

## THOUGH IT'S "ONLY A COLD"— STOP IT BEFORE IT STOPS YOU

Have you ever heard of a case of catarrh, bronchitis, inflammation of the lungs, or pleurisy that did not start with a common cold?

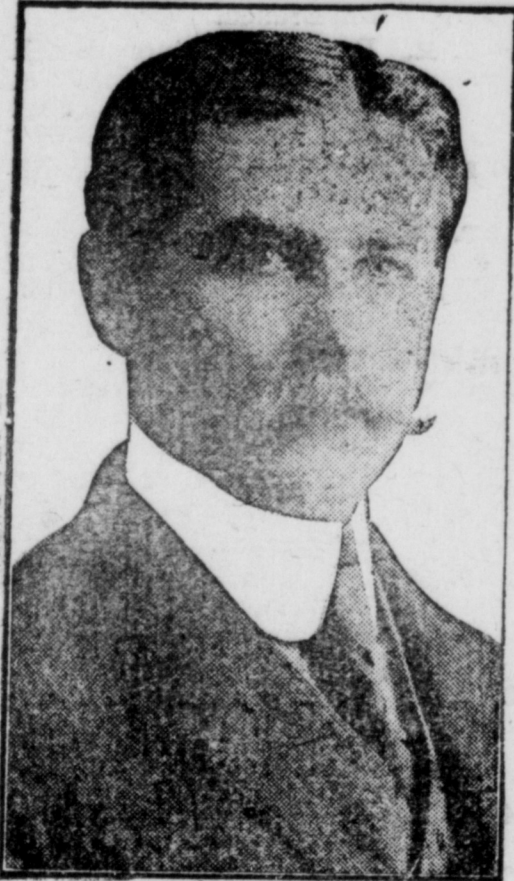
Every cold you catch has in it the makings of one or other of these diseases, if it can break down your defences. And even if it does not develop into something more dangerous, it will keep you thoroughly miserable for a week or two at least.

The wise course, as soon as you feel the cold coming on, is to start taking Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne, and keep it up till the cold is knocked out completely. This splendid cough syrup will do the trick quickly and thoroughly.

You can feel perfectly safe in taking Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne, or in giving it to your children. We'll gladly give your physician a list of its ingredients if you like. Your Druggist can supply either 25c. or 50c. bottles. The National Drug & Chemical Co. of Canada, Limited. 117

### LOUIS-JOSEPH TARTE

One of the prominent leaders in French Canadian Journalism, Mr.



L. J. TARTE

Tarte was born at L'Assomption, Que., on Christmas Day 1872, his father being another Canadian leader J. Israel Tarte. Louis had a well grounded education in the Quebec Commercial Academy, and progressed to journalistic stage in early life, and is today president and general manager of "La Patrie", Montreal.

### ALPHONSE VERVILLE, Canada's Only Labor M.P.

To the island of Montreal belongs the honor of being the birthplace of the only labor member of the late lamented Government, and, moreover, to have as part of her royal territory the constituency which sent him to help steer the country's legislative bark in the track it ought to go. The Maisonneuve electors selected him on February 1906 to fill the vacancy resulting from the death of the Hon. R. P. Fontaine, he was re-elected in 1908 and the men of Maisonneuve claim they made no kind of an error in their choice. Mr. Verville was born at Cote St. Paul in 1864, and his bustling fellow townsman by the banks of the canal are not a little proud to claim him as a man and brother. He was educated at Sault-au-Recollet and made an unsuccessful effort to reach a chair in the provincial assembly in 1904.

## FATAL CATARRH

Pneumonia, Consumption,  
and Kindred Evils  
Follow in its  
Trail.

Have you ever had Catarrh? Have you been subject to coughs and colds lately? Are you all run down? Do you take a cold easily?

Catarrh is the greatest protection against these complaints ever known. You just breathe it, that's all, and it cures. The Inhaler is suitable to carry in the vest pocket or purse, and can be used while at work, in the church, theatre, any place, any time. Carry a Catarrh Inhaler, use it now and again, it is quite pleasant, and you won't have colds or catarrh.

