THURBDAY, MARCH 27, 1919 GIVE THE BIRDS THE CRUMBS

You should save every crumb till the To your back-yard to nearch for their .rations: For when wintry winds come you can give the birds some, While you're sending great stores to the nations, .

When the chilly blants blow o'er the cold winter's anow, How can these feathered friends fine a living? From the back door you know crumba you can throw; Give these friends just "a bit" while you're giving.

To be sure there's no crown and you can win no renown, a When you give birds the from your table But the Lord will not frown with the anow coming down. When you give these true friends

what you're able There are lust' a few of the feathered tribe who Choose to stay through the bleak winter neapon: Ho frends ought to strew the crumbs though but few. For such kindness each heart known

TWENTY YEARS AGO

From the fasue of the Free Press Thursday, March 30, 1899

Easter next Sunday. Easter eggs are likely to be reason-

a car of cattle and hogs yesterday. Mr. Robert Watson is hauling brick for some one to waste it with her, she course of a few hours. intends erecting next summer. He friend than you. Regular hours for built one of the finest bank barns in work are a splendld defense against which our bodies are built suffer in

again under the supervision of Mist being outfitted by a charitable organi-

Assessor Graham is now engaged in no, hardly occurs to them. assessing the nunicipality. Every

The cross-channel tests of Marconi's rupted. system of wireless telegraphy which began yesterday will be continued for some time. This far the-experiments. have been entirely successful, the messages passing with the greatest case. The distance is 32 miles.

DON'TS FOR ANGLERS

fish, so sayeth the old proverb. Don't leave all your proparations for the morning, get all ready the night

mar the pleasure of the trip. The world, including fishermen, crave good ders in your development. cheer, and sunshine. As you meet crankiness beget cusswords.

Don't manifest a soldsh disposition.

Don't lose your patience and temper if they don't pull you out of the boat this forward look.

to fish. You will only waste your fish you are taking awful chances in motives and aspirations lidden there. cr.ticizing his methods. It will only lie fair to yournelf, in this self-analysis. result in an argument and give him Do not configure too harship, and on a bud taste to his mouth when he looks the other hand, do not excuse too at you. But you can get some mighty readily. valuable and useful information by Sixty minutes out of the day. How of their experience free. ..

insurance policies are all paid up to date, and your available cash invested in Victory Bonds and Red Cross donations. If all this has been done, and you are alone in the best, go to it. Rock the old tub to your heart's content. Rock it sidewind, longthwise, and any old way, and if the worst should happen your bereaved and benefitted relatives will at least have the satisfaction of remembering you were thoughtful.-Itod and Gun.

Miller's Worm Powders do not need the after-help of castor oll or any purgutive to complete their theroughpens, because they are thorough in themselves. One dose of them, and they will be found palatable by all children, will end the worm trouble by making the stomach and howels untenable to the parasites. And not only this, but the powders will be certain to exert most beneficial influences in the diges.

VALUE OF LAWYER'S TALK

A young lawyer was defending an old convict on the charge of burglary in a state where the court rules allow each side one hour to address the jury. The young lawyer, somewhat nervous. consulted a veteran member of the bar who happened to be standing near. "How much time do you think I should some parts of California the trees are take up in addressing the jury?" he asked in a rather pompous manner. "Take the full hour," was the gruff

"The full hour! Why, I intended to take only fifteen minutes." "Take the full hour," responded the

"And I'd hardly got started on I when I was interrupted, and I haven't | Dear life: had a chanca to touch it since." A great many people lay their failure to make a success of anything to the fact that they are continually interrupted. They start a course of reading, or the study of a language, begin up a garment preparatory to making rend. The unfinished letter lies about variously, molatened.

