

WATCH YOUR STEP IT TELLS YOUR WORTH

Do you know that your walk betrays your disposition? If you s'ouch along an observer doesn't have to be a medium of any kind to recognize a la y disposition. A slouching walk with the steps dragging along the ground denotes mental weakness and indecision. It shows lack of effort as well as laziness. And it shows no desire to have an attractive walk, too.

Without a doubt a great deal of the instincts and sentiments of a woman is shown by the manner in which she walks. A free and graceful walk is something to strive for. It indicates a well balanced mind, strength of purpose, and good judgment. There is a confidence imparted by a good, erect, firm, and graceful carriage.

People who walk slowly, taking long strides, raising their bodies on the tips of their toes, and taking short steps, have volatils and irresolute natures. They are lacking in self-confidence. They veer from one point to another and are incapable of a decided opinion. They lack the charm of poise, too.

Walking with toes turned in indicates a self-opinionated nature and a stubborn one. You give the impression by this walk that, right or wrong, if you make up your mind you can't be induced to alter it. Walking with the toes pointed straight ahead indicates an open and generous nature. It shows self-confidence and great independence.

People who walk with a free air and swinging stride and with the head thrown well back have fearless and courageous natures. This walk denotes force, command, and productive energy.

People who walk with a slow and undulating movement are artistic and imaginative. They are dreamy and indolent and capricious in their likes and dislikes. They are incapable of exertion and still less of perseverance.

Notice your friends' walks and see if you cannot tell their characters, and take your observation as a bit of caution for your own walk.

LET SAWMILLS BURN

But Guard the Forests, Argues Quebec Forester Warmly

Ellwood Wilson, forester of the Laurentide Paper Company, Quebec province, writes as follows: Imagine the manufacturer with his whole stock of raw material for his lifetime piled up in one storehouse. Would he have it insured? Would automatic sprinklers be installed? Would he have a watchman or so on the premises? Would you if you were that manufacturer? Let me carry the parallel a little further, and ask what you would do if you knew that the destruction of your stock of raw material meant the destruction of the elements from which it could be re-produced and the supply for your children and grandchildren.

The forest is such a storehouse and on it depends our most important industries, the stability and continuity of our waterpowers, the welfare of our agricultural population, the comfort of our daily lives. The private timberland owner is just as vitally interested in fire protection for his woodlands as any manufacturer. He might far better let his saw-mill, his sulphite plant, his paper-mill go uninsured and spend the money in protecting his forests. In a year or two he can rebuild his mill, he can easily borrow the money for the purpose and go on just as before. But he cannot reproduce his forests. After a bad fire the soil itself is partially or wholly destroyed and if the fire has been of any extent the distance from the nearest source of seed may be too far away for natural reforestation to take place.

I have seen a tract of land of about ten square miles in extent which after fifty-six years has not a stick of merchantable timber on it although covered with a growth of small birch and aspen, which is already past its prime, and not only is there no merchantable timber but on this whole tract there are but 1,280 spruce and balsam trees not over three inches in diameter. The average percentage of burned over land which is not reproducing in Quebec is 16% or about 10,597 square miles and that of which reproduction has begun is 12.9%.

Triumph of German "Kultur"



A German soldier wearing a safety mask and carrying a poison gas plant on his back. Several kinds of gases are used but mainly chlorine, bromine, carbon monoxide. These poisonous vapors some times rise as high as 300 feet in the air. They are of a greenish color at the base, growing yellow toward the top.

DRINK WATER ONLY WHEN YOU ARE THIRSTY

The Doctor's Theory on the Time to Partake of "Adam's Ale"—Helps the Constitution

The proper time to drink water is when one is thirsty, no matter under what conditions the thirst may arise or when. Such, at least, is the present position of the more progressive of the medical fraternity.

The old superstition which forbids water at meal-time passes. It was a superstition which had much show of reason, to be sure. It seemed quite evident that the drinking of water with meals unduly diluted the food and so hindered the mastication and insalivation that are essential to its proper preparation for the stomach.

The doctors seemed correct in stating that water, when introduced into the stomach with food, diluted the gastric and other digestive juices, so essential to the digestive process, and so very materially interfered with assimilation.

It was confidently stated, too, that a quantity of water in the stomach actually flushed that organ, and that the food was thus carried on into the intestines before the digestive changes that should be brought about had been satisfactorily inaugurated.

Be re Science Intervened On these grounds, to which the layman could not demur, we were condemned to thirst at mealtime by the edict of our physicians, although it is pretty safe to say that the majority of us heeded the voice of appetite—just as the doctors did in practice.

All this was before science had enabled men to actually see the digestive mechanism at work or to apprehend the delicate chemistry of the processes involved.

