

For The Quiet Hour

"It is not so much where you live
As how, and why and when you live,
That answer in the affirmative,
Or maybe in the negative,
That question, 'Are you fit to live?'"

"It is not so much where you live
As how you live, and whether good
Flows from you through your neighborhood.

"And why you live, and whether you
Aim and noblest ends pursue
And keep life brimming full and true.

"And when you live, and whether time
Is at its nadir or its prime,
And whether you descend or climb.

"It is not so much where you live
As whether while you live you give
And to the world your highest give,
And so make answer positive
That you are really fit to live."

SO YOU ARE TWENTY-ONE. YOU STAND UP CLEAR-
eyed, clear-minded, to look all the world squarely in the face.
You are a man.

Did you ever think, son, how much it costs to make a
man out of you?

Someone has figured up the cost in money of raising a
child. He says to bring up a young man to legal age, care
for him and educate him, costs \$25,000, which is a lot of
money to put into flesh and blood.

But that isn't all.
You have cost your father many hard knocks and short
dinners and gray streaks in his hair, and your mother—oh,
boy, you will never know. You have cost her days and nights
of anxiety and wrinkles in her dear face and heartaches and
sacrifice.

It has been expensive to grow you; but—if you are what
we think you are, you are worth all your cost—and much,
much more.

Be sure of this: While father does not say much but
"Hello, son," way down deep in his tough, staunch heart
he thinks you are the finest ever; and as for the little mother,
she simply can not keep her love and pride for you out of
her eyes. You are a man now.

And some time you must step into your father's shoes.
He wouldn't like you to call him old, but just the same, he
isn't as young as he used to be. You see, young man, he
has been working pretty hard for more than twenty years
to help you up, and already your mother is beginning to lean
on you. Doesn't that sober you, twenty-one?

Your father has done pretty well, but you can do better.
You may not think so, but he does. He has given you a better
chance than he had. In many ways you can begin where he
left off. He expects a good deal from you, and that is why
he has tried to make a man of you. Don't flinch, boy.

The world will try you out. It will put to test every
fiber in you; but you are made of good stuff. Once the load
is fairly strapped on your young shoulder, you will carry
it and scarcely feel it,—if only there be the willing and cheer-
ful mind. All hail to you on the threshold!

It's high time you are beginning to pay the freight;
and your back debts to your father and mother. You will
pay them up, won't you boy?
How shall you pay them?—*The Christian Life Magazine.*

AT A CHICAGO CHURCH ON A RECENT SUNDAY EVEN-
ing, eight persons, strangers, who were received into active
membership, being asked what had aroused their interest in
religious matters, all gave the same answer, the radio.

At another Chicago church two young men who had come
seventy miles to attend service, were received into mem-
bership.

It is claimed that scores of persons are being added to
the membership rolls of the churches through having their
interest in religion quickened by listening to services which
are broadcast by radio.

THE ANTI-SLAVERY AND ABORIGINES PROTECTION
Society has presented to the Assembly of the League of
Nations a memorial upon the question of Portuguese slavery.

This memorial reproduces evidence from Portuguese and
other sources, asserting that there has been a recrudescence
of slave-trading practices over wide areas in Angola. At-
tention is also drawn to the official admission that the shipment
of "servicemen" was greater during the last year than during
any preceding year. In statements made by Portuguese cor-
respondents it is asserted that one official has made £3,000
and another £10,000 out of this traffic in laborers, and that
it is due to the incidence of this traffic that "the natives are
flying in error from the districts where recruiting is carried
on for S. Thome and Principe."

The society appeals to the League of Nations to take cog-
nizance of these statements, and if possible secure an ex-
haustive enquiry into the whole system of Portuguese labor
in West Africa.—*The Christian Express.*

"How little of that road, my soul
How little hast thou gone.
Take heart, and let the thought of God
Allure thee farther on;
Be docile to they unseen Guide,
Love Him as He loves thee;
Time and obedience are enough,
And thou a saint shalt be."

"DO YOU BELIEVE THAT THE STEPS OF A GOOD MAN
are ordered by the Lord?" asked a young convert of an
older Christian.

"I know it," was the reply. "And not only are his steps
ordered, but his stops also. Often the stops are the most
important," he added.

"What do you mean by that?"
"I mean that He often stops us up and thwarts our plans,
in order to give us what is best for us. David knew all
about it, for he said, 'Thou hast given him his heart's de-
sire, and hast not withholden the request of his lips. For
Thou preventest him with the blessings of goodness.'"
"I do not recollect ever having read that."

"Well it is there in the Book, like many other beautiful
promises that we fail to grasp. So whenever you come to a
stop, like the sign you sometimes find ahead of you when you
are motoring, 'No thoroughfare,' just remember that it may
be that you are experiencing what it means to be prevented
with the blessings of goodness."

IN MANCHESTER, ENGLAND, THERE IS A LIVING
memorial to the work accomplished by God through his ser-
vants, Messrs. Sankey and Moody, during their visits in 1874
and 1883, in the Manchester Sacred Song Association.

