VOLUME XLIII.---N

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Corns are caused by the pressure
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GOOD CONVERSATION

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y men are eating more fish.
Waste and want are twin sisters
nd neither is beautiful.
Learn to control your own appetite
before you try to control your neighbor's.
A good citizen is known by the food he eats.

Wise and experienced mothers know when their children are troubled with worms and lose no time in applying Miller's Worm Powders, the most effective vermifuge that can be used. It is absolute in clearing the system of worms and restoring those healthy conditions without which there can be no comfort for the child, or hope of robust growth. It is the most trustworthy of worm exterminators.

IS IT NOT CURIOUS?

A grade cow, eight years old, near Woodstock, Ont., that freshened last November, has given in eight months 13,092 pounds of milk, testing over 3.2 on the average, and having a spot cash value of $288.57. She is still giving 34 pounds of milk a day, and is due in November again. Such a cow is a source of perennial pride to her owner, who weighs the milk from each cow he has, because he finds it pays.

But is it not curious that many dairymen never bother to weigh it, and so remain quite hazy as to each cow's performance? It is curious, too, that so many are content to bother with a herd not one of which has even a remote chance of giving one-half of what this fine cow gave in eight months.

Milk record forms will be gladly supplied free of charge by the Dairy Division, Ottawa, to any one enterprising enough to want to find out what each cow actually produces in return for all she eats. Make each cow pay.—C. F. W.

AN AMERICAN ON BRITISH HOUSING

Mr. Frederick L. Ackerman, a New York architect, recently visited England for special study of war housing. In answering the question of what Britain was doing to improve the social conditions of its workers, he says: "The answer which the British Government made to this question was one expressed in action and not in words. Adequate living conditions were provided. There was no hesitation. Land was seized. Communities with schools, churches, hospitals, the clubs, markets and the amenities were provided. A high standard was maintained, and these communities stand to-day as an expression of good judgment, foresightedness and a substantial future asset, for it must be remembered that there will be in Great Britain a serious shortage of homes for those who labor after the war. Some of these communities created during the urgency of war will stand, in post-war days, as monuments to British thoroughness."—The American City.

Children Cry
FOR FLETCHER'S
CASTORIA

Consider carefully before you say a hard word, but never let a chance to say a good one go by.—Gorgon Graham.

One of the commonest complaints of infants is worms, and the most effective application for them is Mother Graves' Worm Exterminator.

FUTURE FOR WATER-POWER

Many authorities believe that the use of cheap hydro-electric power in making iron will eventually bring about a commercial revolution in the leading nations, and that all industries which consume large amounts of mechanical energy will be forced to emigrate to countries were water-power is abundant. What a future there is for Canada when this comes about!

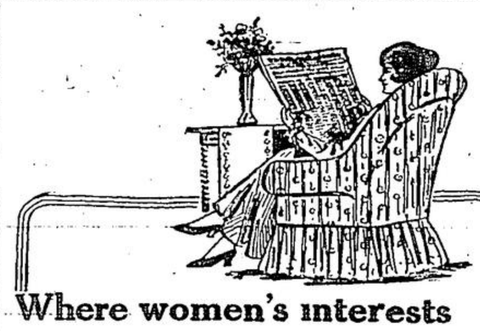
A Natural Fortification

If you catch colds easily, if troubled with catarrh, if subject to headaches, nervousness or listlessness, by all means start today to build your strength with

SCOTT'S EMULSION

which is a concentrated medicinal-food and building-tonic to put power in the blood, strengthen the life forces and tone up the appetite. No harmful drugs in SCOTT'S.

Scott & Bowne, Toronto, Ont. 17-12



Where women's interests are supreme—

Under the heading, "For and About Women," the interests and activities of the modern woman are taken care of daily in

The Mail and Empire.

There the feminine reader sees the diversified concerns of her sex reflected in brief, informative articles of timely interest. Children and War Savings, Domestic Service Reform, An Interesting New Wardrobe, Central Kitchens, and An Independent Family, are a few of the topics discussed in recent issues. Part of the same page is "On Dit," in which current social events are chronicled. Any woman who wishes to keep informed on what is going on in her own particular sphere may do so by reading daily "For and About Women" and "On Dit." On Saturdays "Woman's Kingdom" is an additional feature especially interesting to women readers.

