SIGN OF SPRING

The last preserves have been counted And the chow-chow is running low There are only a fow tomatoes, And the peas vanished long ago. The jam and the jelly's depleted,

The pickles and catsun fade : There's hardly a taste of chile. And it's wos to the marmalade. So why do we doubt it longer,

That spring must be nearly here-There is no sign like a cellar That is empty, or very near. -Baltimore Bun

THE WIFE'S BEEF DICTIONARY

LOIN-The loin of beef is subdivided into porterhouse or short cuts, T-bone and sirioin. The porterhouse consists of the first five or six steaks from the email and next to the ribe. Next t this some the T-lune steaks, reparded by many as the very choicest part of the loin. The last six or eight steaks next to the round are known as the siriolo. The tenderioln is the inside portion of lean meat near the rib end of the loin.

ROUND AND RUMP-The rump is the fleshy portion of the thigh. After le cut off the round extends on down to the shank, having only one bone near the centre.

FLANK-A section of lean most over lies the flank which is stripped off and is known as the flank steak, and is much sought after. The balance of the flank is most used for sausage and hamburger, but can be boiled.

Rina-This section consists of the first seven ribs and is mostly used for rosats. The cuts nearest the loln are considered the choicest and sell for the most money. - Next-to-the-chuck the meat is deeper and rather coarser. CHUCK - The lower eight or ten

inches of that portion marked chuck is known to the trade as the "clod." of temperance. This lies just above the brisket and extends up to the lower portion of the neck. This is out mostly for not rossts and contains much lean meat. Most of the chuck is out into steaks, the best portions being on the and nearest to the ribe. The portion next to the neck usually sells for not rossts or

PLATE-The plate is the lower portion of the carcass below the ribs, and taking the covering of the belly. It is mostly used for boiling, but contains some good meat. BRISKET-This takes in the portion

between the shank and the clod, lower part of the chuck. It makes fine pot-roast or boiling mest. SHANK-That portion of the shank from the knee or heel to the cut above

is fleshy, though coarse, and is mostly used for boiling. The lower part mostly bone and sinew, and is for youp and boiling. In the forelegs this is called the shin.

NECK-This part usually sells with a part of the chuck and is fit mostly for boiling. It is fleshly but coarse.

SIRLOIN ENDS-In some markets the ands of sirioin and T-bone steaks, which run down Into the flank, are cut off at the point where the flesh widens and are sold separately. These ends are coarser than the loin meat, but, properly cooked, are as good as any part of the animal.

Was Troubled With Liver Complaint For Three Years.

Milburn's Laxa-Liver Pills will regulate the flow of bile to act properly upon the bowels, and will tone, renovate and purify the liver, removing every result of liver trouble from the temporary but disagreeable headache to the severest forms of liver complaint-

Mr. S. Nelson, North Sydney, N.S., writes:—"I have used your Laxa-Liver Pills. I was troubled with liver complaint for three years, and could get no relief. I was persuaded by a friend to try your remedy, and after taking one vial I got relief. After I had taken three more I was cured completely, and I have not been troubled aince, thanks to your

Milburn's Laxa-Liver Pills are 25 cents per vial, or 5 vials for \$1.00, at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited,

THE BOY AND HIS FATHER

Kmil Steffens, Sr., the lithographer, made the following translation of a paragraph in the "Statte Zeltung," enitling it, "What a Boy Thinks about His Father." Numerous copies have been made by Mr. Steffens' house and circulated.

"At ton he thinks his father knows a great deal. When he is fifteen, he thinks, "Well, I know fust about as much." At twenty he again thinks he knows as much. When he comes to be thirty years old, he thinks he ought to ask his father's advice sometimes. At forty he thinks his father does know a little more. At fifty he looks for his father's advice. At sixty, when his father is dead, he comes t the conclusion that there-was notsmarter man on partli than his father was."

