

SPRING TIME IS TOP TIME

Spring, top, spin! You're all the colors in the world. With other seasons you're just a wash in a rush.

AVOID SPRING FEVER THIS YEAR

Spring fever does not come like the wise and to the unwise. It comes only to the unwise who make use of their ability to practice self-denial.

For other all, cruds on the feet may be spring fever is nothing more or less than a cry for assistance from an over-fed body.

During the dismal days of winter, and during the bright, cheerful days as well, we are prone to eat altogether too much.

So long as cold weather lasts, we do not suffer. With the advent of spring, however, unless we reduce the amount of food considerably, trouble begins to appear.

We lose our appetite; we become languid; we eat practically nothing for a few days and then we are well again.

Lighter meals are more in keeping with the weather. Merely cut down a bit on meat, eggs and other rich foods.

Put the stewed prunes through a coarse sieve into a large bowl; sweeten to taste. Add the white of egg and beat with wire whisk 10 minutes.

Or, should you require something that is even more economical and may be made even more easily, try the following.

It contains beautiful fruit and milk; does not call for even a single egg yolk; is easily digested, economical and delicious.

People who practice to devote in certain ways which they affect to regard as "quite innocent"—in ways, for instance, which tend to creep into the expression that they know more than they really do know.

An incident which points this moral is related by a musical conductor who had among his acquaintance a lady, a professional performer on the piano, who was anxious to gain his good offices in helping her in her career.

They sat down to the piano. The conductor turned the leaves as he played. He was astonished to see with what apparent ease the lady read the music.

There is nothing repulsive in Miller's Worm Powders, and they are as pleasant to take as sugar. So that few children will refuse them.

Conductor—"Why, didn't you know that it's against the rules of the company to smoke on street cars?" Patron—"But I'm not smoking."

Conductor—"But you have a cigar in your mouth?" Patron—"Yes, and I have my feet in shoes, too, but I'm not running."



THE OLD MAN

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When the evening shades are falling, And I'm sitting all alone, I remember the thought of days of childhood.

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Fashions for the Smart Woman

The thin silks and airy materials of midsummer wear, the white of the fluffing fan to the heat of the brilliant day-days, the refreshing chill of sea air.

The golden spike, and gently striped stripes like admit this, he derives it from a strand of gold-bright hair she clipped.

The lovely queen of the East, and in many centuries old that its origin is lost in antiquity.

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NOT-WEATHER COMFORTS

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GROWING GREEN DUCKS

Growing green ducks is an occupation which returns handsome profits for the Central Experimental Farm, Ottawa.

The duck used for growing ducklings at the Experimental Farm, Ottawa, is a little charnal (about one per cent.) also recommended.

Prepared feeding formulae, rapid growth. Young ducklings should be fed six times daily from the start until they are two or three weeks old.

After the ducklings are four or five days old some green food should be given, such as clover or alfalfa which has been cut into small pieces and mixed with clean water.

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Constant daily testing and blending of the world's choicest teas give Red Rose Tea its inimitable flavor and never-varying goodness. Every package guaranteed.

RED ROSE TEA "is good tea" RED ROSE ORANGE PEKOE is extra good

J. Cadesky OF TORONTO EYESIGHT SPECIALIST WILL BE AT A. T. HIRSH'S DRUG STORE, ACTON Monday, May 6

Powerful, Penetrating Antiseptic Oil Heals Eczema and Other Skin Diseases Must Give Results in 7 Days or Money Back, Says E. J. Hassard

How are chances? The Chamblee (Kan.) Tribune says: When a man faults with his newspaper, the chances are ten to one that he hasn't an advertisement in it.

A Baking Expert says: For light cakes that keep moist for days, use 1 table-spoon less per cup of flour if possible call for ordinary party or soft wheat flour.

Praises Home Treatment For Bladder Weakness, Backache, Irritation

NEW DODGE BROTHERS SIX CHRYSLER MOTORS PRODUCT FOR SALE BY C. B. Swackhamer

It Pays to use MARTIN-SENIOR 100% PURE PAINT AND VARNISHES A special product for every purpose for every surface

Menu Hints Recipes for New and Novel Dishes; Household Ideas and Suggestions

BY BETTY HARCLEY OBLIVION CAKE PUDDING 1 package cherry or raspberry flavored gelatin

ORANGE AND RHUBARB SAUCE 2 pounds rhubarb 15 cups sugar 1 tablespoon granulated gelatin

Wash rhubarb, cut into inch pieces, peel oranges, removing membranes with peeler, and cut in small pieces; put rhubarb, orange, and sugar in an earthenware or glass baking-dish, and bake for one hour.

Wash rice and cook for 7 minutes in boiling salted water; drain. Cover with orange juice and cook in double boiler until rice is tender.

1 quart water 1 teaspoon salt 1 cup pearl tapioca 1 cup sugar 4 tablespoons butter

12 raw carrots 4 cups sugar 3 lemons 1 teaspoon ground cloves 1 teaspoon ground cinnamon

In a recent article on "Old Dublin Streets," Mr. J. H. Halburd drew an amusing picture of the notorious Diddy Moriarty, keeper of a small shop opposite the Four Courts.

"You old dog!" rejoined O'Connell, amiably "rejoice a civil tongue in your head!"

"What's all this?" asked the woman. "Has the ever been here before?" inquired a City alderman when a woman asked John Harvey for a hanging.

He was not supposed to do that," said he. "I'm not a tax collector, I'm a collector."

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JUMPER FROCK These among you who have been stimulated to activity during National Home Sewing Week, and wish to try your hand at dressmaking will find this a good model to begin with.

THE DRY FANATIC I met a dry fanatic the other day. I had been reading about him so frequently that I tried to meet this elusive and curious specimen of the genus Homo.

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