

## "A PINE FOREST IN EVERY HOME"

That is what the Peps treatment amounts to. It is no longer necessary to go to the Swiss Mountains to breathe the health-giving Pine air which doctors so highly recommend for throat, bronchial and lung troubles. With the aid of science these Pine vapors have been condensed into tablet form so that the treatment can be taken at home.

All you do is to dissolve Peps in the mouth. The rich Pine vapors are then set free and breathed down all the minute air passages to the lungs, destroying all harmful germs and soothing and healing the inflamed membranes.

Peps are unequalled for coughs, colds, bronchitis, asthma, sore throat, laryngitis, hoarseness, etc. All dealers. 50c box.

# PEPS

## EARLY PULLETS VS. OLD HENS FOR LAYING

For profitable early winter egg production the early hatched pullet is three times better than the late pullet, four times better than the yearling and six times better than the old hen.

These figures are based on winter egg production. It has been demonstrated that the early hatched pullet, from the time it is hatched, has collected figures for several years and when the time comes, in November, December and January, it is taken into consideration the relative profitability of the four classes is as stated above. If the old winter months were considered the early pullet would not be so striking for the hens and the late pullets were just beginning to lay when the experiment closed. However, if eggs alone were to be considered we cannot afford to feed birds until towards spring before they produce. Even if desired for breeding it is a question if, with the high price of feed, we had not better rely upon the well matured pullet for hatching eggs next spring rather than feed hens that will not produce or only at a loss. Certainly there is no excuse whatever for keeping in our poultry houses late pullets whose eggs cost more than they are worth and birds that are absolutely useless as breeders.

This summary is of results that extend over four years and are taken from several of the farms of the system so that the figures will indicate fairly well what may be expected for these three months.

These figures show that early pullets, hatched before May 1st, produced eggs at a cost for feed of 18.3 cents. The late pullets, hatched after May 15th, at a cost of 56 cents. The year old hens at a cost of 78.2 cents, and for every dozen eggs laid by the hens in the aged class the cost of feed was \$5.73.

Again these facts should be emphasized:

1. That for profitable egg production birds should lay before February.
2. Early well matured pullets are the only birds that may be expected to do this.
3. Late pullets as a rule will not pay to keep.
4. For eggs, hens are not profitable.
5. If we have a good flock of early pullets, for the time being depend upon them for breeding.
6. It is a national loss to keep birds that eat a dollar's worth of feed to produce fifty cents' worth of eggs.

## TROUBLED WITH CONSTIPATION

From 16 to 20.

Constipation is one of the commonest ills of mankind, and one too often allowed to go unlooked after until some serious complication sets in.

If the bowels are properly looked after there will be no constipation, jaundice, sick or bilious headaches, heartburn, coated tongue, sour stomach, floating specks before the eyes, etc.

Milburn's Laxa-Liver Pills will keep your bowels so regulated that in no time the constipation will disappear. Miss Emma E. Melanson, Halifax, writes: "I am now 29 years of age and since I was 16 I have been greatly troubled with constipation, so much so that at times I would be in bed three or four days a month. I tried all the old-fashioned remedies, castor oil, cascara, etc., with only temporary relief until my sister-in-law gave me some of Milburn's Laxa-Liver Pills. From the first they seemed beneficial and I gave them a fair trial. This was two years ago, and with an occasional dose I have kept entirely free from

# These Liberal Leaders Never Failed You

Hon. Frank B. Carvell has been a Liberal of the Liberals. There has not been a more staunch supporter of the principles of Liberalism than he, and no man has given the Liberals of New Brunswick more reason to feel proud of their champion.

Hon. W. S. Fielding has been an outstanding figure in Maritime Liberalism over thirty-five years.

Hon. George H. Murray, Premier of Nova Scotia, has been a leader of the Liberal ranks of the Maritime Provinces over thirty-one years.

## Liberals— Put Your Confidence in Their Judgment

"This election is being run on the one great question—are we going to stay with the Empire or quit? That is the only question worth while, the only one that merits serious consideration. . . . Thus I say to you that the policy of my opponent, and also I regret to say the policy of my former leader, is a polite way of saying that we will get out of the war because we cannot get in it for eighteen months."

Hon. Frank B. Carvell

"I have long held the opinion that a Union or National Government organised and carried out on lines alike fair and honorable to both of the great parties in this country had very much to commend it."

Hon. Geo. H. Murray

"It is my judgment that in this crisis both public interests and the ultimate good of the Liberal Party will be promoted by the co-operation of the Liberals of the Maritime Provinces with the Liberals of Ontario and the West, who have deemed it their duty to participate in the formation of the Union Government."

Hon. W. S. Fielding

New Brunswick Union Committee

## OF INTEREST TO WOMEN

### SOME GOOD RECIPES.

#### Steamed Peach Roll.

Sift two cups of flour with a scant teaspoon of salt and three tablespoons of butter and moisten with enough milk to make a rather stiff dough. Roll on a floured board, cut into rectangular shape, cover with sliced peaches, dust with flour and sugar, roll into a loose roll, pinch the edges

together, wrap in a floured cloth and steam one hour. Serve with peach sauce slightly thickened with arrow root or cornstarch.

#### Bread Omelet.

Two eggs, one-quarter cup milk, one-quarter cup stale bread-crumbs, one-quarter teaspoonful salt, white pepper. Soak the bread in the milk, add the beaten yolks and seasoning, fold in the beaten whites, turn into a hot greased frying pan. Spread mixture evenly over pan, lower heat. When set, put in the oven a minute or two to dry slightly. Fold, turn on to a platter and serve at once.

#### French Peasant Soup.

Peel, cut into quarters and boil until they fall to pieces six good sized potatoes. When they are thoroughly done,

mash them through a sieve back into the pot, and add six leeks, which have been washed and cut into long strips. Boil for fifteen minutes, adding a moderate sized lump of butter, with pepper and salt, and a little powdered parsley. There is no cheaper dish made than this, which is a meal in itself and which has a most appetizing flavor.

#### Batter Pudding, Strawberry Sauce.

Sift one and a half cups of flour with two teaspoonfuls of baking powder, a quarter teaspoonful of salt, and to it add egg yolks, well beaten, and 1 pint of milk. Then fold in the stiffly beaten whites. Bake in a hot oven and serve with strawberry sauce made by mixing a cupful of powdered sugar with the yolk of 1 egg, 2 tablespoonfuls of butter and a cupful of canned straw-



and serve very cold on the hot pudding.

#### Prune Pancakes.

Add in proportion of a tablespoon of chopped prunes to a cup of regular pancake batter and cook the pancakes as usual.

