

DOES IT HURT YOU TO BEND OVER?

This is a Sign of Kidney Weakness,
But Can be Quickly Cured.

Don't give up. You can be cured
and made well again.

That backache and dragging weight
can be stopped for all time.

Those sharp attacks when bending
over, and that lameness in the morn-
ing can also be overcome.

Every ache and pain due to kidney
weakness will disappear quickly once
you start to use Dr. Hamilton's Pills,
a marvellous remedy long ago made
famous by its strange healing effect
upon the kidneys and liver.

Don't wait till that dragging pain
in the loins grows worse. Start the
cure today.

Delay will mean swelled ankles and
limbs, sharp rheumatic pains in the
muscles and joints, and other painful
symptoms as well.

If you are always tired, have con-
tinuous headache, dizzy spells and
specks before your eyes or ringing
noises in the ears—these are common
symptoms that warn you of the im-
mediate need of Dr. Hamilton's Pills
of Mandrake and Butternut. Sold in
25c boxes.

FEMININE FASHIONS TO BE BANNED

Milan, Feb. 21.—In consequence of
the small heed paid to his past warn-
ings against the prevailing feminine
fashions, Cardinal Ferrari, Archbishop
of Milan, in his Lenten pastoral orders
his clergy to refuse to hold commun-
ion to women who present themselves
in unseemly garb.

THE SPRING IS SO FULL OF A NUMBER OF THINGS.

A greeting thrice, O hallowed Spring
!! !! !! (Cheers)

The time of woollen shirts that cling,
Of spinach seeds and corsetieres.

STAKING ALL ON POULTRY WITH EXCELLENT RESULTS

An Ontario Man Who Has Made a Great Success of Poultry
Farming—Over Two Thousand White Leghorns are Kept
on Sunnyside Farm Near Coburg — Big Demand for Day-
Old Chicks—Has Incubator of 6,000 Capacity.

(Toronto Globe)

Much has been said regarding the
advantages of the old adage of not
"putting all your eggs in one basket."
This point has been particularly em-
phasized in the case of agriculture
and in practically every section of
this continent one finds mixed farm-
ing advocated. Primarily of course,
this propaganda has been preached to
discourage the sole production of cer-
eals which, unless immense quantities
of fertilizers are used will in time ex-
haust the fertility of the soil. There
are, however, exceptions to every rule
and one of the exceptions is com-
mercial poultry keeping. The man
who practises the latter line of farm-
ing is most essentially a specialist,
one who is putting all his eggs in one
basket and to make a success out of
his business he must in consequence
watch that basket very carefully.

Poultry keeping on an extensive
basis is a hazardous undertaking for
the inexperienced and one that is not
usually encouraged by agricultural au-
thorities where the person is start-
ing in on borrowed capital, but with-
out a doubt there are farmers in this
Province who have made a phenom-
enal success out of the latter line.

An exception to the Rule

A man who would come under this
head is Charles W. Sully of Cobourg.
Mr. Sully has always been a chicken

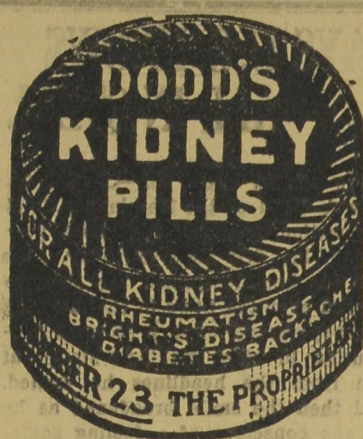
enthusiast but until six years ago
this enthusiasm was confined to a
small backyard flock of a dozen or so.
Previous to establishing his poultry
farm northeast of Cobourg this man
practised grain farming with rather
indifferent success in central Alberta.
During a trip east he was impressed
with the possibilities of poultry, and
decided to purchase a small farm on
the outskirts of the village of Balti-
more.