AM SORRY I HAVE NOT TIME

is consigned to the wastebasket. The the mould was moistened with pure garment is consigned to the rag-bag. water only. The mould in the other the starting point, and in every case parts of water to one part of alcohol the explanation is the same. Interrup- in 10 parts of water. The result was tions! Interruptions! Always inter- interesting and illuminating. Even the ruptions.

interruptions it would seem that others minition was very feeble. could do the same. The trouble is that many of un form the habit of being interrupted. We allow our work to be interfered with-and our success Jeopardized when it is quite unnecessary. -E. A. Woodward, in The Watchword are practicing munic several hours a as a definite prote-Placinic poison upon rubbing with Dr. Thomas' Eclectric day, or have taken up the study of a all forms of cell life; that plants be- Oll will cure lame back. The r ha will set apart certain hours of the day for live in water soon die. attending to them. And when your a drive, may no, and explain that you Perch, in a two to cour per cent. solu- that its touch is magical, as it is. able in price. The ruling price this practice from nine till eleven, or that tion of alcohol, soon become intextyou give the hours from ten to twelve cated, fall to the bottem and die, though

Mesara, R and J. Holmes shipped to your French. The next time Mabel if placed in pure spring water before has an hour to waste, and is looking the final stage they may revive in the new two-storey residence he is more likely to call up nome other Of course it in necessary to be ready running a boot and shoe business at to make sacrifices in order to carry out

has purchased the shop and dwelling enough self-control to dony yourself a and stock belonging to the estate of pleasure, if you feel it incumbent on the late Thomas Agnew. He will open yourself to say yes, whenever the Saturday with a clearing sale for thirty chance of enjoyment comes your way, you will, of course, be interrupted con-The welcome beams of the spring tinually, "I'm so sorry I didn't have sunshine procted the Spring Millinery time to finish that dreas," said a girl Openings yesterday. The millinery who had undertaken to make a little department of Honderson & Co. is dress for a destitute family which was Campbell, whose fulfillment of orders zation. "Every time I started sewing last season was so natisfactory. This I had an invitation to go somewhere, is Mr. Collins' first season, but an ac- and I just couldn't finish." Most uncomplished artists is in charge. Miss reliable people look on an opportunity Massacar's skillful arrangement of the to enjoy themselves as a necessary show room has made it a bower of interruption, and the possibility of escape by the simple expedient of saying

Some interruptions are unavoidable man who is 21 years of age should but they are comparitively few. As a see to it that his name is made known rule we are interrupted because we let to the assessor, so that all their names ourselves be, because we have fallen into the way of allowing our purposes to be side-tracked by almost anything At the meeting of the School Board that comes up. Plan your day and on Monday evening improvements in stick to your program unless it is contemplation for the school grounds essential to depart from it. Refuse to form the fatal habit of being inter-

AN HOUR TO YOURSELF.

has a light to have an hour to himself. However busy he may be, on burdened with the responsibility of others, there are sixty minutes in the day to which he has an inalienable right. Some people take a great deal more, but no one should be satisfied with leas. Very much depends on the way you use the hour to yourself. Some young people simply squader it. They hardly look on it as a possession. They merely know that for an hour there is no especial claim on them, and they glance

the size of your catch, or the size of cleck to call them to a new duty. Be to you with a hearty handshake, never the big one that got away. It's old on the watch for the hour that is yours dodging out of them, but turning there stuff, and you can't compete with the and have a definite program for it. That hour to yourself ought to count Don't economize by using last year's largely in your culture. It has been tackle, believing it to be as good as said that fifteen minutes a day given new. So don't spoil the whole trip by to carefully chosen reading, will enable losing the big one on account of a one to hold his own among cultivated rotten line. Get a new one, and get people: As a tule our reading does not help us appreciably because it is Don't start out with a grouch in the hit-or-mian. A course of reading, even

at the paper, or look out of the win-

morning. Your attitude may make or if you give to it only a quarter of that all disturbances of this character, and precious hour to yourself, will do wonothers, others will meet you. Smiles your life. It is astonishing how most and in the correction of irregularities beget smiles, while grouches and people drift through the years without of the ligestive processes, no preparaplanning without looking ahead, without a goal. Hand-to-mouth living of be testified to by thousands. be liberal with the fellows. They will this nort is not conducive to success. make it just as easy for you as they Think out to-merrow's work. Lay " can, and in the end acknowledge even plan that will reach into next week and next month. Have a goal for your

