

RHEUMATISM FOR OVER 16 YEARS

No Return Of The Trouble Since Taking 'Fruit-a-Tives'... I was a great sufferer from Rheumatism for over 16 years.

Grantham Council Has Reorganized

(Continued from page one) and second deputy Reeve Haynes a bylaw was introduced and received the necessary readings to appoint a School Attendance Officer for the Township of Grantham.

NOTICE

A Court of Inquiry will assemble at the Armories at St. Catharines, Ontario, at 9.30 a.m., Tuesday, January 13th, to inquire into certain financial affairs of the 19th Regiment, Canadian Militia.

Properties For Sale

- \$6000—loan on approved real estate. \$1300.00—On Hainer St., one and one-half storey frame dwelling on large lot 48x110 ft. five rooms, good soil will accept small cash payment.

Mazda Tungsten Electric Lamps... The Best... We carry the largest stock in the peninsula, and can fill orders for any quantity immediately.

IRON MOLDERS WANTED Taylor-Forbes Co. GUELPH, ONT. Men accustomed to operating Molding Machines and Bench Work.

FARMERS! If you require money to raise more livestock, our local manager will be glad to talk the matter over with you. THE DOMINION BANK 570

'Maytime' Paints a Faithful Picture of Changing Life... 'Maytime,' a well played musical piece illustrating the various phases of periods of styles, amusements and public department generally in the past half a century ago.

DOCTOR WARD, The Specialist... SPECIALIST IN THE TREATMENT OF NERVOUS CONDITIONS, NERVE EXHAUSTION, BACKACHE, LUMBAGO, RHEUMATISM, STOMACH AND LIVER TROUBLES, ACNE, SKIN DISEASES, CATARRH, ASTHMA, RECTAL TROUBLES, PILES, PISTULA AND BLOOD CONDITIONS.



BUILDING AN ICEHOUSE... Type for Use on the age Farm... Very Ontario farm produces milk—and the farmers do—show a quantity of ice each year to make it easier to cool the milk down during milking, and to keep such short periods, as, for example, as they may be kept before delivering to the factory or other point. In order to preserve satisfactorily some form of ice, a letter is necessary. The article is to describe a type of ice-house which is a good satisfaction. The ice-house does not need to be expensive, but certain points in regard to its construction are to be kept well in mind. First of all, the location of the ice-house should be on the east side of the barn, good drainage and a strong structure elsewhere. Artificial, free circulation of air through the top, air-tight floor, and a sufficient quantity of good quality of dry wood sawdust on all sides of the mass of ice, and a sufficient quantity of straw can be secured in a building under a shed, or in the shade of a building, and good unless one has a strong structure elsewhere. Factor of convenience is of great importance in this case. If ice-house I am about to build, I would like to see an illustration of the same. Only once in a while, but there is no reason why it should not be used. This particular type consists of a structure of wood at the top, and a concrete base underneath. The size of the building should be such that the amount of ice required will probably a building 15 feet long, 12 feet high would be enough for most farmers' needs. The structure should be set to the barn, or rather to a wall, is built a concrete about 6 feet square and 12 feet high. A door in the building should be at the side of the doorway the size of 3 or 4-inch thick near the top for letting in the cold air which is packed close to the structure on all three sides, and the top covered over the top of the storage and wall is a narrow passage-way allowing the foul or used air, hence good circulation of fresh air is provided for. In the case the farmer has a cream containing cream storage adjoining this storage and the whole is cooled milk, before it he puts it in this storage articles, such as meat, are also stored at a time. Hence much of the ice is used as well as a long time. The building should, the studding being both sides. It would be best to leave the space between buildings with plaster sheathing and quality sawdust. The door should be opened for a few minutes every day. Plenty of sawdust should be placed on the top of the ice-house and a good depth over the surface is used between the ice. If a few cakes of ice are needed for household use they may be taken out of the top of the ice-house or at the side. It will be seen, therefore, that the ice-house does double duty, namely, providing cold storage room, cooling cream directly, in addition to its use for various incidents of summer-time. In a case like this there would not be much ice taken out of the storage room. In the household refrigerator the ice-room would take care of the ordinary cooling and preservation of food. Selecting this arrangement is desirable, and in many cases is essential on Ontario farms. I have pleasure in recommending this in general.—R. R. Gray College, O., Mich.

Specialist

NERVE EXHAUSTION, DOUBLES, ACNE, SKIN DISEASES AND BLOOD CONDITIONS. I like yours is of much benefit. At he is again feeling well. I give every patient the best of my attention. I graduated, licensed and registered in the shortest possible time.



