

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

TWO EGG FRUIT CAKE WITH PRETTY ICING

Chicago Tribune. The annual request for that two egg fruit cake, which is not made to keep but to be consumed speedily, were late in coming this year, but they did arrive, so here is the recipe on its annual appearance.

One-half cup butter, one cup sugar, one and one-half cups flour, one and one-half cups milk, one-half cup of nut meats of more if you choose, cut up as you choose, but medium fine is good; one-half cup of fruit or more cut fine—dates, figs and a few raisins—a scant teaspoon of cinnamon or nut, a fourth teaspoon of almond extract, or less if you are sure about the character of the almonds you may use. Fruit and nuts to decorate top.

Sift the sugar, add the butter, cream the two with the powdered spices, and beat into this cream, the well beaten yolks of the eggs, then add the milk and flour alternately.

Bake One Hour

Stir in the nuts and fruit rubbed with flour first, then add the stiffly beaten whites of the eggs and the almond flavoring, folding in carefully. Decorate the top so as to cover it thickly with fruit; and nuts brush over with a little white of egg, and bake for one hour in slow oven in a narrow, deep, paper lined, and greased pan.

To decorate cake: Place a candied centre or what you will in the centre and two others half way between it and the end of the pan. Place around these whole or halves of blanched almonds, points in, making daisy-like figures, the nuts forming the petals. Make a border all the way around of any nuts you choose, and fill in between this and centre figures with pieces of nuts and fruit, mainly the latter, using a bit of pistachio or angelica if you have them.

CHEAP BUT GOOD SOUPS

The housewife can utilize the cheap but wholesome soup stock in making delicious soups, in the following recipes:

Cream of Pea Soup—Soak in water overnight eight pounds dried peas. Cook (see page) until they are soft, and then mash fine. Add five and one-half gallons soup stock, and bring to the boil then pass the boiling liquid through a fine sieve. Make a smooth paste by mixing one-half pound flour and a little water; add ten ounces sugar and three ounces salt; and add the whole to the peas and soup stock. Cook until the soup begins to thicken. Partially seal the jars, or cap and tip the tins. Using hot water bath outfit, sterilize for ninety minutes; eighty minutes, if using water seal outfit; or forty-five minutes in pressure cooker.

WOMEN WHO SUFFER

Can Obtain New Health Through the Use of Dr. Williams' Pink Pills

Every woman at some time needs a tonic. At special times unusual demands are made upon her strength. Where these are added to the worry and work which falls to her lot, sickness and ill health will follow unless the blood is fortified to meet the strain.

Weak women find in Dr. Williams' Pink Pills the tonic exactly suited to their needs. Most of the ills from which they suffer are due to bloodlessness—a condition which the Pills readily cure. These pills save the woman who enters into womanhood in a bloodless condition from years of misery, and afford prompt and permanent relief to the woman who is bloodless, and therefore weak. Mrs. Wm. H. Wagner, Rosenthal, Ont., writes: "After the birth of my second child I suffered from troubles which most mothers will understand, without going into details. The doctor who was attending me said an operation would be necessary, but as I dreaded this and as Dr. Williams' Pink Pills had been of great help to my sister I decided to try this medicine, and I can truly say that after using the pills for some time they made a complete cure and made me more enjoyable than I had been for a long time. I think every woman suffering from the ailments of our sex should give Dr. Williams' Pink Pills a fair trial as I know from my own case the great benefit that follows their use."

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

WHEN WASHING DISHES

Try using little handbrush in place of a dishcloth. It gets in the creases better than a cloth, besides being more sanitary. It will not scratch enamel, and is quite as effective as a knut for scrubbing the cases where the food adheres to the dishes or cooking utensils. Besides, it saves scratching the knife and perhaps chipping the dish.

FARM

IMPORTANCE OF SECURING VIGOROUS POTATO SEED STOCK.

(Experimental Farm Notes.) Experiments conducted at the Dominion Experimental Station, Kentville, N. S., with eight lots of Garnet Chili potatoes secured from different growers in 1915 show a variation in yield of from 36 bushels to 240 bushels per acre, or a difference of 204 bushels per acre in yield when grown under uniform conditions. Sixteen of these eight lots planted in 1916 yielded from 68 bushels to 212 bushels per acre, a difference of 144 bushels per acre. The respective positions of the different lots were changed very little in the second year, but the lowest yielding ones increased somewhat and the highest yields were not so great.

