

Take Iron, Says a Doctor, if You Want Plenty of "Stay There" Strength Like an Athlete!

Ordinary Nuxated Iron Will Make Dicate, Nervous, Run-down People 200 Per Cent. Stronger in Two Weeks' Time, in Many Cases.

NEW YORK, N. Y.—Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum or narcotic drug, said Dr. Sauer, a specialist of this city, when, as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get the strength out of their food because they haven't enough iron in their blood to enable it to change food into living matter. From their weakened, nervous condition they know something is wrong, but they can't tell what, so they generally commence doctoring for stomach, liver or kidney trouble or symptoms of some other ailment caused by the lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. If you are not strong or well, you owe it to yourself to make the following test. See how long you can work or how far you can walk without becoming tired. Next take two five grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were all the while, double and even triple their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form,

and this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old form of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prize fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.

NOTE—Nuxated iron recommended above by Dr. Sauer, is one of the newer organic iron compounds. Unlike the older inorganic iron products, it is easily assimilated, does not injure the stomach, make them black, nor upset the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturer, have such great confidence in Nuxated Iron that they offer to forfeit \$100.00 on any charitable institution if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent. or over in four weeks time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by E. A. Foster, the Central Drug Store, and all other druggists.

FARM

(Continued from page nine.)

on the thin places in the field, it may pay to use as much as 12 pounds per acre on these spots.

Good judgment must also be used as to the time of seeding. Some like to sow real early, say in February or early in March, while others favor late seeding. Observations tend to prove, however, that a happy medium between the very early and the very late seeding gives the best results one year with another. Late seedings often fail because of dry weather, while if the seed is sown early and a nice, warm day comes, many of the seeds will sprout and the young plants are then very easily killed by severe weather conditions which follow the warm period. In any event, it hardly pays to expose the seed to the extremes of weather which usually occur during late February. From the 1st to the 15th of March the soil is usually supplied with sufficient moisture and the ground is in the right condition for the seed to work downward to the proper depth to take root, while the action of the frost and early Spring rains will supply additional covering. Any morning during this period when the sun is coming out warm and clear so that thawing will soon take place is an ideal time to sow. The seed will run into the little cells, then the thawing will melt and run the surface of the ground together, so that by noon the seed will be covered. Then when the sun comes out they will not be exposed to any frost that comes; they will also be prevented from washing if a dashing rain follows soon after sowing. Some few people do not object to seeding on snow, but it is generally conceded that this is a bad practice since in cold weather many of the seeds will be coughed by birds, and if the snow is washed into bunches, in the low places if not off the field entirely in the case of hillside land. Better results are obtained by sowing on the bare ground at a time when freezing takes place each night followed by thawing the next morning.

The seeding should be done on still days, say on a calm or a light breeze or on a breeze blowing in streaks or bunches. Oftentimes it is necessary to get out early in the morning before the wind becomes so strong as to make even seeding uncertain.

The old method of sowing by hand is not to be compared with the even distribution of seed we get with the good seeder, such as is operated with a crank or a bow. The average machine sows clover seed 36 feet to each round, and if one is reasonably careful in setting the guide stakes at the ends of the field there will be no thick and thin streaks when the clover grows up. A wheelbarrow seeder can be used on windy days as well as on calm days. In sowing a mixture of timothy and clover seed, or rather when sowing both kinds of seed on the same ground, it is advisable to sow one kind at a time because when mixed they will not scatter evenly owing to the inequality in weight. It is never advisable to mix grass seeds with grain when the latter is being sown with a drill because the grass seeds will be put in the ground so deeply that a large per cent. will never germinate.

Some have adopted the plan of increasing slightly the quality of seed usually sown and then dividing it into two equal parts. One part is sown some time during the period between the last of February and the last of March, and in about a month the first seeding is crossed with the remainder of the seed. Some good stands have resulted from this method of seeding as it gives two chances for the clover to catch. One seeding may develop all right, while the other will be a total failure, or perhaps the other will come all right. But if only one should catch there will be a fairly good stand provided good seed is used.—Michigan Farmer.

How You May Reduce Your Weight

Overstoutness is a very unwelcome condition especially in the present day, when slender figures are so fashionable, and every reader of this paper has noticed the tendency of some people to put on an excessive amount of fat.

