We ha of it and sured of EXPER

SPEN

Mrs. Rice Dreco-

Hamilton from ind The back venus she 6-11 101 V 22 medicine of dollar maxemer ally she Let her t This splet accompli 1.01 stomach, had chre HIMMIR meals. A010158 11 ribly di miv eyes Descript. my diffe 1111 CO sturted

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where.

Don't Neglect Your EYES!

Take advantage of Specialist Services offered by this Establishment and know for sure your glasses are right.

EXPERIENCE IS A GOOD TEACHER 1903-1923.

We have had Twenty years of it and Patrons are here as- Folks will flock. Nothing draws like sured of the best in

EXPERT OPTICAL SERVICE.

A. D. SAVAGE Optometrist & Mfg. Optician

Savage Optical Building (Right at the Post Office. GUELPH.

SUCCESSFUL AT LAST IN SEARCH FOR HEALTH.

Toronto Lady Agreeably Surprised by Splendid Results Obtained from Dreco.

Dreco is daily growing in popularity because of its certain action on the organs of digestion. It succeeds where many other remedies fail. The case Mrs. Elizabeth Hammer, of 153 De Foe

from my kidneys and could hardly weak and my system was all run down gether. and I most always felt tired out.

The pain in my back is gone and I feel employees, turn up at banquets much better in every way. I now sleep well and am much stronger, so I No case of this kind is too severe or

long standing for Dieco to help. its corrective properties that come from nature's roots, herbs, bark and leaves, aid in restoring you to normal health and comfort. Dreco contains no mercury, potash or habit-forming drugs and is enthusiastically recommended by everyone who tries it. It is au ideal tonic.

in Milton by J. M. Mackenzie, and gave a generation or two of agricul- 000 horse-power, the report shows. is sold by a good druggist every

Nassagaweya Council.

Council met at Brookville on May 28th, Accounts passed-D. Robert son Co., culvert and road, \$21. Sawyer Massey Co., No. 4 grader \$172.42. John Wilson, grading. \$8.00 Charles Martin, culvert, \$4.50; Acto Free Press. printing, \$4.85; Municipa World, supplies, \$13,33; M. Holmes assessor, postage, \$3.80.

R. R. Fleming was granted \$25 for school fair and \$25 was granted the Community Singing Includes Al Red Cross Society to aid in the Cochrane epidemic. As Court of Revision the council made the following decisions in the

assessment roll: Wm. Murray, assessment confirmed, Robert Currie, assessment reduced \$300, Thos. Cox re duced \$700, James Cooper reduced \$200. A. J. McPhedran was grante knowledge of human nature are all woodlands exemption to the amoun that are needed. He will first of \$800, and the following proper out the juniors, and children wi changes were made: lot 14. El con from Alex. Ball to J. J. Kennedy. will be heard by themselves, followed by the boys. Now we are getting Campbell, lots 11 and 12, con. 6, from along. The next thing we know the D. Campbell to Christie Henderson leader has the women carolling along Co., part W1 16. con. 2, from D. Camp all by themselves; and then, wonder bell to Ed. Byerman, part W 16, con of wonders, he calls upon "men only from D. Campbell to Geo. Amos. lot 5, Wi con. 2, from Lloyd Craw- to sing, and they get at it like the ford to John Inglis, part El lot 5, con. good sports that they are, so as to Forth. Other islands in the group , from Murray Crawford Co. to John show the women folks and the kid-Inglis, Village Inn, Campbellville, from dies that music is something that is Murray Crawford Co. to John Early, in the soul of all, and that driving a El lot 7, con. 1, Robert Wedge and team in the field is a capital aid to George Atkinson added, part lot 32, ward a rich and megaphonic baritone. con. 2, James Husband, ten., Et lot 4 Vary the Program From Grave to

