

THE MAGAZINE GUARDIAN

Teachers, Parents, Pupils, Farmers, Dairymen, Horsemen

TO THE FARMER

Contributors are asked to have their articles at this office early each week, as only a short emergency item can be handled as late as one p. m. Wednesday. All received after that hour cannot appear until the following week.

Farmers and others interested are invited to contribute to The Farm, The Dairy, The Turf, and Good Roads Departments of The Guardian either by question, correspondence or otherwise. Answers will be given by experts to all questions of general interest and space will be given to any article that will in any way help to advance Prince Edward Island interests.

THE SCHOOL AND THE HOME

INFORMATION ABOUT FOODS

Certain materials in food serve to form the blood, tissues and bones of the body, and repair the wastage from its constant wear; certain materials furnish energy for doing work and for keeping up the many activities of the body; they also produce heat to keep it warm. Certain of the materials aid in digestion and assimilation and help to keep the different organs in good condition. Many kinds of foods contain all these materials. Some kinds are particularly serviceable as "body-builders," others for supplying energy and heat, and others for aiding digestion and keeping the body in good health.

The following tables indicate the class, in general, to which different foods belong, although nearly all foods serve the three purposes mentioned, viz.: (1) to furnish material for the building and repair of the body, (2) to produce energy and heat, and (3) to aid digestion and assimilation.

FOODS WHICH FURNISH MATERIAL TO BUILD THE BODY AND KEEP IT IN REPAIR

Use in each meal at least one of them: Lean Meat, poultry or fish—in any form. Eggs—in any form. Milk—whole, sweet, sour, skim or butter-milk. Skim milk is even more valuable for body-building than whole milk. Cheese—in any form. Cereals—flours and meals from oats, wheat, corn, rye and barley, in breads and breakfast foods. Legumes—dried beans and peas. Nuts.

FOODS WHICH YIELD ENERGY FOR WORK AND WARMTH FOR THE BODY

Poultry and Fish. Meat Fats. Butter. Cream. Lard. Oils. Most Nuts, Chocolate. Cheese from whole milk.

STARCH

Cereals and their products, such as flour, bread, oatmeal, barley, rye flour, buckwheat, flour, peas meal, etc. Dried Beans and Peas. Potatoes.

WEAK BOYS AND GIRLS

It is a mistake to think that anemia is only a girl's complaint. Girls probably show the effect of weak, watery blood more plainly than boys. Delayed development, pale faces, aches, palpitation, and a feeling of listlessness, call attention to weak blood in the case of girls. But many boys in their teens grow thin and "weedy" and have pimples on the face, showing that they have not enough blood. The anemic boy is just as likely to become a victim of consumption as the pale, breathless girl with her headaches and worn-out look. Let the boy in this condition catch cold and he will lose his strength and his health becomes precarious.

To prevent serious disaster to those of the rising generation, let both boys and girls be given the new rich blood which Dr. Williams' Pink Pills are famous the world over for making. When giving these pills watch how soon the appetite returns and how the languid girl or the weak boy becomes full of activity and high spirits. Remember that the boy has to develop too. If he is to make a strong hearty man, give both the boys and girls a fair chance to develop strongly through the new, rich blood Dr. Williams' Pink Pills actually make. You will then see active boys and girls, instead of weakly children around you. Dr. Williams' Pink Pills are sold by all medicine dealers or may be obtained by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Marconi, Chestnuts, Peanuts, Cocoa.

SUGAR

Sugars, Syrups, Candies, Dried Fruits, Bananas, Certain Vegetables.

FOOD CONSTITUENTS WHICH AID DIGESTION, KEEP THE BLOOD IN GOOD CONDITION, AND REGULATE THE SYSTEM

Mineral Substances—lime salts, compounds of phosphorus, iron, etc. Plentiful in drinking water, fruits, vegetables, milk, eggs cereals etc. Acids—in all fruits. Water—in beverages, soups, fruits, etc.

