"Mary had a little vote, Well without a doubt. Vor when returns came rolling in John Harleycorn rolled out!" -A W. C. T. U. Binger.

A SOLDIER'S CHANCES

The military hospital commission at Quebec has kept an account of how Canadian troops fared in the war, and has complled some interesting statistics based upon its investigations. Addressing Canadian mothers and fathers the commission says:

If your boy goes to the front : He has 29 chances of coming home to one chance of being killed. He has 18 chances of recovering from a wound to two chances of dying He has only one chance in 500 of

losing a limb. He will live five years longer because of physical training. He is freer from disease in the army than in civil life.

He has better medical care at the front than at home. In other wars from 10 to 16 men died from discase to one from bullets. In this war one man dies from discase to every ten from bullets. This life than any other in history. Only 10 per cent of all Canadians disabled for further service have been

former occupations.

If your boy is one of the ten per cent. the government will re-educate Lparations. him in another vocation at which he This doesn't mean that war is a danger-free occupation, and that lds in the trenches is as comfortable us it the easy chair here at home, but I does not make it appear less fearsome than it has been painted over here especially by pro-German Socialists.

traitors in Canada. WHY SHE CHOSE HIM

disloyal pacifists and German-born

She was comely and a widow, and moreover, she was Scotch. She mourned MacIntonh her late husband, for eighteen months, then from a crowd of sultors chose honest, comely Mac-Intyre for her mecond. "I'm no' guid enough for ye, dear!"

he whispered. "What for did ye just choose me out o' sas mony?" "Ah, weel, yo see, your name's Mac-

"Yes, but-" began the bewildered "al my linen's marked 'Macl'-that's daylight saving, but daylight gaining. "An' yo ken." finished the widow,

sant medicine for worm-infested childrep, and they will take it without ob- the daylight were very crookedly adjection. When directions are followed justed the one to the other. The wakit will not injure the most delicate child, as there is nothing of an injurious nature in its composition. They of daylight, and it is a good trade for will speedily rid a child of worms and restore the health of the little sufferers whose vitality has become impaired by the attacks of these internal pests.

A LOW OPINION The real German opinion of Russian

diplomacy, if we could only get at it, would suggest to us the story of Haystack's horse. Hen Haystack came up with Cal. Cornstalk in front of the postoffice one day, and he stopped his turnout and said: "Ye hain't lookin' for a good hoss,

Cal be you "I'dunno. Why?" says Cal "This here mare's for sale," says Hen. "You know me, Cal. I'm always ready for a home trade. Do ye want the mare or don't ye? She's a beauty. Take hor or leave her." Cal studied the mare a moment

"I certainly would take her, Hen, only I ain't got nothin' smaller than a dollar on me, and I hata to built it."-Edmonton Bulletin.

Children Ory CASTORIA

"GOZINTAS"

Elsie-Yes, and I like my teacher. "What do you learn there, dear?"
"Reading, writing and gozintas." "Gostnins-What are they?" "Don't you know! Why, three gosinta twelve four times, five gorinta fifteen three times, like that,"-The Christian Herald."

Corna cause much suffering but Holloway's Corn Cure offers a specity.

IN TRAINING TO DO YOUR BEST American. It is always necessary to do one's

best as far as the immediate duty is concerned. Half-hearted effort may be enough to bring about results. We may work without enthusiasm, without interest, with wandering thoughts, and yet give satisfaction. But the time comes when this will which exact all our power of concentration. We must be enthusiastic, alive, engrossed in our work, or we their utmost. shall fail. And this power of putting one's whole self into the task at hand is not born in a moment in answer to some special need. It is the result

Do your best every day, not neces-sarily because to-day's task requires it. Some to-morrow will bring a greater responsibility; and if you are equal to it, it will be because you have long been in training to do your best. AND THE BOY GOT IT.

A hungry traveller put his head out of a car-window as his train pulled up at a station, and said to a boy:

"Here, boy, take this dime and get
me a sandwich, will you? And, by
the way, here's another dime. Get a
sandwich for yourself, too,"

The boy started away and returned,
munching a sandwich, just as the truin
was starting off. He ran to the traysiler handed him a dime and retire aller, handed him a dime, and said: "Here's your dime back boss. They only had one sandwich left."-Wash-

AN EDIBLE CURRENCY At Cobham, a rural station in cen ral Virginia, Mr. liell to the store kaeper. One day a small negro came into his store with a single egg. He went up to Mr. Bell and displayed the new-laid egg.