This was in 1914. Today Sunnyside
Poultry Farm, consisting of 36 acres
with a feathered population of over
two thousand Single-comb bred-to-day
White Leghorns is the result. Out of
a sandy hill farm worth very little
from the grain growers' or stockman's
point of view Mr. Sully with but a
small original investment, has built
up a business which is valued at \$15-
000.

On this place there is housing ac-
commodation for nearly three thou-
sand and fowl during the winter months
and at least three times that number

LOOKED LIKE INTENDED SUICIDE

The citizen who was brandishing
a razor was thinking about a
suicide but corns he was thinking
about. Needless to say his wife bought
him Putnam's Corn Extractor and hid
the razor—very wise, because Put-
nam's cures in 24 hours; try it, 25c.



In the summer. The long house sys-
tem is followed. The buildings are
semi-open front canvas screens, wire
and glass being used. Subdivisions
have been put in making pens 16 by
16 feet which gives ample room for
from 80 to 100 birds. Double swing
doors between the pens provide for
easy passage from one section to the
other. Dropping boards are used on
this farm.

Contrary to the opinion of many
other poultrymen Mr. Sully prefers
concrete floors to any other and with
the exception of one house situated
above the incubator cellar the former
material is used throughout. "It is
more easily kept clean and fully as
sanitary as any other material," he
said to me when I visited the farm
last week.

Trap Nesting and Lighting

All the houses are equipped for
trap-nesting but Mr. Sully reports
the same experience as other men en-
gaged in this line namely that help is
too scarce to permit trapnesting
throughout the entire year. But is it
followed with all the pullets during
the winter months. In this way ac-
curate tab can be kept on the impor-
tant production during the part of the
year when the commercial egg com-
mands the highest price.

Mr. Sully is a strong advocate of
the use of artificial light and for this
purpose installed a lighting outfit a
year ago. The plant consists of a small
gasoline engine attached to a com-
bination motor and dynamo which is
self-stopping. The total cost for the
installation of the machine wiring and
equipment was in the neighborhood of
twelve hundred dollars. Every build-
ing on the place including house barns
feed rooms, laying houses and even
the colony houses during the winter
are wired. Lighting of the pens both
morning and evening is carried out.
The time varies according to season,
but regardless of the sun all the
laying birds are put on a fourteen
hour day.

"Have you found that artificial
lighting pays, taking into account that
you have had to purchase a private
plant and allowing for interest, up-
keep and depreciation on the same?"
I asked Mr. Sully.

"I have not done much figuring re-
garding the separate accounts," he
replied, "but I do know comparing
the returns of the two years—one be-
fore the lights were installed and the
one after—that my lighting plant has
now paid for its total cost. Where the
pens are lighted of course more feed
is consumed, but the lights do not
make the hens lay; they simply
lengthen the hours of labor, giving the
birds the opportunity of eating more,
working more and in consequence,
laying more."

Big Business in Chicks

A large proportion of Mr. Sully's
income is derived from the sale of
day-old chicks. This business, accord-
ing to him has grown by leaps and
bounds during the past few years. His
own particular case furnishes a good
example. The incubator capacity on
Sunnyside Farm is over 6000 eggs at
a single setting. The machine is start-
ed the first day of March and runs
through to one end of July. Twenty-
two days are allowed for the produc-
tion of one hatch and the beginning
of another. The hatches on this es-
tablishment average about seventy-
five per cent rather less at the be-
ginning of the season and decidedly
higher toward the end. Roughly
speaking about thirty thousand
chicks are hatched, a sixth of which
are retained for the reproduction of
the home flock, while the remainder
are sold. The entire output from the