Breathe Catarrh for five minutes occasionally, and it cures coughs and colds. Breathe it five minutes four times a day and it cures Bronchitis and Catarrh.

Don't let your cold run on any farther. Cure it now by Catarrh. Complete outfit, hard rubber inhaler, and sufficient liquid for three months' use, costs but one dollar; small size 50 cents. At druggists. The Catarrh Co., Kingston, Ont.

## FARM AND FIELD

### A VERY WISE KING

Advised Strongly the Raising of  
Cattle as Soil Fertility Restorers  
and Earners of Dividends.

It is related of Frederic the Great that after the cruel Seven Years' War in which Prussia was almost ruined financially and otherwise, this great king and warrior went about among his people, more particularly farmers, loaning or giving them money to make a fresh start, offering advice and help wherever needed, that he invariably advised the farmers to go in for cattle-raising. A man would come to him and say, "I don't like cattle; I prefer horses," or some other line of farming, but the scarred warrior would reply: "Take my advice, and raise cattle; they will restore your soil fertility and pay dividends from the first." Fortunately the Prussian farmer profited by this advice, and we have in the German Empire a forcible example of what cattle raising can do to restore the fortunes of a practically bankrupt nation in the 18th century.

What was good advice at that time is good advice to-day in Canada, and everywhere that nations are making a beginning. Breeders of Holsteins can help very much in national prosperity by selling pure-bred bull calves to the average dairy farmer at a reasonable price. We have heard men say that if they could not get their price for a bull they would sell him to the butcher rather than take a lower price. A good animal sold in a locality, formerly inclined to undervalue pedigreed stock, would be bound to win favor, and in the end would result in increased demand for pure-bred males, and consequently increase the profits of breeders in the long run.

### Insurance Against Hail

Switzerland is one of the countries where insurance against hail has made most progress. It may be said that there is not a single canton where there are not some persons insured against this scourge of the farmer, and all the products grown in the country (cereals, fruit, vegetables, etc.) may be guaranteed against hail risks with the national insurance companies.

The authorities of the cantons realized so well the advantages that would accrue to the district by encouraging the spread of insurance among farmers, that in 1908 there were only five cantons which were not benefiting by the provisions of the law. The other twenty expended in this way a total sum of 376,388 francs in 1908; in some cantons the money was used as part payment of premiums, in others the costs of the insurance policies were paid with it, while in others it was kept as a reserve capital.

### Water for the Cattle

Cattle invariably prefer to drink water that is pumped from a deep well of artesian water flowing through pipes, rather than to drink water from what seems to be the purest and clearest of springs or branches. We often find cows and hogs will go straight from a pasture well supplied with pure spring water and will be quite thirsty for water in the troughs from the pump or tank.

### Attended to Vehicle Springs

It is the attention to small matters about the farm that makes the difference between success and failure. Not the least of these is the equipment of the heavy farm wagon with springs. A good pair of bolster springs will frequently save their cost on one load of fruit, vegetables or eggs, or, in fact, on any article spoilt by the jolt and jar of rough roads and springless wagons. They add greatly to the usefulness of any vehicle. They save repair bills—make the pulling easier, effect a saving of harness and add to the comfort of the driver.

### Cows and Their Food

During the recent drought in the southwest the buttermilk made directly from fresh sweet milk was discovered to cause diarrhoea and other unpleasant symptoms, although it had for several months before been found entirely satisfactory. Investigation led to the conclusion that the change was due to the cows eating weeds and leaves of trees instead of grass. The feeding of cows from which infants' milk is obtained is especially important at all times of year, as well as their care otherwise. Milk produced in northern pastures and condensed or evaporated without the application of a temperature above 60 degrees F. may be superior to the local milk obtained fresh.