Cellulose—the framework of vegetable foodstuffs which provides bulk and tends to prevent constipation. Plentiful in fruits, vegetables, cereals. Newly Discovered Substance known as Vitamines—believed to play a very important part in keeping people well and promoting the growth of children. Found in milk, eggs, fruits, vegetables, cereals, etc.

WELL BALANCED MEALS

A well-balanced dietary supplies body-building, heat-and-energy-supplying and regulating substances in the right proportion and in sufficient quantity. Simple meals can fulfill all requirements. It is wiser to spread the variety of food over many days than to provide many kinds of food in each meal every day.

Following are examples of simple but well-balanced meals:

- 1. Fruit, oatmeal and whole milk. 2. Egg, bread, butter, fruit or vegetable. 3. Bread, cheese, tart fruit. 4. Baked beans, brown bread, apple sauce. 5. Mutton, potatoes, second vegetable, fruit butter pudding. 6. Milk, soup, corn bread and syrup. 7. Whole wheat bread, whole milk, prunes.

WAR TIME ECONOMY.

War Cake. Saves eggs and butter. 1 cup brown sugar, 1 1/4 cup seeded raisins, 2 ounces chopped citron, 1 1/2 cup shortening, 1 teaspoon nutmeg, 1 teaspoon cinnamon, 1/2 teaspoon salt, 5 teaspoons baking powder, 2 cups flour. Mix together sugar, water, fruit, spices, salt and shortening in a saucepan and boil for 3 minutes. When cool add flour and baking powder which have been sifted together and mix all thoroughly. Bake in a loaf pan in a moderate oven for about 45 minutes.

Cherry Shortcake

This is a delicious shortcake, the acid of the cherries giving it more character than strawberry shortcake. Prepare a rich biscuit dough and turn into a pie plate to bake. When baked cut the edge and pull it apart with forks; do not cut. Turn the "crumb" side up. Butter them and cover each with a thick layer of stoned and crushed cherries which have been standing for at least two hours, with sugar to sweeten them. Place one layer on the other, pour over the sweetened fruit juice and cover the top with a meringue made from the stiffly whipped whites of two eggs and two tablespoonfuls of sugar.

Boiled Cherry Pudding

Beat two eggs lightly, add a cup of milk, and three teaspoons of baking powder, sifted with enough flour to make a stiff batter. Beat the mixture vigorously. Have in readiness two cups of stoned cherries that have been sprinkled with sugar, allowed to stand for one hour, and then carefully drained. Add these to the batter, turn the pudding into a greased mold, large enough to give room when the pudding expands, and boil for one hour. Serve hot.

Corn Meal Pancakes.

2 cups corn meal or corn flour, 2 cups sour milk, 2 eggs, 1 teaspoon soda, 2 tablespoons shortening, 1/2 teaspoon salt. Heat pan slowly but do not grease. If the cakes stick add another teaspoon of fat to the batter. Use one large spoonful of batter to a cake and when it is full of holes on top and dry at rim, turn. This is very good dropped by the spoonful in hot bacon dripping and served on the plate with the bacon.

Baby's Own Tablets are a perfect medicine for little ones. They regulate the bowels; sweeten the stomach; drive out constipation; induce digestion; break up colic and simple fevers and make teething easy. Concerning them Mrs. John Babineau, Brest, N. B., writes: "I have used Baby's Own Tablets and have found them a perfect medicine for little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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Chilled Rice

Have in readiness a cupful of cooked rice with every grain distinct add half a cupful of any preferred fruit with half a cupful of powdered sugar. Mix well and fold in half a cupful of double chilled cream that has been stiffly whipped.

Keogerece.

1 cup boiled rice, hot or cold. Drain the rice and replace in a saucepan with 1 teaspoon butter; pepper and salt to taste. Have ready 2 hard boiled eggs and chop them with the rice. Add cold boiled fish from which bones and skin have been removed and stir all together. Garnish with hard boiled eggs and parsley, and serve hot.