MAMMY'S RECIPE

"Dear mamma," wrote a bride transplanted from a Southern family to the North, "please have Manuny Johanna sand me her recipe for hot

Mammy Johanna had presided the kitchen for thirty years. With much labor she wrote the recipe.

This was it : 'Take as much flour a you need 'cordin' to how many folks they is to eat; put in some salt-Miss Mary knows how much ; put in all the feet of the ingrediums, and be sure to bave you griddle hot."

The following composition on men

is credited to a little girl :--"Men are: what women marry. They drink and smoke and swear, but don't go to church. Perhaps if they wore bonnets they would. They, arn

more togical than women and also

women sprung from monkeys, but the

women sprung further than the men."

more zoological. Both men and

CURIOUS FOODS

Man is the only animal that laught. so the naturalists declare. To which may be added, that he le about the only animal that is an oqualvorous fooder; all-devenring; awallowing the animal, vegetable and mineral king dome indiscriminately. That he pays the price of his catholic appetite, the fact that eighty-five per cent. of all the diseases that afflict bim arise from the digestive organs, go to prove.

There are edibles whose use probably began with necessity, and the taste for them so acquired, continued when necessity for them had disappeared. Or, to put it in another way, hunger ent the fashion and vogue survived the hunger. Raw oysters, insects and sea

weeds are representitives of this class. The use of other foods may be traced to palates that have been vitlated, b indulgance in epicurean pleasures, and whose sense of taste in consequence only responds to food of a strong, unusual or oven-abhorent-taste to the normal mouth. Some Russlan dishes and certain cheeses are examples of this type of vatables. - From Physical Oulture for May.

SCIENTISTS AND TEMPERANCE

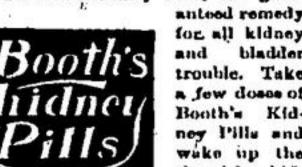
One of the most influential friends of the temperance cause to-day is the scinutist, giving facts as he finds them Releationaly he is questioning nature and giving to the world her answer He is proving by experiments against which there is no argument, that no one can induige ever so moderately in alcoholio atimulanta without aborten ing his life, increasing the likelihood of his contracting disease, and decreasing his general efficiency. Remora lossly the scientist is proving that the noderate drinker is worth less to hi family, and to the state, than the all stainer. Truth is the strongest ally of temperance, and the scientist as the revealer of truth, is doing more than almost any one to advance the cause

NO APPETITE?

This Hemedy Will Hestore It "If you have no appetite for meals can't work, can't rest and are annoyed with too frequent prination and a

burning, scalding pain in making pas

If at night you retire, hoping for sleep, that either does not come or is fitful, you have kidney trouble and need Booth's Kidney Pills, the guar-



for all kidney bladde trouble. Take a few doses of Booth's Kid ney Pills and wake up the eluggieli neve and regu-

late the urine. Continued treatment will cure and heal the weakened kidneys, and restore the appetite in the natural way. Hold everywhere 50c. a. box, or postpaid from The R. T. Booth Co., Ltd., Fort Eric, Ont. Free trial sent on application. Sold and guaranteed in Acton by A. T. Brown.

Nothing can make up for the losses that come from self love.

Hard, and soft corns both yield to Holloway's Corn Cure, which is entirely safe to use, and certain and satisfactory la lie action.

You can always mot an inferior per-

son by his superior air. Rollof for Buffering Everywhere .-He whom life is made miserable by the suffering that comes from Indigestion and has not tried l'armolee's Vegetable Pills does not know how easily this formidable foe may be dealt with. These pills will relieve where others fall. They are the result of ong and patient study and are confidently put forward as a sure corrector of disorders of the digestive organs,

from which so many suffer. MINUTE BY MINUTE

Seldom is our work too hard for us I we take it minute by minute, and few of our burdens are too heavy. It when we are doing the work of the uture with the strength of the preent, or facing to-morrow's trials with the courage meant for to-day, that both strength and courage give out.



