

ARE YOUR HANDS ROUGH & CHAPPED?

One thorough application of Zam-Buk at night will bring ease by morning. Zam-Buk stops the smarting, heats the cracks and makes the hands smooth.

Mrs. A. F. Phillips, of Ayer's Cliff, Que., says: "I suffered terribly from chapped hands. Sometimes I almost cried with the pain and smarting. Zam-Buk was recommended and it gave me ease almost as soon as applied. Now my hands are quite smooth."



Piles Cured in 6 to 14 Days

Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. The first application gives Ease & Rest. 50c.

Practical Fashion Hints

By Alice Gibson.



Bunchy underwear, unnecessary bands about the waist, high collars and generally uncomfortable designs have disappeared entirely from the small girl's wardrobe. Skirts are hung to separate underwaists, thus allowing all weight to depend from the shoulders, blouses are loose and easy and movement is hampered in no way. The long waisted Russian effects are especially good and well liked.

No. 7897 shows a pleated skirt attached to a separate underwaist and a low-belted blouse. Serge, linen, madras, or pique are all suitable and can be used to advantage with this design. A white chemisette gives a fresh, pretty appearance to the dress if a dark material is used; the collar and cuffs may be of plaid or other color.

This dress may be made for a child of 12 with 3 1/2 yards of 36 inch material and 3/4 of a yard of 36 inch material for the underwaist.

COUPON form with fields for Name, Street, City, State, Pattern No., and Size.

Eczema Only Skin Deep

A few skin troubles originate in the blood. But very few. Dr. Evans, ex-Commissioner of Health, and a famous writer on medical subjects, says:

"We shall begin to make headway with skin diseases when we learn two things: first, that skin disease does not come from impure blood; second that so-called blood purifiers have no such action."

The skin can be cleared up, and the almost intolerable itching and burning stopped, by local treatment, applied directly to the parts affected. Make up your mind to start now

THE DAIRY

(Continued from page 4.)

mand on the digestive organs of the animal.

In this country pigs are either confined too much in their pens or allowed too much liberty, a medium course would bring more profit, or better still, to divide the feeding assuming they have been weaned, and fed for period into three parts or stages. First (some time) they should have plenty of exercise with as much green food as possible. Second stage, allow them only a limited amount of exercise and for the third or fattening period, the pen and closed in yard will be sufficient. At this it is more important that they be fed at a regular hour to prevent restlessness (which causes them to waste the food or not get all the good out of it they otherwise would) to keep them comfortable and clean, with plenty of pure water to drink. They should only get as much food as they can comfortably clean up, and the diet should be as varied as possible. Pigs thrive faster on a varied diet than when fed the same food continually. This they often get to the disadvantage of the feeder's pocket.

Both male and female pigs should be "altered" when quite young if intended for bacon or pork. This operation is very seldom tried on female pigs in this part of the country. But done, as by so doing from six to eight weeks feeding is often saved.

Wood ashes and hen manure right whenever put together, says the American Agriculturist. The result is always a loss of ammonia. Never mix them. Apply each separately to the garden. Sifted coal ashes don't quarrel with hen manure, and are therefore excellent to place under the roosts.

HELP KEEP CATTLE CLEAN

At least twice a year the working cows in the dairy herd should have their hind quarters and udders clipped smooth. In the spring this is an aid to the natural shedding. In the fall or early winter it makes the job of keeping the cows clean during the winter much less arduous. If clipping is delayed until after cold weather starts a warm week should be picked for it, for then there will be less chance of the cattle becoming chilled. A machine clipper requiring two men, one turning and the other operating the cutter, is relatively expensive and will cover a good many animals in a short time.

THE TURF

FEED FOR THE HORSES

As a condimental food, intended to impart a special relish to the corn feeds, locust beans have a high value and there is much to be said in favor of this food. Horses are extremely fond of it on account of its sweetish taste, while its peculiar aroma appears also to be very attractive to them. It acts as an excellent appetizer and can be most advantageously resorted to in the case of shy feeders. Its continued use, may, however, eventually cause it to lose its attractiveness for a horse of this kind, and it is therefore advisable at intervals to discontinue it, for a week or fortnight, replacing it with some other accessory food, such as linseed meal, etc., for the time being, when the animal will eat it with increased zest on its again being added to the food.

