DICESDAY MAY 10sb, 1917

Once by the edge of a pleasant gool. Under the lank, where twas dark an Whore bushes over the water hung, And grasses nodded and rushes awang.

THE CROAKER

Just where the brook flowed out of the There lived a gonty and mean old frog. Who'd sit all day in the mud and soak And do just nothing but croak and croak Till a blackbird whistled: "I ray, you What is the trouble down there below? Are you in sorrow or pain or what ?"

The frog haid ; "Mine is a growsome lot Nothing but mud and dirt and slime For me to look at the liveloug time. "Tis a dismal world !" So he andly spoke, And voiced his weet in a mournful creak "But you're looking down!" the black

Look at the blossoms overhead ; Look at the lovely summer akies : Look at the been gud the butterflies. Look up, old felloy! Why, bless your You're looking down in a muskrat's hole But still, with his gurgling sob and cho The frog continued to creak and crock to And a wise old turtle, who bearded near Said to the blackbird : "Friend, see bere

Don't shed your tears over him, for he In wratched just cause he likes to be ! . Ho's one of the kind who won't be glad. It makes him happy to think he's sad. I'll tell you something-end it's no joke-Don't waste your pity on those who croak.

-Methodist Recorder.

Communication with his Maker by prayer is the most exalted function in which man can be engaged because it exercises the highest functions of the soul with the intellect and the world. It is the channel of heaven's choicent blensings. It excludes no one. It embraces all in the circle of its benediction. It gives us access to our Heavenly Father at all times, in all places and under all circumstances. In a word, prayer renders us co-operators with our Creator in the moral government of the world. -Chrdinal Gibbons

CONSTIPATION THE COMMONEST ILL

Constination 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

the bowels regular and care all liver illa. Mr. Philip McLeod, Tarbot, N.S. writes: "I suffered from constipation ever since I can remember, and for years had pains in the left side of the back. If I walked across the kitchen floor I would have to sit down and rest. That I think was terrible for a man of 20 years of age. The condition of my system was shown by pimples breaking out on my face. I suffered so much pain and stiffness in my back I am sure my system Liver Pills have entirely cured me. I thoroughly recommend them to

everybody." Milburn's Laxa-Liver Pills are ,25c. a vial, 5 vials \$1.00, at all dealers or mailed direct on receipt of price by Tun T. MILDUEN Co., LIMITED, Toronto, Ont.

DIDN'T KNOW

"The minister called here this after-

"Is that so ! What did he have to say ?" "He seemed surprised to find that I was

ought to know by now that you're a mar-"How could he know, when he had never soon my husband in church along with

Children Cry LCB ELELUREDIC CASTORIA

Soft corns are difficult to eradicate, but Halloway's Corn Core will draw them out painleasly.

He is trely happy who makes others You can pass into the temple of honor only through the temple of virtue.

PALPITATION OF THE HEART SHORTNESS OF BREATH

CURED BY MILBURN'S HEART AND NERVE PILLS.

Mrs. S. Walters, Matapodia, Que. writes: "I wish to let you know how much good I have received by taking your Heart and Nerve Pills. I was suffering from palpitation of the heart and shortness of breath. The trouble with my healt was caused by stomsch

I had tried all kinds of medicine, both patent and doctors', but I found none relieve me like Millium's Heart and Nerve Pills. I believe anyone suffering like I did should use them. I only used four hores and I now feel like a different person."

Milburn's Heart and Nerve Pills have been on the market for the past twentyfive years and have a most wooderful reputation as a rempdy for all heart and Price 50 cents, per box, 3 boxes for \$1.25, at all de lett, or mailed direct on receipt of price by Tim T. Milligues Co., LIMITER Toronto, Out.

HOUSE APIRE

An insurance man tells this one; "Not long ago there rushed into two our offices in the south a very excited woman, so excited, in fact, that she was out of breath and could speak with diffi-"What's the trouble? saked our of

"... I want a policy at ouce-at duce!" exclaimed the woman, when she had recovered sufficiently to articulate. Our

Children Cry FOR FLETCHER'S CASTORIA

evil than do a little one.