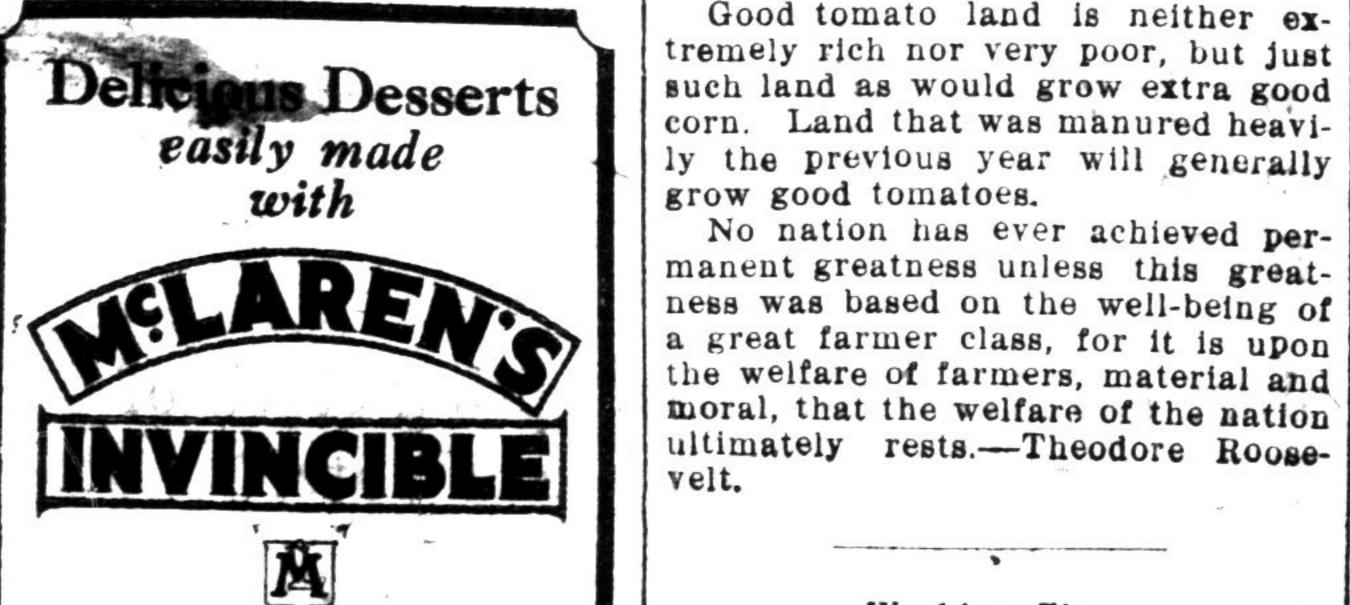
con 4, Henry Ferrier, ten. The Clerk was instructed to request R. Smith, civil engineer, to prepare plans and specifications for a bridge on lot 30, between second and third cons and also one between lots 20 and 2 con. 6, and to procure advice from the Municipal World on the Woodlands of limbering up exercise. But Exemption Act, and also on form of something more ambitious be atby-law to prevent the unlawful use of tempted now and then, such as giees, firearms in the township. Council adjourned to meet June ios, with big soloists from the cities |

26th, at 1,30 p.m. JOHN MARSHALL. Clerk. for the choruses. Some time an easy

Nelson G. Wilson, of Vittoria, No. folk county, lately purchased ten s ver black foxes for \$5,000.

The Duro Construction Co., Hamilton, has been awarded the contract for the new six-roomed school building at Erin, at a cost of \$39,000.

Military authorities at Fort Sam | couraged. It is a social, physical, Houston. Texas, will turn mustard mental, and moral tonic. Less public large phosgene and chloring into large benefactions have been bonused by gas, phosgene and chlorine into large benefactions have been bonused by dens of rattlesnakes near there.



QUICK PUDDINGS

Save time, trouble and Just add milk to contents of package. Boil for a minute—and serve. Equally delicious, hot or

Chocolate, Cocoanut, Tapioca Nutmer, Almond, Plain

Get Together and "Let All the People Sing."

ation in 1868, recently, has brought Folks Generally Enjoy Public Singwell be credited with premonitions the Country—Community Singing and there is good reason to believ Includes All Present-Vary the he feared the worst, when he kn Program From Grave to Gay. the partisans of the Fenians were on his trail. It is recalled by the Wood

(Contributed by Ontario Department Agriculture, Toronto.)

Human beings are gregarious. The to be alone is not confined to things | cance. In that poem he said: connubial. Man by nature is a mixer. a crowd. Let it be known that "They're all going to be there," and they all will try to be there to see them all, and if it be a public singsong, to hear them.

The Grange, the Farmers' Instiand the energy shown by those Gee had dined at the home of James rest of the hill to the "Deadline." pated in the activities of School Fairs | but presently started from his sleep, around, like all the children of Revis a social solidifier.

Everybody Enjoys Singing.

