



THE tonic, bracing, brain-clearing effect of the morning course of ENO is in keeping with the life and vigour of the Summer.

ENO'S FRUIT SALT



ENO contains, in a convenient form, the natural elements ordained by nature to counteract the poisons which daily attack and disorganize the system. Take, each morning while dressing, just a dash of ENO in a glass of water. It will cool and cleanse the blood, correct irregularities, and energise your whole being.

KNOWN AND SOLD THROUGHOUT THE WORLD FOR HALF-A-CENTURY.

The words "Fruit Salt" are our registered Trade Mark, and have been known for half-a-century to mean the preparation of J. C. ENO, LTD., "Fruit Salt" Works, London, S.E.

Sole Agents: HAROLD F. RITCHIE & CO., Ltd. New York TORONTO Sydney 310

Of Interest to Farmers

THE IMPORTANCE OF THE PURE BRED SIRE

In these days of rapid advancement in the practical application of the science of agriculture every farmer knows that improved live stock is more profitable alike to the individual breeder, to his or her Province, and to the Dominion as a whole than are the scrub animals still so numerous; that horses of good conformation, large size and sound in wind and limb do more work in less time and sell for higher prices than do their inferior mates; that blocky beef animals with well muscled backs, loins, and things are in greater demand than their long-legged, slab-sided forty-second cousins; that milk cows of some of the recognized dairy breeds are more efficient producers of milk and butter than are the nondescript specimens found in some of our herds; and that in our improved breeds of hogs we have animals best suited to one of our basic industries, namely—bacon production. Furthermore we all know that the cheapest, most practical and therefore the sanest method of procuring improved live stock is through the uses of sires carrying blood of the best breeding. In the face of these facts it should hardly be necessary to dwell upon the importance of pure bred sires.

Unfortunately, while we all know and recognize all of these facts, many of us have neglected to put our knowledge into practice with the result that on our farms there is a larger percentage of inferior animals in the herds and inferior sires at the heads of these herds than is good for either the individual or the live stock industry in general and when we jeopardize the live stock industry we jeopardize our agricultural, if not national, prosperity, for live stock farming, soil fertility and prosperity go hand in hand. Now when prices are high is the time to get rid of these inferior animals and they will never bring more than they will at present. We are going through a reconstruction process. Let it be as complete as possible. Let us reconstruct our practices to conform with our knowledge of animal breeding and plan to head our studs, flocks and herds with the very best pure bred sires available.

By some the question may be asked what way do pure bred sires pay. The answer is that having been long and carefully selected for certain desirable qualities they are able to transmit these qualities to their offspring in a high degree. These qualities vary with the class of animal but include weight and power in draft horses; speed and agility in light horses; uniformity in size, quality and early maturity in meat animals; and increased production in various animal products. The better quality and greater quantity of these products in turn bring about higher prices and greater returns.

On the other hand, scrub sires not having the years of careful selection for these desirable qualities it is impossible for them to pass them on to their offspring; therefore, increased production and returns are not to be expected. In other words, we have retrogression instead of progression. Instances of the improvement brought about by pure bred sires are not wanting. The yearly milk production of cows from ordinary dams and sired by pure bulls of high quality has been increased as much as 60 per cent and the fat production increased by 50 per cent. In the second generation the milk production over the original dam has gone as high as 120 per cent, and the increase in fat production as high as 100 per cent. It is a notable fact that the increase in milk and in fat does not advance in the same proportion, the ten per cent of fat increase gradually lowering.

In one test with sheep the use of

LITMUS PAPER TESTS SHOWS UP ACID SOILS

That litmus paper may be used to test soils for acidity is pointed out by officials of the Ohio Experimental Station, where a number of inquiries come for a simple test to determine whether the soils need lime.

Farmers are advised to get a good quality of blue litmus paper at a drug store and to use this in making the test. The soil must not be too wet and the paper is folded upon itself and inserted into a small sample of soil.