If you happen to be one of those whose weight is more than it should be, don't try to starve yourself, eat all you want, but go to your druggist and get oil of orlaine in capsule form and take one with each meal.

Oil of orlaine increases the oxygen-carrying power of the blood and dissolves the fatty tissue, in many cases at nearly the rate of one lb. per day. Be sure you get oil of orlaine in capsule form. It is sold only in original sealed packages. Any good druggist has it, or a large size box will be sent on receipt of \$1.00. Address D. J. Little Drug Co., Box 1240, Montreal, Can.

It is interesting to note, however, that the results in milk production are as follows: 6 Southern Longfellow silage, produced 1,585.2 lbs. milk in one week; 6 cows, on Southern Sweet silage, produced 1,510.3 lbs. milk in one week.

This gives a difference of 74.9 lbs. milk in favor of the Longfellow silage. During each week the six cows consumed 1,512 lbs. of silage, and during the second week the same amount was consumed. The only conclusion open to us is that the difference in milk production was due to the difference in quality of the silage, which may or may not be correct, because in any feeding test the individuality of the animals always enters into the problem.

We assume that 1,512 pounds of Longfellow silage produced 74.9 lbs. milk more than the same quantity of Southern Sweet silage, and if we value milk at \$1.60 per hundred (which is the price we are receiving for it; then a little mathematical operation shows that one ton of Longfellow silage, in this test, was worth to us \$1.58 more than one ton of Southern Sweet. This looks extremely high, and in the light of the following test it is probably a good deal higher than we are warranted in expecting in all cases.

Test number two was conducted in a different manner. Eight cows were fed the Southern Sweet silage for two weeks then they were changed to Longfellow silage for two weeks, followed by another two weeks period of Southern Sweet. In reckoning results, the average milk production during the two periods on Southern Sweet was compared with the middle period on Longfellow silage. As in the previous test only the second week of each period was considered, for reasons previously given, and throughout the six weeks all other feeds resumed by the cows were exactly the same from day to day.

In test two—8 cows produced 1,931.3 lbs. milk in one week on Longfellow silage, 8 cows produced 1,877.9 lbs. milk in one week on Southern Sweet silage.

In this test, therefore, we have a difference of 43.4 lbs. milk in favor of the Longfellow silage. The 8 cows consumed 1,778 lbs. silage during each week, and, therefore, on the assumption used in the previous test, 1,778 lbs. of Longfellow silage was worth 43.4 lbs. milk more than the same quantity of Southern Sweet silage. Valuing the milk as in the previous test, we find that Longfellow silage, in test number two, would be worth 78 cents per ton more than Southern Sweet silage. This difference, in favor of Longfellow, is barely half the difference shown in the previous test, and there is no way of explaining the variation except that the individuality of the cows has had an influence in bringing about this discrepancy.

It is interesting to note, however, that in each test there was a pronounced difference in favor of the silage from the more matured corn, although it would be unsafe to make any positive statement as to just how great this difference was, with the meagre evidence before us. It will be necessary to do considerably more work along this line before we feel safe in drawing anything but the most general conclusions.

A rather interesting comparison can be made on the basis of the yield per acre.

The Longfellow yielded nine tons four hundred and seventy pounds per acre, of green material. According to test number two, and assuming that the weight of silage is the same as the weight of green material, the 9 tons 470 lbs. of Longfellow silage grown upon one acre would be worth \$7.20 more than the same weight of Southern Sweet silage. Thus, the \$7.20 additional value of the Longfellow silage on the one acre, must be set off against the extra two tons of Southern Sweet silage, so that we may see, so that in test number two, no particular advantage is shown in favor of either variety when it comes to value of product per acre.

Using the same process in test number one, we would have \$14.50 set off against the extra two tons of Southern Sweet silage, so that we may safely say the test number one shows a marked advantage in favor of the early-maturing but lighter-yielding variety.

The figures just given are not entirely satisfactory, because they should be based upon the yield of silage per acre and not upon the green material, but, as previously stated, we cannot ascertain the actual yield of the silage until all the silage has been fed.