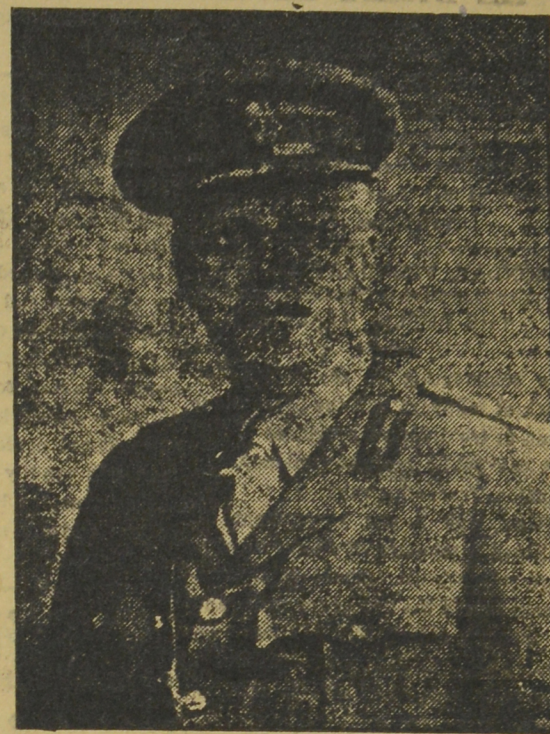
More and More
People
are drinking
**INSTANT
POSTUM**
Instead of coffee.

Health value, a high
standard of flavor
and greater con-
venience make the
change popular—and

The Price Is The
Same As Before
The War
Sold by Grocers—Everywhere

C.P.R. OFFICIAL HONORED

THE appoint-
ment of Lt.-
Col. G. Mc-
Laren Brown as
Knight Com-
mander of the Order
of the British
Empire is the re-
sult of the very
fine services ren-
dered by the Euro-
pean Manager of
the C. P. R. to the
British Govern-
ment, for whom
he acted as As-
sistant Director
of Transport dur-
ing the last three
years of the war.
"G. McL." as he
is popularly
known, both in
Canada and the
Old Country, is
the son of Adam
Brown of Hamil-
ton, Ontario, and
was born in 1865.
In 1887 he was
appointed agent
of the Canadian
Pacific Railway at
Vancouver, pro-
moted five years
later to be Asst.
General Passen-
ger Agent, Western Division, and subsequently became in turn Executive
Agent, Superintendent of Hotels and Dining Car Dept., and
General Passenger Agent C. P. R. Atlantic Steamship Lines. In 1900 he
was appointed General European Traffic Agent, and in 1910 General Euro-
pean Manager, with head offices at 62-64 Charing Cross, London, E.W.



Sir George McL. Brown.

Col. George McLaren Brown, says a friend writing in the "Montreal
Gazette," is one of those rare men whose friendships are equal to the num-
ber of their acquaintances. To all in that wide circle the announcement of
the new honor which has been conferred upon him comes as pleasant and
very welcome news. It is a recognition of qualities and services which
they all know him to possess and to have rendered. The reputation which
he enjoyed in Canada, not alone in the railway world, has been enhanced
in proportion to his larger opportunities as European Manager of the Cana-
dian Pacific Railway in London, and the value of his service in the organ-
ization and direction of troop transportation during the war can hardly be
overstated. It was as successful as it was onerous, and although given
with no other thought than that of duty, was none the less deserving of recog-
nition now accorded. It was but one, if the chief of his war activities,
which were in fact as varied as were the demands upon his help and counsel.
In all this McLaren Brown has been true in both impulse and action to the
stock of which he comes. Similar impulses, finding similar expression
having regard to place and circumstances, have characterized the long and
honorable career of Adam Brown, his father, now and for many years post-
master at Hamilton. Active and successful in commercial life, a pioneer in
railway development, and one of the fathers of the National Policy, Adam
Brown at ninety-six, is still young in spirit, giving largely of his time and
substance in philanthropy, and to the support of war relief organizations.
As is the father, so is the son, strong in his undertakings and, withal a
thoughtful, kindly gentleman.

