THURBDAY, MARCH 7, 1918

To live as gently as I can; To be, no matter where, a mun; To take what comes of good or III And wilne to fatth and honor atill; To do my best, and let that atand The record of my brain and hand; And then, should fallure come to me, fittil work and hope for victory.

To have no secret place wherein I stoop usages to abange or sin; To be the same when I'm alone As when my every deed in known; To live undensted, unaffaid Of any step that I liave made; To be without preteues or share Exactly what men think I am. -Idgar A. Guest

#### L. DON'T SKIM IT FIRST

Homebody has quoted a quaint old grandmother an saying, "If you're going to give me a pan of milk, don't skim it first." Most of us would be indicnant if accused of such smallness, but a recent writer shows that very much the same thing good on in ordinary

family intercourse. "Another errund? I never can go down town without half a dozen commissions!" complains Rob,- when his sister noke him to bring a book from the library. He never refuses to obligo her; he does not really count it an inconvenience; he only takes the cream off his kindness.

"Those gloves ripped again!" exclaims Mary when John wants her to take a few stitches. "It seems to me they always need mending when I am would be shocked at his going shabby, and distressed if any one thought her unwilling to render such offices, but she makes it a little unpleasant to a very smooth and a sure job. ask the favor.

The : children follow the fashion. Tommy shuts the door at Bridget's leave his top. Busic goes to the door when she is sent, but she departs with a protest that "It is Tommy's turn." Thus all day long people who love one another, skim the sweetness from every service they render. ..

A Corrector of Pulmonary Troubles. -Many testimonials could be presented showing the great efficacy of Dr. Thomas' Eclectric Oll in curing disorders of the respiratory processes. but the best testimonial is experience and the Oil is recommended to all who nuffer from these disorders with the certainty that they will find relief. It will allay inflammation in the bronchial tubes as no other preparation

#### DIFFERENT TACTICS

"When a person is really angry he mays what he thinks, doesn't he?" "Yes, but there's a difference between an angry man and an angry woman that will."

"What do you mean?" "Well, when a man is really angry he tells you just what he thinks of

"But when a woman to really anary the tells you what everybody, the thinks of you."-The Cleveland Plain

## Severe - Madaches CAUSED BY

SLUGGISH LIVER When the liver becomes aluggish and

the tongue becomes conted, the breath bad, the stomach foul and their ensures besideches, heartburn, floating specks before the eyes, water brash, biliousness and all kinds of liver troubles.

Milburn's Lam-Liver Pills will stimucoated tongue, sweeten the sour stamach, and banish the disagreeable headaches. Mrs. A. Shublery, Halifax, N.S., concerning the great value I have received by using Milburn's Laxa-Liver

When my liver got bad I would have sovere headaches, but after using a couple of vials of your pills, I have not been bothered any more." Milburn's Laxa-Liver Pills are 25c. 8

Pills for a sluggish liver.

vial at all dealers or mailed direct on receipt of price by The T. Milburn Ca., Limited, Toronto, Ont.

As a vermifuge there is nothing so potent as Mother Graves' Worm Exterminator, and it can be given to the jury to the constitution.

If life were a bed of roses we would all get fat and lazy from sleeping too No one need endure the agony of corns with Holloway's Corn Cure at hand to remove them.

"When we first came here," said a Dakota man to his visitor from the ast, "our nearest neighbor lived just welve miles away.", "The land suz!" she cried. er borrer from?"

Arthur, taking part in a goography amination, should be awarded a prize his definition of "horizon," which as follows: "The horizon is where he sky and the water most-only they

## HOW MRS. BOYD AVOIDED AN



to go through an operation before I could get we'l. "My mother, who had been helped by Lydia I. Pinkham o Vegetable Compound, advised me to try it before submitting to an operation. It relieved me

from my troubles se I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them. - Mrs. Mariu Boyn, 1421 5th St. N. E., Canton, Ohio.

Sometimes there are serious conditiens where a hospital operation is the conty alternative, but on the other hand so many women have been cured by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after decters have said that an operation was to avoid an operation should give it a trying ordeal.
It complications exist, write to Lydia .

P. Pinkham Medicine Co., Lynn, Mass., for pavice. The result of many years experience is at your service.

## WOULD WAKEN UP IN DISTRESS.

There is nothing that brings with it such fear of impending death as to wake up in the night with the heart pounding and thumping. This uncertain and in regular heart action causes the greatest distress of both mind and body.

