

—AND THE WORST IS YET TO COME



A GOOD MEDICINE FOR SPRINGTIME

Do Not Use Harsh Purgatives—A Tonic is All You Need.

Not sick—but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble.

Do not dose yourself with purgatives, as many people do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. Any doctor will tell you that this is true. What you need in the spring is a tonic that will enrich the blood and build up the nerves. Dr. Williams' Pink Pills do this speedily, safely and surely. Every dose of this medicine helps to enrich the blood, which clears the skin, strengthens the appetite and makes tired, depressed men, women and children bright, active and strong. Mr. Henry R. Robinson, Cruickshank, Sask., says:—"My blood was out of order and I was nervous and run down. I got a supply of Dr. Williams' Pink Pills and after taking them for a while they fully restored my health. I am now feeling fine and have no hesitation in recommending these pills to all who are feeling unwell."

You can get these pills through any dealer in medicine, or by mail, at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Conservation of Health.

Conservation of health, Kelley says, depends upon the conscious desire and conscious voluntary response to that desire by free human agents collectively or individually. Modern public health achievements would have been utterly impossible save by imparting a rudimentary understanding of modern sanitary science to the masses in schools and by books, papers and magazines.

A knowledge of the ravages of malaria and yellow fever by mosquitoes, of bubonic plague by fleas; a knowledge of the value of good and sufficient food for proper nutrition; of better housing, sanitation and other standards of living—all have tended to lessen the incidence of sickness and premature deaths.

Increased compensation to the worker, shorter hours, protection against heat, cold, dust, fumes and other occupational dangers have all added their quota to the lengthening of life and increase of high health and consequent happiness.

Much credit is due to organized health departments in states, cities and smaller municipalities and much to voluntary organizations in the fight against tuberculosis, venereal diseases and the like.—Canada Lancet.

A Partnership With God.

A partnership with God is teaching what strength, what purity, what self-control, what love, what wisdom, should belong to him. Who helps God fashion an immortal soul.

Broom Factories for Blind Men.

Not long ago a visitor interested in work for the blind called at the broom factory for blind men established by the Institute in Toronto. As he entered the factory on a bright March morning, the whole place was pervaded with an air of cheery bustle. The sun, streaming through the south windows of the big, open factory space lighted the faces of the sightless workmen whistling cheerily or humming snatches of song as they plied their trade with deft hands. Here a winder, or tier, as they are known in the trade, standing at his winding machine and with piles of sorted corn ready to hand, deftly attached the end of a wire to a broom handle held firmly in the machine chuck and then, seizing handful after handful of corn spread it out in place as the handle was revolved, responsive to the touch of his foot on the clutch. As the corn was spread evenly and bound tightly by the wire winding, the embryo broom looked little like the finished article known to us. However, as portion after portion of corn was added, shoulders built up and the winding operation finally completed, behold a broom! This was all done in about the same time as it takes to describe the operation. The broom so far completed was passed on to the next sightless man, who, placing it in the vice of his sewing machine, threaded his needle, pressed the release, and bang! click!—a line of stitching was completed and the broom shifted for the next line.

Our visitor was then shown all the processes which are required in the manufacture of high grade brooms. First he examined the big three hundred pound bales of corn, next he was shown the sorting operations where the bales are broken up, husks removed, corn sorted into various grades according to variety, length, etc.; the seeding or scraping machines where all the seeds are combed from the stems by a high speed, spiked, power drum, to the ingenious machine which sorts and sizes the various grades of hurt; the power saw for squaring all bundles of corn to even length; the winding of the brooms; the stitching; the topping or squaring of ends; the labelling, bunching and finally, shipping.

Blind men only are employed on winding and sewing and do a large portion of the corn sorting. Sighted employees assist in the color sorting of the corn and in checking the various other operations and giving a hand wherever necessary.

The Institute in its efforts to provide self supporting employment for blind men, organized broom factories at Halifax, Toronto, Winnipeg and Vancouver and took over the broom shop for the blind which had been formerly operated in Ottawa. These five broom shops now employ nearly ninety blind men. The lowest wage, \$9.00 per week, is paid to an apprentice while learning. Afterward his wages bear direct relation to his earning capacity, being, in all cases, subsidized to relieve handicap due to blindness. Guides are provided for men going to and from work wherever necessary and in short, every assistance is given to relieve the men of worry and inconvenience.

Hope Brand broom, as made by these men, are now to be seen in many a household throughout the country. In order to insure permanent work for these blind men, the institute guarantees every broom and will replace without expense to the purchaser, if any defect appears within a reason-

able length of time. This work blind men can do exceptionally well. The excellence of the brooms is sufficient proof. Our two guarantees should be of interest to you. We guarantee every article made, while you guarantee employment for the blind.

Is your chair vacant at our customers' table? If so, ask your dealer immediately for HOPE Brand Brooms and you will not only help us to furnish employment to a blind citizen, but you will "help him to help himself."—The Canadian National Institute for the Blind, Toronto, Ont.

Pictures of Silver.

I have loved Joys, and all the Little Laughters,
Hiding in fire-lit corners of the room;
And quiet looks of friends, and breath of violets,
And golden lights that star the mist-blue gloom.

I have loved song, and sound of plaintive music;
And books that tell of dim enchanted lands;
The starling's call; bare trees against the sunset;
Old kindly eyes, and gentle toil-worn hands.

Lonely the stars, and vast the silent spaces;
Into the dark—O Christ, be Thou our Light!
God gave in mercy, fires and little candles,
And, for a promise, holly, scarlet bright.

The Tragedy of a Wasted Life.

There is no tragedy like a wasted life. I pity the man with all my soul who, when ready to step into his grave is forced to look back upon a wasted life, forced to look back upon a black, forbidding career, a selfish, grasping greedy life, a life which has always been devoted to his own interests, which has not taken others into consideration. Such a man has never known the joys of real living, the satisfaction that comes from unselfish service and consideration of others. Happiness must be shared.—O. S. Marden.



Making wash day pleasant—

THE hardest part of wash-day, rubbing, rubbing, rubbing, has given way to the new method of soaking the clothes clean with Rinso. This wonderful new soap gently loosens the dirt and a thorough rinsing leaves things white and glistening as you never could get them before.

Only spots where the dirt is ground-in, such as neck bands, cuff edges, and the like need a light rubbing, and a little dry Rinso rubbed on these spots quickly makes the dirt disappear.

Rinso is sold by all grocers and department stores

Just use Rinso where you used to use bar soap—for soaking, boiling, or in your washing machine.



Rinso
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Overland CHAMPION

Canada's lowest priced quality closed car. On the farm, in town, everywhere the most useful motor car on wheels. A general all-around utility and family car in one.

Both seats remove. Taking out the back seat the whole rear compartment provides ample space for groceries, milk cans, produce, grain—anything. Seats adjustable for tall and short people. Commodious trunk at rear.

Doors front and rear—eliminate seat climbing. Upholstery washable—long wearing. The usual Overland economy and dependability is built into the new high powered Overland motor. See the Champion!

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Plenty of room for everybody—the ideal family car.



Farm-truck supplies, etc., loaded easily through rear door.



Big doors front and rear eliminate seat climbing.

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