The ends of the paper inserted in the soil must be used in determining the test. There should be an actual reddening in comparison with the blue color of the paper, when the soil is in need of lime. The paper should remain in the soil for at least thirty minutes before being examined.

Soils not requiring lime do not cause any reddening of the litmus paper.

SKIM-MILK AND SUBSTITUTES FOR SWINE

Skim-milk and milk products generally are considered to be the cheapest and best foods available for swine. Frequently, however, conditions and feeds are found suitable for hog raising, where no milk product is available, are there efficient and economical substitutes? Before considering these let it be once more emphasized the value of milk for the pig. The products of milk bids fair to be one of the greatest of live stock activities, in the ascending year. There is no equivalent for milk products for the hog. There are only substitutes. Eer effort should be directed toward the conservation and proper use of milk. High prices and scarcity of feeds at any price are the prospect. Milk products promise to be fairly plentiful.

Milk Substitutes for Weaning Hogs.—The weaning period is a critical one with the little pig. For the best results milk is practically a necessity for a few weeks after weaning at last. Much has been written regarding the efficiency of tankage as a substitute for skim-milk with the little pig. Several years' work at the Central Experimental Farm with skim-milk and substitutes revealed the following facts:

Pigs fed grain and milk required 1.54 lbs. meal per lb. gain. Pigs fed grain, oil meal and milk required 1.39 lbs. meal per lb. gain. Pigs fed grain, tankage and milk required 1.64 lbs. meal per lb. gain. Pigs fed grain, tankage and water required 2.59 lbs. meal per lb. gain.

In other words: (a) The addition of 10 per cent. oil meal to a meal and milk ration was an improvement. (b) The addition of 10 per cent. tankage to a meal and milk ration was a detriment. Therefore as an addition to a ration already containing milk oil meal is apparently superior to tankage.

1. That a direct replacement of milk by tankage resulted in lowest gains and highest cost of production. Little pigs to be weaned without milk should be left with the sow as long as possible. When they should be supplied with a small trough in a creep and fed small quantities of dry rolled oats which may later be changed to a mixture of ground oats, (sifted, if possible), middlings, equal parts, 10 per cent. ground corn and 10 per cent. oil meal. The pigs may be fed from a self-feeder from this time on. Or the little pigs may be started with an oat meal gruel, and gradually changed to a slop of middlings, ground oats and oil meal to which might be added 6 or 8 per cent. blood meal. In all cases old his rations should be as free of fibre as possible, some skim-milk.

Milk substitutes for the Growing Hog.—Milk by-products for a growing pig, while not so ideal a necessity as in the case of the weaner, can not be entirely replaced. Pasture, green food, roots and

vegetables refuse, oil meal, tankage and fish meal may, any or all, be profitably used as partial substitutes. Tankage again has been widely recommended. As an addition to a corn ration or a ration low in protein, it will show surprising results. In one experiment which might be mentioned a ration of grain only was responsible for 32 lbs. grain daily; grain and tankage 1.38; and last but not least, grain and milk 1.57 lbs. Similarly grain self-fed with milk fed separately was responsible for gains with growing pigs of 1.05 lbs. daily. Where the milk was replaced with tankage with pigs of similar age the daily gains dropped to .52 lb.

What is the Value of Skim-Milk Today? There are several interesting and, in the light of experimental evidence, more or less methods of arriving at the value of skim-milk for hogs.