$4.00 per annum by mail—$5.00 delivered.

Order through dealer, local paper or direct.

The Mail and Empire.

CIRCULATION DEPARTMENT, TORONTO

RULES FOR HIGH SCHOOL GIRLS

The Handbook of the Washington Irving High School for Girls in New York City, gives the following rules for study:

"Concentration—Put your whole mind on what you are doing. Concentration is the first time-saver and the best road to learning that has ever been discovered.

"Where—Study in the quietest room and the best light you can get. Daylight is much better than artificial light. If you must study in the evening, let the light shine on your page over your left shoulder. Be sure your study room is well ventilated.

"How—Have your tools ready. It wastes time to run around for paper, pen, pencil, or books, after you have started work.

"When—Study when you are rested. Wait a little while after meals. If you attend recitations in the morning, you probably can study best between three and five, or between four and six in the afternoon. The next best time is between seven and nine in the evening. You are usually wasting time when you study after ten o'clock."

After 10 Years of Asthma Dr. J. D. Kellogg's Asthma Remedy proved the only relief for one grateful user, and this is but one cure among many. Little wonder that it has now become the one recognized remedy on the market. It has earned its fame by its never failing effectiveness. It is earning it to-day, as it has done for years. It is the greatest asthma specific within the reach of suffering humanity.

It is well to make friends with our creditors, but never make creditors of your friends.

When you are down in the mouth think of Jonah. He came out all right.—Susanna Crocroft.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of Chas. H. Fletcher

WHAT GERMANY IS UP AGAINST

Over half the human race is now ranged in war against the Germans.

The man strength of the Teutonic forces is outnumbered six to one by their foes.

Omit all of India, and the Allies, backed by the United States, still have four times the population to draw upon that stands behind the Kaiser.

Subtract all the wealth of all the German fund from the wealth of the United States and there still remains more than fifty billions.

American farms grow more than all the farms of Germany, Austria, Turkey and Bulgaria combined.

The United States alone can make more steel and all the products of steel than the whole Germanic league.

Its mines yield ten times as much gold, far more silver, twice as much lead, and many times as much copper as the entire group of Central Powers.—Philadelphia Public Ledger.

Ready-made Medicine.—You need no physician for ordinary ills when you have at hand a bottle of Dr. Thomas' Eclectric Oil. For coughs, colds, sore throat, bronchial troubles, it is invaluable, for scalds, burns, bruises, sprains it is unsurpassed, while for cuts, sores ulcers and the like it is an unquestionable healer. It needs no testimonial other than the use, and that will satisfy anyone as to its effectiveness.

FATHER'S GENTLE HINT

Timson was naturally a patient man. He had listened as young Fudwiddle talked, had watched him squeeze Maria Timson's hand under the tablecloth as he made havoc of a 50-cent-a-pound sirloin at the supper table, and had yawned all in vain as a hint that the time of leave taking was considerably overdue. When the young man sat himself down at the piano and began to sing, Timson muttered "Good night" gruffly and stalked up to bed.

An hour or two later the music was still in full swing.

"Maria!" shouted Timson, from the top of the stairs, "what's all that noise about?"

"Noise, father!" said Maria in horrified tones; "why, it's Mr. Fudwiddle singing, 'I love that dear old home of mine.'"

"Oh, does he?" came from the landing. "Well, just tell him this ain't it."—Chicago Herald.

Children Cry
FOR FLETCHER'S
CASTORIA

"TAKE THE SAFE PATH, FATHER"

A gentleman said to his pastor, "How can I beat train my boy up in the way he should go?" "By going that way yourself," wisely replied the minister. This reminds us of a story told by Dr. Thompson, author of "The Land and the Book." He had climbed nearly to the top of a steep mountain, lifting his feet carefully along over the projecting rocks, when faintly from below he heard a silvery voice call out, "Take the safe path, father; I am coming after you." His heart stood still as he realized the danger of his precious boy. If fathers only remembered that the boys are indeed coming after them, how differently they would walk. If they smoke or drink, they must expect it in the boys. If they get angry, they will see the same thing in their children. God gives them into our keeping, to be returned at last, fitted for an endless future. Knowing well our fearful responsibility, we yet carelessly set poor examples for our dearest ones to copy, and thus not only endanger our own souls but theirs.—Selected.