Milburn's Heart and Nerve Pills strengthen and invigorate the heart, so that it beats strong and regular, and tone up the nervous system so that the cause of so much anxiety becomes a thing of the past. Mr. Archie Beaumont, Edgett's Land-

ing, N.B., writen:-"Have been bothered with my heart and nerves for about six years, caused by overwork and worry. My heart was so had I would waken up soveral times during the night in great distress, and my heart thumping. About a year ago I took three boxes of Milburn's Heart and Nerve Pills, and they helped me a great deal." Milburn's Heart and Netva Pills are 50c, per box at all dealers or mailed direct on receipt of price by The T. Mil-burn Co., Limited, Toronto, Ont.

#### PREPARING A CRACKED WALL

FOR PAINTING OR PAPERING When a plaster wall or celling is so hadly crucked that it will not do to t with strong muslin or light canvas. Use a strong paste made of flour in -the ordinary way with a little glue added to give it stronger holding qualities. Press out any air bubbles that may occur and make the surface plied to this surface, and it will make

When you feel sluggish and nervous, tired and CAUGHT COLD indifferent, you have the first symptoms of declining strength and your system positively needs the special nutritive food-tonic in

# SCOTTS

to replenish your blood power, enliven its circulation and bring back the map and elasticity of good health. Scott's Emulsion supplies Nature with the correct building-food which is better than any drugs, pills or alcoholic mixtures.

Two laborers were trying to place a stone in position on a foundation wall of a new building. A crowd was standing around looking on, and each one offering his criticism and counsel very freely and loudly, but did not so much us lift a finger to belp. "That reminds me of our church work," said a passer-by to his com-

"Because," was the reply, "two men are doing the work, and twenty are doing the talking." Do you happen to know of any congregation where similar conditions

THE KITCHENS MUST WIN

Mr. O. H. Van Norden, chaleman of the Speaker's Bureau of the United litates food administration, in a recent address declared that the outcome of the war must be decided in the kitchens of Canada and the United States during the coming year. "It in up to Amprica; it in up to Canada," he said, "to supply the great quantities of foodstuffs that our alles must receive this year, and if we do not, if we fall them, the war is going to end, and it is not going to end in the fayog of the allies and in our own

Anthma cannot last when the greatest of all anthma specifics is used. Dr J. D. Kellogg's Asthma Remedy assuredly deserves this exalted title.' It has countless cures to its credit which all other preparations had falled to beneit. It brings help to even the most sovere cases and brings the putient to condition of blessed relief. Surely suffering from asthma is needless when remedy like this is so casily secured.

#### Ohildren Cry FOR FLETCHER'S CASTORIA

AN EMERGENCY TOURNIQUET

A valuable addition to any shop medicine cabinet is the tourniquet. A device that will answer the purpose of the tourniquet can be made from an ordinary clotheapin and a place of 14 mohen long. To stop the blooding have done me." from a wound or a limb, pass the tape ! the tape through the slot in the pin. wind the ends around the nin two or three times to prevent slipping, then until flow of blood stops.

When sweet words ferment they often make,a mess of M.

# WAS SICK FOR MOSTES.

You should never neglect a cold, however slight. If you do not treat it in time it will, in all possibility, develop into bronchitis, pneumonis, asthma, or some other serious throat or lung trouble." On the first sign of a cold or cough it is advisable to cure it at once, and not let

it run on for an indefinite period. For this purpose there is nothing to equal Dr. Wood's Norway Inne Syrup, a remedy that has been universally used by thousands for over twenty-five

You do not experiment when you buy

Mrs. W. G. Paquet, Smith's Falls, Ont., writes:—"I was troubled with lagrippe. I caught cold, and neglected it, and was sick for several months. I took three bottles of Dr. Wood's Norway Pine Syrup, and before I finished the last one I was entirely cared. I would not have any other cough medicine in the house.

It also cured my baby, who was very sick with bronchitis. She had the doctor three times, and he recommended 'Dr. Wood's.' I highly recommend it to those who need a quick cure."

See that you get Dr. Wood's Norway Pine Syrup when you ask for it. Do not scoopt a substitute: It is put up in a yellow wrapper; three pine trees the trade mark; price 25c. and 50c.; manu-factured only by The T. Milburn Oc., Limited, Toronto, Ont.

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adapted to bordering beds of taller flawers and those of a heavier growth.

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The seeds garminate quickly and come into blooms in a few weeks from sowing. The florescence is such as to completely obscure the foliage, making the plant a veritable pyramid of the most delicate and charming bloom. The Butterfly Plower make admirable pot plants for the house in late winter and early

spring. For this purpose sow in the autumn. .