That when you put a raive onto your child's skin, it passes through the pores and enters the blood, just as surely as if you put it into the child's stomach?

-- You would not wout a coarse mass of animal fat, colored by various mineral poisons (such as many crude salves are) into your child's blood by way of the stomach? Then why do so by way of the pores?

Take no sisk. | Use always the Pure herbal essences provided in Zam-Buk. Z.m.Buk contains no trace of any animal o'l or fat, and no polionous mineral colorlog matter. From start to linish

It will heal sores, ulcers, abscess ers,/ eruptions, varicoss ulcers, cuts, burns and brulses more quickly than any other known preparation. It is antheptic, quickly stops the smarting of a sore or cut, curse piles, inflamed sore; and blood poisoning. It is a combination of healing power and scientific purity. Ask those who

All druggists and stores 50e bes pr Zom-Hub On, Torents, for print.

900 Drops For Infants and Children.

Avegetable Preparation for As-

ting the Stomachs and Bowels of

INDINAS CHILDREN

Promotes Digestion Cheerful-

ness and Rest Contains neither

Opum Morphine nor Mineral

Days of Old To SUNDEL PERCHEN

Aperfect Remedy for Constina-

Worms Convulsions Feverish-

ness and LOSS OF SLEEP.

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NEW YORK.

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the dressing. It will stop sloughlug,

carry away the proud flesh, draw out

the pur and prepare a clean way for

healer among oils and myriads of

people can cartify that it healed where

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BARK OF HAMILTO Capital Paid Up 2,780,000 Reserve & Undivided Profits . B.250,000 Besides offering an incentive to save, a -THE RESIDENCE lent method of keeping the accumulating Safe custody is of paramount importance-either for the hard-earned savings of the worker or for trust funds. The Bank of Hamilton levites your savings account, whether large or small, GEORGETOWN BRANCH Hoad Office

Children Cry BECAME SO WEAK FOR FLETCHER'S CASTORIA AT TIMES It's better to be disappointed in love **COULD NOT WORK.**

W. N. MoKay

Mrs. George Illies, Grimsby, Ont., writes: Just a few lines to let you know what Milbum's Heart and Norve Pills have done for me. I suffered greatly with my nerves and became so nervous and weak at times I could not work. A friend of mine advised me to try a box of your pills, which I did, and soon found great relief. They are the best medicine I have over taken for the heart and nerves. I recommend them to any one suffering from heart or nerve

Milburn's Heart and Nervo Pills make the weak heart strong and the shaky nerves firm by imparting a strengthening and restorative influence to every organ and time of the body and ouring palpitation of the heart, dissinces, sleeplessness, annemia, twitching of the muscles, general debility, lack of vitality, etc. Price 50 cents per hox, or 3 for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited.

CAN YOU OURSS THESE" When le a ple a poet? When It le browning.

Why can we send no more despatchos to Galt ? Because he is dead. Why le the letter Y like a young pendthrift? Because it hakes pa pay. Why, is your shadow like a falso friend ? Because it follows you only in unsbine.

Why la a banker's clerk necessarily well informed? Because he is contin unlly taking notes.

BNAPPY

"Ten cents' worth of eaning papper," and the little boy in the auburban

"Canine !" echoed the autonished erk "Why, my little man, I guess

on mean cayenna papper." The little fellow was doubtful "Maybe I do, mister," he hesitated, "but maning said it was the kind of pepper that had a sharp bite, so thought it was 'canine'. "

Paying compliments sometimes puts money in a man's pocket. The bee is never too busy to adminlater a stinging rebake.

Worms sap the strongth and undermine the vitality of children. Strongthen them by using Mother Graves Worm Exterminator to drive out the

NOT GOOD ENOUGH

No one is good enough who does not take advantage of every influence which will help to make him better. The young wan who thinks blowelf good enough to get along without the church, is taking the wrong attitude. It may be that you are sa good as an acquaintance who is a church mem ber, but that is not the point. Are you as good, as you would be if you took advantage of the greatest uplifting social force in the world to-day?