Seeds from fifteen others in this variety was planted in 1916 and the lowest yield obtainable was 158 bushels and the highest 278 bushels per acre, a difference in favor of the best over the poorest of 120 bushels per acre.

Large lots of pure stock of Green Mountain from different growers ranged from 160 1/2 bushels per acre to 313 bushels per acre, a difference of 152 1/2 bushels. Seventeen lots of Irish Cobbler ranged from 93 bushels per acre as the poorest to 235 bushels as the best, a difference in favor of the best yielding strain of 142 bushels.

This would show that there may be as great a difference between potatoes of the same variety as there is between potatoes of different varieties and that it is wise to secure stock from farms which have had high yielding crops. Because the Green Mountain has fallen in giving a crop on a certain farm, it is not proof that this variety will not yield well there; it may have been due to low vitality in the seed stock. Such reversion in yield may have been due to disease or adverse soil or climatic conditions which affected the crop at some time and it may be better to discard the stock entirely than to try to bring it up to its former vitality by selection.

EARLY VEGETABLES FOR FARM-HOUSE USE

The farmer who entertains an idea of providing the absolutely necessary vegetables for his table plus a few of the luxuries in this line which he should not deny himself; should already be planning his hotbed activities for the rapidly approaching Spring. It is possible for the man lucky enough to possess an artificially heated greenhouse, January is a busy month as the great benefit from such possessions is obtained at this season.

To get the most out of the farm garden it is necessary to make use of hotbed and cold-frames, and in early stages of the season, and in certain amount of work can be started right away, and will give good results if sufficient pains are taken. For very early season work a depth of about 30 inches of manure is necessary to provide sufficient heat to offset the outdoor cold as a layer of earth at least four inches deep is advisable for the growing of even the short-time small vegetables such as radish, lettuce and cooking greens, a pit of sufficient depth must be dug to allow of the disposal of this bulk, with the space added by the hotbed frame.

A sheltered position with the south frontage should be chosen for the hotbed, and one is fortunate if this position has been already decided on and the ground protected from frost so that the work of excavating will not entail picking through frozen soil.

For best results at this season, good strong horse manure should be selected to supply heat for the bed. This manure should be piled and turned frequently until it arrives at the right stage for continuing the production of heat for a period sufficient to bring the plants to their desired maturity, which means that all litter in the hotbed should not have rotted as to such a stage fermentation ceases to a large extent, and the manure goes cold.

In filling the pit it is first to go about the work by degrees; first placing a 2-inch layer of litter on the raw soil at the bottom, then filling to about a foot with manure and putting on

the frame and glass so as to let this layer heat up evenly; next add to the balance of the manure, allow to heat up again and finally make one job of putting on the foot of the bed, which should be passed through a screen so as to keep out all stones and lumps.

After the building up of the bed in the above manner, time must be allowed for excessive heat, which will occur, to pass off, and a thermometer should be used to make sure of a satisfactory temperature before seeding takes place. The time allowed for this purpose will also admit of the germination of many of the weed seeds in the soil, which can then be destroyed before the sowing of vegetable seeds take place. A good supply of mats should be kept on hand for protecting the beds at night, or during snow storms, but advantage should be taken of all the sunshine that occurs. So it can be seen that a good deal of extra attention is necessary in hotbed management during the very early season.

A hotbed started so early in the year can hardly be depended on to keep up for the starting of plants to be transplanted to outdoors, but a good supply of vegetables for the home table can be obtained, and the pit will be there for refilling later, and while this earliest attempt is in progress, plans can be made for the starting of cabbage, tomato and other plants later.

Seeds should be ordered now, for the whole season, or at least, as soon as a definite garden plan has been arranged. The planting of succession crops should be considered in making an estimate of requirements, and an approximate date set for each sowing. Together with the seed orders (which of course cannot be given before catalogues are obtained) orders for gardening equipment, should go forward, but first all old tools, etc., should be examined and if it is possible to make them do more work, repairs should be made which should include the use of paint wherever it will prove serviceable.

DOES FROZEN SILAGE AFFECT FLAVOR OF MILK. This is a question that is of prime importance to all dairymen, and especially those who produce milk for city trade. From numerous experiments, it has been determined that silage which has been frozen, but which is fed as soon as possible after it has thawed out, has no injurious effect either upon the quality or flavor of the milk, or upon the health of the animal. If, however, the silage has been frozen, it will decay more quickly than if it had not been the case, and if it is then fed there is likely to be trouble. Frozen silage will not affect milk, but decayed silage will.