offorts. Alm at something. In your hour to yourself you can find time for of friendship. biting, and want to move to some other .. Take part of your hour for getting an athlete, " a balancing-pole without spot. Fish are erratic cusses, and run acquainted with yourself. Most of us which it is impossible to walk safely in droves like sheep, and you may just go through the world strangers to ourleave before the drove arrives. Get selves. Often bur friends are able to "A friend is a jewel into a promising location, and sthy toll us qualities we had not realized girl, "that shines brightest in the darkthere until you are really sure there we possessed. Invariably our foca can ness of misfortune." are no more fish. Then move, but point out faults of whose existence we every move takes time, and you will were ignorant. It is not right that outsoon get the limbit, and want to be siders should know us better than we in cloth as a rule, though in rare know ourselves. Much of our success Don't attempt to tell old timers how and happiness in life depend on selfacquaintance. Study yourself as an bicath. If there is one point in the outsider might study you with the world a man is set on it's his fishing inestimable advantage of being able to ability, and though he may not catch look into your heart and goe the

observing the ways and workings of little they seem! How casily they are those old birds. You can make use wasted! And how wonderfully they will help a life it rightly used! Refuse Don't rook the boat, unless your life to allow any combination of circumstances to cheat you of that hour to yourself .-- James E. Cross.

"HE'LL DO"

"He'll do," said a gentleman docislysly, speaking of a boy who had boo in his employ but a single day. "What makes you think so?" "Hocause he gives himself up so en-

tirely to the work in hand. I watched him while he swept the office, and although a procession with three or four brane bands in it, wert by the office while he was at work, he paid no attention to it but swept on as if the sweeplan of that room was the only thing of any consequence on this earth at that time. Then I set him to addreading some cavelopes, and although there were a lot of picture papers and other papers on the deak at which he ent, he paid no attention at all to them, but kept right on addressing thoug envelopes until the last one of them was done. He'll do, because he is thorough and dead in carnest about every thing."

WORLD'S ALMOND SUPPLY

tipaln produces about one-fourth o the world's supply of almonds; although in southern Europe and in cultivated for the sake of the nuts. The tree, which belongs to the rose family, is much like, the peach lin form, flower and fruit, but is generally larger, growing to a height of over twenty feet, and bearing beautiful white flowers which appear before the leaves. The pit, or stone, of the fruit is the familiar nut known as the al-"Because the longer you talk the mond. The wood of the tree is hard longer you will keep your elient out of and of a dayk red color, and in used

ALCOHOL-A POISON

Toronto, March 24, 1919

The -verdict of science as to nature of alcohol is a perfectly clear renouncement. It is a polson. Many experimenta have demonstract ted that alcohol in "very poleonous to living though and cell-life." A test of tage of it. Then they wonder why a book, write a page of a letter, rip the growth of cress-need in closed glass tubes was made. Each tube containit over, or make some other beginning. ed exactly the same amount of garden The book goes back to the library un- mould, water and air, and heat, but

till it becomes outlawed by age, and | Five tubes were used. In the first The language study never gots beyond four was moistened with a mixture of a few introductory lessons. The course alcohol and water, the proportion varyof reading breaks off not far from ing from one part of alcohol in 5 000 smallest amount of alcohol retarded Now occasionally that is a legitimate the growth of the cress. An the proexcuse. There are some interruptions portion of alcohol increased, the growth t is impossible to avoid, and they do of the creas decreased until in the tube interfere sadly with out success. But where the strongest solution of alcohol on the other hand, since many people wan used the cress seeds were either make, a brilliant success in spite of actually killed outright or their ger-

The effect of alcohol on the growth of rights, such an balances, geruniums, p, inlan, nettles, aloes, larches, begonias, and potatoes has been tested: and also lis offects on animals, e.c., The reason that many people are worms, leeches, perch and other fish. always being interrupted is that they sparrows and mammals. Working have no regular times of work, and all principally, with a ten per cent. solution their acquaintances know it. if you of alcohol, it is found that alcohol acts language, or have certain household come shrivelled and paie; that animals immediately absorb the oil unit it will mendation, and if there are any com-

the corner of Mill and Main Streets your purposes. If you do not have of alcoholic drink has a tendency, quietly, but surely, to deteriorate the

Dr. Chapple, of Liverpool, England. says incisively: "There are three influences that weaken our defensive forces: heredity; adversity and alcohol -these three, but the greatest of these in alcohol."