As the result of years of experience with Y.M.C.A.'s, men and boys' clubs, and military camps, I have come to the conclusion that people enjoy more than any other music that in which they take part publicly. A community sing-song, no matter where indulged in, always acts as a socia. Street, Toronto, is typical in this re- and ultra dignity. It catches all present if they will only catch the tune. It takes the croak out of the throat, the furrows from the worried brow, the hard lines from mouths that have been growing grim, and the crowsfeet from the corner of the eyes. It melt the icy manner. It knocks the starc quite a bit and I had dizzy spells and out of even the so-called superior spots floating before my eyes I was people. To sing together is to get to-

I have seen hard-headed business "Dreco has done more good for me and professional men who have been than anything else I have ever tried. looked upon with awe or fear by their giving his genius full play." club gatherings in the city and drop all their dignity and "front" as they am glad to recommend Dreco to help joyously bellowed some popular ditty, or solemnly joined in a sentimental camp song, and doing it as if fate of nations depended upon their being energy during 1922. The revenue to heard. And, with a little coaxing, a manufacturers from farmer can outchant any city chap, amounted to \$81,600,000, according because of better chest and lung deto a report issued by the federal water powers branch of the Dominion

Music Always Popular in the Country. | Government. Music has always had a leading place in rural entertainment. The chief source of power, led in produc-Dreco is being specially introduced The old-fashioned singing school tion among the provinces with 1,830,turists an ear for melody, and reflect- Quebec followed closely with 1,100,ed itself in the volume of congressa- 000 horse-power, and British Columtional singing that obtained forty bia was third with 310,000. The reyears ago. To-day in church assemblies that heartiness and volume is Itoba, Alberta, Nova Scotia, New very much wanting. Brunswick and Prince Edward Island.

Community singing will do much to revive the robustious and not less | tion, hydro-power development in pleasing vocalism of the good old stalled last year totalled 529,000 days. The people who can sing with horse-power. Total capital invested im "Keep the Home Fires Burning" in water power is estimated at \$620, 658,731. Horse-power development or "Pack Up Your Troubles in Your amounts to 337 per 1,000 of Canhearty in exhorting you to "Coun ada's population. Your Blessings," or to "Brighten the Corner Where You Are."

Anything decent will do to begin with

and the simpler the better, as a sor

istics and Publication Branch.

Good tomato land is neither ex-

Land that was manured heavi

No nation has ever achieved per-

farmer class, for it is upon

that the welfare of the nation

ness was based on the well-being of

ultimately rests .- Theodore Roose-

Working Fine.

What are you pinching baby

"It's nothing, mamma. We're onl

United Presbyterian Church in gen-

playing motors, and baby's the hoot-

eral assembly at Buffalo adopted a

ly the previous year will generall

grow good tomatoes.

'Willie!

Yes, mamma.

"Demand upon industrial centres for greater production is increasing with the cultivation of new stretches of farm land in the west," the report Present. states. "Industrial experts are urg-Real community singing implies a ing rapid installation of hydro-power general participation. Everybody plants with a view to providing mashould have at least a whack at the chinery and other farm supplies at a choruses. A capable leader with both lower cost, and thus stimulate the taste and gumption can bring hearty greater settlement of lands." and genuine melody out of any rural gathering. Simple methods and

Water power now in use represents a little over 6 per cent of Canada's total water power resources, which are estimated by the report at 41,never refuse to sing. Then the girls 700,000 horse-power.

Canada's Idle Water Power.

Canada's waterfalls developed

,000,000 horse-power of electrical

Ontario, with Niagara Falls as its

Despite the high cost of construc-

Population of Two.

An islet with a population of two is disclosed by the census report for the Orkney group of islands. It is Holm of Grimbister, in the Bay of run it very close. Hunda Island, 10 miles south of Kirkwell, has three and Copinshay, off the south-east coast, has seven. Three lighthouse stations, Skerry, Auskerry, and Hellyar Holm, have three, four, and six inhabitants respectively. The population of the main island is 14,083, Then let us have community sing- or more than half that of the whole ing, and plenty of it; but let it be group. The census revealed the fact something more than mere sing-song. that total population is 24,111, the smallest since the census was established, the next, lowest, being 24,445 in 1801, the first census year. It was at its highest in 1861, when the figures were 82,895. Since 1881 it has anthems, cantatas, or perhaps oratorsteadily declined. as stars, but with all hands drilled

Anti-Saloon League is in serious and clean comic opera might be put trouble over debts contracted in its on, but with no intention of crowding campaign four years ago for a fund o out the more solid music; for it is \$25,000,000 to spread prohibition well to remember the force and just- throughout the world. It is said to ness of that very practical observa- have lost \$4,000,000 in eight Southern tion of the elder Pliny (lib. iv, cap. xi, States and to have contracted debts 24), "The lemon, as well as the on which payment now is being desugar, is needed to make the punch." | manded.

