

ities on the use of foods, for the preservation of vitality and health in his book, "The Newer Knowledge of Nutrition," at page 16, after alluding to certain experiments in diet says:

"With this diet the interesting observation was made that growth could be secured when the fat in the food mixture was butter-fat, whereas no growth could be secured when the butter-fat was replaced by lard, olive oil or other vegetable oils."

3.—BECAUSE THERE IS NOW NO SHORTAGE OF BUTTER IN CANADA, AND NO NECESSITY TO USE AN INFERIOR ARTICLE INSTEAD OF IT.

The sale of oleomargarine was not permitted in Canada prior to December, 1917, when by Order in Council under the War Measures Act, it was temporarily allowed during the period of the war. Its importation, manufacture and sale in Canada was temporarily continued by legislation passed at the last session of Parliament. It is nearly 18 months since the armistice was signed, and practically all soldiers from outside of Europe have long since been withdrawn from that continent; so that there is not now the necessity of conserving butter-fat so that it might be supplied to our soldiers and our allies, that existed during the war. There is therefore now no special reason why people should be induced by deception, or otherwise, to eat an inferior article as a so-called substitute for butter.

We are now producing considerably more butter in Canada than our people consume, and its production is steadily increasing. In round figures the production of creamery butter in Canada for the past four years, according to the Dominion Bureau of Statistics, has been:

1916.....	82,000,000 lbs.
1917.....	87,000,000 lbs.
1918.....	93,000,000 lbs.
1919.....	98,000,000 lbs.

As evidence of the increasing surplus of butter manufactured in Canada, the Bureau of Statistics gives the exports of butter from Canada in figures as follows:

1918.....	4,900,000 lbs.
1919.....	13,600,000 lbs.

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30x3 1/2	17.00	\$16.50
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34x4 1/2		33.00
35x4 1/2		

Other sizes in proportionately low prices. When ordering state size and style—whether "Clincher" or "Straight Wall," plain or non-skid.

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Five bulls for sale by Burnbrae Sultan -80325-.

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Spring Valley Shorthorns—Herd headed by Sea Gem's Pride 96365. We have a number of good bulls for sale, including the Champion Ivanhoe 122760, and his full brother also, an extra well-bred Rosewood and others. Write for particulars. Telephone and telegraph by Ayr.

SPRUCE GLEN SHORTHORNS

We have a few choice, well bred, thick, deep level, mellow young bulls of breeding age for sale; also heifers in calf to a right good sire. Write for particulars. **JAMES McPHERSON & SONS** Dundalk, Ontario

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Dept. D Principal

Scotch Shorthorn Bulls and Females—I have a nice offering of Scotch-bred females and one or two young bulls still on hand. The pedigrees are choice, the individuality is good—and the prices are right. If you want one Shorthorn female or a carload, come to Markdale.

THOS. MERCER, Markdale, Ont.

Shorthorn Bulls and Females—Herd headed by Ruby Marquis, a son of the great Gainford Marquis (Imp.). Our calves now coming are all by this sire. We are also offering a few females in calf to him. Get our prices before buying elsewhere.

PRITCHARD BROS., R.R. No. 1, Elora, Ontario

Imported Scotch Shorthorns—For Sale—Three imported bulls, one yearling, one two-year-old and our three-year-old herd sire; also a choice two-year-old Orange Blossom of our own breeding, and three well-bred bull calves about a year old. Would consider exchanging an imported bull for Scotch females.

R. M. MITCHELL, R.R. No. 1, Freeman, Ont.

20 Bulls—SPRUCE LAWN—100 Females—Clydesdales, Shorthorns, Yorkshires. Herd headed by Imported Golden Challenger 122384, a Rubyhill, bred by Earl of Northbrook, by Ascott Challenger, bred by L. De Rothchild. Special bargains in farmer's bulls. Cows and heifers in calf, yearling and heifer calves. Yorkshires either sex. J. L. and T. W. McCAMUS, Cavan, C.P.R.; Millbrook, G.T.R. and P.O., Ont.

Newcastle Herd of Shorthorns and Tamworths for Sale—Three nice bulls, 11 to 13 months old, and several yearling heifers and cows with calves at foot, both sexes, all splendid milking strain. Several Tamworth sows due to farrow in May, June, July. Young stock, both sexes, at weaning up to six months old. All from prize-winning stock. Long-distance Phone.

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Pear Lawn Shorthorns, Hackneys and Yorkshires—One imported-in-dam Miss Ramsden bull, 14 months; one Secret bull, 12 months, imp. sire and dam; one bull, a Flattery, 12 months, imp. sire. A few young cows with calves at foot. One imported Hackney stallion, A 1; two Hackney stallions rising one year; one registered Clyde mare; also Yorkshires at weaning time. HERBERT J. MILLER, Keene P.O., Ont. Stations—Keene G.T.R., Indian River C.P.R. Peterborough County.

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I am in a position to furnish you with the best in either sex that can be found. High-class young bulls for the breeder and the farmer. Cows and heifers of the finest breeding to start you right, and you cannot afford to start wrong. Every animal that I have sold in two years has been satisfactory, the most of them sold by letter. I can satisfy you with the best in what you want at a price that will give you a chance, and I will pay the freight or express to your station. Augusta Sultan -93092-, one of the greatest living sires at the head of my herd. Write and if possible come and see, it is worth while. Post Office, Telegraph, Telephone and Station is Stouffville, Ont. 30 miles from Toronto.

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J. A. WATT, : : Elora, Ontario

Braeburn Scotch Shorthorns

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I have at present twelve young bulls that are now nearing serviceable age. The majority are sired by my present imported herd sire, and we guarantee them as good individually as the get of any other one sire in Canada. They are nearly all roans, and are priced to sell. Can also spare some breeding cows in calf to Nero of Cluny (Imp.).

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Cedar Dale Scotch Shorthorns—Pleasing Cattle and Pleasing Pedigrees—Senior Sire, Excel-sior, by Gainford Marquis (Imp.). Junior sire, Matchless Duke, by Gainford Matchless, the \$12,000 son of Gainford Marquis (Imp.). I have a number of choice bred heifers, and must sell a few to make room. Also have a couple of Scotch-bred bulls. Prices right at all times.

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Just one bull left, 9 months old; sire, Lochiel (Imp.); dam on the R.O.P. Pure Scotch. Stallion colt, sired by Baron's Stamp. Fillies rising, 2, 3, 4 and 5-year-old. Come, see, and be satisfied. Brooklin G.T.R. and P.C.N.R. Myrtle C.P.R.

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