A BOY WHO WAS UNSELFISH

"Here, boy; run and Telegram."

"Yessir, but just you buy 'em offen do little feller, will yer? He's too plumb skeered ter holler papers for himself."

"Well, now, this beats all! I thought newsboys always worked against each other. Perhaps he's your brother."

"Nope; but his dad's just skipped, an' so he's had ter get out on the street an' hustle fer a livin'. Wot! No change outen a quarter? Thanky sir! Aw, now, kiddie, see do place o' luck yer got right off! Now pitch in an' holler, and work dis corner fer all its wort; it's a prime place."

"Evenin' Sun, Worald, Telleygram, Mail!"

YESTERDAY AND TO-DAY

The "fallacy" of yesterday often becomes the "actuality" of to-day. One of the by-products of John Law's South Sea schemes of two centuries ago was the sale of stock in a company which it was claimed would turn sawdust into boards without knot or crack. An industrial concern in Van Buren, Maine, is about to turn the sawdust mills and wood refuse heaps of the Maine woods into pulp, paper, and paper boards, thus utilizing a by-product of the sawmill which, up to the present time, has been regarded as worthless.

THE ELECTRIC TRACTION MAY SUPERCEDE STEAM

The electrification of steam railways would undoubtedly effect a great saving in coal. At present, the steam railways require about six pounds of coal to produce one horse-power hour. This is about three times the quantity which would be required to produce the same amount of power in a modern central steam power station. As the efficiency for the conversion of energy in the coal to mechanical power for steam locomotives is less than five per cent, therefore, if every pound of coal now utilized for steam traction were converted into power, even on a basis of 50 per cent. efficiency, it would be used ten times more economically than when burned under present conditions on steam railways.

In a recent address before the American Institute of Electrical Engineers President E. W. Rice showed that with electrified railways the coal shortage and the "heatless days" of the past winter would probably not have occurred at all. The situation was not so much due to lack of production, as to the failure of the agencies of distribution, which would have been largely prevented if the railways of the country had been operated by electricity instead of steam.

It has been estimated that the substitution of electricity increases the available capacity of existing tracks fully 50 per cent. Again, 16 per cent. of the capacity of our steam railways is taken up by the coal required for their own consumption, and in extremely cold weather, when coal is most needed, steam locomotives are at their lowest efficiency.

Electrical traction is an accomplished fact. No other sphere affords an opportunity for such a saving of fuel as the replacing of steam locomotives by electric. At the present time, the railways of Canada use, annually, approximately 9,000,000 tons of coal, or about 4,000,000 tons more than the total required for domestic heating.

A Cure for Fever and Ague.—Disturbance of the stomach and liver always precede attacks of fever and ague, showing derangement of the digestive organs and deterioration in the quality of the blood. In these ailments Parmelee's Vegetable Pills have been found most effective, abating the fever and subduing the ague in a few days. There are many who are subject to these distressing disturbances and to these there is no better preparation procurable as a means of relief.

Children Cry
FOR FLETCHER'S
CASTORIA

Seventy tons of coal a day will carry an ordinary battleship along at the cruising speed of ten or twelve knots; but to drive her at twenty or over, five times that amount must be used.

HOW A FATHER FEELS TOWARD A SON

Richardson Wright in "Letters to the Mother of a Soldier" in The Red Cross Magazine, reminds us that a mother is not the only one to pity when the boys go off. Father needs a helping hand to bear his sorrow, too. Says he:

"The going of their sons has worked a great transformation among fathers. They look ahead, just as you look ahead, fearful of the outcome. The man child who bears their name is at the front. Here is pride for you: Here is also dread and anxiety and speechless horror.