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genuine Columbia Grafonolas and Records bear

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**\*** 

to their household duties. The kidneys of course, are to blame nine times out of ten, but they can be promptly and permanently made healthy by the use of Doan's Kidney Pills. Mrs. H. M. Jansen, Pathlow, Sask, writes:-"I feel it my duty to recom-mend Doan's Kidney Pills to sayons having weak kidneys, as they have been a great help to me. A month ago my kidneys were so bad that I had sovere pains in my sides and back, and it was impossible for me to stand straight. I then got so had I had to go to bed, and was that way for a week. We sent for some Doan's Kidney Pills, and I have taken just about one box, and now I am able to be up and do my own work. I binding tape, about % inch wide and am certainly grateful for the good they

IN SOLID FORM

had a cut on his forearm?"

"And what in hard water?"

MAD TO GO TO BED

COULD NOT STAND STRAIGHT.

Wor vi should not despair even if

they are troubled with severe pains in

the side or back, and not able to attend

water.

To easure getting Doan's Ki Incy Pills around the injured member between when you ask for them, see that they are the wound and the blood supply. Pass | put up in an chlong grey hox with our trade mark of a "Maple Leaf" on the label. Price for per lax at all dealers or mailed direct on receipt of price by The turn the pin to draw up tape tightly T. Milburn Co., Limited, Toronto, Onto

> The indications of worms are receing of the nose, extreme peovishness, -Sidney Ralston. often convulsions. Under these conditions the best remedy that can be got is Miller's Worm Powders. They will attack the worms as soon as administered and will grind them to atoms that pass away in the evacuations. The little sufferer will be immodiately cased and a return of the attack will not be likely.

### CASTORIA

For Infants and Children In Use For Over 30 Years Elgnature of Chafff Hetches

HEADQUARTERS CORRESPOND-ENCE

Here are a few extracts from letters that have found their way into The Maple Leaf Magazine: "I have not received no pay since my husband has gone nowhere." "We have received yours truly-I am his grandfather and his grandmother. He was born and brought up in this house in answer to yours truly." "You have changed my little girl into a little boy. Will it make any

"My Bill has been put in charge of spittoon. Will I get more pay?" "I am glad to tell you that my hunbund has now been reported dead." "In accordance with instructions on ring paper, I have given birth to twins enclosed in envelope." Smile! A correspondence that brings such goms would keep a whole battalion grinning.

Relief for Suffering Everywhere .--He whose life is made miscrable by the suffering that comes from Indigestion and has not tried Parmelee's Vegetable Pills does not know how easily this formidable foe can; be dealt with. These pills will relieve where others fail. They are the result of long and patient study and are confidently put forward as a sure corrector of disorders of the digestive organa, from which so many suffer.

Children Cry FOR FLETCHER'S CASTORIA

#### "A PART OF THE COURSE"

Among a equad of policemen who A young man beginding the study were undergoing netent in ambulance of law in the offices of a pronunent law firm in one of our parge cities, work was an Irishman, with whom the doctor had the following colleguy; was very impatient in the discovery "What would you do to a man who that he was expected to devote a cortain portion of time each morning in "Hure, sorr, I'd batho it with warm, regulating and doublest the interebus volumes that 'lined the walls of the inner offices, and feto the mysteries of "Och! Just noft water, norr; wet which he was, naturally, eager to plunge at office. The tak seemed a waste of effort to him, and so examperated him that he found it difficult to apply his mind to the prescribed reading for some time after each performance of the work. In reply to a question relative to the conditions, he KIDNEYS SO BAD was informed that this duty would be

> "It's part of the course," was the terse explanation. "Three months!" the young man repeated to himself. "If that's the case I might as well give it a regular place in the day's program and get everything I can out of it inutend of grudging the time. It will be Interesting to read the titles, anyway, and remember where each one belonga."

demanded of him for at least thron

In thus putting his best effort into this simple work he very soon discovered that it was growing interesting and that it consumed much less time than when performed listleasly, because unwillingly; moreover, when it was finished he was able to apply his thoughts immediately to study, boing handlenpped by no sense of irritar tion, which is ever a har to oucceantal concentration. Long before the three months had expired, the young student had become thoroughly familiarized with the titles and location of the entire collection of volumes; but it was not until he was well advanced in the course that he realized fully all that was implied in the sentence, "It's a part of the course." He understood just how important a part it was when, in the advanced stages of his study, he found that the ability to locate desired volumes on the instant leasness, grinding of the teeth, pick- was an absolute necessity to success.

> A cold potato is an excellent symbol of professional charity.

