

BELL & SONS, Verdun, Que.

Bring to your attention the following of their products—
ANTISEPTIC PESSARIES for difficult cleaning in cattle
\$1.00 for pkg. of Three Pessaries
FERRICO—The new, quick method of checking scours in young pigs.
Acts almost instantly, per bottle \$1.25
BLACK BOTTLE—Germ on the tongues of Horses, Cattle or Calves,
for Colic, Indigestion, Diarrhoea, Chills and Colds, bottle \$1.00
UDDER CERATE—In pound cans, each \$1.00
For any udder trouble, such as Garget, Inflamed Udders, Milk Fever.
CHILLEXINE—For drench used with Udder Cerate for udder
troubles. Four drenches in each bottle for \$1.00
IODIZED MINERAL BRICKS in cases of 12 for \$4.75
Come and see us when you need any of the above.

J. L. STEELE, Phm. B., Russell, Ont.

OUR CLASSIFIED SECTION

FOR SALE—1-2 horsepower International Engine, A-1 shape. Price reasonable. Apply Russell Sparks, Vars, Ont. c11-12

PERSONAL
MEN! TO GET VIGOR, vitality, try raw oyster invigorators and other stimulants in New OSTREX Tonic Tablets. Tone up worn, exhausted, weakened system. If not delighted with results maker refunds price, \$1.25. You risk nothing. Call, write Steele's Drug Store, Russell, Ont. c-5ff

FIGURE IT OUT

Prob. 23:
It was a very simple matter for the deer to see each other. One faced due north and the other one south—they were facing each other.
Prob. 27:
The first table 2 full, 3 half full 2 empty bottles on one table; the same arrangement on the second table; third table, 3 full, 1 half-full and 3 empties.

THIS WEEK'S PUZZLE

Prob. 47:
A father was teaching his offspring Nancy, aged 3, the alphabet. He arranged 6 blocks in order A. B. C. D. E. F. and when he turned away Nancy changed the position of 3 blocks so that they spelled 2 distinct words.
Can you do the same?
Prob. 48:
Tom owed Bill 3 cents; Bill owed two cents to Ed, who owed a like amount to Tom.
Tom's mother gave him a coin which he paid to his creditor on account. This good example spread and the one coin squared the accounts of all 3 boys.
How was it accomplished?
Watch next week for answers and if you have a good teaser and the answer won't you please send it in.

BUSINESS AND PROFESSIONAL DIRECTORY

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Barrister, Solicitor, Notary Public
Commissioner for Quebec
33 Main St. W., Hawkesbury
Telephone 168 - Residence 224
Special attention to collection and Commercial matters.

HALL & HALL
Barristers, Solicitors, Etc.
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LAFLEUR & POTHIER
Lorenzo Lafleur - Hubert Pothier
Avocats - Barristers
Office at J. A. Lacombe, Embrun
Wednesday Evenings.
45 Rideau Street, Ottawa
Telephone Rideau 7260

E. H. CHARLESON, B.A., LL.B.
Barrister and Solicitor
Monday afternoon in each week
Office over McEwen and Stephenson's Store, Russell
Ottawa Office:
McNulty and Charleson,
74 Sparks Street, Ottawa
Telephone 2-3525

McILRAITH & McILRAITH
Barristers and Solicitors
56 Sparks St., Ottawa
Telephone Queen 5440
Metcalfe Office open every
Wednesday afternoon
Dunc. A. McIlraith - Geo. J. McIlraith