SILAGE FOR GROWING COLTS. Silage is not particularly adapted to feed to horses, but many good horsemen feed it to the animals they are carrying over the winter. When the silage is fresh and of first class quality, it can be safely fed to horses, but if it is the least old or tainted by being exposed to the air for long, it should not be fed. Of course, rotten silage should not be fed to any class of stock, but if there is any difference in the quality of the silage, the best should be fed to the horses, and the stuff that is not quite so good given to the cattle. Young colts may be safely fed a limited quantity of silage, but it must be the very best and used rather to give variety to the ration than for its feeding value. Try giving the young fellows a little every day and see if it does not make them more healthy. If roots are plentiful, it is better to feed them to the colts on a certain farm, it is not proof that this variety will not yield well there; it may have been due to low vitality in the seed stock. Such reversion in yield may have been due to disease or adverse soil or climatic conditions which affected the crop at some time and it may be better to discard the stock entirely than to try to bring it up to its former vitality by selection.

FIRE PROTECTION

Now is the time to figure out whether it will not pay you to have lightning rods put on your house and barns to protect them from lightning. Many experiments have shown that barns and buildings that are properly roded are very rarely struck, but the roding must be done properly or it is worse than useless. A building that is improperly roded is much more likely to be struck than one that is not. The main essentials in roding a building is to have all metal parts connected up with the rod, and that it will be in contact with moist earth. Even if your buildings are insured

IF STRENGTH DECLINES AS AGE ADVANCES Follow This Suggestion

So many women grow old before their time, perhaps your wife or sister. A little white age, buoyant, full of vigor and activity—she enjoyed life and imparted pleasure to the whole family; but now in a few short years she has faded and lost color and strength. She is just ready to develop some disease that will further weaken and debilitate. You remember how it began, failure of appetite, tired in the morning, round housework burdensome, always nervous and a little irritable. It's a shame to let her go down hill further when you can build her up so quickly with Ferrozene. The change this nourishing tonic makes in a weak woman is surprising. It gives great zest for food, increases appetite and digestion enormously. The blood gets richer and stronger and adds new life to every organ in the body. A rebuilding process works through the entire system. The first week will show an improvement, and a month or two will fatten up the thinnest, most run-down woman you can think of. Take Ferrozene for lost color, for nervousness, for weakness, use it when run-down and feeling poorly—it will do you more lasting good, keep you in better health, than anything else. Just as good for men and children, too, because Ferrozene is harmless and safe, 50c per box or six for \$2.50. At all dealers, or direct by mail from the Catarrhose Co., Kingston, Ont.

it will pay you to have them protected, for the insurance money will not repay you for the inconvenience that you will be put to if your main barn, say, is burnt down. Although it is a little, it should be made one's own lightning rods and put them on oneself, it is usually better to buy the rods from a company which makes a speciality of them and get it to put them up.

STABLE CLEANING MADE EASY. Nowadays, what with cement floors and gutters and litter carriers, cleaning out the stable is not half the labor and trouble it used to be. Although most people will find it better to buy a litter carrier and the track and equipment that go with it from some one of the firms that sell such things, if one is somewhat of a mechanic and handy with tools it should not be hard to make the carrier oneself. The iron track and wheels, of course, will have to be bought from a blacksmith or ironmonger, but the cost of these things is not amount to more than a few dollars.

During the winter when work is slack, the time can be profitably spent in making a carrier and putting it up.

UTILISATION OF STRAW.

On many farms where strict economy is observed valuable use is made of straw of all kinds. Frequently the straw is chopped up and mixed with other food such as beets, mangles, silage, &c., so as to make the food more palatable. Some farmers are so careful to get the fullest value out of their straw that they chop it up for bedding, and later distributed over the field, it is raked up and again used for bedding, after lying on the ground until it becomes clean and free from manure.