TESTED RECIPES.

WHOLE WHEAT MUFFINS.

Beat 1 egg and add 1/2 cup of milk and 2 tablespoons melted butter. Combine 3/4 cup of whole wheat flour, 1 teaspoon sugar, 1 1/2 teaspoon baking powder 1/4 teaspoon salt. Add to milk and egg mixture, put in greased muffin pans and bake in a moderately hot oven.

TOMATO CANAPES.

Toast slices of bread which have been cut about half an inch thick. Stew a can of tomatoes until thick, season with one teaspoon salt, one of onion juice, and pepper as desired. Spread a layer of cheese on the hot toast, which has been generously buttered, and pour the tomatoes over it. Serve at once.

ONE-EGG MARGARETS.

Beat the white of one egg until stiff and add 3 tablespoons granulated sugar, 3 tablespoons powdered sugar, 1/2 cup chopped walnuts and a few drops of lemon juice. Spread on thin crackers and bake until a delicate brown in a moderately hot oven.

A CUTLERY HOLDER.

More convenient than the usual kitchen drawer is a cutlery holder made of denim. Make a pocket six inches long and about ten inches wide. Stitch in varying lengths, making places for large and small spoons, knives and forks. Tack this over the kitchen table, and when you are cooking you can easily find the article you wish to use.

Never Put Away for the Summer

A woolen garment of any kind that is spotted, with grease or soiled with mud. Grease is astonishingly attractive to moths, and all the unbrushed clothes "age" rapidly. Ammonia for all-black goods, and a delicate mixture of other, ammonia and castile soap for colored ones, may be advised.

White China Silk Waists

usually grow so yellow after a few washings with soap that they are frequently discarded while still good. It is economical to wash them in the following way: To a quart and a half of warm, soft water, add a tablespoonful of powdered borax. Wash gently, rubbing lightly all soiled spots with the hands. Wring out and wash again in the same quantity of water, similarly prepared, wring, and rinse in clear water, to which half a tablespoonful of borax has been added. Press until nearly dry, but do not use too warm an iron.

Articles of Old Furniture

are sometimes made to appear new by washing them with lime water and then applying a coat of oil.

Talcum Powder

should be well rubbed into white kid gloves that have been cleaned with gasoline, as that volatile product gives the leather a disposition for dirt, and the talcum removes the dull appearance caused by gasoline.

Varnish Remover

Three tablespoonfuls of baking soda in a quart of water, applied with a brush, will remove the old varnish very easily when you wish to re-varnish furniture.

To Make Rosewood Furniture Look Well

It should be only rubbed with a soft cloth a little every day, for if polish, or beeswax and turpentine be used, they spoil the appearance.

People Never Should go

In the early morning to get boots and shoes fitted. In the latter part of the day the feet are at their maximum size. Activity and standing tend to enlarge the feet. If people would remember this rule, there would not be so many complaints of shoes being tight when worn which seemed so comfortable when fitted.

To Save Underwear

Knit underwear often splits at the seams while the garment is still good. To prevent this, sew the seams on the machine before wearing, sewing on the original stitching on each side of the seam.

Mink May be Cleaned

and freshened with warm cornmeal, and like the other short-haired furs, may be done without removing the lining. But the long-haired furs are best ripped apart and freed from stuffing and lining.

FARM

MAKING CONCRETE FOR USE ON FARM

Many farmers have made a success of the concrete work for their own barn foundations and silos, and many more might do so if they had a first idea of the proper materials and the proportions necessary to produce a mixture suited to the job for which it is intended.

To understand the mixing and handling of concrete in a practical way, it is essential that one should have a correct understanding of the terms "cement" and "concrete," and a sound working knowledge of the conditions governing the mixing and handling of concrete," says V. T. Goggin, Technical a bulletin on this subject, issued by the Institute Branch of the Ontario Department of Agriculture. Cement, he explains is the name given to a mixture of limestone and rock which has been heated and ground finer than flour, while concrete is an artificial stone produced by mixing cement, sand and gravel or crushed stone, and saturated with water.