J. E. JOHNSTON
Funeral Director and Embalmer
Phone Metcalfe Rural 47 r 32
Day and Night
KENMORE - ONTARIO

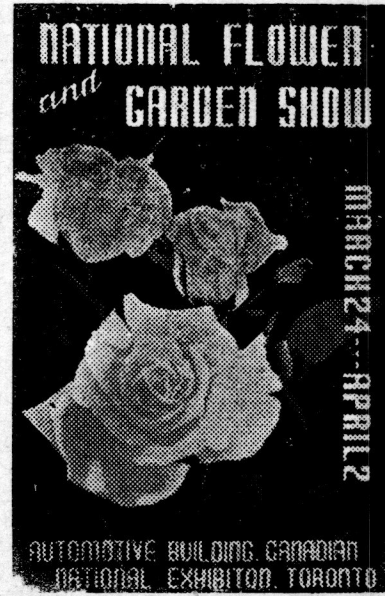
C. E. L. MORROW, B.Sc., M.D.C.M.
Physician and Surgeon
Offices at Russell and Metcalfe
Russell office open Monday, Wednesday and Saturday afternoons,
or by appointment.
Office hours: 2 to 5 p.m.
Tel. Russell 40 - Metcalfe 30

IN YOUR GARDEN AND IN MINE
By Gar



Harold Swinerton, student of a Toronto school, is congratulated by Fred Haines, principal of the Ontario College of Art, on his prize winning poster (held in Mr. Haines' left hand.) On the extreme left is Frank Prendergast, assistant to the president of Imperial Oil Limited, and at the extreme right Bertram Brooker, art director of J. J. Gibbons Limited and well-known artist and novelist, who together with Mr. Haines made up the board of judges.

The above picture and the following narration will give the gardening enthusiasts a conclusive piece of evidence that their work is not in vain; that not only Russell and the surrounding districts are garden-minded but that the teaching of home beautification is gaining more ground each year. One has but to ponder over National Flower and Garden Show and such names as Harold Swinerton, Frank Prendergast and Bertram Brooker and what they represent to realize but minutely the greatness of the cause of home beautification or gardening.



Illustrated is the winning design poster entered in the competition for school children of Ontario in connection with the National Flower and Garden Show to be held in Toronto March 25 to April 2. The winning entry, which won a prize of \$50.00, was that of Harold Swinerton, 129 Daly Avenue, Toronto, a student of the Central Technical School.

Since we intend to devote this week's gardening news to boosting the National Flower Show we have a couple of items that should interest our Agriculturists. One is a free 200 page booklet prepared by Mr. Purdon F. Love, of the Ontario Dept. of Agriculture dealing with Recommendations for Fertilizers and Soil management. The other booklet dealing with Potato Production is also free and from the Ontario Dept. of Agriculture.

To get these worthwhile booklets please address Purdon F. Love, Publicity Representative, Ont. Dept. of Agriculture, Toronto.

BEAR BROOK

Miss K. Maglady spent the week in Ottawa the guest of Miss Vivian Chace.

Mr. Cecil Walsh spent the week-end in Ottawa the guest of friends. Mr. Russell Maglady who has been confined to his bed through sickness is progressing to a complete recovery.

A number of farmers in this district are busy getting ready for the maple syrup season. Roads are becoming quite bad but in a few weeks pavement will be showing.

We are pleased to report that Mr. W. A. Morrow who was attacked by a herd sire and seriously injured is well on the road to recovery. We understand that only for the timely and heroic intervention of Miss Morrow who beat off the repeated attack of the infuriated animal, Mr. Morrow would have been killed.

LISTEN...
on Friday Night
"CANADA-1938"
IMPERIAL TOBACCO'S
INSPIRING PROGRAM
FRIDAY 10 p.m. EST.
Station CBO, CBM

HOLSTEINS SHIPPED TO THE STATES

Twenty-five head of purebred Holsteins have recently been shipped to Joseph Cohen, Portsmouth, N.H.

These were shipped by breeders in the counties of Dundas, Glengarry and Russell. Mr. Cohen made his selections from the following herds: J. T. Mulloy, Inkerman; Robt. Crowder, Winchester; Jos. A. Hyndman, Mountain; Gordon W. Fraser, Morwood; Geo. Brouse, Iroquois; Thos. Smith, Winchester; Wm. Farrell, Winchester; J. Kenneth Thorpe, South Mountain; and R. B. Hyndman, Mountain. Also from Mr. Harold Cooke, Inkerman; Hugh A. Graham, Russell; Wm. Booth, Russell; and W. M. Scott, Russell, as well as from J. M. Arkinstall, Dunvegan, Ont.