Community singing should be enthe state.—Thos. McGillicuddy, Statremely rich nor very poor, but just

How Backache and Periodic Pains Yield to Lydia E. Pinkmanent greatness unless this great- ham's Vegetable Compound

> Leslie. Sask .- "For about a year ! was troubled with a distressing downbearing pain before and during the periods, and from terrible headaches and backache. I hated to go to a doctor. and as I knew several women who had taken Lydia E. Pinkham's Vegetable Compound with good results, I finally bought some and took four bottles of it I certainly do recommend it to ever woman with troubles like mine. fine now and hope to be able to keep your medicine on hand at all times, as no woman ought to be without it in the house." - Mrs. OSCAR A. ANDERSON.

Box 15, Leslie, Sask. Mrs. Kelsey Adds Her Testimony Copenhagen, N. Y. - "I read your garding divorce. Only an innocent party who obtains a divorce on the pround of infidelity is permitted to reground of infidelity is permitted to reA GIRL ON SKIS.

Only Woman in the World Who Does Ski-Jumpins. death has been often debate

Was Near?

renewal of the discussion. A

stock Sentinel-Review that, just

month before his death, he wrote

is believed to have had some signifi-

As thine, so may my last end be!

Miserere, Domine.

of the House.

of his high Celte imagination might

Out of the cradle on to skis is the experiecne of sixteen year old, Isabel and the anniversary of his assaassin-Coursier, of Revelstoke, who, as far as any records are available, is the only girl in the world who does any ski-jumping. Her exhibition jumping at the recent Revelstoke ski tournament-which is one of the most famous of its kind in the world-attractcontinent-wide attention. seventy-six and eighty-four while in her practice leaps she has poem on the death of a friend which attained the magnificent record of ninety feet.

Of course, she has lived in the environment that boasts the greatest Friend of my soul, farewell to ski hill in the world. All the world's give you permanent relief. records, amateur and professional Thy truth, thy trust, thy chiv-_ have been made on the Revelstoke

To see Isabel Coursier jump is to watch a phase of sport that is mar-Even more convincing evidence is velous and thrilling. Fearless and given in Pope's Life of Sir John A. graceful like some well poised eagle, Macdonald, which tells in some de- she comes down the start, reaches tutes, and the U.F.O organizations tail of the dream which McGee had the "Take Off," then swoops suddenhave already done away with much of a day or two before the bullet found ly and swiftly into the air and curves the old-time isolation of country life, its mark. On Sunday, April 5, Mc- to earth, gliding speedily down the Goodwin in Ottawa. After dinner he Isabel has been on skis all her life. younger in years who have partici- lay down on the sofa in the library. From the moment she could toddle

and Boys' and Girls' Clubs has also pressed his hands to his head, and elstoke, she had them on her feet, shown that a new day has arrived for said: "I have had a fearful dream." and learned to walk on them, showing. joring," where the entrant on skis During his last speech, a few hours drives a pony at its maximum speed. the anti-Confederation party of Nova contests-both boys and girls.

Scotia to accept the Union, and said: | Isabel is in her second year in High | 'We will compel them to come in and School. She is still a slip of a girl- wood and the weak growths. the accept this Union. We will compel slight, quick-moving, with them by our fairness and kindness, cheeks of the out-of-door girl. She very good rule, with bushes that are our love, to be one with us in this is particularly well possessed, yet well established to take off all wood common and this great national combines with it all the modest that is smaller than a leadpencil. charm of "sweet sixteen."

A few days later Sir John Mac- She is enthusiastic about all kinds not desirable. When removing limbs donald wrote to a friend: "Poor fel- of sport. She can ride bareback, play they should be cut close to the main low! He was just in the beginning basketball and at the present time is stem, that is, without leaving stumps. of his usefulness. He had thorough- assisting in teaching swimming at the Strong growing Hybrid Perpetuals rey reformed in every way and was Y.W.C.A.

look's Cotton Koor Compound.