The standard mixtures for use in different forms of construction, as recommended by Mr. Goggin, are: (1) Lean Mixture—1-2 1/2-5. This is used for heavy work in masses, such as piers and foundations for large barns.

(2) Medium Mixture—1-2 1/2-5. This is used for foundations, walls, and piers, floors or small barns, and houses; and for foundations of sidewalks, etc.

(3) Ordinary Mixture—1-2-4. This is used for foundations, arches, etc., and also for work intended to be particularly waterproof.

(4) Rich Mixture—1-1-3. This is used for dressing surfaces such as floors and sidewalks, for columns or other parts of a structure subject to great strain.

He gives a warning with regard to the protection of cement from moisture, previous to its mixing to form concrete, and recommends tarpaulin covers for piles of this material. Sand for concrete mixing, he points out, should be free from clay and foreign matter, and crushed stone for the purpose should be hard and in pieces about the size of a small egg.

With regard to the mixing, he gives the following directions: "Usually in rural districts, mixing will be done by hand, and it is best, if possible, that at least four men should take part in mixing. If only a small quantity of concrete is desired, two men may be sufficient, but, to obtain a really good mixture, in a reasonable time, four men are necessary. The mixing should be done on a smooth, tight platform. After the sand has been measured in a box that contains the exact quantity required, the cement should then be added and both thoroughly mixed with hoe and shovel, or both, then heaped up in a pile in the centre of the platform, and then pulled down again in the form of a hollow ring. The correct amount of water should now be poured into this ring, and the cement and sand worked into it. Care should be taken that the minimum quantity of water should be used, so as to make the mortar firm, but not liable to flow. The broken stone or gravel should now be spread evenly over the mortar, and the whole mass turned over and piled up in the centre to be once more hoed and shoveled, and heaped in the centre again. This

rough cloth, will remove the old varnish very easily when you wish to re-varnish furniture.

should be done two or three times until the stone and mortar are thoroughly mixed. In doing this mixing, if shovels are used—and after the stone is put on it is essential that they should be shoveled from the bottom of the pile sideways, and each shovelful turned completely over. This places the mortar which has sunk to the bottom of the stone on top of it, and aids in obtaining a perfect mixture."

Immediately on completion of the mixing the concrete should be used and rammed or pounded until the water oozes to the top. Too much emphasis cannot be placed on the speedy handling of wet concrete. From the instant the water touches the cement, the "setting-up" action is in progress, and the sooner the stronger it will be. The mixing and placing process should never occupy longer than ten or twelve minutes, and greater speed, if possible, should be made in hot weather.

Care of the Young Calf from Birth

The care that the young calf gets has a great deal to do in deciding what the cow or fat bullock will be. The stunted ill fed calf seldom makes a good mature animal, while the one that gets a good start during the first six months of its life is more than half raised, as it were.

The young calf should have whole milk fresh from the cow for the first two weeks at least, and in fact the longer the better for the calf but continued feeding of whole milk is not so economical for the owner. When the calf has reached 2 weeks old, the new milk may be reduced and skim milk with flax tea or thoroughly cooked of cake meal may gradually be added until at 4 weeks the new milk, which will have been replaced with the skim milk and mixture.

Whole oats and well cured clover or alfalfa hay should also be supplied, unless there is pasture or green feed, and even with good pasture, a few whole oats can be fed to advantage.

If scours should set in, a spoonful of hard wood ashes in the milk two or three times a week will usually check the scours, which, however, should be prevented—rather than cured—by careful feeding, avoiding sudden changes from one kind of food to another. A set back to the young calf is much easier caused than remedied.

As to just the amount that can be fed to a calf to advantage, no person can say exactly; that depends upon the size and the digestive powers of each calf, what one would handle with profit would kill another with indigestion.