He also purchased a few animals in the Eastern Townships of Quebec.

THE HUMAN HAS GREAT POWER OF ADJUSTMENT

The human body possesses remarkable strength and yet is extremely fragile. Deprived of air for but a few minutes, the whole body perishes; deprived of its blood supply for only a few minutes, the more important brain cells are permanently damaged.

The true strength of the body lies in its capacity to adjust itself to changing conditions. A simple example is seen in the fairly constant temperature maintained by the body despite wide variations in the temperature of the surrounding atmosphere.

Many other interesting examples will come to mind of this capacity to adjust. Similarly, the human mind possesses an ability to adjust to the intellectual and emotional life. Successful adjustment means health; failure to adjust means loss of health and, perhaps disease. It is obvious that we must adjust to temperature and other external physical changes. It is no less true even if less apparent, that we must, individually, make an adjustment of the emotions and intelligence to those with whom we live and work and to those set in authority, which really means an adjustment to society or the world in which we live. The body must adjust, not only to changes in the outside environment but also to those changing conditions which occur within the body. The body would be destroyed by its own production of heat and the residue or by-products of muscular activities if it did not possess this capacity to deal with them through adjusting itself to them.

In like manner, the intellectual and emotional life requires a satisfactory adjustment within as without. This might be expressed by saying that we must be able to live with ourselves as well as with other people.

There are many things which contribute to this desirable end. We are not all born with the same capabilities. We have to learn what are our limitations and to accept the superiority of others without feeling inferior ourselves. Authority should be seen as a friendly aid to help everyone to desirable ends. Each one must find some thing which he can do with personal satisfaction, the doing of which shall be socially acceptable.

The adult attitude is developed chiefly out of childhood experiences. The child who feels that at home or school he is punished unfairly, that his punishment is but the venting of adult anger, is not going to regard authority thus exercised as the immediate result of his own actions. The humiliation of a child through any means is destructive as it undermines self-respect and leads to either defiance or withdrawal. The child needs understanding and direction so that he may learn to adjust, and so secure health and happiness for himself.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

Casein, manufactured chiefly from skim milk, is used in industry and is closely affected by industrial conditions. Argentina is the chief exporter of casein, accounting for about half of the total world export (\$78,800 cwts. in 1936.) France is Argentina's closest competitor, the two countries together providing over 80 per cent of the world's exports.

A THREE ACT COMEDY-DRAMA, ENTITLED LOVE'S MAGIC
Will be Presented Under Auspices of the Y.P.S. and W.A. in
UNITED CHURCH HALL, RUSSELL
Friday, March 25th, at 8.15 P.M.

ADMISSION — Adults 25c, Children 15c.
MATINEE — THURSDAY, MARCH 24th, at 4.15 P.M.
ADMISSION — Children 10c.

VARs

Mr. and Mrs. Willis Kennedy, of Oshawa, are visiting friends of Vars and Chrysler this week.
Mrs. R. Smith is still in the hospital with favorable reports made. We all join in wishing Mrs. Smith a speedy recovery.

Mrs. Garland Sparks has returned home from the hospital and is getting along real well.
Mr. George Muggleton attended the funeral of James McBrien, R.C.M.P. in Toronto last Tuesday.

Mr. and Mrs. R. Becker spent Sunday visiting relatives in Ottawa, accompanied by Mr. and Mrs. F. James.

Mrs. Clarke, of Ottawa, spent the week-end in Vars visiting her nephews, the Kennedy boys.
Mr. Sherman loaded and shipped another load of A-1 cattle Friday.

Badminton is still going full swing two nights a week. Large crowds attend each evening.
Lenten services are held every Friday evening in the Anglican Church by Rev. Franklin Clarke. Each evening very interesting lantern slides are given.

The W.A. met at the home of Mrs. George Shaw last Thursday with a fair turnout.
Miss Margaret Brooks is visiting friends in Greely.