HIS COAT AND PANTS A horse dealer was showing a horse to a prospective buyer. After running

him back and forward for a few

minutes, he stopped and said to the buyer, "What do you think of his coat ? Isn't It a dandy ?" . The buyer, noticing that the horse had the heaves, replied, "Yes, I like his coat all right, but I don't like his

"I had been given up to die by three of our best doctors,

could not stand it to be on my feet and I was so swelled in the abdomen I could hardly breathe. But thanks to Dr. Miles' Heart Remely and Nervine I am able to be about the streets, a walking advertisement of the curative qualities of your remedies, although I am 70 years old."

JOHN R. COCHRAN. Lewistown, Ill. Better than any statement we

could make regarding the value of

Dr. Miles' Heart Remedy are these words of Mr. Cochran. He speaks from experience, the highest possible source of knowledge. If you have any of the signs of a weak heart, such as pain in the left shoulder or arm, fainting and hungry spells, shortness of breath, unothering spells, fluttering or palpitation of the heart,

Dr. Miles' Heart Remedy which for over twenty years has been recognized as the best preparation of its kind to be had.

Sold under a guarantee assuring the return of the price of the first bottle if it fells to benefit. AT ALL DRUGGISTS. MILES MEDICAL CO., Toronto, Can. A good deal of religious fog is due to

vaporated outhurland. When a man is waiting on the Lord

Children Cry FOR FLETCHER'S CASTORIA

The transition from winter's cold to nmmer's heat frequently puts a strain upon the system that produces internal complications, always painful and often serious. A common form of disorder is dysentory, to which many are prone in the spring and summer. The very boat modicine to use in subduing this painful allment is Dr. J. D. Kel logg's Dysentery Cordial. It is standard remedy, sold everywhere.

Wanting what you can't get is about as much fan as getting what you don't

The serrows of earth cannot be cur d by sighing for heaven.

THERE ARE FEW PEOPLE Who Have Never Experienced A HEADACHE.

Hondselies effect all ages and both sexes alike, but the female sex is naturally the more effected through the higher nervous development and more delicate organization of the system,

Burdock Blond Bitters has, for years been curing all kinds of headschos, and it you will only give it a trial we feel sure It will do for you what it has done for thousands of others during the past thirty-five years.

Mrs. C. Meadows, Clarksburg, Ont., writes: For years I was troubled with persistent sere that refuses to heal? sick hasdache and dissiness, and was also constipated. I was advised to try Then, try Dr. Thomas' Eclectric Oil In Burdock Blood Bitters. I only took three bottles of the medicine; now I fool like a new woman. I find I am completely cured, and I can truthfully testify that it is the best medicine I have the new akin. It is the recognized

Burdock Blood Bitters is manufactured only by The T. Milburn Co., Limited, Teronto, Ont.

"HE NEVER TOLD ME I OUGHT TO DO BETTER"

It is always better to help others oriticien themselves than it is to criticlee them. They will believe them. selvas; they are not likely to believe you. 'The way to bring about this healthy and helpful condition of solfcriticism, with its accompanying deelre for improvement. Is to show by our lives, allently, the botter way, while resolutely refraining from urging it on others. It was a high tribute paid to a man, who is not now living, when one who had known blm latimstely said : "He never told me that ought to do better, but I always came away from any conversation with him wanting to do better." If we could do this for others, let us seal our lips criticism, and incarnate the better way in our lives .- Helected.

> ----PATO TROUBERS

An Irishman had a pair of trousers pade by a local tallor, who according to the fashion made them rather tight, and returned with them a day-or two after. Hays be:

"You bly medo thim-trausers far too tight, be jabers, they're tighter than

"that can't be, surely," How can they "Well," says Pat, "I can sit down it

CASTORIA For Infants and Children. The Kind You Have Always Bough Blensture of Chart Hitches

THE SHORT OUT

It is not easy to do the thing one does not like to do. If in addition to the difficulty of achievement, you must conquer your own inclinations your task is made doubly hard. Some times the shortest way to achieve what you are after is first to conquer your dislike. Learn to enjoy the work that you at first find distasteful, and ; everything else will come casy.