Count The Dots - -
\$100.
GIVEN AWAY
TO THE PERSONS COUNTING THE DOTS IN THIS HAND, and many
other prizes according to Simple Conditions of Contest (which will be sent).
This is a chance for clever persons to WIN CASH and other prizes with a little effort.
COUNT THE DOTS IN THE HAND and write the number that you count on a sheet
of paper or post card and mail to us and we will let you know at once if you are a
winner. AN EXTRA PRIZE of \$10.00 will be given for the nearest correct count.
ROYAL PREMIUM & DISTRIBUTING CO., 255 Notre Dame St. West, Montreal, Can.

ICEBERGS BLACK WITH SEALS

Halifax, Feb. 21.—Arctic ice packs,
literally black with walrus, seals and
other polar creatures, are the largest
within memory, according to reports
brought here by sailors and overland
travellers. The solid ice extends fur-
ther south than at any time within
years, with the bays and inlets fring-
ing the Newfoundland coast locked
tightly. Newfoundland is icebound,
and its railroads are completely tied
up. Communication between settle-
ments is impossible except by dog
sleds.

PASSING INFORMATION.

"What is an exigency, pa?"

"An exigency—oh, an exigency is
one of those places in the theatres
where they put a red light to tell you
where to go out."

Sully incubator was sold a month ago.

"Most of these orders come from
small commercial poultrymen locat-
ed anywhere between St. John's, New
foundland, and Calgary comparatively
few going to straight farmers," Mr.
Sully said in answer to a query. "A
large number of former customers
prefer to purchase their entire new
stock ready hatched each year than
to bother with incubation. General
farmers, on the other hand, usually
buy hatching eggs or a few chicks lat-
ter in the season if their small in-
cubators or setters have proved a
failure."

Sale of Hatching Eggs

The "eggs for hatching" business
has not proved so successful with this
or other poultrymen. The demand
does not equal the supply. There are
as a matter of fact a tremendous
number of hatching eggs produced
annually by hens in the hundred and
fifty to two hundred class and offered
in vain for sale by poultrymen at
prices little above that asked for the
commercial variety, while thousands
of scrub eggs are set in this Province
each year. With the return to normal
conditions, however, poultry will re-
ceive more attention on the average
farm, and these men are expecting a
more active demand for setting eggs.

CITY ELECTON

The Election for Mayor and Alder-
men for the City of Fredericton for
the ensuing year will be holden on

MONDAY,

The 5th Day of March, 1920,

At the Polling Places

as follows:

DIVISION No. 1.—For all voters re-
siding or owning property above the
northwest centre line of Carleton
Street prolonged, at or near the City
Hall, in the said City.

DIVISION No. 2.—For all voters re-
siding or owning property in the re-
mainder of the said City, at or near
the County Court House in said City.

NOMINATIONS.

Every candidate for the office of
Mayor or Alderman shall be qualified
to vote at the election for which he
is nominated, and shall be nominated
in writing by at least TWO ratepayers
residing in the City of Fredericton,
and qualified to vote at the ensuing
election for which such candidate is
nominated.

Every nomination paper with the
certificate of the City Treasurer shall
be filed with the City Clerk or at his
office and not later than four o'clock
on the afternoon of Monday, the first
day of March, 1920, and the City Clerk,
before receiving such nomination
paper, shall ascertain from the same that
the requirements of the Election Act
have been complied with.

No candidate is qualified to be nom-
inated for Alderman unless at the time
of the nomination he is a resident of
the Ward for which he is nominated.

The acceptance of each candidate
and the signatures of at least TWO
resident qualified voters, who must
sign the nomination paper, shall be
proved by a witness by affidavit at-
tached to the nomination.