SELECTING VARIETIES OF CORN. In growing corn for silage, it is not necessary to have varieties that will come to maturity all at the same time, as the case when corn is grown for seed. Not many years ago, it was thought that corn could only be grown in those States to the south which are known as the Corn Belt States. It is now known that corn may be successfully grown pretty well all over Canada. In growing fodder corn, the thing to do is to choose one variety that will yield well, but will still be early enough to mature before the frost comes. It is impossible to get a variety that will both yield the greatest possible, and mature early enough to escape the frost. Another variety should be chosen that is selected for its yielding qualities. The more green fodder this variety will produce the acre, the better, regardless of the fact that it will not mature before the freeze up. By sowing these two varieties together, the yield of fodder is made large, but the variety which is chosen for that purpose and the quality and feeding value of the crop is ensured by the variety that although not yielding quite so heavily comes to maturity before the frosts catches it.

A very frequent cause of infertility in eggs is an over-fat condition of the hens. This we might expect, as we know that very fat females in large animals are shy of breeders. With a wider knowledge of the requirements of fowls, and with a more extended use of animal foods, infertility is becoming more infrequent in hardy strains.

BLANKET THE HORSE.

It pays, for the horse, like every other animal, responds to good treatment. If the horse is allowed to stand in the stable in cold weather, he should be protected with a heavy blanket immediately on stopping, even though he is sweating. When brought into the stable in a sweaty condition, however, he should not be blanketed until he has ceased to sweat or both half and blanket will remain wet. The stable blanket should be smaller and lighter than the street blanket. In case the horse has been clipped, he should stand in the stable with a blanket at all times, and unless such protection is given it is unwise to clip.

WINTER CARE OF BOAR.

Of the various kinds of grain, finely ground oats are perhaps the most desirable for the bulk of the ration. The addition of wheat middlings in the case of a young boar, or wheat bran in the case of a mature animal, to the extent of one-third of the ration by weight, added to the oats, makes a most useful combination. Skimmed milk may be fed to good advantage, especially to young boars. For the purpose of furnishing bulk, variety and succulence during the winter months some seedling clover or alfalfa hay, cut finely, soaked in warm water and mixed with the grain ration, gives excellent results. The boar should not be overfed, but given just what he will eat up clean. By all means, the feeder should avoid having the boar fat, as it is just as injurious as to have him too thin. Regular exercises should be given throughout the entire year. This can usually be furnished in winter through the medium of a small yard adjoining these pen.

BED THE ANIMALS WELL.

Animals confined in stables at night should have sufficient bedding to keep them clean and comfortable. Horses that are not well-bedded are likely to develop "shoe-balls" from lying on their front feet, which they double under themselves to protect their bodies from the floor. Clean straw, coarse hay, shavings, peatmoss and clean clean and comfortable bedding should always be free from chemical substances that will injure skin or feet, and it should be removed from the stalls every morning and exposed to the air—and sunlight if possible—during the day.

The bedding should be evenly distributed in the stall, the last thing before leaving the stable. Sufficient should be used to make the animal

comfortable, but an excess should be avoided. When animals are required to stand on hard floor of brick or cement, their feet should be protected by the use of bedding during the day.

RID TREES OF CANKERS

Cankers on apple trees are due to various causes, such as infection from fungi in great numbers. This can be in wounds caused by insects or other injury, and the character of the canker may be determined by sending a sample to your Experiment Station.

"There's a poor choice among rotten apples," and we do not care to take our pick of cankers, for whatever their particular characteristics they are all subject to the same cure, namely, cutting off and burning of the diseased limb.

Sometimes the affected portion can be well spared from the tree, and, when this is the case, the whole affected area should be cut out well beyond the apparently diseased portion, and the wound should be treated in the same manner as where the limb has been removed, namely, disinfected and painted, or a wood paint of creosote and creosote oil should be applied.

HOW TO BUY TREES. When starting an orchard every grower questions what varieties he should plant. Let us advise him to use such well-known varieties as have proved suitable to the soil of his locality. If he wishes to experiment a bit, let him regard this as a luxury, and let him carry on his experiments in NEW varieties, somewhat apart from his main orchard.

It is generally cheaper and more reliable to buy your stock from an established nursery than from an agent. Even if he be an accredited representative of some good nursery, he is a middle man, and as such entitled to his percentage, but the wise farmer will not pay it to him. He will go to the nearest nursery of which he knows the reputation, or if such he is lacking, he will be guided in his choice by the advertisements he sees in his fruit paper.

All farm papers now make an honest effort to carry only such advertising as is backed by reputable firms, and the farmer saves himself time, trouble and expense by making use of its columns to direct him in making his decisions.

RE FATTENING POULTRY.

