

SON'S Starch Package

Don't take merely for constancy or even for the best starch, but insist on **BENSON'S** Quality Starch, rolled by half a century's experience.

As long as the average farmer looks for but little difference in character of the raw material, it is just what is going to be necessary to bring the average farmer's thing is certain, he cannot be deceived. It also seems that the farmer is being deceived into it.

Helpful Hints for Fitting and Exhibiting Sheep.

Choose sheep from a well-bred flock.

Select only sheep of proper type and conformation.

Be sure that all necessary feed and equipment are provided.

Make all preparations for feeding in ample time and commence feeding early.

Keep sheep gaining gradually and never crowd them at any time.

Study their condition and progress daily.

Do not attempt to fit sheep in less than five weeks, take care of them and have great ambition to make a success of a showman.

Have the fitness card to sleep at the show and never neglect them in any way, if you hope to win any prize.

Facts About Raisins.

Raisins are a most nutritious food, and are the most concentrated source of energy and strength.

In the process of drying, the raisin loses its water, but retains its essential nutrients to such an extent that while the fresh grape contains seventy-seven per cent. water, the raisin contains only thirty per cent. This makes it one of the most concentrated of foods.

One of the richest in iron, raisins are also rich in calcium, phosphorus, and potassium. And its fat content is higher, on the average, than that of any other fruit.

From this you may see it is a most valuable food.

That is what to remember about the raisin. It is a food that is as agreeable as it is nourishing and one can be prepared in a great number of attractive and palatable ways.

And there is another important thing to remember about the raisin. In addition to its food value, it has certain medicinal qualities, which make it extra healthful. This same measure is true of all dried fruits. It is particularly true of the raisin.

So when we use raisins for our tables we are getting our nutrition and health at a very low cost for the price we pay, even when they are eaten as first class delicacies.

And there is one more thing to remember about the raisin. It is one of the most economical of foods.

This is one of their chief virtues for in selecting foods for our tables we should pay particular attention to cost. It is just as important to be economical as to live well. And the raisin might well be counted among the first aid to lower cost of living.

On the Farm

Fashion Hints

Paris Notes.

Women's styles become charmingly individual as their vogue increases. The general fashion shows little variation, but there are more or less alike in shape. Set-in sleeves, a more fitted appearance, and a more pronounced ruff form are the decorative features of their real attractive.

Shaped collars, like the classic face blouse, are favorites. In this blouse, the collar is revers, which is a shaped neck. The deep, draped collar, also a style favorite, is sometimes fastened to the waist, and is a most attractive feature. They are made of crepe, and are adorned with heavily padded, and sometimes cotton or woolen, and are fastened with a decorative button.

Collar that is a part of the military blouse is a new feature for any one who likes a military blouse. Made of two thick materials, and stiffened with a decorative button, it is a most attractive feature.

Early Care of Breeding Sows.

In selecting breeding sows, it is better to select the pigs from the first litter, as they are more likely to drop their first litter and when they do, they will have a large part of the litter and develop in pasture. The following are the points to be noted in selecting a sow:

1. A sow should be selected from the first litter, as they are more likely to drop their first litter and when they do, they will have a large part of the litter and develop in pasture.

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A GOOD MEDICINE FOR THE SPRING

Do Not Use Harsh Purgatives—A Tonic is All You Need

Not exactly sick—but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches, and a feeling of depression. Tingles or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble.

Do not dose yourself with purgatives, as so many people do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. Any doctor will tell you this is true. What you need in spring is a tonic that will make new blood and build up the nerves. Dr. Williams' Pink Pills is the only medicine that can do this speedily, safely and surely. Every dose of this medicine makes new blood which clears the skin, strengthens the appetite and makes tired, depressed men, women and children bright, active and strong.

Mrs. S. E. Stephens, Ponoka, Alta., says: "I suffered severely from headaches, and was badly run down in health. I had tried several remedies with no benefit, until I was advised to try Dr. Williams' Pink Pills, and these have fully restored my health, and I can recommend them with confidence to all women."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.



Are We Downhearted!

Certainly not! and no one less so than the British Chancellor, Mr. Lloyd George, judging by the picture displayed above. Mr. Lloyd George is extremely busy providing "silver bullets" for the war, and just now he is trying to persuade the people of the Old Country that they should stop drinking intoxicants till the war is over, declaring that alcohol is the greatest enemy the empire has at present.