PLEASE A CHILD; WHILE GIVING HIM HIS BATH

The child who likes taking his bath is an exception. The majority of them look ne and this process of rubbing and scrubbing. Kuthlebn E. Stracy, in Februsry's "Livery weman's World," has a novel idea of how this bugbear may be made pleasant for the child.

"A child who does not wish' to take his bath," she says, 'may be taught to oploy it by liaving floating toys added to it. "A mother awan and haby awans may be bought at five and see cents each. Tie these together and to a sponge with bright ribbon, and the bath becomes a delight. Fish, and other toys of different nizes are also for sale. A top that spins i the water was a mong the Christmas novel-

"These floating toys should not be used at any other time, as they would then loss their interest, and would fail jo making the

... The expense is slight, and the saving on the nerves of the mether and to the temper of the child is very great. It is much better to have him come to his bath with a smile than to compel him by force or by threats. The less ill-temper you provoke in a child the letter."

GOULD NOT SWEEP

Women are coming to understand that weak, lame and aching backs from which the grower should set the plants out. they suffer so much excruciating pain Potatoes planted out between 24th

Mrs. L. Conshaw, 683 Manning Ave., Toronto, Ont., writes: "I take great pleasure in writing you, stating the bene. Equanh may be planted after all danfit I have received by using Doan's Kidney Pills. About three years ago I was terribly afflicted with lame back, and was so had I could not even sweep the floor. I was advised to use Doan's Kidney Pills, and before I had used one box there was a great improvement, and my back was completely cured. I highly recommend 'Doan's' for lame backs" Doan's Kidney Pills are put up in a oblong grey box, the trade-mark is Maple Leaf, so accept no other. Price 50c. per box, 3 boxes for \$1. at all dealers, or mailed direct on receipt of price by Tun T. MILBURN Co. LIMITED, Toronto, Ont. When ordering, direct specify"Doan's.

RIPE FOR ST. HELENA . The Keiser may continue his hypocriti cal in tocations of the Deity, and Bethmann-Hollwey, lan oilier but not less offensive bypocrite, may prate of reforms, but the average German can no longer protend to credit their words. The two Kaisers and the Sultan, with slippery Ferdinand of Bulgarin and tricky Constauting of Greece that the growing roots will not be my their attendants, should be started for

"Feel Like a New Person," says Mrs. Hamilton.

New Castle Ind -"From the time was cleven years old until I was seventeen I suffered each month I, did not to be easy a minute. My health was all run down and the.

neighbor told my mother about Lydia be made with the common hoe to insure the Pinkham's Vegetable Compound and sort the roots of the tomate plant. I took it, and now I feel like a new These roots should be theroughly person. I don't suffer any more and I watered so that the soil will cling m regular every month."-Mra. HAZ HAMILTON, 822 South 15th St.

When a remedy has lived for forty years, steadily growing in popularity If the season is dry and hot, water and influence, and thousands upon thousands of women declare they two their health to it, is it not ressonsble to believe that it is an article of

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Continual cheerfulness is a sign of wir

The goddess of fortune dwells in the feel of the industrious. The goddess of misfortune dwells on the feet of the sluggard. .Clean hands are better than full ones in the sight of God.

BRONCHITIS WAS SO BAD

Coughed Every Few Minutes. DR. WOOD'S

NORWAY PINE SYRUP CURED HER

Dronchitis starts with a short, painful, dry cough, accompanied with a rapid wheering, and a feeling of oppression or tightness through the chest. 'At first the expectoration is a light color but as the trouble progresses the phlegm arising from the brouchial tubes becomes of yellowish or greenish color, and is very often of a stringy nature.