This choir has now been in existence fifty-one years, and
is still continuing its work of taking the gospel message in
song to the patients in different hospitals. It is still un-
der-mannaional, members being drawn from the different churches
and chapels.

In Other Communities

Taken From Our Exchanges About People
of Your Acquaintance

A Narrow Escape

The passengers on the morning
train from Orillia had a startling
experience Saturday morning. The
train was some hours late in pass-
ing Beaverton and was then being
hauled by the engine of the Cob-
conck division train. The cause is
given as follows: The driving shaft
of the engine on the train broke
near Shepler on Saturday morning
while the train was travelling at
a speed of sixty miles an hour. The
huge rod threshed around like a
flail tearing up ties, and breaking
whatever it could reach on the en-
gine. It pierced the boiler and let
the steam out in a flood. As it
struck the ground, it lifted the en-
gine clean off the track, but fortun-
ately it came back on again and stuck
to the rails. The driver stuck to
his post till he brought the train to
a standstill. The fireman, who was
on the side of the engine where the
rod was making havoc, jumped to
get clear of the flying pieces and
the flood of steam. He was not in-
jured. When the passengers came
out to see why the train had stopped
they were astonished to see what
had happened and the narrow es-
cape they had had from a complete
train wreck.—*Beaverton Express.*

Lost Tips of Fingers

Thomas Elgie lost the tips of the
second and third fingers of his right
hand at the C. P. R. yards here on
Monday morning while loading rails.
Mr. Elgie's mitts were wet, and
when about to let down a rail it
slipped, catching his fingers. When
the doctors came to dress the in-
jured digits, they found the severed
tips in the top of his mitt.—*Grand
Valley Star & Vidette.*

Meeting a Demand

An unusual spectacle was wit-
nessed on Lucknow streets on Mon-
day, when a long line of buggies
resembling an eastern caravan
(minus the camels) slowly moved
towards the C. N. R. station. What
could anybody be doing with so
many second-hand buggies and car-
riages, representing every imagin-

TWO BOYS

He came into the office the other
morning, and the first thing he did
was to remove his cap. He stood
quietly, just inside the door, until
the editor had finished the task up-
on which he was engaged. When
the editor turned in his chair, the
boy smiled and said, "Good morn-
ing." When asked to state his er-
rand, he said, "Our teacher is ask-
ing the boys in our room to gather
up all the waste paper we can find.
We are going to sell it and buy some
pictures for the school."

"I thought a newspaper office
would be a good place to gather
up waste paper, and I came to see
if you had any you wanted to get
rid of." His eyes lit up with en-
thusiasm, his hair was neatly
brushed, and his teeth gleamed from
their morning's brushing. The ed-
itor wanted to take the boy by the
hand, he wanted to gather him in
his arms, he was so clean, so neat,
so gentlemanly. He was so like the
boys of yesterday.

"We hale all our waste paper and
sell it ourselves," said the editor.
"We have to do that to keep from
being buried beneath it."

"Yes, sir," answered the boy. "Of
course you would. I am sorry I
did not think of that. Good morn-
ing," and replacing his cap, he
started out.

The editor saw the disappoint-
ment on the lad's face. "Wait a
minute," he called after him. "Come
back after school, and we'll see if we
can't find some waste paper that
hasn't been baled."

Inquiry revealed the fact that the
boy was a widow's son and that
his mother had taught him to be a
gentleman.

At noon a frowsy headed, dirty-
faced boy stuck his head through
the door into the editorial rooms and
yelled, "Who's the boss here?"

The editor looked up with a frown
and said: "Why do you want to
know?"
"Aw, teacher says we gotta get

able style and make?"

Well, these buggies were on their
way to the Prairie Country, and the
dealer in charge was Mr. Victor
Whitley. While in the West last
summer, Victor discovered that
there was quite a demand for such
rigs on the western farms, and al-
ways with an eye open to business,
and remembering the many discard-
ed buggies in Ontario barn yards, he
decided to supply the western de-
mand, hence the unusual shipment.
Many a dollar has been made out
of articles thrown away as waste.—
Lucknow Sentinel.

New Industry at Wiarnton

Wiarnton is to have a new indus-
try in town. Mr. William Wolz of
St. Marys is starting a plant for the
manufacture of basket and barrel
bottoms. He has purchased the old
Woolen Mill from the town. Mr.
Wolz will move his machinery here
at once and hopes to get started
in a couple of weeks. He has rent-
ed Mrs. Heppenstall's house where
he will reside in the meantime.—
Canadian Echo.

This Reminds Us

No doubt many of our subscribers
have read the old gag about a man
who crawled into a hollow log but
was unable to back out and found
himself trapped. The story goes on
to show that his past wicked deeds
rose up before him. When he re-
membered how much he owed his
local paper, it made him feel so
small that he had no difficulty what-
ever in backing out.