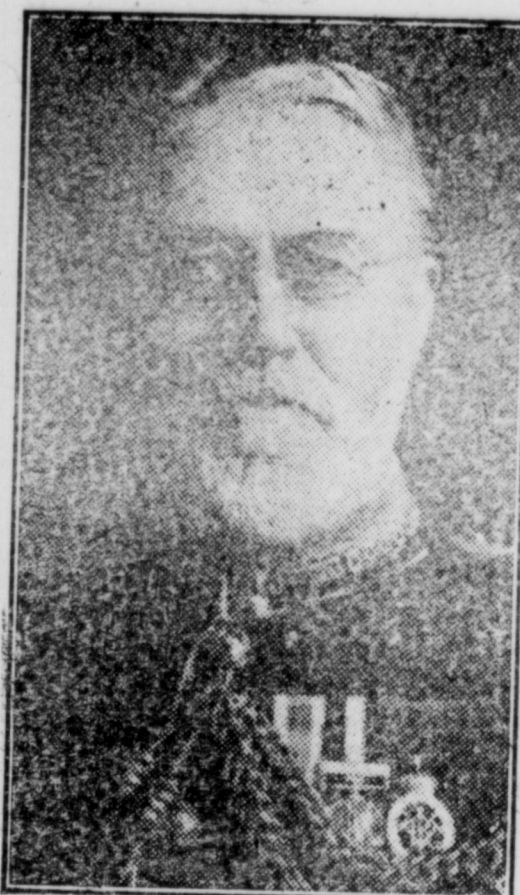
### Is the Show Ring Useless?

One of the most prominent gentlemen connected with racing affairs in the country being toast-master at a recent social function, saw proper, in the course of a lengthy speech, to use this language: "The thoroughbred is the essential oil, so to speak, of horse flesh. The show ring is useless as a method of selection and will ultimately go far astray with its theoretical requirements as to a conformation based upon what is deemed best for something the horse used to do. With all honor and respect due the bench show, we all know what havoc it has played with breeds of sporting dogs which have ceased to be used for the original purpose for which they had been developed by the sportsmen."

### HIGH COST OF LIVING

Improved Business Methods Would  
Help Run the Household at a  
More Economical Speed.

A plausible reason for the present high cost of living is the system in practice of paying accounts by check, and buying on credit in the village store. Early in the season a farmer gets leave of the storekeeper to run an account. This ties him up to one store, and obliterates competition. He visits the store once a week and places his order for groceries. It is safe to say that the price is not as carefully enquired into, nor is the weight as closely noted, as though a five-dollar bill lay softly between the fingers. Instead of staying by his job of ordering his needs he is not unapt to hand over to the clerk a slip made out by his wife before he left home, and go out to have an hour's fun with the boys, while the team is getting its evening meal of hot-flies on the sunny side of the street. Under these circumstances, which unfortunately are neither fanciful nor libelous, but a plain statement of observed fact, it is expecting a good deal of the clerk to look for sixteen ounces to the pound, and a dollar's worth of goods for a dollar's worth of coupons. The credit system may facilitate business, but, adds "The Farmers Advocate", it also facilitates the absence of business methods on the part of the man availing himself of its advantages.



MAJOR S. S. SHARPE, M.P.  
of Unbridge, Ont.

### FILLING THE PORK BARREL

A hog can be starved to eat almost anything, but seldom does well on spoiled food.

One way to improve land rapidly is to pasture hogs upon it.

Too many farmers have failed to appreciate the possibilities of rye as hog pasture.

No farmer can have complete success raising hogs unless he has a good grain pasture, and young pigs can be fattened more profitably than those that are older.

The three hundred pound pig at eight months is the master work of a feeder.

Where it is possible, it is best to defer selection of sow pigs for the breeding herd until they have made considerable growth.

Give the sow a movable house in the pasture just before farrowing time, as the youngsters will thrive on the grass. If she farrows in the fall the quiet of the pasture is just what she needs.

The pig can eat more than he can digest; and digest more than he can use. So it is not a fact that a pig can take care of all he can eat.

There is no feed better for young pigs and calves than sweet skim milk.