Healthy Fowls Pay.

In breeding for eggs, the main requirement is first-class healthy vigorous stock. Such fowls, well managed and properly fed, will help to produce eggs. We must have vitality and constitutional vigor in fowls that are to be good as egg machines or as breeders. Only first-class stock should be kept for such purposes.

Suffered For More Than Two Years

THEN JOSEPH GAGNE FOUND A CURE IN DODD'S KIDNEY PILLS.

Quebec Man Took His Wife's Advice and Is Now Enjoying a New Lease of Health.

Ste. Marguerite Bay Mills, Saguenay Co., Que., April 26th (Special).—"You can tell the public of the great relief I got from Dodd's Kidney Pills," the speaker was Mr. Joseph Gagne, a well-known resident of this place, and he has every reason to be enthusiastic over the great Canadian-Kidney remedy.

"For more than two years I suffered from kidney disease," Mr. Gagne continued. "It finally developed into pleurisy and I was a very sick man when my wife persuaded me to give Dodd's Kidney Pills."

"I took just three boxes and they made me well."

Dodd's Kidney Pills make their users enthusiastic because they not only cure the particular ailment aimed at but they spread good health all over the body. They do this by curing the kidneys. Cured kidneys strain all the impurities out of the blood. That means pure blood and new health all over the body.

A SQUARE DEAL.

In any organization so large as that of the C.P.R., where under normal conditions over 100,000 employees are on the payroll, one great problem is that of keeping the employees, so to speak, dynamic, part of a living organization and not of mere machines. Zeal and ambition must be kept burning. Just as every soldier of Napoleon carried a field marshal's baton in his knapsack, so every office boy in the Company must feel he is a possible president, not merely earn his dollar a day till pension day. One system introduced on the Western lines with this in mind has proved exceedingly efficient. Each superintendent or foreman or head of a department makes two reports a year on his staff. Bright men are thus earmarked for special promotion. If any man is criticized in the report shown to him and intimated by him that he is going to Winnipeg. He is given a square deal, and if he has any life in his mind, his ways are made twice. Then again there are independent scouts, looking for the bright men, the field station agent, the courteous trainman, the man cool in an emergency, the inventive mechanic, the stenographer who can run the office when the chief is absent. The best men are searching for merit only, not for faults.

Over the whole system of the Canadian Pacific ideas and suggestions made by employees are not only welcomed, but lead to promotion. They go to the Record Office, where a statement of the employee's career is attached to his suggestion before it is considered. A committee of the employee's career is then before the eyes of the powers that be, and recognition is sure to follow. The needs in the haystack is easy enough to find with a magnet, and there are a dozen magnets looking out for merit among the 100,000 employees of the C.P.R.

Death Nearly Claimed

New Brunswick Lady

Was Restored to Her Anxious Family When Hope Had Gone.

St. John, N.B., Dec. 15th.—At one time it was feared that Mrs. J. Grant of 3 White St. would succumb to the deadly ravages of advanced kidney trouble. "My first attacks of back ache and kidney trouble began years ago. For six years that dull gnawing pain has been present. When I exerted myself it was terribly intensified. If I caught cold the pain was unbearable. I used most everything, but nothing gave that certain grateful relief that came from Dr. Hamilton's Mandrake and Butternut Pills."

Every woman should use these pills regularly because good health pays and it's good, vigorous health that comes to all who use Dr. Hamilton's Mandrake and Butternut Pills.

OBSERVE ARBOUR DAY.

Objects for Which It Stands are of General Advantage of Canada.

Arbour Day is not observed in Canada to the extent which its importance warrants. There is need in every part of Canada for the education and instruction which Arbour Day represents. It should be observed as a public holiday at a time most suited to the climatic conditions of the locality. The planting and protection of shade trees, preparation of flower and vegetable gardens, and thorough cleaning up of homes and surroundings should be advocated as special duties for the day.

Arbour Day has its justification in the value of trees. Nothing contributes so much to make the world a pleasant place to live in as trees. The true home feeling is not satisfied without the presence of the trees, with their shelter and shade, their beauty of form and leaf, their blossom and fruit, their varying shades with the passing of the seasons, and their fullness of colour in the autumn days. They also afford homes and shelter for our feathered friends, the birds, during their annual visits.