Foundation Principles Birst : When we undertake to fil your prescriptions, we give them ou undivided attention and best care The patient's welfare is our first con

Second : We guarantee our drugs to be of full strongth as well as pure and

Third: Our customers are supplied with just what they ask for; substituting is never allowed.

PAINE'S CELERY COMPOUND. If you are a sufferer from killney disease, liver complaint, blood troy bles rheumatism, neuralgia or nervous prostration, we confidently recommend the use of Palne's Colory Com pound. This reliable and never disappointing medicine is a true disease banisher and system builder. supply the genuine Paine's Celery Compound. A.T. Brown, Acton, Ont.

All Relieved by Lydia E. Pinkham's Vegetable Compound. Sikeston, Mo. - "For seven years ! suffered everything. I was in bed

"Oh, come now," said the tailor,

be tighter than your skin?" me skin, but I can't sit down in thim trousers."

A Purely Vegetable Pill.-The chief ingredients of Parmelee's Vegetable Pills are mandrake and dandellon, sedative and purgative, but perfectly and purify and have a most healthful effect upon the secretions of the digestlve organs. The dyspeptle and all who auffer from liver and kidney all. ments will find in these pills the most effective medicine in concentrated form that has yet been offered to the

Heavy Cold.

It Became a Lung. Splitting Cough.

Mr. J. H. Richards, 1852 Second Ave. East, Vancouver, B.C., writes: "Allow me to write a few lines in preise of your Dr. Wood's Norway Pine Syrup. Last fall I contracted a heavy cold which left me with a hacking cough and every time I would get a little more oul! this backing cough would become a lung splitting one. It kept on getting worse and I kept on spending money buying different cough remedies until a friend asked me if I had ever tried Dr. Wood's Norway Pine lyrup. I told him I was willing to try anything I thought would cure, and on the same day bought two bottles. Be-fore half the first one was used my cough began to get much easier, and by the time I had used a bottle and a half my cough

I am sure I have a positive cure. Let me resonmend Dr. Wood's Norway Pine Syrup to all who suffer from a cough or throat irritation of any kind." that numerous persons have tried to

Manufactured only by The T. Milburn Co. Limited, Toronto, Out.

irregularities, periodic pains, backache, that bearing down feeling, indigestion, and nervous prostration, after all other means had falled. Why don't you try it?

for four or five days

could hardly walk. cramped and had

backsche and head-

wache, and was so

Inervous and weak

that I dreaded to

see anyotic or have

anyone move in the

gave me medicine to

times, and said that Lought to have an

and when a friend of my husband told

im about Lydia E. Pinkham's Vege-

for his wife, I was willing to take-it.

Now I look the picture of health and feel like it, too. I can do my own house-

work, hoe my garden, and milk a cow. I can entertain company and enjoy

them. I can visit when I choose, and

walk as far as any ordinary woman

any day in the month. I wish I could

talk to every suffering woman and girl."

MIL DEMA BETHUNE, Sikeston, Mo

country for the cure of all forms of

female complaints is Lydia E. Pink

ham's Vegetable Compound.

The most successful remody in this

It is more widely and successfully

used than any other remedy. It has

cured thousands of women who have

been troubled with displacements, in-

flammation, ulceration, fibroid tumors,

table Compound and what it had done

was gone. I am keeping the other half bottle in case it should come again, but

Contracted a

So great has been the success of this wonderful remedy, it is only natural

Don't be imposed upon by taking anything but "Dr. Wood's." Put up in a yellow wrapper; three oine trees the trade mark; price 25

institution. Here and now there stands vide open, for you who have youth, health scernment and ambition, the same door of onorable success. Don't procrastinate; seize opportunity; do it now. Come direct to the College office, 137 Upper Wyndham Street, or address Malcolm MacCormack, B.A. Principal.