Misses Rita and Nita Mitchell spent Saturday afternoon with Freda Becker.
Mrs. F. Tanner has returned from Ottawa where she had spent several days.

Mr. Fred Ball has returned to his home in the West after having spent several months visiting relatives and friends in the district.

We are very pleased to report that Mrs. Garland Sparks has returned home after having spent a couple of weeks in Ottawa Civic Hospital where she underwent an operation.

Master Donald Tanner, son of Mr. and Mrs. Allan Tanner, is able to sit up, after having suffered a broken leg a few weeks ago.

Mrs. Andy Rickerd spent the week-end at Montreal.
Miss Leona Goodfellow spent Sunday with her parents, Mr. and Mrs. Robert Goodfellow.

Mrs. Chas. Lowe had a narrow escape last week when her horse ran away.

This stormy weather keeps Mr. Garland Sparks busy ploughing the roads out.

Rev. and Mrs. Gordon Patterson observed a wedding anniversary over the week-end.

Mr. and Mrs. Waldo Aburthaught and Frances, of Bearbrook, were the Sunday afternoon guests of Mr. and Mrs. Harold Tanner.

Mr. and Mrs. Bruce Dawson, of Hammond, and Miss Florence Griffith were Wednesday evening guests of Mr. and Mrs. Harold Tanner.

Mr. Frank Tanner is having some interior decorating done in his home.

Mrs. Hiram Hayes, of Leonard, was visiting Mr. and Mrs. Warren Hayes.

Mr. Andy Rickerd who is working up near Pembroke, was home for the week-end.

Mr. and Mrs. Dell Harris and Mr. and Mrs. Geo. Shaw were Wednesday guests at the home of Mr. and Mrs. Jas. A. Mitchell.

Misses Rita and Nita Mitchell were week-end guests of Miss Ruth Walsh at Bearbrook.

The Vars students who attend Maxville High School are anxiously looking forward to their annual school skating party taking place on Friday, March 18th.

Mr. and Mrs. Mitchell spent Sunday afternoon with Mr. and Mrs. Bill Olmstead's at Bearbrook.

The weekly "Young Married Women" bridge was held at Mrs. Warren Hayes last Thursday evening.

People who put on the most style usually put off the most creditors.

IN THE CHURCHES

RUSSELL UNITED CHURCH
Rev. Thos. McNaught, B.D., Minister
Sunday, March 20th, 1938
11 a.m.—The Lord's Prayer—
"Thy Will be Done." A prayer for Obedience. Sixth in series in Lord's Prayer.
7.30 p.m.—St. Patrick. Patron Saint of Ireland.
Sunday School 10 a.m.
Communicants Class — Sunday, 7 p.m.
A Christian Welcome to All.

Give to thy lover aspiration, to thy friend endurance, and to thine enemy charity.—Elizabeth Gibson.

FISH - FISH ...

There's Fish to Stuff
And Fish to Bake;
There's Fish to Broil
Just like a Steak;
There's Fish for Chowder
And to Fry;
Or any way you
Care to try!

We carry a splendid assortment of HATTON'S FISH

"The Pick of the Catch"—
Fresh and Smoked—
A trial order of
Hatton's Fish
will convince
You
that there is
a
difference—

KENNEDY'S MEAT MARKET

RUSSELL
We Deliver
PHONE 27

**When They Eat
but
DONT LAY**

Health, that is what makes and keeps hens profitable, for even little ailments affect their laying. Your insurance against even a periodical falling off in egg production is Pearson's Poultry Specific.

Used regularly, it will make and keep your hens in the money making class.

PEARSON'S Poultry Specific

Made by the makers of "CREOLIN"
BUY IT FROM YOUR NEAREST DEALER
J. L. STEELE, Drugs
Russell, Ont.

FOR SALE -- PRICED RIGHT

A Small Quantity of —
No. 1, No. 2 and No. 3 TIMOTHY
A QUANTITY OF SWEET CLOVER
AND RED ALFALFA MIXED

WALKER'S CLEANING STATION
RUSSELL, ONT.