## Children Cry for Fletcher's

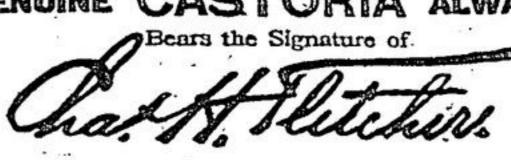
# ASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the alguature of and has been made under his personal supervision since its infancy. Charly Telebert Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of

Infanto and Children—Experience against Experiment.
What is CASTORIA Castoria is a harmics substitute for Castor Oll, Paregoric,

Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcatic substance. Itu ige is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Platulency, Wind Colic and Diarrhoca; allaying Foverlahness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.

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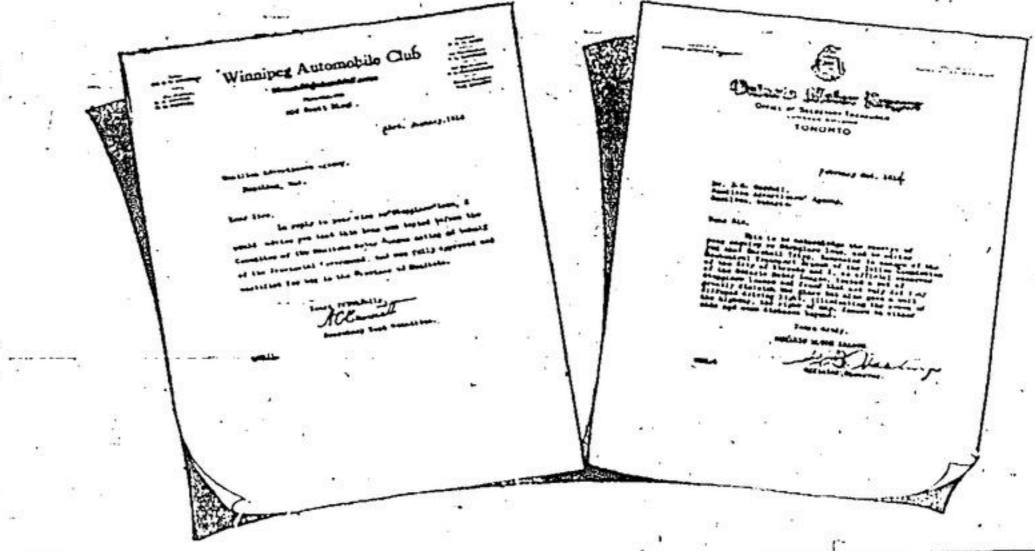
real

# The new

is bigger for the money. There are no premiums for the wrappers now during war time, so of course we give you full value in the way of a bigger bar of the same good old Comfort Scap-the housewife's favorite. for splendid economy.

You can't best it as a work saver in the home-you can't beat it The new bigger Comfort bar-get it! PUGSLEY, DINGMAN & CO., LIMITED

## PROVING OUR STATEMENTS



Dear Siles: I would advise you that the Stopglare Lens for Automobile headlights, sub-mitted by you at the Manitoba Pro-vincial Government test, was passed as being absolutely satisfactory in every respect, and will comply with the Legislation that will be paused next spring, covering the use of automobile headlights in the province. (Sgd.) Hon. Dr. Armstrong. ... Pravincial Becretary.

I would advise you that your Stopglare Lens for headlights submitted by you for test at the Bankatchowan Motor League official test carried out Tuesday evening, the . 11th inst., was papaed as being absolutely satisfactory in every respect. (Egd.) L. G. Calder, (Pres.) Bankatchewan Motor League

Dear Bire: I beg to confirm my measage to you of the 24th and to advise you that the fitopglife Lane was approved by the Police Department as complying with the present Alberta Statute. (Bad.) P. C. H. Primrose, Chalrman of the Board of Police Commissioners for Alberta.

## The Perfect Headlight Lens

Design Pat. Canada and U. S. A. Stopglare stands out above all other a pecial headlight less as the most satisfactory. It/meets the requirements of the law in spirit as well as letter.

Olare is absolutely eliminated with Stopglare equipment. Official tests prove that there is no glare from a Stopglare Lens. Hack glare is also eliminated because the lights of approaching motorists cannot reach the reflectors. Spotlight Stopgiare gives you all the advantages of both the diffusing and reflecting types. It lights up the ditches and the residuide forfifty feet each way. Cross-roads, curves and road

signs are clearly illuminated as you approach. No danger from the sharp turn.

Spotlight gives a range of four hundred to five hundred feet—depending on read and weather conditions. Even the speedsters find this amble warning. You'll get more comfort and pleasure out of night driving if you have Stopgiare equipment. SPOTLIGHT (ALL SIZES) \$3.00 PLA
West of Port Arthur add 25 cents PLAIN (ALL SIZES) \$2.00

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6.18 p. m. ......Dally ere to thatlay 5.48 p. m. ..... : in day only MEDINETRICINAL IN THE TREE "What of To-morrow?"

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