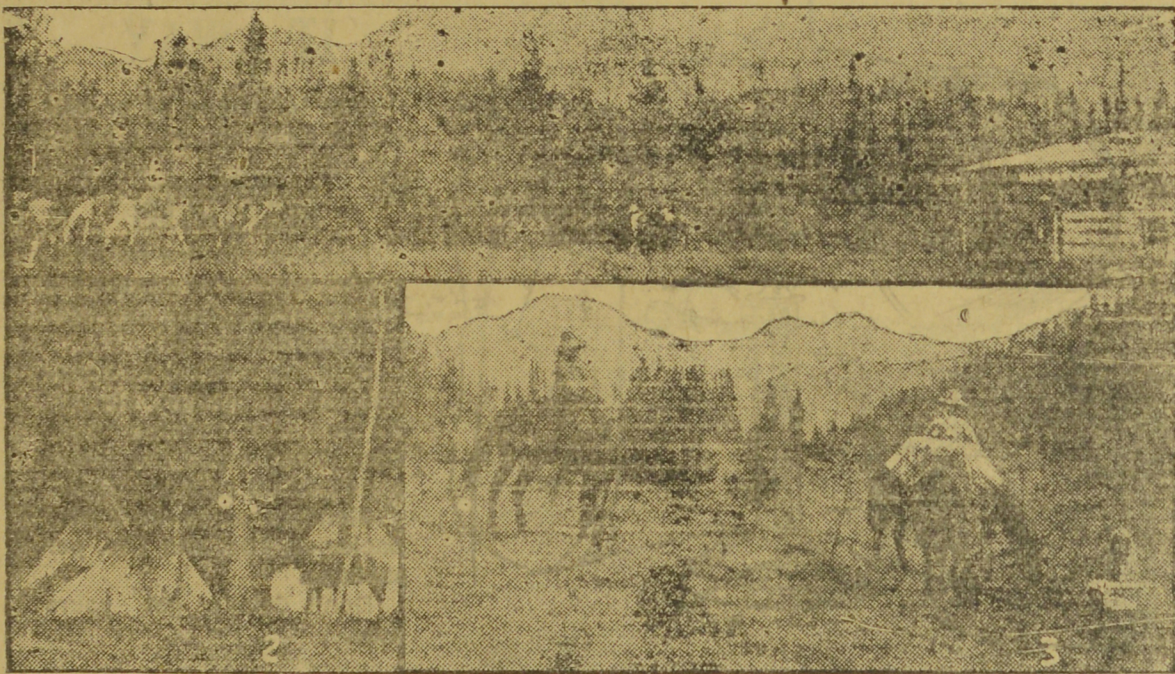
In case of a contest, each elector
shall be entitled to vote for ONE can-
didate for Mayor, for ONE candidate
for Alderman for Wellington Ward,
for ONE candidate for Alderman for
St. Ann's Ward, for ONE candidate
for Alderman for Carleton Ward, for
ONE candidate for Alderman for
Queen's Ward, and for ONE candidate
for Alderman for King's Ward.

Dated this 20th day of February,
A. D. 1920.

G. R. PERKINS,
City Clerk.

7 ins

A Trail Across the Rockies



(1) Homestead on the Kootenay River.

(2) Camp in the forest of the Kootenay Valley.

(3) Summit of the Simpson Pass—line of the

Great Divide separating Alberta and British Columbia.

The first trip over the Simpson
Pass through the Canadian Pacific
Rockies was made by Sir George
Simpson, Governor of the Hudson's
Bay Company, in 1441, and formed
part of the first recorded over-
land tour round the world, that
is to say across the North American
Continent, and by way of Siberia
and Russia, occupying about nine
months, and the subject of consid-
erable literature. Jim Brewster, the
famous guide and outfitter at Banff,
discovered the fallen tree on the
summit of the Pass on which the
travellers left their record.