Began to Improve After Taking "Fruit-a-tives"

The Medicine Made From Fruit You can be free of pain-of swollen hands and feet-of aching arms, legs "Fruit-a-tives" will drive the cause

of Rheumatism out of the system and "For over three years, I was confined to bed with Rheumatism. Finally I decided to try "Fruit-atives". Before using half a box, I noticed improvement. I continued taking "Fruit-a-tives" improving all the time. I can now walk about two miles and do chores around the place". ALEX. MUNRO, Lorne, Ont.

50c. a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-tives Limited, Ottawa, Ont.

The Pruning of Roses.

more clubable conditions in rural In reply to a question he said: "I herself along with ski poles. Then In the culture of roses, the quality neighborhoods. Community singing dreamed that I stood on the banks of each winter came the keen exhilirat- of bloom depends not only upon good the Niagara, where I saw two young ing practice on the boys' hill-first varieties and rich soil, but on a careful men in a boat being carried down by the small jump, then the big jump system of pruning. One may choose the current. I shouted to warn them She is the only girl who has been between a crop of many small blooms of their danger, whereupon they pull- known to take the "running test or a smaller number of fine flowers. ed their oars and rowed up the down" the hill alone, as it is the cus- some varieties require harder pruning stream, and 'I fell over the boiling tome for the "glider" girls, compet- than others, but no rose bush should) abyss." In relating this dream he ing in the running test to come down be allowed to pass the spring without seemed greatly distressed. Early in the slide, supported by the strongest pruning. Branches that have been the morning of the 7th he was shot men skiers. She is the only girl who lamaged by the winter weather are while returning from a late session has dared the pony ski race or "ski- no longer of use and should be remov During his last speech, a few hours drives a pony at its maximum speed.
before his death, McGee pleaded with She is the winner of the jumping will take up the nourishment that should go to the stems producing roses. Besides removing the dead rosy branches should be shortened. It is a young bushes such hard pruning is

guire less pruning than some of the other sorts, as if heavily pruned they sappy wood, making an even larger h than before. Moderate pruning therefore better for roses of this

A brook trout 20% inches in length Address land weighing 44 pounds was caught THE COOK MEDICINE CO. one day recently by D. W. Coyle, in a TORONTO, CHT. (Formerly Wieder. Dond, near Bethany, Cobourg district.



and so pure. As smooth as china and as strong as steel. And no metal touches the food. Be sure you get

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white inside and out, with Royal blue edging. The Sheet Metal Products Co. of Canada

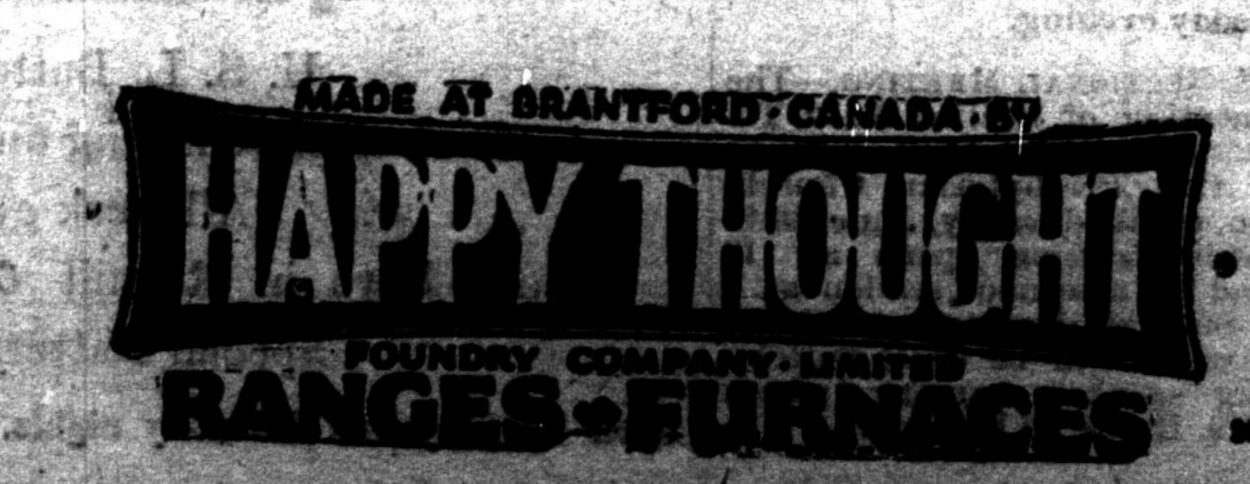
Montreal



fuel saved. Our new book, "Live Air Heating," will interest you if you pay fuel bills. Send direct to the factory for your