To fatten poultry put them into a crate keep them for a day without food, then give them a special ration of seven parts corn meal, three parts middlings, and one part bran, with buttermilk enough to make a mixture about as thick as pancake batter. After three or four days on this ration they gain from 15 to 25 per cent. in weight and much more than that in flavor.

PIGS

THE BROOD SOW NEEDS GOOD CARE FOR BEST RESULTS. Unless this has already been done, it is not too early for those who are wintering brood sows to be putting things in order for their proper care and management. A brood-sow is not unlike other farm stock, in many particulars, and if she is worthy a place at all on the farm, she should have a Dillion 1.583, will cause deep regret among trotting horsemen of the country. No reason for this rather startling decision has been given.

POULTRY

FITTING THE HENHOUSE UP FOR REAL PROFIT.

The hens ought to have access to the entire floor of the house. Food hoppers and drinking vessels should rest on the table in the middle of the house or on the platform that extends from the wall. If hoppers and fountains are kept on the floor of the house the hens will soon pollute the food and water by scratching filth and litter into them.

When a platform or table is used to hold the hoppers and drinking vessels, it is an easy matter to arrange the nests under them in a convenient fashion. The nests should be made to slide in and out. The back part of the drawer should be boarded up only sufficiently to hold the nesting material, leaving an opening for the hens to enter the nest. The advantage of such nests are: They take up no floor space, being under the table; they are dark, and hens prefer dark nests. They can be removed and taken out of the building for cleaning and disinfecting and the eggs are easily gathered.

Nests should never be located on the floor of the house for the reasons seen, they take up necessary floor space, soon become fouled and induce the egg-eating habit. If nests are nailed to the wall, they should be provided with sloping covers, so the hens cannot roost on them at night.

Dropping-boards should be installed in all poultry houses. Dropping boards consist of a platform, a foot or so under the perches. The use of dropping-boards is to save manure and to keep the house in a sanitary condition. The house is kept in a good sanitary condition, however, only when the boards are cleaned as often as they could be. One cannot clean the boards at least every other day, it would be better not to have them. Hens must have fresh air, and an accumulation of poultry manure immediately under the perches will greatly debilitate the flock. The manure should be removed and kept in a separate place, and thus cause colds, catarrh and roup.

The perches ought to be at least 18 inches apart, and should be made of a material that will not splinter. They should be made of a material that will not splinter. They should be made of a material that will not splinter.

Lame Back Strengthened, Stiffness Taken Right Out WAS RELIEVED IN AN HOUR, AND CURED OVER NIGHT.

All you have to do is to rub on Nerviline. It's simply a wonder for backache—relieves after one rubbing. "Nothing possible could cure my aching back faster than Nerviline," writes Mrs. Arthur Kohar, of Lower Chelsea, N. S., "I caught cold and was so prostrated with pain I could not bend over. We always have Nerviline at home, and I had the painful region rubbed thoroughly with this grand liniment. At once the pain departed. The lameness was rapidly reduced and in an hour I was able to be about my household work. I was rubbed again just before retiring, and awoke as usual in the morning without a sign of my back trouble."

There is no sort of muscular pain that Nerviline won't cure quickly. Thousands swear by it for rheumatism, neuralgia, sciatica and lumbago. It sinks to the core of the pain—right through muscle, tissue and nerve—it penetrates where no oily, greasy liniment can go and invariably cures quickly. If you have an ache or a pain anywhere—use Nerviline—it will cure you. 25c per bottle at all dealers.

two inches wide, so the hen will not have to cramp their toes to hold on. A popular way of arranging perches is to have them one above another—step-fashion. This arrangement is a very poor one. When such perches are used, the hens will fight for the high places, resulting in much confusion, display of temper and some falls. The perches should be arranged on a level.

Provision should be made for a dusting place for hens. This can be done by boarding off a sunny corner and using the space so provided as a dusting place. If the floor is a dirty one it will only be necessary to keep the soil well spaded and pulverized. If, however, the floor is of boards or concrete, it will be necessary to provide dusting material. Road dust is good if a supply of this cannot be obtained, finely sifted coalashes will do as well. Woodashes should not be used in the dust-bath for the reason that the lime they contain will take the gloss from the hen's feathers.

The entire poultry-house floor, with the exception of the dusting place, should be kept bedded with litter. Exercise is essential to a good yield, and unless the hens are forced to work hard for the greater part of their grain ration, they will likely become lazy and fat.