Though incomplete, the figures given are interesting and suggestive and indicate the necessity for further work along this line.—Farmers Advocate.

THE MARKETS

TORONTO.

Hogs Fed and Watered	\$9.50
Cattle	8.00
Lambs	12.50

TORONTO.

Butter	32 1/2c
Eggs	30c
Cheese (large)	19c

MONTREAL.

Hogs Off Cars	\$10.50
Cattle	8.15
Lambs	10.50

MONTREAL.

Butter	35c
Eggs	40c
Cheese (large)	18 1/2c

BUFFALO.

Hogs Fed and Watered	\$8.35
Cattle	8.85
Lambs	11.25

NEW YORK.

Butter	32 1/2c
Eggs	37c
Cheese (large)	18 1/2c

Cattle Market. Top prices

This week	\$8.00
Last week	8.00
Two weeks ago	8.15
Same week 1915	8.25
1914	8.40
1913	7.00
1912	6.75

Sheep Market. Top prices

This week	\$8.75
Last week	8.50
Two weeks ago	8.00
Same week 1915	6.50
1914	7.00
1913	5.75
1912	5.00

Hog Market. Top price

This week	\$9.50
Last week	9.35
Two weeks ago	9.00
Same week 1915	9.30
1914	9.60
1913	9.00
1912	6.85

Grain Market. Fall

Wheat	\$1.17
Oats	59
This week	1.15
Last week	1.10
Two weeks ago	1.10
Same week 1915	1.55
1914	.93
1913	.97
1912	.96

Butter. Farmers' Creamery

This week	30
Last week	30
Two weeks ago	30
Same week 1915	28
1914	25
1913	26
1912	31

Eggs. New-Laid

This week	30
Last week	33
Two weeks ago	35
Same week 1915	30
1914	33
1913	25
1912	40

Not a Symptom Left Anywhere

DODD'S KIDNEY PILLS CLEARED UP D. R. McLEOD'S KIDNEY DISEASE.

Nova Scotia Man Tells How and Why He is Enjoying All His Old-Time Health and Vigor.

West Tarbot, Victoria Co., N. S.—Feb. 11th. (Special).—"Yes, I feel healthy and full of my old-time vigor." This was the answer of Dan R. McLeod, a prominent resident of this place, to a question regarding his present health. Everybody here knows that last winter Mr. McLeod was a severe sufferer from kidney disease. And he is most emphatic as to the cause of his cure.

"I used seven boxes of Dodd's Kidney Pills," he says, "and not only have I been greatly benefited by their use, but I am entirely cured of every symptom of kidney disease."

The reason people talk so enthusiastically about Dodd's Kidney Pills is that they make them well all over. Acting on the kidneys they put those organs in condition to strain all the impurities out of the blood. That means pure blood recirculated to all parts of the body. And people who are healthy all over are always cheerful and enthusiastic.

JIMMY'S WAY

Dick and Jimmy were spending a few days with their grandmother, who spoils them, as grandmothers will. One night they were saying their prayers, and little Jimmy vociferated his petition to the Heavenly Throne in a voice that could be heard a mile. He was telling the Divine Providence what he wanted for Christmas, and his enthusiasm in the cause got on his brother's nerves. "What are you praying for presents so loud for?" interrupted Dick. "The Lord ain't deaf." "No," whispered Jimmy, "but grandma is."

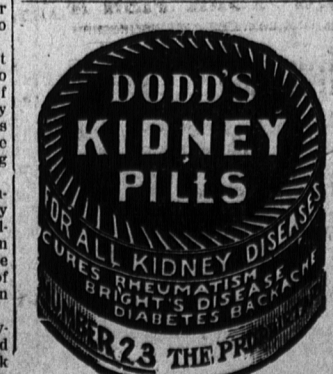
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SUNDAY SCHOOL LESSON

LESSON FOR FEBRUARY 13TH. HUMBLING AND EXALTED.

Philippians 2: 1-11.

Golden Text.—For ye know that the grace of our Lord Jesus Christ, that though he became poor, yet for your sakes he became poor, that ye through his poverty might become rich.—2 Cor. 8: 9.

THE HUMILIATION AND EXALTATION OF CHRIST.

