

The One Dish That Agrees With The Aged



Kellogg's CORN FLAKES Get the Original

Let me talk to you about **Anaemia**

Our blood is composed of red and white corpuscles—the red to nourish the body, the white to fight disease. In Anaemia, the red corpuscles are more or less deficient. Thus the blood cannot properly sustain and nourish the body. The eyes become dull, the face white, and a feeling of intense weariness pervades the whole system. There is nothing so effective in Anaemia as 'Wincarnis.' Because 'Wincarnis' floods the body with new, rich, red blood, which gives a sparkle to the eyes, brings the roses into the cheeks, and gives new vigour, new vitality and new life to the whole body. Will you try it?

Begin to get well FREE

Send for a liberal free trial bottle of 'Wincarnis.' Enclose six cents stamps for postage. COLMAN & CO., Ltd., Wincarnis Works, Norwich, England. You can obtain regular supplies from all leading Stores, Chemists, and Wine Merchants.

WINGARINS
The Wine of Life
Recommended by over 10,000 Doctors

WHYTE & MACKAYS'
Fortifies Your System.

A man can fortify himself against this changeable weather by taking a little genuine stimulant. Try a glass of

WHYTE & MACKAYS'

It's pure absolutely, fully matured and blended from selected Highland stocks.

This "SCOTCH" has a reputation for quality.

You can buy it anywhere, in Canada.

Royal Arms Scotch
"Oh So Good!"

JOHN J. BRADLEY,
Sole Agent for Canada and Newfoundland. St. John, N. B.

AGRICULTURE

Breeding And Development Of Dairy Stock

(The Journal of Agriculture and Horticulture)
By H. Barton, Professor of Animal Husbandry, Macdonald College.

An address given at the Winter Fair, Guelph, Ont.

Mr. Chairman and Gentlemen:—This is an old subject and one that has been threshed out in this hall time after time, but after spending six years at Macdonald College, where we have had a splendid chance to investigate and study this subject with a herd of 150 head of dairy cattle, and in moving among dairy cattle men in Eastern Ontario and Quebec, I am convinced that the subject has not yet been threshed out as fully as it can be, and that we have a long way to go before we reach anything like a creditable basis. I am going to touch briefly upon a few things that have struck me in trying to get a grasp of this dairy cattle situation.

There are probably two main ways of forming and maintaining a dairy herd. One is by breeding and the other by buying. Presumably we are the two in a well-balanced combination, but we too often find them in extremes. I am almost satisfied that in cases of successful men in handling dairy cattle are the men who do their own breeding and not the man who buy and trade, although of course a certain amount of buying goes with any practice.

Pure Blood and Pure Breed.

My remarks tonight will apply particularly to pure-bred cattle, indirectly to grades, and indirectly to mixed stock, striving for improvement in our dairy cattle and have been doing so for some time, yet the average production that we can show in this country is almost disgraceful, more so when viewed in comparison with results of other countries where we may be less than shouting is being done about big records. Pure blood is our great source of improvement. All our colleges and breeders recommend the pure-bred sire and the principle has become fairly well established in general practice. It is a regrettable fact however that we have not among our pure breeds such an amount of contamination that we cannot rely upon pure blood only for individuality or milk production. How many of you dairymen would take a chance on the strength of that one recommendation—"pure-bred"? There is not one man in the audience who would do it. It would sometimes seem to be quite misleading in its significance. True, in any case it can not be guaranteed, but in my opinion, pure-bred breeders could make it worth a great deal more than its present value.

I want to draw attention to a few of what I consider our outstanding reasons for this state of affairs. The first one I mention is the least important matter of natural variation. It does not matter what standard we try to reach in our breeding we are going to have a range of variation. The higher we get the average of our herd or in the individual, the greater we may expect the range to be, even in the best breeding we work at at the present time. It does not matter what standard we reach, we have got to look out for individual variation. We are sure to come. Now, the fact is, we are not looking out for them. Why is it? The great explanation is the question of demand. There never was a greater demand for pure-bred dairy cattle than there is today, and in this demand there is an element of danger, because everything goes. You can sell everything that is of the right color to you are in the right section for that color. We have such a small proportion of pure-bred cattle, particularly good ones, that the supply is only very limited. The market considering the demand, consequently everything sells and the temptation to sell is very hard for human nature to resist, but this invariably proves a short-sighted policy. I have seen an abundance of evidence of it already, I might add, in both a retail and wholesale way.