It now develops that, in so far as the digestive process is concerned, the principal effect of water is to greatly stimulate the flow of that essential fluid, the gastric juice. No other agent in our food does this so quickly or as effectually. More significant still, the gastric juice has secreted a higher concentration of acid than that produced previous to the introduction of the water.

That is to say, water is quite essential to the free production of the most important of the re-agents which nature uses in transforming food into life.

ABOUT YAWNING

Yawning is a peculiar act, and one that has never yet been properly accounted for. It is not by any means a sign of fatigue only, although it is sometimes produced by over-exertion. But an attack of yawning comes on much more quickly if one is intensely bored, and certainly a stuffy atmosphere tends to produce it. It is also noticeable that when one has gone considerably past one's usual meal time, the tendency to yawn frequently becomes irresistible. A very peculiar feature of this complaint is its infectiousness; one person can easily set half a dozen all yawning in turn. When present in a very marked extent, it is supposed to be the outcome of anemia, indigestion, or some other complaint.

THROUGH THE CLAY BELT

"The National" Has Opened up a New and Attractive Part of Canada

The National, Canada's new trans-continental train which runs between Winnipeg and Toronto, linking up the eastern section of the Grand Trunk System with the western lines of the Grand Trunk Pacific, is increasing in popularity with each month it remains in service. The new route between the East and the West appeals to Canadians who desire to inspect the magnificent lake country and the great farming belt of the future in Northern Ontario. The National travels between Winnipeg and Toronto along the Transcontinental Line, owned and operated by the Canadian Government, for a distance of 779 miles and gives the traveller an opportunity of judging the quality of this modern railway. It is a finely wooded country, having rivers and beautiful lakes which provide interesting views from the train window.

Between North Bay and Cochrane the National uses the lines of the Temiskaming & Northern Ontario Railway, owned by the Ontario Government, and serving another section of the great north land. Here there is room for tens of thousands of farmers, minerals for the prospectors, pulp lands for the lumbermen, a paradise for people who love sport in the open, including famous Timagami region. The National uses the Grand Trunk tracks between Toronto and North Bay, passing through the Highlands of Ontario, by way of the Muskoka Lakes, Lake of Bays and the Algonquin Park.

PARENTS AS PUPILS

How to Interest Children in School Work at Home

It is not "taking an interest in the children's work" to command them to sit hour after hour over their tiresome lessons, and to act the martinet generally. It is not of the least use, from an educational point of view, to pump a child as to what he has learned each day. The information must be spontaneous to be worth anything, and it will always be forthcoming with the average child. One prove that you are an interested listener, wanting to learn something, and your child will certainly take the opportunity of instructing you. That you are able, now and again, to set him right on some point will not matter in the least. He will still be under the impression that he is teaching you, and that without the slightest danger of his developing into a prig.

Bridal, as meaning a feast to celebrate a wedding, is really "bride ale." "Ale" being the term formerly used to indicate any festival in this country.

WHY EVERY FARMER SHOULD KEEP HENS

A Source of Big Increase in Income Is Due to Poultry—An Occupation Which the Family Can Share

Writing in The Weekly Witness, Mr. M. A. Jull, poultry expert at Macdonald College, gives some practical poultry talk, which really forms part of a bulletin recently issued to the boys and the girls of the Province of Quebec. Mr. Jull says in part:

"The breed which a farmer should keep will depend largely upon his peaness to the market, and what the market demands. The ruling price of eggs and poultry will also decide whether he will give his chief attention to egg production or to the production of the eggs and poultry flesh. The egg laying breeds produce good broilers, while the general purpose breeds produce excellent roasters. As far as the eggs are concerned, the general purpose breeds usually lay brown eggs, while the egg laying breeds lay white eggs.

Opportunity For Fortune "The farmer is in the best position of all to make money with poultry; he usually has plenty of land, so that his fowls can be kept on sweet, clean soil year after year. He has plenty of room to give his plant a good location, he is generally in a position to house the fowls comfortably, and he can secure feeds cheaper than anyone else. Also with the small flock on the farm it requires comparatively little time and attention to make it a success.

The following reasons are given why poultry should be kept by farmers:

(1) Because the farmer ought, by this means, to convert a great deal of the waste of his farm into money in the shape of eggs and chickens for market.

(2) Because, with intelligent management, chickens ought to be all-year money-makers.

(3) Because poultry will yield him a quicker return for the capital invested than many of the other departments of agriculture.

(4) Because the manure from the poultry house will make a valuable compost for use in either vegetable garden or orchard. The birds themselves, if allowed to run in apple orchards, will destroy many injurious insects.

(5) Because, while cereals and fruit can be successfully grown only in certain sections, poultry can be raised for table use or for egg production in all parts of the country.