No one ever descended into such depths as Jesus Christ; for no one ever ascended to such heights. He could say, "And now, O father, glorify thou me with thine own self with the glory which I had with thee before the world was." (John 17: 5.)

Jesus Christ was originally existing in the form of God. (Phil. 2: 6.) We must not attempt to rationalize or try to explain this statement away. The word "Form" here must not be confused with the Greek word for essence. The manifestations of God in the Old Testament took many forms. "Jacob called the name of that place Bethel for he said, I have seen God face to face" (Gen. 28: 16). "I saw the Lord," said Isaiah, "sitting upon a throne high and lifted up" (Isa. 6: 1). "Their angels do always behold the face of my Father who is in heaven" (Matt. 18: 10). But though Christ was originally in the form and glory of God, he did not refuse to let it go; but voluntarily laid these things by that he might redeem man and glorify the Father. He did not grasp at these things.

2. His humiliation was quite voluntarily as well as His death. Notice carefully what He did.

He emptied Himself.

He took the form of a bondservant.

He humbled Himself.

He became obedient unto the death of the cross.

He became a lowly man, doing everything under the power of the Holy Ghost and in the will of the Father. "I did not—could not—choose the form that I should wear; but Christ my Saviour did."

"For verily not of angels did he take hold, but he took hold of the seed of Abraham" (Heb. 2: 16).

3. The Exaltation of Christ is glorious. God hath highly exalted Him. He who descended into the depths of poverty, suffering and death has now ascended far above the heavens. The Risen Ascended, Glorified Man has taken His seat with the Father in His throne. (Rev. 3: 21.) God the Father hath made Christ sit at His right hand in the heavenly places, far above all rule and au-

LESSONS FROM HIS HUMILIATION.

(1) Humility: Have thine mind in you (v. 6). He humbled Himself for our sakes; shall we not try to follow in His steps. (2) The lesson of love. If He laid down His life for us we ought also to lay down our lives for the brethren (1 John 3: 16).

Lessons from His Exaltation.—(1) God rewards and exalts the humble in heart and life. (2) The final triumph of Jesus Christ is sure. (3) The glory of God the Father will be manifest to all intelligent beings in all parts of God's Universe. In the morning of Creation all the sons of God shouted for joy (Job. 38: 9). In the morning of the New Creation what a shout. Every tongue shall confess. And a second time they say Hallelujah (Rev. 19: 3).

A JUST COMPLAINT.

(Harper's Weekly)

Stout, Red-Faced Lady—"Do you mean to say you won't give me my money back for the book just because I have read it. You know you advertise that it is your aim to have only satisfactory customers."

"Yes, madam, but what is the matter? Is the print imperfect, or anything like that?"

"Then why are you not satisfied with the novel?"

"Why, I don't like the way it ends."

MOTHER HAD APPEALED TO THREE DOCTORS IN VAIN—CURED FOUR MONTHS AGO BY USE OF DR. CHASE'S NERVE FOOD

This letter from Mrs. Noxel is endorsed by Mr. H. J. Mahaffy, druggist, Port Colborne, Ont., as being true and correct. While it reports a most remarkable cure of epileptic fits by use of Dr. Chase's Nerve Food, it only goes to corroborate similar cures reported by others.

Mrs. Henrietta M. Noxel, R. R. No. 1, Humberstone, Ont., writes: "I cannot help writing to you, as I want you to know what a blessing Dr. Chase's Nerve Food and Kidney-Liver Pills have been to my boy. He was taken with very violent fits, would twitch all over, his eyes would turn towards his nose, his jaws set and his lips turn almost purple. He would clutch his fists tightly, become unconscious and then go into a long sleep. After several hours he would wake up sighing and so weak he could not stand. I was afraid he would die and took him to the doctor, who pronounced his case epilepsy, and his medicine was not effective and the fits continued, I took him to another doctor at Port Hill, but his medicine seemed to make him worse.

"As the boy's nerves were in such a state that he could not sit down or lie down, and the fits continued, I took

thority and power and dominion, and every name that is named (Eph. 1: 20). "Thou shalt call his name Jesus" (Matt. 1: 21). That is the name. The name given from heaven and called upon the Babe in Bethlehem has been eternally confirmed.