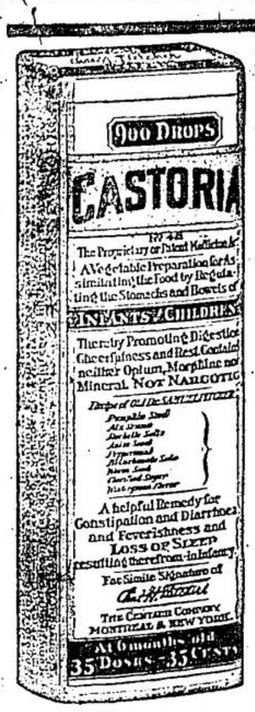
"For a man looks on a son as an artist looks on the statue or the painting that his hands have created. He is the embodiment of his dreams, his wealth, his playmate, his scholar, his tutor, his available future. The mistakes he has made he shall rectify in his boy. The weaknesses to which he has succumbed his boy shall conquer. To a father his son is his second chance, his beginning again, his hope of eternal salvation. So long as he has that boy he is immeasurably rich and his future is safe. When he loses him, he loses his immortality in the flesh."

ROTATING GARDEN CROPS

The kitchen garden can be made to produce as fine results by rotating the crops as by so much manuring. Supposing a patch were fed for a cabbage bed one season, the following one will produce straighter roots of carrots, parsnips and beet roots without any animal manure at all. The cabbages would use mainly the nitrogen (leaf-making property) of the manure, and the potash (the fleshy root-making food) would mostly be left for the root crop. The third property of manures and fertilizers is phosphate, not so essential but conducing to earlier maturity.

Peas, beans, clover and lucerne have the peculiar advantage of leaving their sites richer in nitrogen than before they were grown therein, but all fruiting vegetables and the fruits use up a moderate amount of potash.

Readers will have noticed that the clovery lawns produce rich green blades of grass. Farmers will now a crop of lucerne for the purpose of introducing nitrogen into the soil through the roots. The legumes, as they are called, collect atmospheric nitrogen. Follow beans and peas with the leafing and flowering members of the cabbage tribe.



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For Infants and Children.
Mothers Know That Genuine Castoria
Always Bears the Signature of Chas. H. Fletcher.
In Use For Over Thirty Years
CASTORIA
THE CENTAUR COMPANY, NEW YORK CITY.

the paint protected town

THE finest town buildings soon get to look "dingy" if they are not kept painted.

Worse still, the omission of the Spring painting leaves them open to weather-attack and time's decay.

And—with materials so high as to make every building worth double today what it was worth in 1913—you are making a mistake if you let a building "go to seed."

Have your town a "model" town—have it fresh with paint—have it protected with a paint that affords real protection—

B-H "ENGLISH" PAINT 70% Pure White Lead (Somebody's Genuine B.B.) 30% Pure White Zinc 100% Pure Paint

If this paint were sold at a price half as high again as any other (which it isn't) it would still be the economical paint to use on your house. In sheer covering capacity it has no equal. A gallon of it goes so far that you'll buy less of it and yet do more *with* it. Paint with B-H "ENGLISH" PAINT this spring—and your house is protected for years, where a coat of ordinary paint will last but a few months.

The difference lies in the above formula basis. What other paint is so correct in this respect that the makers guarantee it? What paint can a dealer furnish you that has anything like the quantity of white lead in it that has B-H "English"?

This was the formula when lead was lower in price—this is the formula still; even though lead is extremely high in price. It HAS to be the B-H formula; because the guarantee that calls for it, is printed right on the B-H cans. We could not cheapen B-H "English" Paint even if we wanted to. So it's your safe paint as to quality, your sure paint as to covering capacity, your dependable paint as to durability. Find the B-H dealer in your town. He's the man to buy from.

Other B-H Products of Sterling Worth

We carry and recommend the following B-H products:

For Interior Finishing "China Lac"—the perfect Varnish Stain.

Staining the Roof "Anchor Brand Shingle Stains" in 19 different colours.

B-H Porch Floor Paint For Porch Floors, Ceilings and parts exposed to weather.

Plaster Ceilings and Walls "Frescanette"—a flat tone oil paint.

