the third of the contest, an average of the twenty-one pens now producing, laid a total of 2,000 eggs, which is equal to the number laid during the first two weeks. A pen of White Wyandottes from the Experimental station is leading with a total of 56 eggs, and a pen of Barred Rocks from the same place is second with 51. The best showing for the week was made by a pen of Barred Rocks from the Invicta Farm of Oranmore which produced 26 eggs. This farm has two pens of Barred Rocks in the contest and the second has 25 eggs to its credit. Two Barred Rock pullets one from the Experimental station and the other from the Invicta Farm, each laid the possible of seven eggs during the week.

The best showing for the week was made by the Invicta Farm pen which produced 26 eggs. Two pens from the Experimental station came next in order with 23 each. A pen of White Wyandottes belonging to Mrs. George Danby of North Devon laid 16 eggs during the week.

The standing of the highest pens in the contests at the close of last week was as follows:

Experimental Farm, Fton W. W.	56
Experimental Farm, Fton, B. R.	51
Invicta Farm, Oranmore	50
H. W. Hinton, Newcastle W. W.	48
Mrs. G. Danby, North Devon, W. W.	48
Mrs. P. Danby, North Devon, W. W.	37
B. E. Wilson, Centreville, B. R.	30
A. T. Reid, Rellingford, B. R.	30
N. W. Eveleigh, Sussex, B. R.	27
Invicta Farm, Oranmore, B. R.	26
C. M. Peart, Havelock, B. R.	25
R. A. Snowball, Chatham, W. L.	25

The pullets are all trapped, and one of the rules of the contest is that eggs found upon the floor are not given to the credit of any individual hen. This accounts for the totals sent by the contest manager falling to correspond with the numbers placed to the credit of each hen.

PARTICULARS OF INDIAN TRAGEDY AT BURNT CHURCH

Newcastle, Nov. 30.—Further particulars regarding the alleged stabbing at Burnt Church on Sunday evening have been received here.

According to the particulars received, it appears that John Dedam, in company with his brother Peter, went to visit an Indian named Martin, and while there Charles Mitchell came to visit a neighbor of Martin's named Ward.

Mitchell's wife went into Ward's and Mitchell called Martin out. Peter Dedam also came out and got into a scuffle with Charles Mitchell, but it was claimed later that they were only in fun.

While they were scuffling John Dedam, it is alleged, came out on Martin's and gave Charles Mitchell a bad beating, knocking him about and kicking him about the head. Mitchell managed to get clear of Dedam and went home, but on the way told his brother, Peter, that John Dedam had given him a bad beating.

After the rampus another Indian named Gishish claims to have met the two Dedams and says that they were intoxicated and that he took them home.

A short time after the two Dedams started to cross the Burnt Church bridge, according to Peter, to visit their aunt but on one end of the bridge met Peter and Frank Mitchell. It is alleged that Peter Mitchell struck John Dedam with something on the breast while Frank threw a rock at Peter Dedam, but missed him.

He then drew a revolver, it is further alleged, and swore that he would murder them both. They took to their heels and ran across the bridge, but after going about two hundred yards John Dedam fell to the ground while Peter ran to the village and gave the alarm.

The body of John Dedam was found where he had fallen and life was extinct.

The other Indian policeman Lambert was notified, also the chief of the reserve and the news soon spread about the village. The Mitchell brothers remained in Burnt Church reserve until Monday morning, and then went to work on the bridge.

but no attempt was made to arrest them and about eight o'clock they came and disappeared.

Dr. W. S. Loggie, Indian medical officer at Chatham, was notified of the case about ten o'clock on Sunday evening and gave permission for the removal of the body.

Co. one F. J. Desmond on receiving information yesterday at noon regarding the case immediately got in touch with the sheriff and left Newcastle about two o'clock for the scene taking along with him clerk of the peace T. H. Whalen, Dr. J. A. M. Bell, who held an autopsy on the body and provincial constable Arthur Loran and John Fitzgerald.

The Verdict

At an inquest last night a verdict was rendered that John Dedam came to his death as a result of a stab in the left breast with a sharp instrument in the hands of one Peter Mitchell and that Frank Mitchell was an accomplice.

Warrants were at once sworn out for the arrest of these two and they were traced to their uncle's camp in the woods about three miles from the village but could not be found.

The police at several provincial points were notified to be on the look out for them.

The murdered man was a widower and about thirty-five years of age and had been Indian Policeman at the reserve for a number of years.

After at all night vigil provincial constable Doran and John Fitzgerald succeeded in arresting the alleged murderers about two o'clock this morning when they returned to the village, the arrest they effected at the home of Charles Mitchell.

Both men protested their innocence. They were brought to Newcastle, arriving here about noon and placed in the county jail.

Winter Feeding of Young Cattle

There is no time that gain can be made more profitably with young stock than the period from six months to two years of age. The tendency very often, however, is to let the stock "rough" it during this time particularly during the winter, not even giving a maintenance ration, and the young stock too often passes the winter without having made any appreciable gain, the farmer depending upon the pasture during the summer to put the animal into saleable condition. The result of such a practice is that lighter steers are delayed in maturity with corresponding loss to the raiser.