4. The crowning day of Christ's exaltation which is coming.

(a) Universal Adoration.—Every knee shall bow in the name of Jesus. The inhabitants of three places in God's Universe shall bow the knee (v. 10). Being in heaven, beings on earth, beings in the under regions. Some in adoration; some in loving amazement as they behold the riches of His grace; some in terror and confusion. His enemies shall lick the dust (Psa. 72: 9).

(b) Universal Confession.—Every tongue shall confess the Lordship of Christ. Every tongue shall confess Jesus Christ is Lord to the glory of God the Father. Men may and do refuse to bend the knee now; but they will be compelled to do it when Christ is crowned King of the Universe. Men refuse to confess Jesus now; but the time is coming when they will be compelled to confess that Jesus is God's anointed one.

Jesus the name high over all

In hell or earth or sky; Angels and men before Him fall, And devils fear and fly.

Lessons from His Humiliation.—(1) Humility: Have thine mind in you (v. 6). He humbled Himself for our sakes; shall we not try to follow in His steps. (2) The lesson of love. If He laid down His life for us we ought also to lay down our lives for the brethren (1 John 3: 16).

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MATURE VS. IMMATURE CORN FOR SILAGE

As promised last week in our report of the Experimental Union, we have published here Prof. E. J. Day's findings of mature and immature corn for silage. The results follow:

There is considerable difference of opinion among farmers as to whether it is advisable to sacrifice something in quantity in order to secure maturity in corn grown for silage purposes.

During the summer of 1915 prepared to make a test to conduct a difference between early-maturing and late-maturing corn. Longfellow was selected for the early-maturing variety, and Mammoth Southern Sweet for the late maturing. We also planted two intermediate varieties, namely—White Can Yellow Dent and Wisconsin No. 7. The four varieties were planted on May 31, in the same field, and had the same cultivation. The season was somewhat backward until August, so that none of the varieties reached as full a stage of maturity as would probably have been reached in a normal season. The corn was all in the silos by September 26.

At the time of cutting, the grain of the Longfellow was glazed in the firm-dough stage. That of two medium varieties was in the milk stage, and in the case of the Mammoth Southern Sweet was put in a separate silo, so that comparisons could be made of this variety with the others. Up to the present, only one comparison has been practicable, namely, that of the Mammoth Southern Sweet silage with the silage from the Longfellow variety. A little later we will be able to secure comparisons of Mammoth Southern Sweet with the two medium varieties.

Whether it was owing to the season or to some other cause, germination was only fairly satisfactory, but there did not seem to be much difference among the varieties in this respect. The yields per acre of green material were as follows: Mammoth Southern Sweet, 11 tons 414 lbs.; Wisconsin No. 7 10 tons 1,840 lbs.; White Can Yellow Dent, 10 tons 1,855 lbs.; Longfellow, 9 tons 470 lbs. The corn lay in the sheaf for two days before it was considerably in weight during this period.

It will be seen, therefore, that the Mammoth Southern Sweet yielded two tons per acre more than the Longfellow. This, of course, was the weight of the green corn, and we cannot tell how much silage was produced per acre by the different varieties until all the silage has been fed. The silage from the Southern Sweet has a de-

A Most Extraordinary Cure of Epileptic Fits

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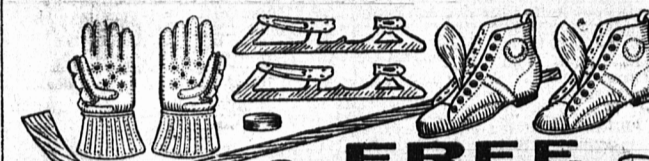
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Why bear those pains? A single bottle will convince you

Sloan's Liniment

Arrests Inflammation. Prevents severe complications. Just put a few drops on the painful spot and the pain disappears.