Fired by the ambition to cross
this pass, I set out one day this
summer, with two guides, ten ponies
and camping outfit and sup-
plies for six or seven days. Jim
Brewster set these over from Banff
to Invermere at the headwaters of
the Columbia Valley, where I had
promised to wait for them. Close to
Invermere are the remains of Koot-
enai House, an outpost of the Nor-
West Trading Company established
by David Thompson in 1808. Now
there is a comfortable little tourist
hotel, much appreciated by motor-
ists who use the excellent Govern-
ment road through the Upper Colum-
bia Valley.

warned to postpone our trip. How-
ever, we found a ford where we did
not even have to swim our horses,
and next day were on the banks of
the Vermillion River. Into the Ver-
million pours the raging torrent of
the Simpson, which itself is fed from
the melting glaciers of the snow-
clad Rockies high above. At least
one cyclone seemed to have swept
down its valley, and the river itself
had washed away several corners so
that our trail had to be made, or
found anew on many a mile.

Once while Ed. Dawson, the lead-
ing guide was hacking a trail
through a deadfall, his saddle pony
took it into its head to cross the
torrent. The packponies followed
suit, and before we could stop them,
our camp, and most of all our food
supplies were on the wrong side of
the most vicious looking water I ever
care to see. There was nothing to
do but follow, and evidently we got
across—else how could this tale
have ever been told? As we ap-
proached the Summit of the Pass,
one grizzly left a visiting card such
as grizzlies do leave—scented—up-
on the trail and again we saw deer.

The Summit, according to the
guides, should be ten feet deep in
snow, and the description given by
Sir George Simpson gave the same
anticipation: "We were surrounded
by peaks and crags on whose sum-
mits lay perpetual snow; and the
sole sounds which disturbed the soli-
tude were the crackling of pro-
strate branches under the tread of
our horses, and the roaring of the
stream as it leaped down its rocky
course."

"About seven hours of hard work
brought us to the height of land,
the hinge as it were between the
eastern and western waters. We
breakfasted on the level isthmus,
which did not exceed fourteen paces
in width, filling our kettles for the
day's journey. Most of us from the
eastern slopes of the Columbia and
the Saskatchewan, while these will
be fed by two consecutive seasons,
surrounding even their beds of moss
steep as if to bid each other a
long farewell, could hardly fail to
attune our minds to the sublimity
of the scene."

"But between these kindred foun-

tains, the common progeny of the
same snow wreaths, there was this
remarkable difference of tempera-
ture that the source of the Colum-
bia showed 40°, while that of the
Saskatchewan raised the mercury to
53½°, the thermometer meanwhile
striking as high as 71° in the shade.

"From the vicinity of perpetual
snow, we estimated the elevation of
the height of land to be seven or
eight thousand feet above the level
of the sea, while the surrounding
peaks appeared to rise nearly half
that altitude above our heads."

We ourselves found the snow all
gone and our horses found sweet
and ample pasture on an Alpine
meadow. As we looked back from
the Great Divide upon the moun-
tains of the Selkirk, we had as
fine a panorama as any artist could
desire—rugged outlines capped and
fringed with perpetual snow.

The Banff side of the Summit
comes within the jurisdiction of the
Dominion Government, and its Su-
perintendent of Parks was good
enough to provide us with a trail
which really was a trail. To the
right up Healy Creek we had a
glimpse of Mount Assiniboine, the
giant of these giant mountains—
only a glimpse however, for in a
minute his head was caught in a
turban of clouds. Thence without ad-
venture except for a plague of mos-
quitoes we reached the C.P.R. Hotel
at Banff, alive with summer tourists
who found in our cavalcade a fit-
ting subject for innumerable snap-
shots.

The fishing, I may say is pass-
ing, which one gets on such a trip,
is of the very best. Every creek,
every pool seems to be stocked with
trout, all inviolative about the na-
ture of the fly. Brown Hackle and
Gray Hackle are always deadly. The
red flies such as Parmachenee Galls
do not seem to take so well in these
waters. There were both Dolly Var-
den and Steelhead to our credit on
the Simpson, averaging a little over
a pound. In the Kootenay the trout
ran up to two and three pounds
and were very tame, though shy
in the middle of the day.—J. M. G.