

# Children Cry for Fletcher's CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

## What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of  
*Chas. H. Fletcher*  
In Use For Over 30 Years  
THE CENTAUR COMPANY, NEW YORK CITY

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## FARM COLD STORAGE

Have an Up-to-date Equipment for Family Purposes.

The Farm Refrigerator a Great Boon  
—You May Put the Heated Term Out of Bounds—Early After Harvest Cultivation.  
(Contributed by Ontario Department of Agriculture, Toronto.)

Cold storage practice so far has been connected with the large produce warehouses in our towns and cities. These establishments could not do successful business if their plants were not provided with large storage chambers kept cool and in other particulars suitable for the long storage of perishable products of the farm, such as eggs, butter, cheese, fruit, and so forth. Some day, probably not so far distant after all, the farmers may become sufficiently well organized to build and equip mechanical cold storage warehouses of their own, whereby they will be able to have complete control over the products of their own labor until they are disposed of to the consuming public. The extent to which individual farmers may make use of such cold storage plants on their farms is necessarily limited because the quantities of products requiring to be stored at any one time are small. The exceptions are very large fruit or dairy farmers, and even in these special lines of farming it might not be a paying proposition in all cases to erect an expensive cold storage plant. Personally, I believe the problem of cold storage on the farms should be handled through co-operatively owned warehouses provided with adequate cold storage facilities.

Apart, however, from the question of a cold storage with up-to-date mechanical equipment for the farm or farmers' association as suggested above, there is the problem on almost every farm pertaining to the storage for a few days of small quantities of various foods used on the table from day to day, such as butter, meat, milk, etc. It is certainly a great saving and matter of convenience to have on the farm a small cold storage chamber or refrigerator in which to keep these very perishable articles of food in a good fresh and wholesome condition for use on the table during the warm season of the year. This is made possible by the use of ice, and as it is procurable in almost every district of this country at a reasonable cost, there is no excuse for farmers not laying by in the winter season a few tons in some cheap form of ice-house. In the summer time this ice will be found most useful for cooling the milk and cream, supplying an ice-box or refrigerator in which the butter, for example, may be kept firm, the milk and cream sweet, and the foods in good condition for the table day by day. With ice always so handy and the best of cream available, it is possible for the housewife to make such delicious and wholesome delicacies as ice-cream, sherbets, and many delightful and cool drinks, all of which are most refreshing and stimulating to the folks on the farm in the hot and busy season of the year. In case of sickness, too, ice is sometimes a necessity. There is no doubt then about the fact that every farmer would find a supply of good ice a great advantage in many ways, whether it be stored in some bin from which it is removed as required or in some form of small ice-cold storage where it cools automatically a small refrigerator room adjoining the ice storage room. There are several types of small ice-cold storages suitable for use on the farm. In using these small ice-cold storages, however, it must be kept in mind always that the temperature cannot be maintained lower than about 40 or 45 degrees Fahrenheit scale, which of course is not low enough to keep perishable products like fresh meat longer than a few days, and large quantities of perishable articles must not be stored in a small chamber, nor too many kinds at one time. In spite of this limitation it will pay any farmer to have a supply of ice, preferably stored in a small ice-cold storage that needs no care. In a subsequent article I will deal with a few of the most common and practicable forms of small ice-cold storages for the farm.—R. R. Graham, O. A. College, Guelph.

**Beet Growers Can Make Good Syrup.**  
Shortage of sugar need have no terrors for the sugar beet grower. A rich sweet syrup that can be used for all cooking purposes, serving as a substitute for sugar, can be made from sugar beets, according to the investigations of the Federal Department of Agriculture and chemists of the Minnesota College of Agriculture. A bushel of good beets will make from three to five quarts of syrup. The beets in the quantity mentioned should be cut into thin slices and put in a barrel or wash boiler and covered with boiling water and allowed to stand for about an hour. The water should then be drawn off and strained through a cloth into a kettle or wash boiler for evaporation. When the syrup has been sufficiently concentrated by the process of boiling it down it should be poured while hot into sterilized glass jars or tin cans and closed tight. Beets that have been stored several months can be converted into good syrup provided they were fully mature when harvested.

**Why Not Start a Family Budget?**  
"Keeping accounts," says a Wisconsin woman, "keeps me from buying bargains I do not need and thus saves me money."  
"Just that one lecture at the bank the other day on the household budget," remarked a Duluth woman, "has helped me in a lot of ways."

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**NOTICE**  
Owing to the delay in procuring some of the materials for our windows, we will not be ready for our opening till the end of this month. In the meantime we are sacrificing the balance of our present stock, and must be cleared out at any price. It will pay you to come and buy all you need in Clothing and Furnishings, at our special reduced prices.  
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