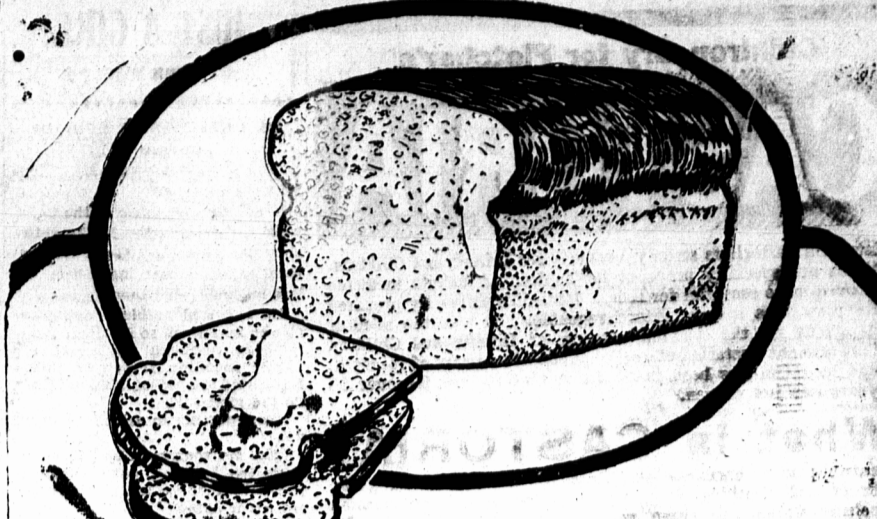
1. When a corn is worth \$30.00 per ton milk is worth 32 cents per cwt. (Fed 1 lb. corn to 3 of milk). In other words milk would now be worth about 80 cents per cwt.

2. Multiply the market price of grain by 5 to arrive at the value of skim-milk fed alone. Multiply by 6 where fed with corn or barley. On this basis skim-milk would be worth from \$1.00 to \$1.20 per cwt.

3. A very old rule, 100 lbs. of skim-milk is worth half the price of a bushel of corn where fed with the latter, or about 90 cents at the present time.

4. With meal at \$10.00 per ton, milk is worth 20 cents per cwt., from 65 to 80 cents at present. The foregoing are general rules and capable of wrong interpretation or application. Experiments in Canada show the value of skim-milk to be at pre-war prices of mixed meal, (about \$28.00) from 28 cents with heavy hogs to 79 cents with light, growing animals, 400 pounds of skim-milk has consistently been worth about 100 pounds of meal.

Milk products are valuable. They should be conserved. One pound of meal to three of milk is as safe



Better Bread

IT is no secret that bread made with Beaver Flour is better than—"just good bread" and has a taste and flavor all its own.

The reason for this is: Beaver Flour contains all the richness and goodness of selected Ontario Winter Wheat combined with the strength and body of Western Hard Wheat.

The scientific blending of these wheats is the feature that makes Beaver Flour so much superior to other brands, and enables it to impart to bread a delicious nutlike, homemade flavor.

BEAVER FLOUR

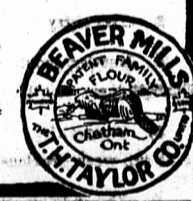
is not something new—for the past fifty years it has demonstrated to Canadian housewives that it is the ideal flour for all baking purposes.

Ask your grocer for Beaver Flour and use it in your next baking—the results will surprise and delight you.

Beaver Flour is ideal for all baking purposes.



THE T. H. TAYLOR CO. LIMITED CHATHAM, ONT.



rule in the feeding of young pigs. For the 100 pound hog from 5 to 8 pounds daily shows the most economical returns. GEORGE B. ROTHWELL, Dominion Animal Husbandman. Farming is above all a home-building occupation.—Peter McArthur.

Saves Cooking—Saves Sugar and both are worth while this time of year

Grape-Nuts

This sturdy blend of wheat and malted barley has a sweet delicious flavor and comes ready to eat. There is no waste, no fuss in serving and the food is full of nourishment.

Sold by Grocers Made by Canadian Postum Cereal Co. Ltd Windsor, Ontario.

IMPERIAL HARNESS advertisement with image of a horse-drawn carriage and text describing the harness and its quality.

MARVEN'S WHITE LILY BISCUITS advertisement featuring an image of a woman and text describing the biscuits and their availability.

MORSE'S TEAS advertisement with images of a woman and a box of tea, highlighting the 'Orange Pekoe' variety.

THE NORTH AMERICAN LIFE ASSURANCE COMPANY advertisement, listing the home office in Toronto and providing contact information for J. K. Ross.