BENEFICIAL RESULT

Can Only Come From the Timely Use of the World's Most Popular Laxative "FIG PILLS"

If you are constipated, bilious, have a sour, gassy, upset stomach, an inactive liver, sick headaches; or if you are tired, worn-out and downhearted, and the organs of digestion and elimination fail to perform the all-important functions, see to it that you cleanse your system of undigested food, foul gases and excessive bile in the intestines and bowels by the use of the popular fruit tonic laxative.

FIG PILLS

This remedy, being composed of valuable tonic, diuretic, and laxative ingredients, constitutes them the best treatment for weak kidneys, sluggish liver, indigestion, constipation, and that bilious, tired-out feeling. Try Fig Pills the next time you are not feeling up to your usual good health and you will be convinced of their wonderful curative properties. Refuse all substitutes. At all dealers in 25 and 50 cent boxes, or by mail from The Fig Pill Co., St. Thomas, Ont. Sold at Geo. E. Hughes Drug Store.

FEET AREN'T ACHING OR TIRED NOW—'TIS

IT'S GRAND FOR SORE, SWOLLEN SWEATY, CALLOUSED FEET AND CORN



Good-bye sore feet, burning feet, swollen feet, sweaty feet, smeling feet, tired feet. Good-bye corns, callouses, bunions and raw spots. No more shoe tightness, no more limping with pain or drawing up your face in agony. "TIZ" draws out all the poisonous exudations which puff up the feet. Use "TIZ" and wear smaller shoes. Use "TIZ" and forget your foot misdeeds, as by so doing from six to eight weeks feeding is often saved.

Get a 25 cent box of "TIZ" now at any drug store or department store. Don't suffer. Have good feet, glad feet, feet that never swell, never hurt, never get tired. A year's foot comfort guaranteed or money refunded.

During the coat-changing periods, when horses can do with some extra good feeding, a little may also usefully be included in the fare, the meal is to be preferred to the molasses in their original syrup and sticky form. Finally, there are malt culms and dried porter and ale grains, these all being useful for the purposes indicated in this article, though their suitability in this direction is not generally known. They can safely be given in quantities ranging up to 2 1/2 lbs. daily, and make a welcome adjunct to the food both of horses that are in reduced condition, or which are afflicted with capricious and uncertain appetite. The most satisfactory plan in utilizing accessory foods as described above is to ring the changes on the various kinds enumerated, so as to render the dietary, more varied.—Farmer and Stockbreeder.

IR A. QUILLER-COUCH AND THE TEACHING OF ENGLISH.

Sir A. Quiller-Couch, in the course of an interview at Cambridge with a representative of the Morning Post, was asked his opinion on the present teaching of English in primary and secondary schools. Sir Arthur spoke with some impatience. "It is all teach-teach-teach, whenever I visit an elementary school—and I have visited scores—always I am prepared to find it a bad school when, in the distance, I hear the teacher's or the assistant teacher's voice uplifted, persistent, drumming his opinions of this, that, or the other. What does a child want with a teacher's opinion, except in the way of occasional stimulus or advice? The way to educate a child is to educate him out—encourage him, not plaster the young plant down under a slab of somebody else's knowledge. Memory, to a child, has not half the work of imagination. We arrive all too soon at remembering, but his is the short and blessed time in which to imagine. Silent reading is what the children need; to imagine and think for themselves; a child who can read alone, by himself, in a window-seat or a chimney-corner, has the key of all the gates; instead of which, the teachers exhaust themselves by talking to him, talking at him, talking him silly, themselves all the while talking themselves out by this steady determination of words to the mouth. The children of better-to-do folk are scarcely better off. These suffer in early days from the sophisticated instructress who has almost driven out the family nurse. Once upon a time, the child of the middle or the upper class, after being honestly suckled by his mother and taught the A. B. C. in a natural way, went on to a natural country nurse, who told him fairy tales and other good things for his age, knocked about with the village boys, and so grew to know, from the first, what sort of a thing England really is. The first thing with a child is to encourage him to play intelligently; the next, to teach him that home is a place with roots—roots of affection and obligation; and none of this can be taught or learnt by week-enders.

