

Fletcher's Principles

Years ago people ate more slowly than they do now, but now we have so much to do and so much (?) money that most of us prefer to go with our lungs expanded, our stomachs crammed with food dumped into us. The doctors give medicine and charge us roundly to get us into shape ready to abuse ourselves again.

Not many years ago, a Mr. Fletcher decided that wasn't a really good way to live. At 40 years of age he found himself an old man, weighing something over 215 pounds though only five feet and a half tall.

He decided that there must be a reason for his condition, and he immediately set about to remedy it. After trying his theories on himself, until health, vigor and freedom from his old attacks of indigestion and influenza were his reward, he began to tell others about it. Fletcherism is a sort of a joke with many, but it surely is a good idea that the majority of people should put into practice, for there are few people who do not bolt their food in greater or less degree, and overload their stomachs.

Mr. Fletcher believes in getting the most out of his food. Chew it thoroughly and until it is thoroughly salivated. If a liquid, sip it and enjoy it as long as possible. Do not eat unless you are hungry.

Be happy when you eat. Do not let any gloomy thoughts or worries bother you at meal time. Eat until your hunger is satisfied and then stop.

If one does not feel hungry when it is the regular meal time, do not eat.

Mr. Fletcher himself usually eats but two meals a day but he does not say that every one should follow his rule in this regard, for he believes that each person must study his own individual ideas and do as they indicate. Some people, of course, by their greater degree of labor or energy expended, need more food to keep the body in working condition than do those who follow a less strenuous existence.

Well, Well!

THIS IS A HOME DYE that ANYONE can use



I dyed ALL these DIFFERENT KINDS of Goods with the SAME Dye. I used

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ONE DYE FOR ALL KINDS OF GOODS

CLEAN and SIMPLE to Use.

No chance of using the WRONG Dye for the Goods you wish to color. All colors in the Dyeing Kit (dealer). FREE Color Card and STORY Booklet in The Johnson-Richardson Co., Limited, Montreal.

CAPABLE OLD COUNTRY DOMESTICS

Carefully selected, arriving Oct. 30th, Nov. 12th and 26th. Apply now. The Guild, 71 Drummond Street, Montreal, or 47 Pembroke St., Toronto.

It is all very simple, but we are largely such creatures of habit that it takes a whole lot of determination to brace up and say we will do it.

Mr. Fletcher has wrought a great change in himself. From his original weight he has cut off some 40 pounds and he is able to stand all sorts of endurance tests. On his 50th birthday he made something like 200 miles on his wheel and finds himself in perfect health. If Fletcherism will produce perfect health let us all try it. We shall probably be benefited.—Farmers' Review.

Farm News

Let's take a ride about the farm, My horses both are waiting—

Which one do you prefer? A frequent crack HORSE chestnut needs

To let him to his wits, HORSE-admish, too, is fiery And hard upon the bits.

Yes, eggs are always plentiful, We've dozens now to spare, With Henbane in the barnyard, And CHICKweed everywhere.

OF MILKweed and of BUTTERcups We get a goodly yield, Our famous COWslip dairy's Beyond that washy field.

There go my PUSSY willows, now, All running in a gale, Mr. Harmless DOGtooth violet

Has frightened them, maybe; But what ails old SHEEP sorrel, that

He shakes and quakes with fear? Can he have heard the dandelIONS Are running wild this year?

Alice E. Allen.

Women Run a Retail Milk Trade

Editor, Farm and Dairy.—Quit, frequently young women, daughters of farmers, are left with a farm in their hands and the problem of earning their own living. Whether to stick with the farm or sell it and go to town and take up positions there is a question that has confronted many young women. I will tell you how three plucky Nova Scotian women solved this problem. Their experience may be of value to others similarly situated. I have known these ladies for years and have always admired the plucky way in which they solved the question.

On the death of their father these three sisters were left with a fairly good farm lease to a thriving town. The farm was free of debt, but that was all. They had very little money to come and go on. Instead of leaving the farm these three ladies decided that they would run it as a dairy farm, looking after the dairy work themselves, and having the farm work done by the hired help.

The first few years the milk was sent to the factory and the returns were anything but encouraging. Their neighbors suggested the way to greater success. A few neighbors had been calving at intervals for small quantities of milk. The three milk that they secured was so far superior to the ordinary milkman's article that the milk produced on this farm soon secured a reputation. Soon a boy with a cart was hired to deliver about 12 quarts daily, and in the course of two or three years all of the milk from six cows was being sold at six cents a quart instead of the two to three cents they had received at the factory.

These three ladies have never married. They are, however, making a comfortable living on their farm, respected by all who know them. Had they sold their farm the money when divided up amongst the three would not have amounted to much for each, and they would not be able to look forward with such a sense of security to their old age.—E. F. Eaton, Colchester Co., N. S.

Uses of Sour Cream

If cream has soured there is no need to throw it away. It can be used in place of sweet milk for boiled dressing. It is also an excellent substitute for sweet milk when making chocolate or maple fudge for candy or cake filling.

A cupful of thick, sour cream added to a veal or beef loaf when mixing makes it very moist and unusually good. Sour milk griddle cakes are a delicacy when well made.

The Value of Small Savings

If a young man, 15 years of age, were determined to save 15 cents every week until he was 60, and pay it in to the Canadian Government for the purchase of an annuity, the result of his thrift would be that from after 60 he would receive \$25.18 every three months so long as he lived.

If he died before he was 60 all that he had paid in with three per cent compound interest would be refunded to his heirs, and if he died just before his first instalment of annuity fell due his heirs would inherit \$771.70.

A post card sent to the Superintendent of Canadian Government Annuities, Ottawa, giving your age last birthday, will secure you information as to what an annuity will cost.

Do You Wash Clothes?

Every Woman who has any washing to do should know about the CONNOR BALL BEARING WASHING MACHINE. The machine is built for service, comfort and convenience. The large roomy washer without any post or obstruction in the tub to tear the clothes and take up the room. Runs on Ball Bearings. Satisfaction guaranteed. Wash-day looks like other days if you use a Connor Ball Bearing Washer. Free descriptive booklet for the asking.

J. H. Connor & Son Ltd.
OTTAWA, ONT.

WANTED 10,000 Readers of this paper to show Farm & Dairy to their friends and neighbors. Steady work for a real live representative in your locality. Liberal pay in cash.

FARM & DAIRY, PETERSBURG, ONT.

To keep on washing clothes the old way is simply to destroy youthfulness and shorten life itself. Why should women do it—since an up-to-date washing machine can change the drudgery of washday into a pleasant pastime? The colored lady knows better.



"De washing machine dat can wash moah clo's cleaner in half an hour dan three washerwomen."

The New Century Washing Machine works quickly, easily, and operates far cleaner and more gently than any washerwoman could possibly wash. It gushes the water through the fabric, leaving it fresh, sweet and clean in a few minutes. And it cannot injure the finest, flimsiest garments you possess, because it is built right and built to endure.

CUMMER-DOWSWELL Limited
Hamilton, Ontario

It Pays The Housewife

to use the best sugar—because poor sugar means poor cooking.

St. Lawrence Sugar

is the genuine "Montreal Granulated"—absolutely pure, sparkling crystals of the most inviting appearance.

Ask your grocer for a 20 lb. bag of ST. LAWRENCE GRANULATED—also sold by the barrel and in 100 lb. bags.

The St. Lawrence Sugar Refining Co. Limited

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