The calves should be fed so as they will make gain every day. Every day that the young animal is fed without making any gain, is just that much feed and labor thrown away, the calves should be provided with shelter, form the cold rains and hot sun, too much of either is liable to derange the system and give the calf a set-back.

As the fly season advances the calves should be kept in box stalls with the windows darning with coarse canvas, something that will discourage the flies without completely shutting out the fresh air. These little precautions are taken during summer the calves are in shape when winter comes to consume their share of the ensilage roots, clover and other ordinary food of the farm with profit. It should not be a case of wintering as cheaply as possible but rather how much gain can be made at the greatest profit.—R. H. H.

FALL PLOWING KILLS INSECT PESTS

Plow early in the fall and then use ground thoroughly where corn is to be planted.

Catarrhal Deafness May Be Overcome

A simple, safe and reliable way that calls for no ugly trappings, phones or other instruments. To be deaf is very annoying and embarrassing. People who are deaf are generally mighty sensitive on this subject. And yet many deaf folks carry around instruments that call attention to their infirmity. Therefore people who are hard of hearing, who are suffering from head noises, or who are actually deaf from catarrhal trouble, will be glad to know of a simple recipe that can be easily made at home for a few cents to one that is really quite efficient in relieving the distressing deafness and head noises caused by catarrh.

From any drug store get one ounce of Parmin (double strength) about 90c worth. Take this home and put it into a simple syrup made of 1/2 pint of hot water and 1/2 ounce of ordinary granulated sugar. Take a table spoonful four times a day.

This treatment should be tonic action reduce the inflammation in the middle ear that a catarrhal condition would be likely to cause and with the inflammation gone, the distressing head noises, headaches, cloudy thinking and dull feeling, cloudy thinking should gradually disappear. Anyone who suffers from catarrh can give Parmin a trial. It is pleasant to take and is quite inexpensive.

be planted next year, in order to combat the corn rootaphis.

Sod land to be used for corn next year should be plowed immediately after haying and cultivated deeply the rest of the summer to reduce the number of wireworms.

If practicable, grow field peas on buckwheat on sod land before planting it to corn, in order to lessen the damage due to wireworms.

Plowing kills wireworms by destroying their food supply and interfering with their preparations for winter.

MACHINERY FOR SILO FILLING

The silo-filling season is at hand. In some communities in Ontario this is the busiest time of the year. Because of the large number of silos, the scarcity of filling outfits, the short space of time in which the work must be done and the scarcity of farm labor this year, silo-filling will be a larger task than ever. Therefore it is necessary that we do all we can by way of preparing for it.

The Corn Binder

A corn binder is subject to greater strains than a grain binder and though the parts upon which most of these strains fall are built more heavily than those of a grain binder, yet the fact remains that a corn binder wears faster and needs more attention. Before the season's cutting is started the machine should be examined. Knives should be ground, parts which show excessive wear or play should be replaced, and the whole machine should have a general tightening up. Then, just before the machine is started it is well to give all bearings a thorough soaking with kerosene.

This cuts out the rust and dirt smooths the bearing faces and makes a free path for lubricating oil which is to follow. This practice on any farm machine makes for light draft and eliminates excessive wear.

If these things are done the binder will do the season's work in the shortest possible time and with a minimum amount of trouble.

The Cutting Box

Nothing is more annoying in silo-filling time than a filling outfit which fails to do its duty. A cutting box is subject to great strains and the best of care should be given it throughout the season. An ordinary cutting box often cuts from twenty to twenty-five tons of corn per hour and elevates it to a height of thirty feet and over. This is a feat which requires a great deal of power and it is sure to tell on the machine even with the best of care. First of all, the condition of the knives is an all-important factor, both from the farmer's and machine owner's standpoint. In order to make first class ensilage the knives should be changed once in two and a half hours of running. It is also necessary that this be done in order to get the greatest amount of service out of the machine. Nothing is harder on a cutting box and the engine driving it than dull knives. The cutting plate of the mouthpiece should also be kept sharp and the adjustment of the knives is likewise important. They should cut so close to the mouthpiece that the corn will be cut off with a shearing cut.