YOUR FREE DICTIONARY Is Waiting for You

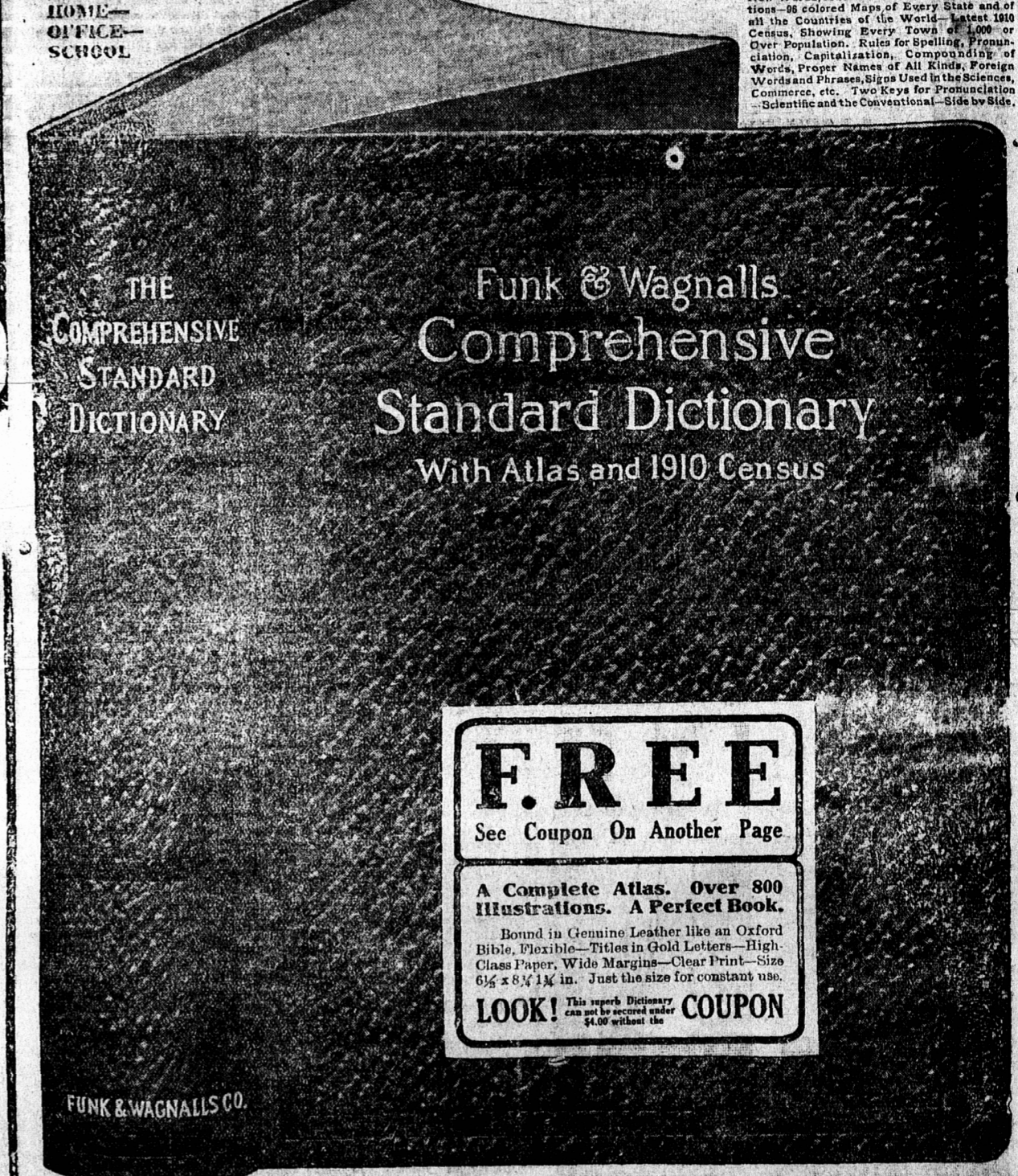
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Airman, Biplane, Fan (baseball), Marathon,
Apache, Carabac, Flower-bed, Night-trier,
Aspirin, Cattalo, Green-grocer, Sublet,
Autoboot, Chop-suey, Grouch, Submarine,
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