

THE DISCOVERY OF "VITAMINES"

The study of beriberi and pellagra led to the discovery of a group of food essentials known as "vitamines." They are necessary to normal nutrition and to normal growth. They are found in the whole wheat grain. In making Shredded Wheat Biscuit all the vitamines are retained—all the elements that are needed for building a perfect body. Two of these little loaves of baked whole wheat with milk or cream (or hot water) make a nourishing, satisfying meal for a few cents.

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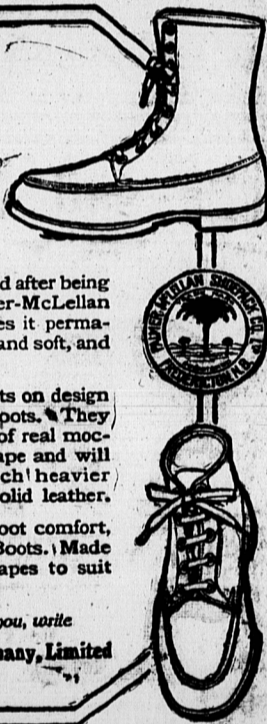
Palmer-McLellan Patented Farm Boots are made on roomy lasts, modeled to the natural shape of the foot.

The best selected leather is used after being tanned by the exclusive Palmer-McLellan Chromoil process, which makes it permanently water-resisting, durable and soft, and pliable under all conditions.

We own exclusively the patents on design and construction of these boots. They have all the foot fitting ease of real moccasins, but will hold their shape and will outwear other boots of much heavier construction, for they are all solid leather.

For long service and lasting foot comfort, wear Palmer-McLellan Farm Boots. Made in a variety of styles and shapes to suit every need.

If your dealer cannot supply you, write Palmer-McLellan Shoe Company, Limited, Fredericton, N.B.




WAGSTAFFE'S
Real Seville
Orange Marmalade
All Orange and Sugar—
No Camouflage.
Bottled with care in Silver Pans.
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Our Up-to-Date Boarding House. Board Furnished at \$3.00 per week while working with us. A Competent Matron in charge.

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What to Do When Animals Bloat

By W. H. Underwood in Canadian Countryman.

During my more than thirty years of experience in the management of live stock, I have had a good deal of experience with bloat among my animals and have many times been called by a neighbor to assist in relieving an animal of the trouble. The subject has received my careful attention and study, and I wish to mention the usual causes, effects and some remedial measures. The malady is not to be lightly considered.

When an animal bloats, indigestion is present, and it takes the generation of large quantities of gas in the stomach. In the horse the stomach is small containing only about three and one-half gallons, but the large intestine (caecum) has a capacity of many gallons, and it is here that the bloat most commonly occurs. There are four compartments in the stomach of the cow, the first one being the rumen or paunch which occupies two-thirds of the left side of the body and holds forty gallons or more. The colon of the horse is on the left side. In the cow bloats distend the upper part of the left flank. In a horse the distension is seen high up in the right flank. A cow can belch gas and also vomit and so she may relieve herself to a certain degree when attacked by bloat, but a horse cannot vomit or pass gas from the mouth. The folds of mucus membrane of the gullet of the horse close to the stomach prevent the return of feed or gas unless rupture has occurred or bloat is severe. The horse also has a large soft palate which closes the back of the mouth, so that breathing cannot take place through the mouth or feed return that way. When gas is excessive the walls of the stomach or intestine tend to become paralyzed from distension, and when this occurs passage of manure and gas cannot take place and inflammation quickly ensues, especially in the horse. The stomach of the sheep also has four compartments and bloats occurs in the paunch. In hogs bloats is not met with, as vomiting occurs at once, as it does in the dog and cat.

In cattle bloats is most likely to follow the eating of rank growths of green alfalfa or clover when wet with dew or rain, and a sudden change of feed may cause the trouble, and it may also follow a sudden chill or shock or fatigue or be present in hot muggy weather when the atmosphere is surcharged with electricity. Anything that will cause colic in the horse may result in formation of gas in the stomach, and acute attacks of indigestion affecting the stomach commonly prove fatal by causing rupture of the stomach or suffocation. In most cases, however, the bloats occurs in the colon, and that may be relieved by tapping with a trocar and cannula in the most distended part and administration of suitable remedies. When the stomach is distended with gas the trained veterinarian may give relief by passing a stomach tube through the nostril into the stomach and drawing off gas and some of the fluid content.

CATTLE BLOATING

To prevent cattle from bloats it is well to feed dry hay before turning them out on clover or alfalfa pasture for the first time, and then to gradually accustom them to such green feed letting them graze for a short time at first, and then gradually lengthening the time, until it is seen that they are not going to bloat. It also is necessary to keep cattle off such green growths when the grass is wet with dew or rain, and as bloats is liable to occur during any hot muggy time and any time of weather, it is wise to keep cattle on spare pasture at such times. Allowing cattle free access to a mixture of salt and slaked lime will also have a tendency to prevent bloat. The same rules apply to sheep.