Nothing adds beauty and value to a home or schoolhouse more than the presence of trees; nothing adds more to the comfort of pedestrians than shade trees. The way may be long and dusty, but under the cool shade of the trees relief is found.

It is to be hoped, therefore, that the celebration of Arbour Day will become more general; that the planting and care of trees and shrubs around schoolhouses, homes, public spaces and by roadsides may have the effect of developing a keener appreciation of the value and beauty of trees; and that in thus enlarging the field of Arbour Day activities, greater interest may be created in the protection of our Canadian forests from the reckless destruction by fire and the axe with which they are threatened.

No More Corns

Cure Guaranteed.

Never known to fall, a cure without pain in 24 hours. Is soothing, healing; takes the sting right out. No remedy so quick, safe and sure as Putnam's Painless Corn Extractor. Sold everywhere—25c per bottle.

AN APPRECIABLE GIFT.

Appeal for Maple Syrup and Sugar for Red Cross Society.

The Canadian Red Cross Society has sent an urgent appeal to Mr. J. H. Grimm, who is well known in the maple syrup industry, for a donation of syrup and sugar for the boys at the front.

A letter from Colonel Gorrel, of the First Canadian Contingent, tells of the enthusiastic reception accorded a recent case from Canada containing, among other things, a few cakes of maple sugar. He states, "the men went fairly crazy with delight when it was given to them."

To a Canadian away from home it would be difficult to conceive of a more acceptable gift in the spring than some genuine maple syrup or sugar from "the land of the Maple."

There are few farmers who could not spare at least a gallon of syrup or ten pounds of sugar for such a worthy and patriotic object. Those who respond, and it is hoped there will be many, are asked to pack carefully and express to The Canadian Red Cross Society, 58 Wellington St., Montreal, Que. The express companies will carry such parcels free if plainly marked for The Red Cross."

Wit and Wisdom

Of two evils it isn't always necessary to choose either.

Children are won by sweets, women by bonnets, men by schemes. Teacher—"What is a pedagogue?" Country Pupil—"A man who gets run over by a motor." A cynic suggests the three quickest ways to send a message—"Telegraph, Telephone and Tell-a-wo-man!"

Supercilious Youth (to tram conductor)—"Is that Noah's Ark full yet?" "Yes, all but the monkey." "Jump in."

"You never know what you can do till you try," said a writer, "and then you are generally sorry you found out."

An honest Sunday-school boy has explained "suffering for righteousness sake" as "having to come to Sunday School."

Not Always—Papa—"Yes, my son, if you want to learn anything well you must begin at the bottom." Little Boy—"How about swimming, pa?"

Mr. Rooks—"So you want to marry my daughter. Well, young man, what are your prospects?" Young Man—"Excellent—if you don't spoil them."

A Board School teacher, putting his hand on the shoulder of a boy of doubtful character, said "I believe Satan has got hold of you." "I believe so, too," was the reply. Gibbs—"I believe in early rising, don't you?" Dibbs—"Well, there's no abstract excellence in early rising; it all depends upon what you do after you rise. It would be better for the world if some people never got up."

Good-Bye, Old Backache

Nerviline Will Fix It

Stiffness is Rubbed Right Out. Sign of Pain Disappears. Gee whizz—think of it! No more stomach dosing to cure your lame back. Every trace of lameness, of stiffness, every sign of weary, aching muscles can be rubbed out for all time to come by "Nerviline."

No other liniment can do so quickly; can penetrate so deeply; can bring ease and comfort back so speedily as Nerviline.

Backache isn't the only ailment that can be cured so quickly. It is also a sign of rheumatism, sciatica, neuralgia, or other painful conditions. Nerviline is quick to cure, and gives relief so speedily as to get the patient on his feet in a matter of minutes.

If you have a sore back, a stiff joint, a strained muscle, or a painful condition, rub it on plentifully. It works quickly. The large 50c. bottle is the most economical course, but you can, from any drug store, get the 25c. small size of the King of Pain-Relief.

A London Joke.

The House Agent—"It is a situation, madam—oak rooms, lounge hall, electric tennis-court, park, lake, stable, shooting, garage, hunting."

The Fair Client—"But, sir, room to play Bridge in the case of bombardment?"