"Mr. Bell, mummer say please, at give her a needle for dis egg." "You can get two needles for egg." answered Mr. Bell. "No, air, mummer don' want twe headles; she say please, sir, give mi

Canadiana are considered a slov people by some neighbors, but it would take a man a long while to read the record of their deeds in the last fifty for sevice. The result of inady years





CLASSMATES

Mrs. Erwin was showing Solma, the now Swedlah mald, "the ropes," "This," said Mrs. Erwin, "is my room. He to in Yale." "Ya?" Helma's face lit sympathetic understanding. brudder ban there too."

"In that so? What year?" "Ach! he ban got no year! He han yoodgo say, 'You Axel, sixty days in

A Boon for the Bilious-The liver is a very sensitive organ and easily doranged. When this occurs there is undue secretions of bile and the acrid liquid flows into the stemach and war is proportionately less wasteful of lagurs, it. It is a most distressing allment, and many are prone to it. In this condition a man finds the best remedy in Parmeleg's Vegetable Pills. physically unable to engage in their. which are warranted to speedily correct the disorder. There is no better medicine in the entire list of pill pre-

IRON RATIONS, PERHAPS

Old Indy Visitor; "Do you get many orgu out in France, my man?" Wounded Tommy: "I don't know about eggs, ma'am, but we get plenty

CASTORIA For Infants and Children. In Use For Over 30 Years

DAYLIGHT GAINING

Dignature of

Chat It Hetekers

A correspondent who mays that he mosts many people who fall to see the true purpose and effect of daylight saving, suggests that it be called, not That better describes it. We have not been getting the daylight that was coming to us. It was there all the time, but we were not making use of it owing to the fact that the day and ing man is going to trade off an hour of dark to the sleeping man for an hour both of them. The correspondent's nuggestion is a good one in another way, for people are readler to listen if you talk to them of gain than if you suggest waving. Let us add the words

of the poet: The best of all ways To lengthen your days Is to steal a few hours from night. my lad."-Toronto Blar.

COULDN'T HELP IT

A man travelling on a through express left his chair in the crowded dining car, just after he had ordered his luncheon. He went to get something he had forgotten in the Pull-When he returned, in spite of the fact that he had left a magazine on the chair in the diner, he found a handsomely droused woman in his place. He protested with all the politeness he could muster, but the

woman turned on him with flashing "Sir, she remarked haughtily, "do you know that I am one of the direc-Lord wives!" "My dear madam," he responded, "I you were the director's only wife I should still ask for my chair."

Useful in Camp-Explorers, surveyors, prospectors and hunters will find Dr. Thomas' Eclectric Oil very useful in camp. When the feet and legs are freely with the Oil and the result will be the prevention of pains in the muscles, and should a cut, or contusion or sprain be sustained, nothing could be better as a dressing or lotion.

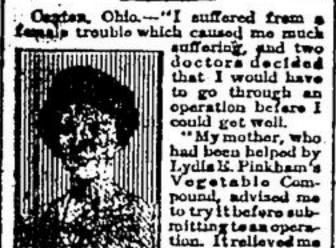
DUTIFUL TO THE LAST

"Daughter, did you give back that young man everything he gave you an "Yes, pa, I did exactly as you told

"WELL ENOUGH"

"Well enough," is the death-knell of many a youth's applications. For when he replaces his ambition for the best by aiming to do things well enough to pass, he stops making progress. The important thing is not to satisfy not answer. There are emergencies the one you are working for, but to satisfy yourself by developing your powers, and by continually exacting

HOW MRS. BOYD AVOIDED AN OPERATION



to go through an operation before I could get well.
"My mother, who had been helped by Lydla E. Pinkbam's Vogetable Compound, advised me to try it before submitting to an opera-

se I can do my house work without any afflicted with female troubles to give Lydis E. Pinkham's Vegetable Com-pound a trial and it will do as much for them."- Mrs. MARIE BOYD, 1421 5th. St., N. E., Canton, Ohio.