Horses will not be liable to suffer from colic in any form or dangerous bloats of the stomach or of the colon (flatulent or wind colic) if always fed by the same person and at regular periods, and never fed when hot, sweaty and tired. If the drinking water is given before feeding, no sudden change of feed is made, and all feed offered is sound and suitable. If the horse is fed from a large box, bolting of the feed will be prevented. Every farmer ought to have the teeth of his horses attended to by a veterinarian once or twice a year, so that the animals may always be able to perfectly masticate their feed. When a new feeding material, such as new hay or new oats is being introduced the horses should be gradually accustomed to it. Once I was at work in a field near the roadside. A neighbor approached on a fine Percheron. He stopped, alighted, left the horse free, and stepped up to the fence, and during our conversation of about one hour, the horse grazed fresh grass near by. He had not been accustomed to green grass that season. The result was a severe case of bloats, which required the services of a veterinarian to relieve.

When a horse bloats it is best to have a veterinarian to do the tapping, as that operation is much more dangerous in the horse than in the cow. It may not always be necessary to tap a horse for wind colic, but when tapping is necessary it should be done at once and properly. If improperly done it may fall to draw off the gas or may cause an abscess from infection. Until the veterinarian can be had it will be safe, and probably helpful, to give two ounces of turpentine shaken up in a pint of raw linseed oil or a quart of new milk, but not if the stomach is bloated and the horse trying to belch gas and feed.

If the cow bloats I would stand her fore legs high, put a thick bit in her mouth or pass a rubber hose down her gullet or try the effects of a handful of salt placed in the mouth until the medicine can be prepared. I would give her two ounces of turpentine in a pint of raw linseed oil or a quart of fresh whole milk, or give two ounces of hyposulphite of soda dissolved in a pint of water, to which an ounce of aromatic spirits of ammonia is added. A dram each of tincture of ginger and essence of peppermint will prove helpful as an addition to other remedies. The trained veterinarian gives large doses and other drugs that would scarcely be safe for general use. If tapping is necessary it is to be done high up in the left flank, where most distended, close to the last rib and just under the transverse processes of the spine. Care should be taken not to tap too low. A small incision is made through the cleansed skin, the point of the sterilized trocar and cannula is then inserted in the cut directly downward, forward and inward and then driven in by a smart blow with the palm of the hand. It is best to do this from the right side of the cow, leaning over her back. If tapping has to be done more than once, a new incision should be made each time. The trocar (dagger) is inserted in the caecum sheath tube, before it is withdrawn from the paunch. A good disinfectant is applied to the wound.

If a sheep bloats I would give a pint of new warm milk and repeat in half an hour if necessary. Tapping of a horse is also done with a special instrument, which is longer and finer in calibre than the instrument used for tapping a cow. Any expert stockman may successfully tap a cow. One should, however, be very careful to sterilize the instrument by boiling for about twenty minutes before use. After used it should be well sterilized. On my farm I keep a full line of such instruments as are used in tapping animals, treating milk fever, etc., also a number of the well known drugs which are safe to use, and also have a number of the best books which treat on the various diseases of live stock. I

am sure this outfit has enabled me to save the lives of valuable animals as well as the expense of a veterinarian's remedies and advice. If, however, when treating an animal recovery seems slow or uncertain, or the case is at all severe, I do not hesitate in employing the services of the veterinarian.

HEAD NOISES

One of the most annoying symptoms of congestion or inflammation of the ear, and the most distressing affliction in many cases of deafness, is what the doctors call tinnitus and others call ringing in the ears. Noise in the ears is a better phrase for the sounds of an infinite variety—the ringing of bells, the humming of bees, the buzzing of insects, drumming, blowing, swishing, puffing—the deep notes of an organ or the scream of escaping steam.

They may be heard in one ear or in both. If in both, they may be alike, or the sounds in one ear may be different from those in the other. They may be continuous, though usually varying in intensity, or they may be intermittent. When continuous, they are likely to be less intense in the morning, after a good night's rest, and to increase gradually in intensity as the day wears on and the sufferer grows fatigued with the day's work. Similarly, when they are intermittent they are more likely to return when the patient is fatigued with work or depressed by worry.

The causes of head noises are many and various. If they are an almost constant symptom of acute disease of the middle or internal ear, and they are common also in chronic ear troubles. They often add greatly to the trials of the deaf. But also they occur frequently in those whose hearing is acute and who have no ear trouble: valvular disease of the heart may cause a loud murmur in the ear; and any temporary or permanent change in the size of the blood vessels of the ear, caused by poisons circulating in the blood as a result of intestinal auto-intoxication, fever, fatigue, worry or simple indigestion, or by poisons introduced from without, such as lead, ptomaines, or certain drugs, such as quinine and salicylic acid, may cause tinnitus. Some cases of head noises, which apparently are owing to an abnormal condition of the blood vessels near the drum of the ear, are congenital and incurable.