Select For Good Looks.

There are a few things I want to mention that should be observed in selection. In the matter of representatives of the breed I want to emphasize the importance of having a good-looking animal. A plain animal is going to be seriously set back for that plainness every time and almost invariably receives an uncertain amount of quality stock. Kirsty Wallace, the cow that won over all breeds at the Pan-American Exhibition held at Buffalo, looked like a great cow, but she was plain. We were not able to raise anything from her except one calf, that was really a producer and she was just as plain as her mother. I have one now that is a couple of months old that is an improvement.

Select For Constitution and Size.

In selecting for pure-bred cattle, I would emphasize the importance of breed and breed character and more important of all, the best cattle men profit by our experience. In the vicinity of Montreal, where we have a great number of milk shippers, more than one herd has gone to pieces on account of the way they have been worked and weakened. People have gone into the dairy business in large numbers during the last few years, and cows are being milked for a longer period during the year. We did not have the trouble ten years ago that we are having today, because the cows were dry for a longer period. I can put my fingers on more than one herd owned by young men who started into the dairy business and who today don't know which way to turn to get on their feet. Strength is an important factor in a dairy cow, and I think some of our breeders have too low a standard for size. I think it would be very easy to obtain a larger size than the standard demands for some breeds and I can prove that statement from the records in our own stable. I am not arguing for the overgrown cow, but what I want is a cow of capacity, that is, a cow that will give you a really large cow if it is in a medium at least it is more easy to obtain a balanced combination.

I have here a few figures compiled by our students who actually took the weights and measures, and calculate tons on a number of points of 275 cows. They then bled the list down to 200 representative cows, for which records were available. It included four breeds and this is the result. About 100 cows, that is the cows that would run over 21,000 lbs. of milk a year, 15 weighed over 1,200 lbs. each; only 8 weighed under 800 lbs., and the rest ranged from 1,000 to 1,200 lbs. Of the poorest 50 cows four got their weight from feediness. These were cows that ran below 6,000 lbs. of milk and 34 of them weighed under 800 lbs. That does not tell the tale definitely but it is pretty suggestive information.

Breed and dairy cow defects I want to mention. I have yet to see a pamphlet of any breed drawing attention to the defects of that breed and yet every breeder knows what the defects are, and why should we not give the average man some knowledge as to what they are and what he should look out for in any particular breed? Select strain and the individual for uniformity. There is something wrong with a cow that occasionally breeds a calf, or occasionally makes a big record—there is something wrong in her ancestry. That cow is not reliable and cannot be depended upon, and her offspring cannot be depended upon to do any other kind of work. The same thing applies to pigs and sheep. Give the calves liberal feeding with a view to development of large rugged, useful dairy cows. You cannot get full development if you have not a certain amount of flesh to help it along.

The same applies to the growing heifer. The fourth stage is the individual wintering the cow.

I am satisfied that a great mistake is made in breeding heifers too early. I know that good results have been obtained by certain men, but I know the general result is poor.

The fourth stage is the cow. There is still a possibility of development after the cow is full grown. One cow I purchased was only capable of taking a certain amount of food and doing quite limited work. We commenced to treat her more liberally from time to time and she developed to produce 18,000 lbs. of milk in 11 months. She was a matured cow when we got her, and was only capable of producing about 10,000 lbs. but by careful feeding we gradually developed her until she became a large producer.

Special Sale of "Sunkist" Oranges



Not a seed in "Sunkist." Juicy, rich, healthful oranges—the finest selected tree-ripened fruit grown in the world.

"SUNKIST" oranges are the cleanest of all fruits. Never touched by bare hands—all "Sunkist" pickers and packers wear clean cotton gloves while at work.

Buy a box of "SUNKIST" oranges—much cheaper by the box or half-box than by the dozen.

"Sunkist" Oranges Bring Handsome Rogers Silverware

Send the trademarks cut from "Sunkist" orange wrappers to us. We offer as premiums, elegant Rogers Guaranteed A-1 Standard silverware. 27 different, magnificent premiums in exclusive "Sunkist" design.