J. H. HAZELWOOD,

When the years have slipped by and memory runs back over the path you to speak to every friend you met, and happy when doing the small, everyday things in life, and that you served the beat you could in life's lowly round. You will be glad that men have said all along your way: "I know I can trust him; he is an true an steel." some rainy days in your life. If there Out of the twenty-four, every one dry up, the sky would be filled with You will be glad that you stopped long enough every day to read carefully, and with a prayer in your heart,

some part of God's message to those he You will be glad that you shut you said about one another, and tried the best you could to stay the words wing-

You will be glad you brought amiles Don't lie about the size of your fish, dow, and wait for the stroke of the all the hard things which have come all to the best possible account.-

> They soothe Excited Nerves-Neryour affections are usually attributable of Parmelee's Vegetable Pills will still action relieve the nerves from irrita-Take part of this hour for planning tion. There is no sedative like them tion has done so effective work, as can

WHAT IS A FRIEND?

Beated on a white beach they talked "A friend is a balancing-pole," said

"A friend is a volume," said a jour-"A friend is a gold link," mused a jeweller, "in a chain of life." "He is a plaster," said the physician, "for the cuty of misfortune." "Like lvy." said the botanist; "the "A friend," said a sad-looking woman "is the first person who comes in when



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REST A MINUTE

Often women complain about being tired, when, to the map city of cases it it their own fault, mays the Delinentor. They do not take "a o of momselves. They do not husband their atrength. When they have an opportunity to rent, they fall to take advan-

they get tired no en-tly-why they wear out. The trouble with most women is they don't know how to take things canily They think that because they have many things to which they must give. their attention, they must keep steadily at work until the last task has been fact a infauto's rest now and then would give a great deal more energy to be, expended in disposing of these

Thus, if the housewife in her own

cook, she will find countless opportunitien to reat a minute while working in the kitchen. To do this, however, also must see to it that the kitchen furnishing include some piece of furniture upon which she can truly rest, "Rest a minute!" You don't hav o take a leng map in bed, with the shades draws. Just close your oyes, and let your whole body relax. won't take more than the time that is necessary for the water to boll, or the load to brown, but it will do you a world of good. So-

manifoid duties.

duties which demand your attention, become intoxicated, and that those that penetrate the tissues and tring speedy relief. Try it and be convinced. As Cray-fish, in a two per cent. solution the liniment sinks in the pain comes out

NOW RAISES

After Being Relieved of Organic Trouble by Lydia E. Pinkham's Vegetable

Compound, Oregon, Ill.-"I took Lydla E. Pinkham's Vegetable Compound for an or-

ganic trouble which pulled me down untill I could not put my foot to the floor and could scarcely do my work, and as I live on a small farm and raise six bundred chickens every year it made it very hard "I saw the Compound advertised in our paper, and tried

it. It has restored my health so I can do all my work and I am so grateful that I am recommending it to my friends."-Mrs. D. M. ALTERS R. R. 4. Oregon. Ill. Only women who have suffered the tortures of such troubles and have dragged along from day to day can realize the relief which this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, brought to Mrs. Alters. Women everywhere in Mrs. Alters' condition should profit by her recomplications write Lydia E. Pinkham's Medicine Co., Lynn, Mass., for advice. The result of their 40 years experience

HOW WOULD IT DO

To liven up. Te- punti things. To boom your town. To advertise your business.

To renew your aubscription. To help your fallen brother rine. To speak kindly of all, cyll of none To wear a smile instead of a frown. To trade at home the whole year. To take advice an freely as you give It.