OFFICE HOURS:

Sundays, Wednesdays and Thursdays—9 a. m. to 9 p. m. Tuesdays, Thursdays and Fridays—9 a. m. to 6 p. m. Sunday Hours—10 a. m. to 1 p. m.

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ONT.

BUILDING AN ICEHOUSE

Good Type for Use on the Average Farm.

Every Milk Producer Should Have One—The Work and Cost of Erection Light Compared With the Benefits.

Contributed by Ontario Department of Agriculture, Toronto.

EVERY Ontario farmer who produces milk—and most of the farmers do—should store a quantity of ice each winter in order to make it easier for him to cool the milk down after the evening milking, and to keep it sweet during such short periods, as he may be required to keep it before delivering it at the creamery or other point of disposal. In order to preserve the ice satisfactorily some form of ice-house shelter is necessary. The purpose of this article is to describe in a few words a type of ice-house which will give good satisfaction.

The ice-house does not necessarily have to be expensive, but certain conditions in regard to it must obtain. The ice is to be kept well. These I will emphasize first and they are:—(1) The wall, good drainage from the bottom of the house, either natural or artificial, free circulation of air through the top, air-tight foundation, plenty of good quality of dry sawdust all sides of the mass of ice, and close packing of the ice. If these conditions can be secured in a rough built, under a shed, or a lean-to, on the shady side of a building, all will be good unless one has other reasons for building a more extensive structure elsewhere. The matter of convenience is often a deciding factor in this case, and the type of ice-house I am about to describe is a good illustration of this.

Only once have I seen it in use, but there is no reason why it should not be used quite generally. This particular type consists of a lean-to structure of wood at one end of the barn which has the stable underneath. The slope would vary with the amount of ice required, but probably a building 15 feet square and 12 feet high would be large enough for most farmers' needs. In its structure and all its sides adjacent to the barn, or rather the basement wall, is built a concrete enclosure about 6 feet square and 6 or 6 1/2 feet high. A door in the basement wall admits one to it. In the side opposite to the doorway there is a row of 3 or 4-inch tile near the bottom for letting in the cold air from the ice which is packed closely to the concrete storage on all these sides over the top as well. Between the top of the storage and the barn there is a narrow passage-way or flue showing the four or used air to pass, hence good circulation in the passage is provided for. In this particular case the farmer has his milk containing cream separator, and adjoining this storage and where he wishes to cool milk or cream stores it he puts it in this storage. Various articles, such as butter and meat, are also stored at this time. Hence much handling of ice is saved as well as considerable time. The building is made of wood, the studding being boarded on both sides. It would be advisable to fill the space between the two studdings with planer shavings or other quality sawdust. The roof is covered with shingles. The gables are left somewhat open for ventilation. Plenty of sawdust is used around the ice next to the walls, and a good depth over the top, none of which is used between the cakes of ice. If a few cakes of ice are reserved for household use they may easily be taken out of the sawdust on the top of the ice-house or at one side as convenient.

It will be seen, therefore, that this type of ice-house does double duty in degrees, namely, providing a small cold storage room, cooled by the ice, directly, in addition to housing the ice for various incidental uses in summer-time. In a case of this kind there would not be much need for taking out ice except for supplying the household refrigerator as the storage-room would take care of the ordinary cooling and preserving of products.

Believing this arrangement to be feasible, and in many cases practical, on Ontario farms, I have much pleasure in recommending it to farmers in general.—R. R. Graham, O. A. Degree, G. L. Ph.

Still a Place for the Good Horse.—Horses have not been meeting a demand in Canada since the war broke out and have increased in value since 1914. However, the best good heavy draft horse is hard to find, and if Old Country markets are any criterion of the trend of affairs an awakening in the Canadian horse market should soon follow. Draft geldings are selling in England for from \$300 to \$500, and up to \$1,000 each. A returned soldier told me recently of seeing a number of Canadian geldings (artillery and transport horses) sold in London for \$100 (\$500) each, about one-fifth of Great Britain's ordinary supply of work horses went to war and a number of useful brood mares were also taken. France, Belgium, Russia and Germany, four of the great horse-producing countries, have lost a heavy percentage of their stock during the war. Already shipment of Percherons has gone to Western Canada to France, and would seem that during the period of reconstruction our horse market will be East and West. If it will breed any horse on the Canadian farm the heavy draft of good quality should turn in most money to the owner.

WANTED—Telephone operators. Apply Chief Operator Bell Telephone Building. 6814.