Varnishing a Floor "Floorlustre" excellent for interior floors.

For Barn and Outbuildings Imperial Barn Paint.

Colour cards and Prices from our local agents.

C. C. SPEIGHT
ACTON + ONTARIO

BRANDRAM-HENDERSON
MONTREAL HALIFAX ST JOHN TORONTO WINNIPEG CALGARY EDMONTON VANCOUVER

ATTENTION!
Sick Women

To do your duty during these trying times your health should be your first consideration. These two women tell how they found health.

Hellam, Pa.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles and a displacement. I felt all run down and was very weak. I had been treated by a physician without results, so decided to give Lydia E. Pinkham's Vegetable Compound a trial, and felt better right away. I am keeping house since last April and doing all my housework, where before I was unable to do any work. Lydia E. Pinkham's Vegetable Compound is certainly the best medicine a woman can take when in this condition. I give you permission to publish this letter."—Mrs. E. R. Crumling, R. No. 1, Hellam, Pa.

Lowell, Mich.—"I suffered from cramps and dragging down pains, was irregular and had female weakness and displacement. I began to take Lydia E. Pinkham's Vegetable Compound which gave me relief at once and restored my health. I should like to recommend Lydia E. Pinkham's remedies to all suffering women who are troubled in a similar way."—Mrs. Elise Hexle, R. No. 6, Box 63, Lowell, Mich.

Why Not Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

Rai

Grand T

No. 29	p.m.
No. 31	p.m.
No. 41	
No. 43	
No. 1-5	p.m.
No. 7	p.m.

Going East

No. 32	9.26 a.m.
No. 34	3.28 p.m.
No. 42	6.15 p.m.
No. 44	8.12 p.m.

Sunday trains pass through Acton going as far as Orangeville at 11.16 a.m. and east at 6.14 p.m.

Toronto Suburban Electric Railway

Going West

9.17 a.m.	Daily except Sunday
3.17 p.m.	Daily except Sunday
8.09 p.m.	Daily except Sunday
11.02 a.m.	Sunday only
6.32 p.m.	Sunday only

Going East

7.18 a.m.	Daily except Sunday
1.58 p.m.	Daily except Sunday
6.18 p.m.	Daily except Sunday
9.54 a.m.	Sunday only
9.18 p.m.	Sunday only

GRAND TRUNK RAILWAY SYSTEM

A Suggestion for Your Summer Holiday This Year

ALGONQUIN PARK
Highlands of Ontario

An ideal spot for your Summer Vacation under wild and delightful scenery.

Excellent hotel service at the "Highland Inn."

Full information from any Grand Trunk Ticket Agent or C. E. Horning, District Passenger Agent, Toronto

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ACTON, ONT. - Phone 13

Spring Term

from April 2nd merges into the Summer Term on July 2 in Shaw's Business Schools, Toronto. No vacations. Enter any day. Free Catalogue. W. H. SHAW, Pres.

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LIVERY
—AND—
BUS LINE

Having purchased the livery and goodwill of the business from Mr. A. McCann, I solicit with confidence the patronage of the public.

Comfortable rigs supplied at reasonable rates.

Special attention to supplying conveyances for weddings and funerals.

Motor Cars furnished when required.

BUS MEETS ALL TRAINS

L. E. ATKINSON
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Grain Chopping

Well Done and Quickly at only 5 cents per bag.

HARRIS & CO., Limited
ROCKWOOD - ONT

When You Need
BOOTS SHOES
At Any Time

BUY FROM
W. WILLIAMS
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FAMOUS FOR
Satisfactory Footwear
REASONABLE PRICES

PATENTS PROMPTLY SECURED
If all considered ask for our INVENTIONS
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Columbia Grafonola
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Get the Genuine
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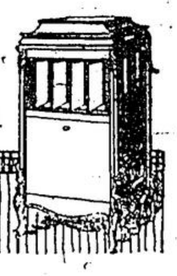
Avoid disappointment. Refuse imitations. Only genuine Columbia Grafonolas and Records bear this trade mark. Look for it before you buy.

Columbia Grafonola



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