Sometimes there are serious conditions where a hospital operation is the only alternative, but on the other hand so many women have been cared by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after decters have said that an operation was secondary—every woman was wante to avoid an operation should give it a fair trial before submitting to such a strong order.

BRIEF ITEMS

Vancouver shipbuilders returned to work yesterday, the new acale of

the meeting place of the Hamilton Mothodiat Conference next year. Capt. Ellas Casey, for more than ofty years a captain on the Great by a stunty sen of the soil. Inken, died at Cobourg, aged 91. filr John Olbson, just back from France, highly praises the work of the going to hight for your King and coun-Canadian Red Cross and that of the Y. M. C. A.

During the last two weeks in May Milliary, District No. 10, with headquarters at Winnipeg, produced recruits at the rate of 110 a day. According to orders from headquartern at Ottawa, militia officers who are liable to service in Class I will be forced to join the colora. A Russian named Martyuk, C. P. R. section foreman at Kinogama, Ont., was knocked unconscious by being

The New York Times has been awarded the Pulitzer \$500 gold medul "My for "the disinterested and meritorious" public service randered by publishing so many official reports and documents relating to the war." Lieut-Col F. Boll, D. M. S., Ottawa, says that the Laurentian Banitarium will be onlarged and a clearing house will be established in Montreal for the

care of soldiers who fall ill during

ing troop train.

vocational training.

Children Cry FOR- FLETCHER'S CASTORIA

Betting is an argument that is con dincing only when one happens to wir A pleasant medicine for children i and there is nothing better for driving worms from the system.

HARD LUCK "Bad luck, that, for poor old Bill. said links the chauffour. "He got fined for taking out his employer's car without permission."

"But how did the boss know he took "Bill ran over him"-New York

A SLACKER'S ALIDI

One lof, the recruiting canvanage in an Erhelish offorthelal town was a wages to be retreactive from February | well-known magistrate. In most cancu, nayid the Enfals News, he succeeded in obtaining the promises he wished, but At hast he met with a bebuff." It occurred when he knocked at a cottage door that was opened to him "My man; said the magistrate in his most bersuasive tones, "are you

> reply. "And I be surprised at you unkin' me for to do it. Two years ago come next neath you yourself fined I twenty shillings for lighting wi' lill Smith, and you said it wor wicked to fight, and I promined you an I-wouldn't repeat the offence, and I allus keep my word."

A spendthrift the a person who saves his money for a rainy day, and then struck by a bottle which he claims prays for rain. was thrown deliberately from a paus-When a woman pauses for reflection look for the mirror

A Grippe Epidemic Every winter Health Boards

warn against this weakening disease which often strikes those who are least prepared to resist it. You should strengthen yourself against grippe by taking

refined, purified and so skilfully prepared that it enriches the blood streams, creates reserve strength and fortifies the lungs and throat. Don't delay-It may mean much.

Use SCOTT'S Refuse Substitutes

You Need More Than A Laxative

To correct constipation, all organs of digestion and elimination should be helped. Try NR and see how much better you feel.

NR: Today - Keeps the Doctor Away

it and promptly throw off the waste that is left. This is accomplished by the processes of direction, assimilation and elimination—the work of the atomach, liver, kidneys and bowels.

The fallure of any of the vital or—

Now if you are med to taking better appetite. By toning, not specially like the state of the like you know mighty well bile into the intestines, improving intestinal digestion. Lastly, by gently time Moreover, if you stick to any one laxative, you've got to be increasing more vicerous bowel and kidney action. Nit drives pelsenous impurities out of and cleans up your body. you've got to be taking them all the time. Moreover, it you stick to any one laxative, you've got to be increasing the does all the time. That can do you a lot of harm.