Bronchitis should never be neglected. If it is some remons lung trouble will undoubtedly follow. Get rid of it by using Dr. Wood's Norway Pine Syrup. This well-known remedy has been on the market for the

It cures where others fail. Mrs. Geo! Lotton, Unbridge, Ont. writes?"I have had bronchitis so bad I could not he down at night; and had to cough every lew minutes to get my I had a doctor out to see me, but his medicine seemed to do me no good. I sent to the druggist for some good cough mixture, and got Dr. Wood's Norway Pine Syrup. One bottle helped me wonderfully. I stopped coughing, and could lie down, and rest well at night." If cannot praise it too much." Dr. Wood's Norway Pine Symp is put up in a yellow wrapper; 3 pine trees the trade mark; price 25c. and 50c.

Manufactured only by The T. Mil-

SURE Co., LIMITED, Toronto, Ont



Grow Some and Keep Down the High Prices.

TOMATOES ALSO A GOOD LINE

But All Danger of Frosts Should Bo Passed Before Tender Crops Are Put in the Ground. (By B. C. JOHNSTON, Vecotable

Specialist Ontario Department of Some of our vegetables are very tender and should not be planted until after all danger of frost in over. It must be remembered that because the goll is ready to receive the plants it is not absolutely necessary that and agony are due to wrong action of the. May and even the first of June will On the first sign of any weakness in bo ser out after the 6th of June and the back Doan's Lidney Pills should be good returns expected, as some seasons a severe frost destroys many tomato plante as lato as June 6th Vine crops such as cucumber and

> ger of front is over. POTATOES. Potatoes are on crop which may be planted on land which is considered, to-be in a very rough condition. Possibly there i no better crop to be planted on land which has been in sed for a number of yours. Medium-sized tubers of good quality should be secured and they should be cut so that there are at least two eyes in each piece or sot. It is a good plan in a small garden to have the soil prepared fairly well, then cut the seed and commenceplanting. Furrows may be made with the hoe about aix inches deep and two feet apart. The sets may be placed twelve inches apart in the all. They are careful that no special attention shall be directed to them bottom of the furrow and should be at menstrual time. About the only difference in their daily routine is that covered with two inches of soil. This will leave the young plant more or less in a trench. As the plants grow the soil will be gradually draged up and the trench will be filled. It will be necessary to cultivate the soil between the rows so as to keep down weeds, and at the same time soil should be gradually drawn up to the tops in sufficient quantities so exponed to the nunlight, which will cause them to turn green and be of inferior quality. If an early variety growth has resulted it is possoble that some may be fit to dig in August. By removing some of the soil from around a hill with the hand one can tell whether they are fit to dig. If the potatoes are grown for winter use they do not need to be dug until quite late in the fall: The tops will die down at the first frest, but it is

not absolutely necessary that they be

dng immediately. They should, how-

ever, be dug before there is any sovere frost. TOMATOES. The tomate is one of the most popular vegetables either fresh or in a preserved condition. It may be grown quite canily in the backyard. The better practice with tomatoes is to purchase the month so I had to be plants ready for transplanting rather in bed. I had head- than attempting to grow these plants ache, backache and if one has not had experience in such pains I would bandling a hot-bed. Plants having a cramp double every large root system are best, and the stock in any case should at least be know what it was the sixe of a lead pencil. The soil should be thoroughly prepared before planting time, possibly a crop of lettuce or radish may be taken from the same, but it is always advisable doctors did not do to have plenty of manure incorporme any good. "A sted in the soil. A shallow hele may close to the roots when they are set out in the garden. The plant should be set fairly deep and the carth may be poured around the plant in order to facilitate growth. These plants may be set two feet apart if they are to be trained on stakes and kapt from covering a large space in the garden. These stakes should be preferably six feet long, two inches wide, and one inch thick. They may be driven into the soil a few days after the plant has been set out and the plants tied up to the stick with a plece of twine or cotton in such a manner that the tie will be directly under the leaf. As the plant devolopes in size in front of ench weaf a slender growth called a side shoot will appear. These must be removed by pressing them out with the thumb when very small. Four or five ties will be necessary to support the