SICKLY CHILDREN PROMPTLY CURED

Baby's Own Tablets are an ideal medicine for little ones. They regulate the bowels and stomach, cure colic, constipation, indigestion, cold and simple fevers, expel worms, cure croup, and give baby health and happiness. Concerning them, Mrs. Fred VanGorder, "Dunville, Ont., writes: "I have used Baby's Own Tablets for my four children and find they always give perfect satisfaction."

The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Sore Granulated Eyelids, Eyes

Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Stinging. Just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Freckle, Druggist or Murine Eye Remedy Co., Chicago.

To be old enough to know better is merely a figure of speech.

Keep Murine's Liniment in the house.

SEED POTATOES.

EARLY IRISH COBBLER POTATOES, specially selected and Government inspected for seed. Only limited quantity. Price, One Dollar per bushel (50 lbs. Brampton). Also Collins' per bushel (50 lbs. Brampton). Show, two excellent new potatoes. Price, Two Dollars per bushel. Special prices for large quantities. Cash must accompany all orders. H. W. Dawson, Brampton, Ont.

NEWSPAPERS FOR SALE.

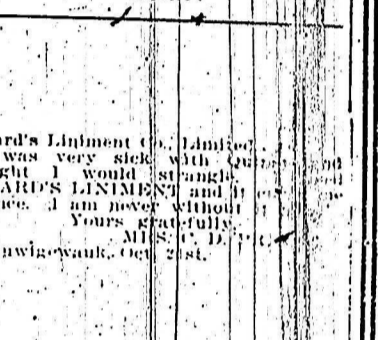
PROFIT-MAKING NEWS AND JOB OF PRINTING for sale in good Ontario town. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide St., Toronto.

MISCELLANEOUS.

CANCER, TUMORS, RUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. J. H. Human Medical Co., Limited, Collingwood, Ont.

KERMATH Marine Engines

"America's Standard" Cycle Marine Motor. 1000, 1500, 2000, 2500, 3000, 3500, 4000, 4500, 5000, 5500, 6000, 6500, 7000, 7500, 8000, 8500, 9000, 9500, 10000. The Kermath Marine Engine is the most reliable and economical engine in the world. It is built for service and will run for years without trouble. It is the only engine that will run on kerosene, gas, or oil. It is the only engine that will run on a 25c. small size of the King of Pain-Relief.



Just a Scratch

BUT it itches looking after. Carbolated Vaseline will help it to heal quickly and prevent risk of infection. It is the best treatment with CARBOLATED Vaseline.

Made in Canada.

There isn't much use in worrying about a scratch if you have Carbolated Vaseline. It will help it to heal quickly and prevent risk of infection. It is the best treatment with CARBOLATED Vaseline.

THE NEW PERFECTION

Oil Cookstove, for years manufactured in the United States, is now made in Canada.

The Perfection Stove Company, Ltd., at Sarnia, Ont., is manufacturing these stoves for distribution by The Imperial Oil Company, Ltd., throughout the Dominion.

The NEW PERFECTION is the best-known and most-liked oil stove in the world. Over 2,000,000 are now in use—saving money and labor for their users and keeping kitchens clean and comfortable.

The NEW PERFECTION brings gas stove conveniences to the kitchen. It lights like gas, cooks like gas, 1, 2, 3, and 4 burner sizes.

Ask your dealer to show you a NEW PERFECTION Oil Cookstove—made at Sarnia, Ont., by Canadian workmen. If he can't supply you, write us direct.

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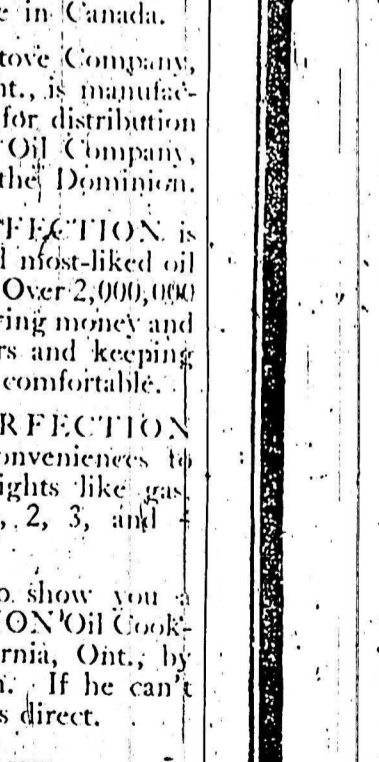
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