WHITE GRUBS IN THE GARDEN

These large grubs are often very troublesome in gardens. The roots of corn, strawberries and many other cultivated crops are favorite foods of these insects. Where they are found attacking the crop little can be done to check them as they work under ground. If they are not very numerous they may be dug out by hand and the plants re-planted, but if serious damage has been done, it would be best to plow up the plot and seed to buckwheat and flax for the next season, and plowing out another crop such as potatoes. As the grubs live three years in the soil before emerging as the common May or June beetle, they live entirely on the roots of grass and other plants. Eggs are laid usually during June by the adults, mostly in grass lands, and hatch in two weeks. The young larvae feed on the roots for two years, going below the frost line for the winter. During the third year, they change into the pupal form. These are found in small cells about ten inches below the surface where they remain over the third winter, emerging in the spring as the full grown adult. It is during the pupal stage that deep fall plowing serves to kill large numbers by exposing to frost and crushing of the soil by the adults, and in some seasons, mostly to fruit and ornamental trees, by feeding at night on the foliage. The beetles fly out at dusk and feed during the night, returning at daybreak to the fields, where they hide during the day. After a short life, they die and are forgotten.

A good system of rotation is the best means of controlling this insect. Sod should not be left down more than two years and corn or strawberries should not be put on an old sod plot for two seasons. The adults may be trapped by lantern hung over tubs containing kerosene placed near the trees on which they feed.—O. J. R.

CARE OF THE BROOD SOW AT FARROWING TIME

In raising pigs attention should be given to the brood sow. If the sow is healthy and thrifty your pigs will be the same. I find in caring for brood sows that better litters result from light rations before farrowing. A sow should have free access to water and green food. In the summer good pasture and, in the winter, alfalfa or clover hay and a few roots will supply plenty of green food.

A brood sow should be in a good healthy condition but not fat. Be sure she has plenty of exercise both before and after farrowing. When time for farrowing comes keep inside in a good warm pen with plenty of bedding. To insure against sow lying on pigs, make the nest in the centre of the pen or you might take bottom board of sides of pen off so that pigs have plenty of room to move about. The board should be removed as the best, as then the sow cannot lay on the pigs, as they can slip under the boards.

After farrowing feed on light rations of skimmed milk or shorts or oat chop. Two or three days after farrowing feed heavier, and increase feed as pigs grow, giving some hard corn.

Hog raising in this section seems to be on the decrease, probably on account of high cost of feed. However, if my letter will encourage or help any farmers I will be gratified.

FRANK A. SMITH Elgin Co.

Ladies! Look Young Darken Gray Hair

Use the Old-time Sage Tea and Sulphur and Nobody Will Know.

Gray hair, however handsome, denotes advanced age. We all know the advantages of a youthful appearance. Your hair is your charm. It makes or mars the face. When it fades, turns gray and looks streaked, just a few applications of Sage Tea and Sulphur enhances its appearance a hundred fold.

Don't stay gray! Look young! Unlike prepare the recipe at home or get from any drug store a bottle of "Wet's Sage and Sulphur Compound," which is merely the old-time recipe improved by the addition of other ingredients. Thousands of folks recommend this ready-to-use preparation, because it darkens the hair beautifully, besides, no one can possibly tell, as it darkens so naturally and evenly. You moisten a sponge or soft brush with it, drawing this through the hair, taking one small strand at a time. By morning the gray hair disappears; after another application or two, its natural color is restored and it becomes thick, glossy and lustrous, and you appear years younger.

FRANK A. SMITH Elgin Co.

Frequent Headaches

A Sure Sign That the Blood is Watery and Impure.

People with thin blood are much more subject to headaches than full-blooded persons and the form of anaemia that afflicts growing girls is almost always accompanied by headaches, together with disturbance of the digestive organs. Whenever you have constant or recurring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up the blood. A fair treatment with Dr. Williams' Pink Pills will do this effectively, and the rich red blood made by these pills will remove the headache.

More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment, and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are undernourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders try building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition every symptom of the trouble will disappear. There are more people who owe their present state of good health to Dr. Williams' Pink Pills than to any other medicine, and most of them do not hesitate to say so.

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.