Stop doesn't you've if with such things the long analytic with such things. fust long enough to give Nature's Rem-edy (Nit Tablets) a trial, and let the results show the difference. Nit Tab-lets are not mere bowel movers, their purpose is to correct the condition that induces constipation and give you real. E. J. HASSARD

good hearty appetite, regulate your liver and bowels, tone up kidney aca good cleaning out. Nature's Remedy (NR Tablets) is not which means extraction of full Try Nature's Remedy (NR Tablets) and just see how much better you feel in every way. Get a 25c box today



up his car for the first long tour with his family, it would be well at this time for him to reflect that every gallon of gasoline he uses will mean that a gallon of gasoline -cannot le used for a motor truck hauling provisions and munitions to the front for the fighting men in France. It may sound trivial to say thin, but when one pauses to reflect that there are more thair 3,000,000 pleasure curs in use in America and that en th can burn from three to six gallons of the proclous fluid every day that an outing in taken in the car, one readily can see that such an outing means that the already scant supply has been made shorter by several millions of gallons. With the supply decreased and the Government in the market as a heavy buyer to supply the thoumands of motor trucks it is shipping to Franco for the army, the price will rise and the Covernment will be at a greater expense to conduct its military operations.

and motor trucks and ambulances

effect a great naving in gasoline, if they care to do so, in the seasons outings and pleasure tours. Short trips and not too many of them will result in a big saving of gasoline, without robbing the car owners of their pleas-

FULLY EXPLAINED

A tramp knocked at a farmer's door and called for something to eat. "Are you a Christian ?" asked the my pants. What do they prove. The farmer's wife promptly brought

"Well! well!" exclaimed the farmer "What made those holes in the back of your pants?" "Hack-allding," roplied the trainp, as hurried on .- Christian Herald.

Children Cry FOR FLETCHER'S CASTORIA

HABIT AND CHARACTER

There are few young people who de ot purpose to do something for the world sooner or later. Unfortunately, with most of them, it is later rather than sooner. Many a young man plans to make some large donation to charity when he has made his fortune, but meanwhile he has not a quarter to spare for any one. Many a girl plans a career of philanthropic effort, but ahe wants a good time first, and complains if she is called on to amuse her fretful baby brother. Such young people underestimate

BAVE BABOLINE Defore every automobile owner tunes

"As every one familiar with the war situation knows," said an army man recently, "gasoline is one of the blg factors in the great struggle. It propole aubmarines, flying machines The United States is the great producer of this by-product of petroleum, and all we can produce is needed to hauten a victorious conclusion of the

'Can't you tell?" answered the man. Look at the heles worn in the knees of

out the food, and the tramp turned to

Nothing as Good for Asthma. Asthma remedies come and go but every year the sales of the original Dr. J. D Kellogg Asthma Remedy grow greater and greater. No further evidence could be asked of its remarkable merit It relieves. It is always, of the same unvarying quality which the sufferer from asthma learns to know. Do not suffer another attack but get this eplendid remedy to-day.

the force of habit. For when selfishness has flowed like a resistless stream through the life a certain number of only by a miracle can the current change and move in the other direction. The man who, in his youth, planned to build a hospital turns out grusping money-maker, underpaying his men and seeing in his wealth only the means of ministering to his own gratification. The girl who saw herself in fancy a second Florence Nightingale after she had her fill of pleasure, keeps on in the old routine after pleasure ceases to please. Very early in life you can pick out those who are gages?" to be the benefactors of their race. for the habits of youth make the character of middle life.

Children Cry for Fletcher's

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 per-Charffelteters Bonal supervision since its infancy.
Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-an-good" are but Experiments that trifle with and endanger the health of

What is CASTORIA Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrupe. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age in its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarthoen; allaying Feverishness arising. therefrom, and by regulating the Stomach and Bowels, aldo the assimilation of Food; giving healthy and natural alcon-

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Grand Trunk Railway System Going West No. 29 8.13 a. m No. 189 Lt3 p.m. Going Last No. 32 3.28 p.m. No. 31 6.15 p. m. No. 38 8.12 p. m. Bunday trains pass through Acton going west at 10.16 u.m. and cant at 6.15 p. m.

Terento Buburban Electric Railway Going West 9.17 n.m.Daily except Sunday 8.09 p. m.Daily 'except Hunday

11.02 a. m. liunday only. 6.32 p. m. flunday only Going East 7.48 a.m. Daily except Sunday 9.58 a. m. Bunday only 6.48 p.m. Sunday only

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