To get good yourself and do good o othern, To stand by your town and all it To school your sons and daughters

our schools. To give every local enterprise you ielp and oncouragement." To speak your appreciative word vhile your friends can hear them. To whoop your business to the front and help your competitors to keep up.

ly speaking well of it, standing by it and living by it? THE FATHER OF HIM

To send this paper to your friends

To show your interest for your town

that you wish to kindly remember.

Centus-Taker-"Give the age our five children." Father -"All right, Mary will b thirteen in tieptember-thirteen yes that must be right; and John is-John -ahem-ho's going on cloven, I guess; then Helen-wait a minute, I never ould remember how old aho is-but Fred in-Fred in-let me see-and Archie-heavens, man, my wife will be back at half-past five-can't you come again them?-W. N. Morse.

Corns cripple the feet and make walking a torture, yet nure relief in the shape of Holloway'n Corn Cure is within reach of all.

strength to the body.

it builds up the body. fault & Bower, Tourito, Ont.



ho Are These Men?



THE FIRST was a dirty, uncouth peasant, but he played a leading part in the disruption of a nation. He held no portfolio, yet he swayed a court as did no Minister of the Crown. He was without holy orders, yet people called him "monk," and no churchman of his generation exercised so profound an influence in the empire to which he belonged.

THE SECOND, with a private income of \$20,000 per year, has been called the "eyes and ears" of one of the allied rulers. No titles have been conferred upon him; he has received no reward-apparently wants none. Yet he witnessed Germany's preparations for the Great War and warned his nation of

its approach. He acted as its secret but unofficial agent after war had been declared, and, though without office, was closer to the heart of the struggle than any member of his country's cabinet.

THE THIRD, a general in the allied armies, was born in a railway shanty. He would not have been fighting Germany to-day if an Alsatian lad (his ancestor), had not escaped from a Bavarian press gang in 1744. Do you know

Rasputin, the self-constituted monk, who played so sinister a role in the downfall of the Russian dynasty, COL EDWARD HOUSE, the confidential emissary and adviser of President Wilson. GEN. J. J. PERSHING, whose ancestors were Pfirschings, and who to-day heads 'the overseas forces of the United



States—these are the three men pictured and described.

Russia collapsed, and The Toronto Daily Star published the story of the "mysterious one" who had Jed its court's excesses.

President Wilson declared war, and The Toronto Daily Star gave to its readers a series of articles on the confidential work of the man who had most influenced him.

The American forces began to make themselves felt, and The Toronto Daily Star presented the life-story of their great leader.

The Toronto Daily Star Alone in Ontario has Published their Histories

This policy will be confinued. The Toronto Daily Star will endeavor to lift, for its readers, the curtain of diplomacy and intrigue and give them a glimpse at the great personalities on the world's stage.

For this purpose alone-it has twenty - four world - famous correspondents at the Peace Conference—They will keep Star eaders fully informed upon every development.

The Toronto Daily Star has been famous for its feature stories. It published Harry Lauder's great book as a serial. Sir Frederick Smith, the Attorney-General of England, visited Canada, and The Star gave its readers his book of personal impression.

• At the first of this year The Star began the publication of two outstanding Canadian stories of the war. The first, "My Three Years in a German Prison," by Hon. Dr. Henri S. Beland, M.P., former Postmaster-General of Canada, is in some respects Canada's most notable contribution to the literature of the war. The second, "From Mons to the Rhine with the Canadian Army," is a diary by Lieut-Col. John A. Cooper, a distinguished Canadian journalist, describing the last and perhaps most spectacular phase of Canada's part in the Great War. Further important features,

the best available, will be announced from time to time. The main thing is you will want to read them. Don't take chances of missing the big stories. Subscribe for The Star and send your subscription in now. For 1 month, 25c. For 3 months, 75c. For 6 months, \$1.50. For 12 months, \$3.00.



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Toronto Suburban Electric Railway 3.32 p. m.Dally except Hunday body naturally. Scott's may 1.00 p.m. ____Dally except Bunday 11.03 a. m. Hunday only 6.32 p.m. Sunday only . Goint East

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