A machine with knives which are quickly interchangeable should have a preference with farmers over one in which the changing of a set of three knives means the removing and replacing of twenty-one bolts. Time at silo-filling is too precious for such performances.

The blower pipe should always be set as vertically as possible. If set on a slant, the heavy corn will "slide up" the low side of the pipe and the air will pass it over. This causes a blocked pipe and a clean-out with a loss of at least twenty minutes of precious time.

When the season is over and the defects and weak points in your corn binder or cutting box are still fresh in your mind, make notes of the things which should be done for next season, and do them. This is good farm management.—L. G. H.

Watch the little pigs for some month, if lice are found isolate the litter and treat the affected pigs. Tincture

of iodine on a cotton swab used daily will be valuable. If the disease is far advanced the pig should be destroyed and the carcass burned. Write the Colorado Experiment Station if you are having trouble. Let us conserve the little pigs.—L. E. Newsom, Colorado Agricultural College.

All plans should be made for the 1918 honey season. For each colony the beekeeper decides to keep next year, he should provide himself with bodies or boxes, namely, the brood chamber, three extracting supers, and an extra hive for a swarm or nucleus.

To feed bees with maple syrup, the best granulated sugar should be dissolved in boiling water, making a fairly thick syrup in the proportion of about two of sugar to one of water. An atmospheric feeder may be made from a ten-pound honey pail with the lid perforated, or from a fruit jar with cheese cloth stretched over the top and held on by means of the ring which screws on over it.

Market your Leghorn cockerels as soon as they weigh a pound and a quarter to a pound and a half, but hold the cockerels of the heavier breeds for roasters. There is such a scarcity of meats that a ban might well be placed on the killing of these birds until they reach roasting size.

POULTRY

MAKE HENS PAY THEIR WAY EVERY MONTH IN YEAR

We have modified native habits and characteristics of poultry by combining systems until, like all domestic animals, they are the product of their surroundings. Any method of feed, care and housing will ultimately tend to develop a type adapted to the special conditions created. Just as we try to adapt conditions to circumstances, Nature attempts persistently to adapt stock to its environment. This is why concentration on any one system designed towards certain ends will finally succeed. Success can be attained by any harmless correlation of breeding, selection, feed and care; and permanent success can not be secured by any but persistent consistent methods. If we select breeding stock, year after year, with clearly defined unchangeable objects, cull and care for flock with these ends in view, we will win success. And if, at any time, we shift to an entirely different method, even if that new method be equally good or even more scientific, we will need to adapt our stock to the change, and for a long time get uneven results. Why? Because Nature will have been working with the first long-continued combination, and has therefore fitted a given strain of fowls, in a given locality, with the given methods of a given person to bring forth results. To change any phase of this combination is to give Nature a new problem and the worthy dame has never been quick to revolutionize her processes as she is naturally conservative.

(Continued on page two)

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FOR YOUR HARNESS

YOU SHOULD USE "Tip-Top" Harness Soap Dressing

Makes Old Harness Look Like New, and makes All Harness Last Longer. Put up in 1 lb., 2 1/2 lb., and 5 lb. Tins, and 25 lb. pails. First ask your store-keeper for it, if he has it in stock, don't fail to send 25 cents in stamps for trial tin, by mail postage paid. Canadian Selling Company, Montreal.

Prepare for Winter The best thing to do before putting on your coat is to spray the walls, roof and ceiling with Pratts' POULTRY DISINFECTANT. Protects your flock from lice and mites and serious germ diseases. Prevents trouble and keeps fowls healthy. Always successful. Many successful fowls are the result of Pratts' MONEY BACK IF NOT SATISFIED. At your Dealer's in 1 lb., 1/2 gal. and 5 gal. cans. Write for New Book, "Poultry Writings," 10c FREE. PRATT FOOD CO. OF CAN., Ltd. 78-A Clarendon St. Toronto, Ont.

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