In order to carry young stock to best advantage during the winter months, roots or succulent feeds of some kind should be provided. Such feeds will take the place of hay and grain, thereby lessening the cost of wintering, and at the same time make it possible for the animal to make the best use of such dry feeds because of aiding in the digestion of both the roughage and meal given.

Young stock cannot make gain out of protein feeds of some kind. This may be supplied by feeding plenty of clover hay. The importance of using good clover hay for young stock cannot be too strongly urged. The practice too often is to feed the young stock the poorest hay, whereas the opposite should be the rule if best results are to be obtained.

Of the grains, wheat bran, crushed oats and oil meal are the best. These are mixed in the proportion of two parts each of the bran and oats to one part of the oil meal. It is risky to feed cottonseed to young stock particularly to those under one year of age.

With roots, or ensilage together with clover hay, a good growing ration is possible without grain feeds. If roots or ensilage are available a poor quality of hay or good straw may be fed along with some grain to furnish the protein requirements, and good growing conditions thereby maintained.

Good feeding is more important following the housing of the stock in the fall than at any other time. During the early winter is when particular attention should be given to the feeding of young stock, as at this time they respond more readily to good treatment and if any skimping in feed is to be practiced let it be during the latter part of the winter at which time stock seems to do with less feed than earlier in the winter when the days are shorter and the temperature lower.

The placing of young stock upon a dry ration after coming from the pasture in the fall is very likely to be attended with stomach troubles, and if the supply of succulent feed is limited let these be fed in moderation at this time to avoid too great a change in feed. A gradual change to the dry feed as the winter passes will prove to be less risky.

Care should be exercised in feeding a meal mixture, particularly if no succulent feeds are given, as very often a desire to bring on an unhealthy animal quickly may, if not heavy feeding is provided, result in increasing the unhealthy condition through

Another Royal Suggestion

BISCUITS, BUNS and ROLLS

From the NEW ROYAL COOK BOOK

BISCUIT! What do I light this word suggests. So tender they fairly melt in the mouth, and of such glorious flavor that the appetite is never satisfied. These are the kind of biscuits anyone can make with Royal Baking Powder and these unusual recipes.

Biscuits

2 cups flour
4 teaspoons Royal Baking Powder

1/2 teaspoon salt
1/2 cup milk or half milk and half water

Sift together flour, baking powder and salt, add shortening and rub in very lightly; add liquid slowly; roll or pat on floured board to about one inch in thickness (handle as little as possible); cut with biscuit cutter. Bake in hot oven 15 to 20 minutes.

Royal Cinnamon Buns

2 1/2 cups flour
1/2 teaspoon salt
4 teaspoons Royal Baking Powder

2 tablespoons shortening
1 egg
1/2 cup water
1/2 cup sugar
2 teaspoons cinnamon
4 tablespoons seeded raisins

Sift 2 1/2 tablespoons of measured sugar with flour, salt and baking powder; rub shortening in lightly; add beaten egg to water and add slowly. Roll out 1/4 inch

thick on floured board; brush with melted butter, sprinkle with sugar, cinnamon and raisins. Roll as for jelly roll; cut into 1 1/2 inch pieces; place with cut side up on well-greased pan; sprinkle with a little sugar and cinnamon. Bake in moderate oven 10 to 15 minutes; remove from pan at once.

Father House Rolls

1 cup flour
1/2 teaspoon salt
4 teaspoons Royal Baking Powder
1/2 cup milk
2 tablespoons shortening

Sift flour, salt and baking powder together; add melted shortening to milk and add slowly to dry ingredients stirring until smooth. Knead lightly on floured board and roll out 1/4 inch thick. Cut with biscuit cutter. Grease each circle with back of knife one inch apart in greased pan. Allow to stand 15 minutes in warm place. Brush each with melted butter and bake in moderate oven 15 to 20 minutes.

FREE

Write TODAY for the New Royal Cook Book; containing 100 other recipes just as delightful as these. Will show you how to add interest and variety to your meals. Address: ROYAL BAKING POWDER CO., 5 St. Lawrence Blvd., Montreal.

MADE IN
CANADA

"Bake with Royal and be Sure"

impaired digestion.

At the Kentville Station, five yearling heifers fed 30 pounds of roots, 8 pounds of hay and 3 pounds of meal as stated above per day during November and December and no grain for the following five months made an average gain during this

period of 235 pounds and an average gain for the year of 304 pounds.

Five fed the above ration during the seven months made an average gain of 276 pounds, and a gain for the year of 350 pounds. It should be noted that the summer pastures were what one would wish, but

they were fairly average up and pastures.

The importance of well ventilated, warm, well lighted stables with plenty of good water and opportunity for exercise, with dry quarters and plenty of bedding material should not be lost sight of in planning to make profitable gains from young stock.

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For O.C. 90th Battery C.F.A.



Extract from a letter of a Canadian soldier in France.

To Mrs. R. D. BAMBRICK:

The Rectory, Yarmouth, N.S.

Dear Mother:

I am keeping well, have good food and well protected from the weather, but have some difficulty keeping uninvited guests from visiting me.

Have you any patriotic druggists that would give something for a gift overseas—if so do you know something that is good for everything? I do—Old MINARD'S Liniment.

Your affectionate son,

Ro.

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