Religion Is Patriotism

It is the Root of Personal Righteousness, the Mainstay of Social Order, the Bulwark of International Peace

The Makers of Canada

The earliest settlers in Canada were roused by the Call of the Church to develop a noble and useful citizenship. Young and old were invited to turn their eyes from material things, and to regard the splendor of unseen realities. Knowing that Religion is the only true safeguard of stability in the State, they built Churches, Schools and Colleges, to train men for the Christian Ministry, and to spread abroad in the land the benefits of education. This they did in their poverty, and thus directed the course of history in Canada to this day.

The Testing of Canada

Because of such sacrifices, there arose in Canada a public spirit hostile towards all injustice, dishonesty and cruelty. The War tested the moral fibre of the Canadians of a later day. Would they choose material ease and wealth, or would they risk all in defence of freedom and the rights of the weak?

Over 400,000 men voluntarily offered their lives, and endured hardship as good soldiers for the defence of equity and fair dealing in all human relationships, and for the vindication of public right. Nor were the people at home less steadfast. Besides bearing the national cost of the War, they gave voluntarily for the help of the soldiers more than \$90,000,000. Canada nobly stood the great trial.

The Menace of To-day

That conflict is ended. Now comes another test. Not only in Canada, but all over the world, sectional and class struggles for material rewards and for mastery threaten the present basis of Society. The vision of spiritual values gained in the War is in peril of being forgotten. The supremacy of sacrifice, the nobility of service, the reality and glory of the Unseen and Eternal, the promises of Christ; these were the things by which we lived during the War. Now there is great danger that they may fade from view, giving place to selfishness and the love of ease.

The great non-Christian peoples of the world comprise two-thirds of the human race. They are mastering our modern scientific knowledge, and if they remain Pagan may yet turn it to our destruction. Paganism stands for the supremacy of Might, the very ideal

we fought and conquered in more than four years of war.

Victory only through Christ

How can we retain the heavenly vision? How can the world be guarded against another attempt to establish the Pagan ideal? Only through the Church of Jesus Christ. There is no other agency or society that has any possibility or hope of bringing about a full

realization of the brotherhood of all mankind, and the reign of the Prince of Peace.

What the Church Has Done

All the progress of humanity in Civilization for the last 2000 years has been inspired, directly or indirectly, by the Gospel of Jesus Christ. It has ended slavery, protected life, ennobled women, educated the children and safeguarded their lives, sanctified the home, established schools, missions and charities.

The Coming Era

Victory places upon the shoulders of the Allied Nations the responsibility for directing new conditions to right ends. Canada must do her share. The Church must prepare to meet the needs of the new day. Old standards of life with old habits of thinking and of giving will be wholly inadequate. We must do in our day what our fathers did in theirs. The hope of the world is bound up with the strengthening and extension of the Church of Jesus Christ.

The World's Need is Spiritual

I speak as one standing upon the watch-tower, and know what the need of the land is. It is not material, it is spiritual. Get the spiritual, and the material will follow. The wounds of the world are bleeding, and material things will never heal them. And that is why I hail any movement which brings the great spirit of brotherhood. The one need of England and France today is the healing and the brotherhood of the Cross of Christ.

—Rt. Hon. David Lloyd-George, Before the Brotherhood Convention, London, September, 1919.

The Forward Movements

FIVE Christian Communions, Anglican, Baptist, Congregational, Methodist, and Presbyterian, are convinced that the time has come to rouse all Christians to a clearer understanding of their calling and stewardship in Christ, their King. They believe that the Church should be equipped adequately with men and money to enable it to meet the needs and opportunities of the New Day.

These five separate Communions are of one mind as to their be-

lief in God, the Father Almighty, Maker of Heaven and Earth, and in Jesus Christ, His Son, Our Lord. They now

declare to their respective constituencies, and also unitedly, to the Canadian people, that the only effective method of making good citizens is by urging men to a more faithful practice of Christianity, by inculcating personal faith in Jesus Christ. They insist that there is no other dependable way of correcting evil tendencies in individual and national life. They call the people to repentance. To all Christians their message is, "Awake, Arise. Fight the Good Fight, For Canada and For the World."

EACH of the Communions named is in the midst of a Forward Movement. Each is seeking by prayer and by earnest effort to accept all its responsibilities. Each is striving to extend its activities in Canada and in Foreign Lands.

Your Church needs your help, but, far more, you need the help of your Church to learn the difficult art of living wisely and well.

Consult your Clergyman. He serves you and your children. Ask him how and when you can serve in this day of national emergency. Give yourself to the task. Say: "Here am I, send me."

The United National Campaign

Representing the Simultaneous but Independent Forward Movements of the Anglican, Baptist, Congregational, Methodist and Presbyterian Communions in Canada