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No. 10 4.45 p.to. No. 19 8.30 p.to. No. 19 8.35 p.to.

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A comfortable bus meets al

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bright young men and women, who are now

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It would delight and asionish you to learn the story of the rise and progress of a

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PICTURE FRAMER, ETC. Begs to inform the ladies of Acton and surrounding vicinity that he has been appointed Agent for three of the largest Wall Paper houses in Canada. /1500 samples to choose

Prices Right. Also that he is prepared to repair all Granite. Aluminum and Enameled Ware. Knives and Scissors Ground-Furniture Repaired.

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Specialty:—Palent business of Manufac-turers and Engineers.

Write for our interesting books? Investigated or states and "Hew you are or indeed of send in the your invention or improvement and we will tail you been our opinion as to whether it is probably patentable. Relacted systications by an inconduct fully equipped offices in Montage and Washington; this quelifies us to prosely dispatch work and quickly secure Polyting as broad at the invention, Highest references furnished.

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full particulard of Prise Contest. Also a

\$3,600 in Cash Prizes for **Farmers**

RE you one of the thousands of Canadian farmers who have used A Canadian turing Canada Coment for the construction of some farm utility? If you contemplate building anything whatsoever of concrete, make up your mind right now to build it with a view to winning one of the prizes we are offering. Hoad the rest of this unnouncemont and you will learn how you may try for a share in the \$3,600 we are giving away, to encourage the use of cement upon the form. Throughout Canada the farmers have taken such a keen interest in our campaign that it has inspired us to go further along these educational lines. We have decided, therefore, to offer a series of four \$100.00 prizes to each of the nine Provinces, to be award-

ed ny follows: PRIZE "A"--\$100.00 to be given to the farmer in each Province who will use during 1911 the greatest number of

hage of "CANADA" Coment for actual PRIZE "B"-\$100.00 to be given to the farmery in each_Province, who uses -"OANADA" Coment on his farm in 1911 for the greatest number of pur-

PRIZE "C"-\$100.00 to be given to the farmer in each Province who furnishes us with a photograph showing best of any particular kind of work done on his farm during 1911-with "CANADA" Cament.

PRIZE "D"-\$100.00 to be given to the farmer in each Province who furnishes the best and most complete description of how any particular piece of work shown by photograph sent in, was

In this contest no farmer should refrain from competing, because of any

The Canada Cement Co. MONTREAL, QUE.

lars of contest. If you sond to uz for it, use the coupon provided in this

feeling that he may have Litie chance

against his neighbor who he thinks might

and "I" have no bearing whatever on

quantity of cement used. The mun-who-

sends us the best photograph of so small

a thing as a watering trough or a hitch-

ing post, has us much chance for Prize

"C" as a man who sends a photograph of

a house built of cement-and the same

in almost every town in Canada. Should

there not happen to be a dealer in your

locality, let us know and we will try to

Contest will bloss on November 18th.

1911, and all photos and descriptions

must be in our office by that date.

Awards will be made as agon as possible

thereafter. The jury of award will con-

sist of: Prof. Poter Ullieaple, Locturer In

Theory of Construction, University of

Toronto; W. H. Day, Professor of Phy-

ules, Ontarid Agricultural College,

Quelph; and Ivan H. Macdonald, Editor

of "Construction." ?

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well-nigh anything on the farm, from

hitching post to sile. Whether you

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night.' From your cement dealer

or from ut, you-can obtain a

folder containing full particu-

Now, you cannot hope to de concrete

Canada Cement is handled by dealers

with Prize "D" as to best description.

For 'it will be noted that Prizes "C"

use more coment than he does.

copy of "What the Farmer Can Do With Concrete."