The treatment varies with the cause. Often the sufferer is in a run-down condition, and a course of building up may bring relief. The noises are less troublesome in a noisy place, as on a railway train, and some chronic sufferers who can afford it sometimes take frequent journeys simply for the resulting relief. Some fortunate persons have actually been cured by loud noises, such as are made in riveting the beams in building operations. Electric buzzers are made for this purpose and occasionally afford relief. But sometimes it is impossible to help the complaint.

VERY EMBARRASSING

"Why do you object to the parrot I bought at the bargain sale?" a woman asked her daughter. "I'm sure he talks."
"That's just it!" protested the girl. "He must have belonged to some tram-car conductor, for when ever Arthur calls that bird begins to yell out, 'Stop! stop, please!' and it's very embarrassing!"

TRY MAGNESIA FOR STOMACH TROUBLE

It Neutralizes Stomach Acidity, Prevents Food Fermentation, Sour, Gassy, Stomach and Acid Indigestion.

Doubtless if you are a sufferer from indigestion, you have already tried pepsin, bismuth, soda, charcoal, and various other stomach aids and you know these things will not cure your trouble—in some cases do not even give relief. But before giving up hope and deciding you are a chronic dyspeptic just try the effect of a little bisaturated magnesia—not the ordinary commercial carbonate, citrate, oxide or milk, but the pure bisaturated magnesia, which you can obtain from practically any druggist in either powdered or tablet form. Take a teaspoonful of the powder or two compressed tablets with a little water after your next meal, and see what a difference this makes. It will instantly neutralize the dangerous, harmful acid in the stomach which now causes your food to ferment and sour, making gas, wind, flatulence, heart burn and the bloated or heavy, lumpy feeling that seems to follow most every time you eat.

You will find that provided you take a little bisaturated magnesia immediately after a meal, you can eat almost anything and enjoy it without any danger of pain or discomfort to follow, and moreover, the continued use of the bisaturated magnesia cannot injure the stomach in any way so long as there are any symptoms of acid indigestion.

OUCH! CORNS! LIFT CORNS OFF



Doesn't hurt a bit to lift any corn right off with fingers



Drop a little Freezone on an aching corn, instantly that corn stops hurting, then you lift it right out. It doesn't pain one bit. Yes magic! Why wait? Your druggist sells a tiny bottle of Freezone for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and calluses, without soreness or irritation. Freezone is the much talked of other discovery of a Cincinnati genius.



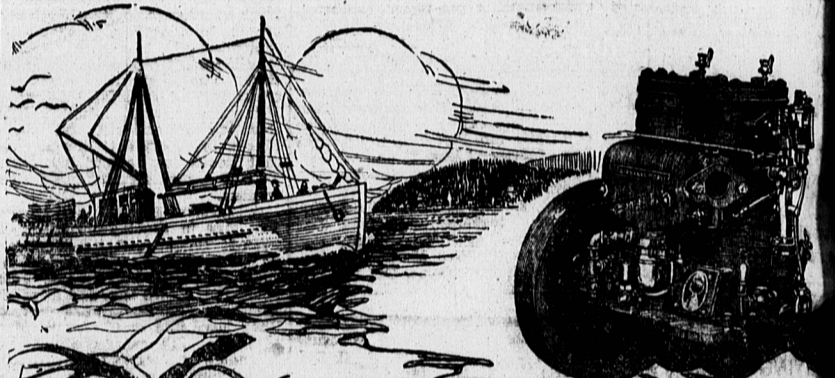
Popular—
With the Family

"MY dear fellow, I wouldn't go home on Saturday without a box of Maple Buds, any more than I would come down town without my hat. A week-end with four youngsters and no Maple Buds? No, my dear chap! Arm yourself with a box of Maple Buds for the family, and you are the most popular person in the house."

"Good? Didn't you ever taste them? Then take my advice and get a box to-day. The youngsters must have something sweet, but I don't believe in letting mine eat any old rubbish. I get Cowan's Maple Buds regularly. They're pure and wholesome, and the children love them. So does their Mother."

COWAN'S

Take Cowan's Maple Buds. They are the only genuine Maple Buds. You'll find the name on the bottom of each bud.



This Engine will Increase Your Profits

—a bigger catch—more ground covered—lower cost—all these things contribute towards your success if you are a fisherman or operate a work boat, and your engine is the one detail of your equipment you depend on most. It gets you there and back, and if it is a

Fairbanks-Morse Type "M" Engine

—it gets you there and back at the lowest cost and with the minimum loss of time for repairs and adjustments.

The simplicity of construction and the sturdiness of the Type "M" guarantee this. It is a practical engine designed exclusively for salt water boats—the kind you operate, with reliable make-and-break ignition and plunger pump for water circulation—no spark plugs—no exposed electric connections to cause trouble.

All this means money earned in time saved. Ask our marine engine experts about the Type "M". They are near you. They will help you select the engine best suited to your boat.

The Canadian Fairbanks Morse Co. Limited

75 Prince William St.

St. John, N.B.