> earlier than those grown on the CELERY Colory may be grown in many garden soils if they have been beavily dressed with manure. For the backyard gardener it will be much better if the plants are secured ready for setting out about the 24th of May. All the plants should be set on the level from six to eight inches apart in the row and from two feet to thirty inches between the rows. It will be found necessary to water colory more than any other crop in the garden, and the soil between the rows should be stirred constantly. In the fall when the celery has reached sufficient height it will be found necessary to blanch it. Possibly the best method being to stand twelve inch boards against the rows of plants, holding them in position, with stakes at each end. In from ten days to two weeks the celery plants will have grown considerably, and owing to the exclusion of the light will have become fairly well whitened, which improves the quality. The colery plants should be used as soon as poswible after bloaching. Other methods of bleaching colory are the drawing of earth up around the plant gradually, commencing when the head of the plants are about four inches above the ground. Hrown paper is sometimes tied around each indi-

plant. As a result of the staking

fruits of a superior quality will ripen

A Cure for Fever and Ague .- Disturb ance of the stomach and liver always procede attacks of fever and ague, showing derangement of the digestive organs and deterioration in the quality of the blood. In these alignents Parmeleo's Vegetable l'illa have been found most effective, abating the fever and sulalaing the ague in a few these distressing disturbances and to these there'is no better proparation procurable as

BY JOHN W. S. McCULLOUGH, M.D., D.P.H., CHIEF OFFICER OF THE PROVINCIAL BOARD OF HEALTH.

MENSTRUATION PREPARATION.

THE FOLLOWING REMARKS concorning an important natural function of women is published by Dr. Eme Lobdell in The Chicago Tribupo. Their value, if the suggestions are carried out. will be so great that no apology in offered for their publication. Functioning Without Discomfort.

About three years ago I chanced to pick up a copy of the magazine. "Physical Culture," and road an article written by a business woman who claimed to have trained hernelf into health beatting her duties, and out of the physical infirmatives so common to women in all phases of life during their most efficient years. ...

These infirmities are so common as to be accepted as a traditional necessity. They are used as one of the most common arguments showing why women can never compete wholly with men in work or business, and therefore can never be estimated by the same wage or salary stale.

I decided to work out a plan I could recommend to any woman patients to carry through these physical phases with the least possible evidence to others and discomfort to themselves. In the three years of observation I am able to state that with the intelligent woman who will co-operate with me I have had astounding results.

My observations cover the girls and women employed in stores and factories, the office women in positions where the tension on nerves is more marked because of greater responsibilities, and the women in professional life or in business for themselves where the nerve tension is greater still. The greatest number incapacitated by the simple function, menstrustion, is among the girls of large stores and factories where the manifestations of dysmonorrhoca become almost epidemic at times. This shows the

large element of "letting go" which opters into it. I am told that the same thing happens in high schools, especially where elaborate preparations are made for their care. \ I would not discount the necessity nor value of the modern accomtion made for the girls in up-to-date schools and factories and stores, but I believe the girls are doing an unconscious injustice to themselves and to all the sex by letting the weak aide of their physical life play so prominent a part in their occupation.

This is exactly where and when the first training in personal hygiene of the woman should begin. Institutions might-and it-less expensive to make this, a part of their regime, even by using a kind of disciplinary demand for health or a premium for health. Their present arrangement founded on lentency is not wise or economical. Dr. Kristine Mann of New York, writing for the American Journal of Public Health, May 1916, under the title "The Health of Department Store Women in New York," states that of 100 saleswomen, average are 35,

examined by her as to symptoms, 40 per cent. had menstrual troubles." (I believe a younger set would yield even a higher percentage.) The total number who would be benefited by medical advice was 80 per cent., yet only four per cent, were under a doctor's care. The office woman has more need of concealing her feelings, as her position is raised to more of an equality with ber fellow male workers. Personal hygiene is more carefully observed by her accordingly, and she trains herself to regulate personal feelings to the background. Nurses in the hospitals and on private duty train themselves to pass through. menstruation with little deviation from the usual in duty. It is almost an unknown thing for a nurse to be put to bed for dysmenorrhoes although they are the most strenuous of all workers, having long hours, walking many miles a day while on duty, and with great responsibility through it

they use their period off duty for rest instead of for recreation. The professional woman and the woman in business for berself has a definite value for her time and talent. Her emotions and personal feelings she subjugates to her ambitions and her self-discipline. She refuses to let a physical disadvantage check or limit her. She is the first to voluntarily and out her true plate of health, and then train herself accordingly,

(To be continued.)