All Can Assist

(6) Because poultry raising is an employment in which the farmer's wife and daughters and sons can engage, and leave him free to attend to other departments.

(7) Because it will bring the best results in the shape of new-laid eggs during the winter season, when the farmer has the most time on his hands.

(8) Because, to start poultry raising on the farm requires but little capital. By good management poultry can be made, with little cost, a valuable adjunct to the farm.

(9) Because eggs and poultry are necessities on the farmer's table, and consequently he should produce these as economically as possible."

SEE FOWL AT NIGHT

Many Poultry Troubles Are Located in This Manner

There is no better way to find out the health and general condition of your flock than to go to the hen house at night after the birds have gone to roost. Colds are often detected in this way and the ailing birds can be located and removed from the flock. Each bird should be lifted off the roost when its weight can be discovered. Some will be found too heavy while others are light, due either to over or under-feeding or the presence of some disease, or insect pests.

If they are all too fat it will give you a chance to determine the trouble and if what you are feeding is doing this. If it is caused by feeding too much corn you can reduce the amount and substitute some of the lighter grains. Then again you can examine the birds for lice. An investigation of this kind reveals many things you cannot get at very well during the day when the birds object to being caught. It will do much to put you on the right footing for the future treatment and handling of your flock.

ANIMALS AS DOCTORS

How Large and Small Creatures Become Friends—Even Crocodiles

There is more than one kind of animal that, when in a state of alarm, employs animals of another kind to protect it from disease and other ills. For instance, crocodiles in the Nile make friends with a little bird called the Egyptian plover, which feeds on the insects that infest their jaws, and also on the pieces of food that cling to their teeth. No crocodile will ever harm this bird, for not only does it save him from having bad teeth, but it prevents him from being considerably irritated by the flies. An even more curious animal partnership than this is that which exists between the hermit crab and a worm called a "nerets." The hermit lives in the empty shell of some other shellfish; but as he is a very untidy creature and litters his "house" with bits of food, he induces the nerets worm to come and live with him. In return for shelter, the worm cleans up the hermit's dwelling by eating all the refuse that is left about the shell.

Quite Right, Too!

Mr. Edison is well known as a clever raconteur, and the following little tale has a particular point to it.

A school teacher was questioning her class on general knowledge. "Now, girls," she said, "what is the most wonderful thing a man has ever made?"

The class was silent as the brave, but presently one small girl's hand went up.

"Please, miss, I know—a living for his wife and family," she said.

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BORN.

McINTYRE.—In Durham, on Monday, March 27, to Mr. and Mrs. Shirley McIntyre, a daughter.

DIED.

WATSON.—In Glenelg, at McWilliams, on Sunday, March 26, Mr. William Watson, aged 79 years.

WHERE RUFUS STOOD

Rusty Rufus (pitching tale about the part he had taken in the war)—Wot a fight it was, too. Look at the odds. Ten to one! Sceptical Listener—Was you one of the ten? Rusty Rufus—No, I wasn't. I was one of the one!—London Opinion.

PUTTIN' ON SPRING

Puttin' on spring in the bottoms and puttin' on spring on the hill Puttin' on spring in my heart of life, awake to its earliest thrill. Puttin' on spring and laughin', and the feelin' of bein' in bloom, That is so much better than chaffin' Our souls with the shadows of gloom.

Large Sales

Small Profits

McKECHNIE'S WEEKLY NEWS

SPRING is here again, and with it comes the need of good footwear. We have it, and lots of it, for men, women, boys, girls and children, having bought it nearly a year ago when prices were lower, thereby giving everyone a fair chance to buy good shoes at the old prices.

We will quote prices on a few of our lines:

- Men's Heavy Split Blucher, a good serviceable shoe \$2.35
- Men's Heavy Reinforced Elk Shoe, a snap while they last \$3.00
- Men's Ext. Heavy Split Bluc. guaranteed to be waterproof \$2.75
- Men's Heavy Tan Elk, one of the best on the market..... \$3.50
- Women's Pliable Chrome Bals, good and comfortable..... 1.75
- Women's Heavy Grain Bals, guaranteed waterproof..... 2.00
- Women's Heavy Grain Bals, plain and A1 stock..... 2.15

- We have a special Shoe for men for heavy wear, built on the military last. Don't fail to see it when you call. It sells at..... \$3.10
- Boys' Heavy Split Blucher, plain and very soft stock..... \$2.10
- If you have a weak or sore foot try a pair of our double E Dongola Shoes. They will sure give you comfort. The old price..... \$2.35
- Boys Heavy Split Blucher, toe cap..... \$2.15

We have full lines in all Children's Shoes, Buy your Shoes now, it will pay you.

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