BOYS—Don't pay \$4.00 or \$6.00 for a hockey outfit, when you can get ABSOLUTELY FREE, this magnificent outfit complete, consisting of a pair of splendid, strong, polished, heavy skates (all sizes), a good lively puck, and a strong, well-made rock elm hockey stick; and in addition every boy can secure an extra present, a sturdy pair of well padded hockey gloves with fingers and wrists protected by cane splints covered with leather, or a pair of strong, heavy hockey boots with specially padded uppers and reinforced across the toe with the best material available. Write for your FREE OUTFIT TODAY—before you forget, and we will address: REGAL MANUFACTURING CO., SEPT. H. 17 TORONTO, ONT.

WHAT YOUR MOUTH TELLS

Lips that fit into one another, the central peak of the upper fitting, as it were, into the lower lip, denotes concentration.

A large shapely mouth signifies breadth of mind and toleration. Thin lips denote covetousness, greed, selfishness and unless strongly contradicted by some other love of power.

The more curved and flexible the lips the more yielding the nature. The more straight and firm the lips, the more severe the nature.

Lips that look as if they had pressed into straight line show self-repression, nervousness and obstinacy.

A mouth to be perfect should be large and shapely, the corners straight or very slightly drooped. Lips neither thick nor thin and firmly but easily closed.

TRY IT ON YOUR PIANO.

Our willclean and polish your piano just as it will every other piece of furniture and woodwork. Requires little work and the results are truly wonderful.

At Your Dealers 25c to \$3.00.

CHANNELL CHEMICAL CO., LTD. 369 Spadina Ave., Toronto.

WORTH TRYING

Mrs. Grimes—"How in the world do you get rid of your stale bread? I have to throw lots of mine away."

Mrs. Smarte—"There's no need for you to do that. Why not do as I do? I just hide it away from the children."

Mrs. Grimes—"Hide it away from the children? What then?" Mrs. Smarte—"Then the children find it and eat up every morsel of it."—Scottish American.

DEARBORN'S National Cream of Tartar Compound

MADE IN CANADA

Absolute Purity (GUARANTEED)

Conforms to all the Government's Pure Food Laws, is PURER than Cream of Tartar, contains no LIME, SULPHATE OR FREE ACID; is slower in acting, does not release gas from Soda until actually in the oven, which is an advantage over Cream of Tartar, which starts to release the gas as soon as the dough is mixed.

PERFECT SATISFACTION GUARANTEED. RETAIL PRICES. 1.4 lb. pkgs. 10c. 1-2 lb. pkgs. 18c. 1 lb. pkgs. 35c.

CAUTION. Beware of imitations, containing alum, see that the name Dearborn's National Cream of Tartar Compound is on every package. Used just the same as Cream of Tartar. 6583-115MmwmLMD.

Horse Races

on the Charlottetown ice Wednesday, Jan. 26, 2.40 Pace Purse \$25.00 Belmont Miller B. G. by Aquiri 1. 1. 1. John Beggs B. - G. by Princeton 3. 2. 2. Lillian Patchen Br. M. by The Patchen Boy 2. 1. 3. Bonny Cap ch. M. by Bonita 4. 3. 4. Time 1.10, 1.13, 1.17. Aquiri's Fee for 1916 is \$15.00. One price to everyone and the same price to all.

J. M. Nicholson, D.V.D.

202 Kent St. Charlottetown, P. E. I. Ru. Fri. Dly. Sat.

Eastern S. S. Lines

INTERNATIONAL LINE. S. S. North Star.

Leave St. John Thursday at 9.00 a. m. Coastwise to Boston. Return, leave Boston Mondays at 9 a. m., via Portland, East Port and Lunenburg.

MAIN STEAMSHIP LINE. Between Portland and New York. Steamship North Land and Herman Winter. Reduced Fares—Reduced Steerage Prices. Schedule distributed—Information upon request. St. John City Ticket Office, 47 King Street. At C. Currie, Agent, St. John, N. B. A. E. Fleming, T. F. & P. A., St. John New Brunswick.

Furness Sailings

From LONDON From HALIFAX

STEAMER	
Shenandoah	Jan. 19th
Jan. 29th	Kanawha
Feb. 12th	Rappahannock
25th	

From LIVERPOOL From HALIFAX

STEAMER	
Jan. 29th	Tabasco
Jan. 29th	Dromore
Feb. 27th	Graciana
Feb. 27th	Durango

Furness, Withy & Co., Ltd. Halifax, N. S.