—T. Z. RICHEY.

AMONG THE HORSES. A Gardiner (Maine) horseman has named his steed "Leave-it-to-Johnson."

Edward P. Davis, of Meredith, N. H., is racing My Star, 2.08 1/2 on the ice.

Eddie Sunderland is planning to do his spring training as Springfield, Mass.

Ruth D., 2.06 1/2, is back on the Lyndonville (Vt.) speedway—again winning, too!

Red and Black 2.10 1/2, and Cinnamon 2.07 1/2, are racing on the ice at Whitefield, N. H.

It is possible that a horse show will be held at Springfield, Mass., during the week of April 16.

Mr. G. R. Hooper, city, has purchased Katola Todd, by Todd, one of the Island's most promising young race horses.

Five-hundred-dollar stakes for 2.15 trotters and 2.30 pacers will be given at the South Weymouth (Mass.) Fair this year.

John T. Mullin, Kensington, has a bunch of embryo "speeders" sired by such horses as "Brazilian," "Commander," "Baron Highball,"—K.

Chauncey H. Sears, of Fall River, Mass., owner of Mary Putney, 2.04 1/2, and Director Todd, 2.07 1/2, will spend the remainder of the winter at Eustis, Florida.

Under the new time allowance rule Earl Jr., 2.01 1/2, is eligible to the 2.06 class on the big rings. He stepped in better than 2.08 over a double O on more than one occasion last spring.

Judging from the four-days program that Joe Graham has announced for the big meeting at Windsor, four of July week, there will be a battle royal in the vicinity of Hartford long before September.

The announcement that Mr. Dillon 1.583, will cause deep regret among trotting horsemen of the country. No reason for this rather startling decision has been given.

The following program is announced for July 4 at the Readville track: American Trotting Derby, for three-year-olds eligible to the 2.20 class, \$3,000; The Massachusetts 2.08 trot, \$2,500; free-for-all pace \$2,500; 2.14 trot \$1,500; 2.18 trot \$1,500. All races 2-in-3, three per cent. entrance.

There should be an incentive for trainers to get their fast steers early this spring now that Windsor and Hartford have each announced a \$2,000 free-for-all for the Fourth of July, and a \$2,500 event for pacers eligible to same class is on the proposed card for Readville the same day.

KEEP FEWER HORSES

In these days of efficiency and economy, it is highly important that every man should do everything possible to reduce the total number of horses. It is necessary to keep and to increase the ways of finding profitable employment for them. The idle horse is a boarder and an expense. Keep him busy. Live stock that will produce meat, milk or eggs in return for the feed eaten can be kept profitably employed the year around, while with horses there are times when they must of necessity stand idle.

OUT THIS OUT

OLD ENGLISH RECIPE FOR CATARRH, CATARRHAL DEAFNESS AND HEAD NOISES

If you know someone who is troubled with head noises, or Catarrh, Deafness, cut out this formula, and hand it to them and you have been the means of saving some poor sufferer perhaps from total deafness. We believe that Catarrh, Catarrhal Deafness, head noises, etc., are caused by constitutional disease, and that salve sprays, inhalers, etc., merely temporize with the complaint, and seldom, if ever effect a permanent cure. This being so, much time has been spent in perfecting a pure, gentle, yet effective tonic that should quickly dispel all traces of the catarrhal poison from the system. The effective prescription which was eventually formulated is given below in an understandable form so that anyone can use it in their own home at little expense.

Secure from your druggist 1 oz. Panmit (Double Strength), about 75c worth. Take this home and add to it 1/4 pint of hot water and 4 oz. of granulated sugar; stir until dissolved. Take one tablespoonful four times a day.

The first dose should begin to relieve the distressing head noises, head ache, dullness, cloudy thinking, etc., while the hearing should rapidly return as the system is invigorated by the tonic action of the treatment. Loss of smell and mucus dropping in the back of the throat; are other symptoms which show the presence of catarrhal poison, which are often overcome by this efficacious treatment. If nearly ninety per cent of all ear troubles are directly caused by catarrh, there must be many people whose hearing may be restored by this simple home treatment.

Every person who is troubled with head noises, catarrhal deafness, or catarrh in any form, should give this prescription a trial.

Any druggist can supply you, or a bottle will be sent on receipt of 75c postal note or money order. Address International Laboratories, 74 St. Antoine St., Montreal, Canada.