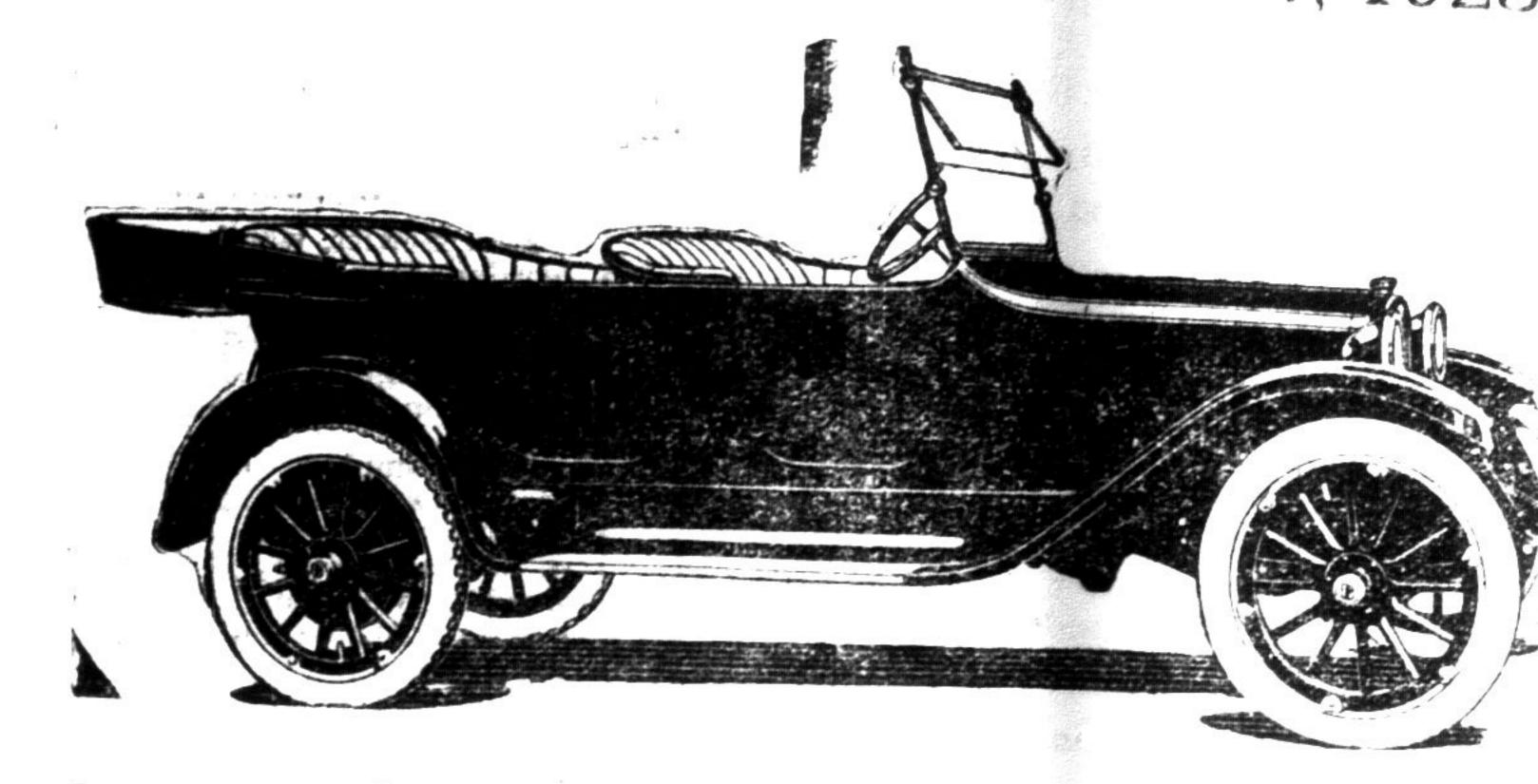
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J. N. O'Neill & Son

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More Hebrideans Canada Bound