Unless worms can be expalled from the CASTORIA aystem, no child can be healthy. Mother Graves' Worm Exterminator is the best --- For Infants and Children medicine extent to destroy worms.

Solitude is the despair of fools, the tor meat of the wicked, and the joy of the

Children Cry FOR FLETCHER'S CASTORIA

Health and understanding are the two reat blessings of life. -Laziness travels so slowly that poverty

Nothing is wall said or done

In Use For Over 30 Years Always bears

The use of Miller's Worm Powders in sures boalthy children so far as the ailments attributable to worms are concerned. A high mortality among children is trace able to worms. These sap the strength of infants so that they are unable to maintain the battle for life and snocumb to workness. This preparation gives promise of health and keeps it.

Ho that overcomes his passions overcomes Buy Made-in-Canada Goods his greatest enemies.

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McLaughlin reputation, pre-eminently firm

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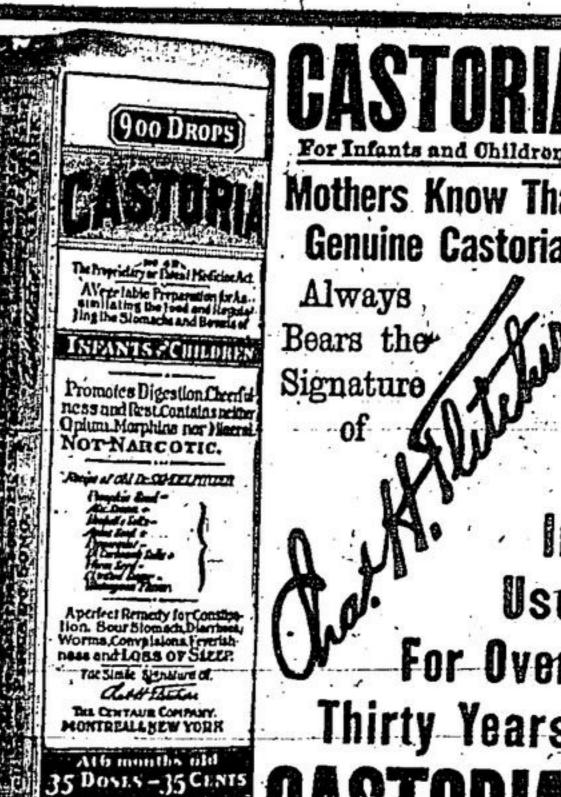
The McLaughlin Series speludes four and six cylinder models in Roadster

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LOOK TO THE FUTURE

Times may change and work become less plentiful for you with advanced years and you will have no such help anywhere as your nice little few bundred dollars saved in some sound Canadian Bank.

how far behind you can leave Trouble and Hard Times. Above all

things do not look backward in your run to the harbor of comfort.

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223 Branches in Canada. Farmers business solicited.

Begin Now with only One Dollar-Make a hobby of it. See

For Infants and Children **Mothers Know That** Genuine Castoria Exact Copy of Wrapper.

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We want to make 1917 our biggest

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All Grocer's Sundries

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The following is the time :

No. 24 9.06 a m. | No. 30...

DOING MAST



We have a good supply of SEEDS an hand for the spring trade. Red Clover, Alsike, Alfalfa, Timothy and Blue Gram. Mangolds, Sugar Beets, Turnips, Vegotable and Flower Seeds. Onions are scarce, get your Dutch ets before the supply is exhausted.

J. L. WARREN

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