## WEAK KIDNEYS KILL QUICKLY

Are You Irritable, Depressed?  
Does Your Back Ache?  
Have You Nervous Fears?

Any Illness of the Kidneys Means a  
Sick Body All Over. Note  
the Symptoms.

Are you weak? Feel tired out? Full of aches, pains? Have you bad headaches? Does your back drag? Are your joints painful? Have you rheumatic pains? Are your ankles weak, swelled? Any puffiness under your eyes? If you have any of the above symptoms, give your overworked kidneys help at once. They are diseased, but can be restored by Dr. Hamilton's Pills. Thousands of men and women use Dr. Hamilton's Pills every day—thousands have added years to their life by this best of all kidney medicines. Mrs. W. U. Rossiter, wife of a well-known merchant in Kensington, writes as follows:

"Ten years ago my kidney trouble started. I suffered dreadful pains in my spine and around my waist, my back feeling as if hot irons were running through. I couldn't sleep, had no appetite, was pale, thin, and very nervous. Cruel headaches and despondency added to my burden. Not until I had used Dr. Hamilton's Pills did I get any relief. They proved capital and helped me immediately. Eight boxes made me well and now I do my own housework, feel and look the picture of health. Your complete restoration to health is certain with Dr. Hamilton's Pills, 25c per box at all dealers."

**PACKED IN ONE AND TWO POUND CANS ONLY**

# You

**CAN'T MAKE A HEALTHFUL**

invigorating cup of coffee out of anything but good coffee any more than you can make a silk dress out of cotton cloth.

## Seal Brand

is pure coffee of the highest quality.

**CHASE & SANBORN**

MONTREAL

right from the separator. Pigs, sows, and fattening hogs should be kept in separate inclosures. They will be healthier and derive more benefit from their feeds by such handling.

The most profitable pork is produced by using as largely as possible other feeds than corn.

### Pointers for Dairymen

A real good cow has large, prominent milk veins and a rich, velvety skin.

When the dairy farmers of a community begin buying pure bred bulls it augurs well for the dairy business in that section.

It's a mighty easy thing for one man to advise another to be kind to his cows so that they will give lots of milk. It is sometimes quite another thing to follow out such advice. He knows best who has tried to milk a kicking heifer on a hot evening in fly time. Of course there is nothing to prevent being kind to this heifer—nothing except human nature, and human nature always seems to find expression most easily under such circumstances.

A few minutes each day spent in cutting some green fodder and throwing it over the pasture fence for the cows, or better still, feeding it in the stable, is time well spent. It will result in larger cream checks right now and more economical feeding next fall and winter.

Scours in pigs accompanied by pains in the bowels can be cured by giving each pig 25 grains subnitrate of bismuth and 10 drops laudanum at each dose two or three times daily.

Cooking the feed for pigs having diarrhoea is a good remedy; add some lime water to feed and give some ginger in every feed.

### IMPERIAL WIRELESS POST

An early announcement may be expected that negotiations have been concluded between the British Post Office and Marconi Company for the erection of a chain of wireless telegraph stations around the world, linking up the British dominions, and giving Great Britain an independent system of telegraphic communication with any part of the globe. Connection with the Western Hemisphere will be affected by means of a station already existing at Glace Bay, and it is proposed to establish another station at Montreal to communicate direct with the West Indies, where all the islands will be connected by short-distance stations. From Glace Bay it will be possible to communicate direct with Vancouver, where a large power station is to be established which will provide direct communication with Hong Kong.

### The Sea Not Blue

The poets are always singing of "the sea, the sea, the deep, blue sea," but as a matter of fact the sea is not always blue. Off the coast of California some time ago the waters turned black without any known reason, and in the Red Sea the water has a dull red tint, caused by millions of small seaweeds and subaquatic plants. The Yellow Sea of China owes its colour to the floods of muddy water the great river pours into it. The Mediterranean is a true blue because very few large fresh-water rivers enter it, and being practically landlocked and exposed to powerful sunlight it has the greatest evaporation of all seas.