This handsome orange spoon sent to you for 12 "Sunkist" trademarks and 12 cents. Trademarks from "Red Ball" orange wrappers count same as "Sunkist."

In remitting, send amounts of 20 cents or over by Postal Note, Post Office or Express Money Order.

Buy "Sunkist" Oranges at Your Dealer's

Send your name and full address for our complete free premium circular and Premium Club Form. Address all orders for premium silverware and all communications to

CALIFORNIA FRUIT GROWERS EXCHANGE
124 168 King Street, East, cor. Church, TORONTO, ONT.

REMEMBER!

Our Sunkist Oranges are received direct from the coast in carload lots, thus assuring freshest stock.

A. L. GOODWIN, - Market Building, St. John

News of Great Importance To Those Entering the Amherst Pianos, Limited Great Educational Contest

Our announcement has awakened such wide spread interest, and so many have signified their intention of entering the contest that we have decided to add a number of other valuable prizes. As you are aware, our first intention was to give three prizes, we have now decided to add five more. So here is the

New Prize List

- 1st Prize—\$50 in Gold.
- 2nd Prize—\$40 allowance on the purchase price of any Amherst Piano or Player Piano.
- 3rd Prize—A Victrola.
- 4th Prize—A \$25 Violin Outfit.
- 5th Prize—A \$20 Guitar and Case.
- 6th Prize—A \$15 Banjo and Case.
- 7th Prize—A \$10 Mandolin and Case.
- 8th Prize—A \$5 Piano Chair Back Stool.

The questions to be answered, the rules of the contest and all other particulars, including circulars issued regarding Amherst Pianos and Player Pianos, will be immediately forwarded to you if you will but cut out, fill in and mail the coupon below:

Amherst Pianos, Limited, Amherst, N. S.

Without any obligation to me please send me full particulars of your Great Educational Contest and any circulars which you may have issued regarding Amherst Pianos.

Name

Address

Standard.

AMHERST PIANOS, Ltd.
Amherst, Nova Scotia

LABATT'S STOUT

The very best for use in ill-health and convalescence. Awarded Medal and Highest Points in America at World's Fair, 1893.

PURE—SOUND—WHOLE SOME

JOHN LABATT, LIMITED, LONDON, CANADA 29

PARTIES IN SCOTT AGY LOCALITIES SUPPLIED FOR PERSONAL USE. WHITE ST. JOHN AGENCY, 20-24 WATER STREET.

Time spent using Calver's Tooth Powder is time spent well!

—and none know it better than the people who have used this dentifrice for years and years, and are therefore in a position to judge the value of its services—the cleansing action and antiseptic properties—which mean so much to the welfare of the teeth.

YOUR DRUGGIST SELLS IT.
Price 15c. per tin. 50c. per tin. 1.00 per tin. 2.00 per tin. 5.00 per tin. 10.00 per tin. 20.00 per tin. 50.00 per tin. 100.00 per tin. 200.00 per tin. 500.00 per tin. 1000.00 per tin.

F. C. CALVERT & CO.,
266 DUNDAS STREET WEST, MONTREAL.

EVERY

is interested about the world's most famous...

Adapt your breakfast to it. If you cannot supply the body with the necessary food, but send stamp for illustrated book—write for it. It gives full particulars and directions for obtaining it. Write for it to the General Agents for Canada.

A Good

The food that is most digestible...

SHERMAN

the only breakfast...

Contains all the wheat grain milled, shredding and biscuits, eaten with a complete, perfect...

Always heat the Two Shredded Wheat will supply all the deliciously nutritious, prepared fruit. Wheat wafer, marmalade.

The Canadian S...

LISTERINE

Use it every day.

LISTERINE is the most useful antiseptic solution that can be used. It is safe and...

All Druggists Sell LISTERINE PHARMACEUTICAL Co. Toronto, O.

SPIROLAS

Thornton has been taught never to tell tales, and he intended to live up to his teaching, but sometimes it was hard work.

"Thornton," said his mother one evening, "I left a dish of chocolate haps, if you'd better just smell them, and there isn't one there now, about it!"

Have you and Gerald eaten them?" "I haven't eaten one," replied the boy stoutly, "but—then he remembered he must not be a tale bearer.

"Well, mother," he continued, "next time you'd better just smell them, and there isn't one there now, about it!"