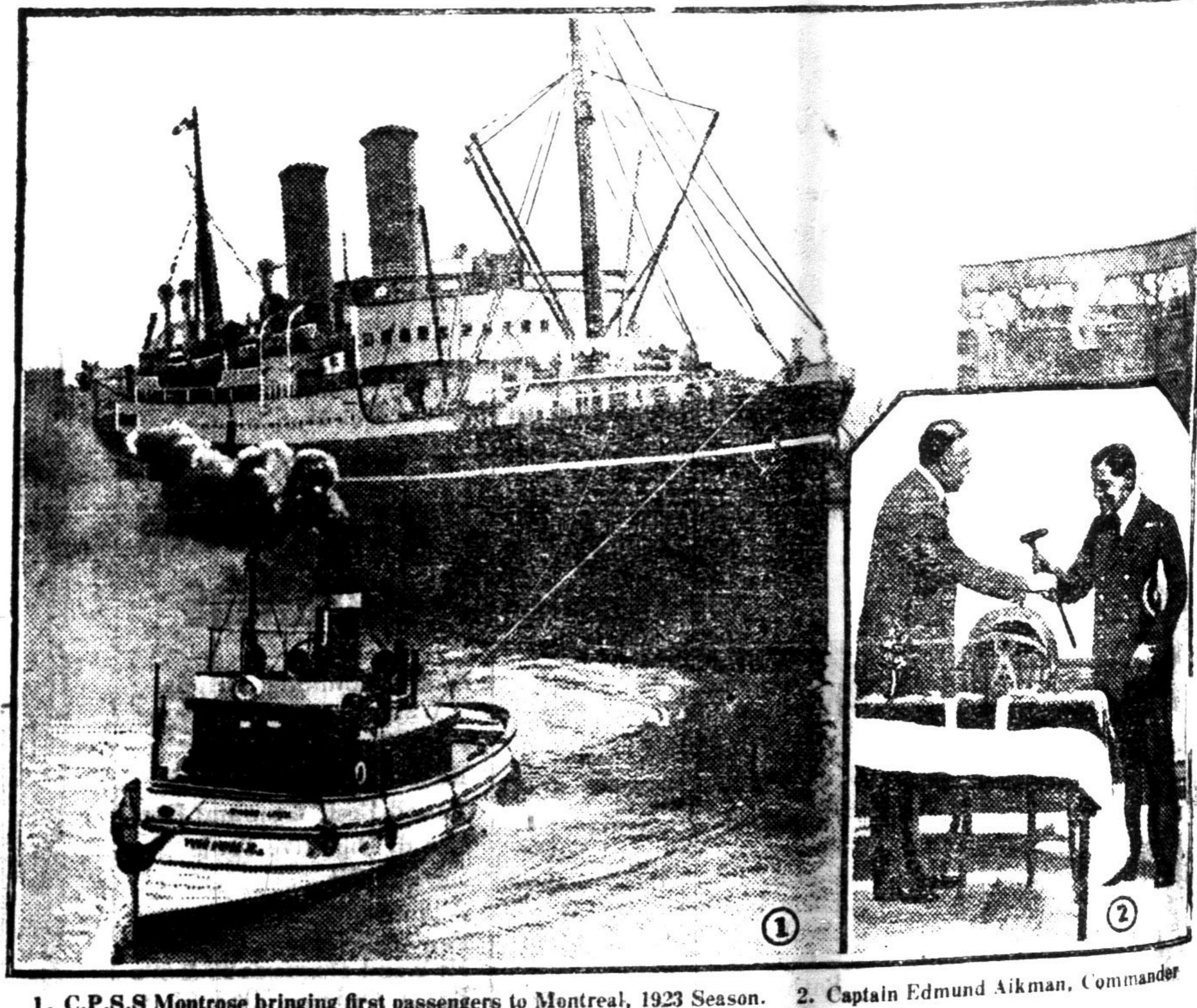


Lypical o. a nappy type. gent of 111 was brought from the forced to be a Isle of Mull by Lord Selkirk to de- themel in velop the sheep industry on St. Clair Western who Flats, Kent County. If times were bute to the fact that Winnipeg stands

hard when these people left home, where it does to day.

Isle of Lewis, per- navians and

Montreal Honors First Skipper in Port



1. C.P.S.S Montrose bringing first passengers to Montreal, 1923 Season. of the Bolingbroke.

WENTY years ago Montreal was but a "mere calling |-I place for ships." It had practically no moder a cargo handling devices or equipment, its wharf sheds wooden shacks which were actually taken winter to prevent them being blown away, and About hifty years ago, the Harbor Master originated he idea of presenting a tall silk hat to the captain of the the merchandise was stored in the open air at of the wind and weather. Now Montreal is port of Canada and it is the best located. From

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