### Woman Again

"I tell you you can't beat my wife for presence of mind," said the man at the club, proudly. "Listen to this. One day last week an old gossip of our neighbourhood called, and I left her and wife alone in the parlour."

"An hour later, having the impression that our caller had departed, I bounced into the room with, 'So the old cat has gone, eh?' Well, as I lifted my eyes, there was the woman herself in front of me. But my wife—bless her—was there with the goods."

"Yes, dear," she said, calmly, "I sent it to the cats' home in a basket first thing this morning."

Custom House Officer.—"Madam, have you anything dutiable to declare?"

Madam.—"No, my trunk contains simply wearing apparel."

Officer (after examination of said trunk).—"What do you call these six bottles of whisky?"

Madam.—"Oh, those are night-caps."

### THE OLDEST NATION

China is the Oldest Live Nation with the Most Homogeneous People.

The age of China is, says a writer, so great that the beginnings are lost in the mists of antiquity. It was probably old when Egypt was young. China was China when Abraham went out from Ur of the Chaldees and became the founder of a new nation. Beyond all questions, China is the oldest living nation, and most homogeneous.

The sages, rather than the kings, have shaped China. The teachings of Confucius, who lived in the sixth century before Christ, expounded a moral philosophy and a scheme of human government which, roughly speaking, made China. His "five relations" have fixed the social order; these are the relations of ruler and his officials, husband and wife, father and son, elder and younger brother, and friend and friend. These accounts for the formalism and fidelity of social ties in China, and for the complete subordination of the individual. Filial piety is the cardinal virtue. The Emperor, who is the "Son of Heaven," is an absolute autocrat, because the people stand toward him in the relation of children to parent. The system of government is thoroughly patriarchal. Through all storms and stress, this doctrine has held the literati loyal to the throne, and has furnished, down to recent days, sublime instances of devotion. Confucius is the Atlas who has borne the "Middle Kingdom" upon his shoulders. And Confucius kept his own face, and the faces of his people, turned toward the past. The colossal conservatism of China is directly traceable to the sage's teaching concerning the "good old days" and the rights of the dead.

### Keep Regular Accounts

Ordinarily farmers do not keep accounts of the different farm operations. Too often one is surprised to learn that a certain farm operation has cost so much and has produced so little in return. Every good farmer should at least keep a credit and an expense account. The habit of keeping farm account is one highly to be commended.

"Poor old Professor Dreamer went home the other night, and he knew there was something he wanted to do, but he couldn't think what it was." "And didn't he remember it at all?" "Oh yes; after thinking about two hours he realised that he had wanted to go to bed early."

Caesar on landing in Africa happened to fall upon his face. To him this would have been an unlucky augury had he not transformed it into a symbolical act by exclaiming as he touched the ground: "I take possession of thee, O Africa!"

## "Sick Man's Friend"

That's the Name Given by Thousands to the Old Family Standard, "Nerviline."

1,000,000 Bottles Used Annually

No better known or more popular family remedy has ever been compounded than "Nerviline." During the past half century its success has been phenomenal—due to the fact that it always cures.

"No one could get me to go to bed at night unless I was sure we had Nerviline in the house," writes Mrs. R. R. Weightman, of Bolton P.O. "Six years ago my husband was taken badly with rheumatism, which affected his right arm and shoulder. It was so sore and stiff as to be almost helpless for four years. I read of the cure of James E. Everett, and felt sure that when Nerviline cured a case like his, it would cure my husband. I got a dollar's worth of Nerviline, five bottles.

In Buffalo, and am pleased to write you that the fourth bottle cured. We have since used Nerviline for Lumbago, Neuralgia, Colds, Chest Tightness, and other minor ailments in the family, and found 'Nerviline' to be the 'Sick Man's Friend.'"

No other remedy is so useful in the home, so universally employed to alleviate pain and curing the sick. Refuse anything offered you instead of Nerviline, which is sold: Large 25c bottles or five for \$1.00. By all dealers, or The Catarrh Co., Kingston, Ont.

**Cured  
4 Years'  
Rheumatism**