Well, the following true incident
made us think of that story: A
farmer who owned a fine silo found
one day last week that two of his
young stock had found a door open
and climbed into the silo where
they filled up on ensilage to such
an extent that it was impossible to
get them out the door again. Here
is the following expedient resorted
to: Bags were tied over their heads,
and the animals were left there un-
til the next day when their weight
measure was reduced to such an
extent that exit was made easy.—
Flesherton Advance.

some waste paper to sell. Gimme
yours, will ya?"

There was the difference between
two boys of the same age.
Can you guess which will succeed
in life?

THE TRIALS OF AN EDITOR

Getting out *The Chronicle* is no
picnic.

If we print jokes, people say we
are silly.

If we don't print them, they say
we are too serious.

If we print original matter, they
say we lack variety.

If we publish things from other
papers, we are too lazy to write.

If we stay on the job, we ought
to be out hustling for news.

If we are hustling for news, we
are not attending to business in our
own department.

If we don't print all contributions,
we don't show the proper apprecia-
tion.

If we do print all contributions,
the paper is filled with junk.

If we write in the vernacular, we
have no taste.

If we write with literary flourish
we are playing to the highbrows.

If we print a lot of foreign news,
"who is interested in those places?"

If we don't, "that paper is too
parochial."

Like as not some fellow will say
we stole this—So we did!

A Worried Darky

It was at a revival in a Southern
church. One obdurate soul stoutly
resisted the elder's exhortations.

"Yo' see it's dis way, Eldah. Ah's
done got a problem. Ah don't see
how Ah's gwine git mah shirt on
ovah mah wings when Ah gets to
glory."

"Dat ain't yo' problem," retorted
the Eldah. "Yo' problem is how yo'
kwine get yo' hat on ovah you
horns."

It is easy to tell. Those who love
her best are the ones that tell her
frankly how fat she is.

Auction Sale of Young Hogs

There will be sold at the residence of the proprietor
LOT 68, CONCESSION 2, E. G. R., GLENELG

SAT., MAY 1, '26

SALE COMMENCES AT TWO O'CLOCK

41 HOGS, 3½ Months Old

From a Government Select Bacon Type Hog. These pigs are
all in a healthy and thriving condition and will be sold without
reserve.

TERMS: Six months' credit on approved joint notes, 5 per cent
discount for cash in lieu of notes.

W. JACQUES, ALEX. MacDONALD,
Proprietor. Auctioneer.

WHAT NEEDS TO BE PLANTED EARLY

The seed of certain kinds of ve-
getables should be sown early in
the spring for best results, hence
one should be prepared to begin
operations in the garden as soon as
the soil is dry enough. Those plants
of which the leaves are eaten which
should be started early, are: Let-
tuce, spinach, mustard and cress,
and there is little danger of plant-
ing them too soon. Other vegeta-
bles which are grown for their bulbs
or roots may also be planted at the
same time, though they are not
quite so hardy as those grown for
their leaves. These are onions, car-
rots, beets, parsnips and early tur-
nips. Peas are about as hardy as
these but may rot if the weather
turns cold and wet. However, it
usually pays to plant peas at the
same time as the others, as early
sown peas give a much better crop
as a rule than if sown late. Other
vegetables which should be started
early to get best results are cab-
bages, cauliflowers, tomatoes and
melons. The latter will not stand
any frost, hence the plants must be
protected in hot-beds or cold frames
or in the house until danger of frost
is over. However, cabbage and
cauliflower, if well hardened off be-
fore setting out, will stand several
degrees of frost.

The earlier that fruit and ornamental
trees of all kinds are planted
after the ground is dry enough to
dig in the spring, the more success-
ful will the planting be. The same
applies to bush fruits, strawberries
and other herbaceous perennials.
Once the soil loses the moisture of
early spring and the hot dry winds
come, a much larger proportion of
plants is likely to die than if plant-
ed earlier. Hence, our advice, based
on experience, is to start planting

TO WOMEN OF MIDDLE AGE

Mrs. Wilson's Experience a
Guide to Women Passing
through the Change of Life

Hamilton, Ontario.—"I have taken
several bottles of Lydia E. Pinkham's
Vegetable Compound and I can-
not speak too highly of it as I
wasnt the Change
of Life and was
all run-down and
had no appetite.
I was very weak
and sick, and the
pains in my back
were so bad I
could hardly move.
I got very sad at
times and thought I had not a friend
on earth. I did not care if I lived or
died. I was very nervous, too, and
did not go out very much. A friend
advised me to try a bottle of Lydia E.
Pinkham's Vegetable Compound, so
I did. I am a farmer's wife, and al-
ways worked hard until lately, and
was in bed for two months. I began
to feel like a new woman after the
first bottle and I recommend it with
great success, also Lydia E. Pink-
ham's Liver Pills. I am willing to
answer letters from women asking
about your medicines, as I cannot
speak too highly of them."—Mrs.
EMMA WILSON, 471 Wilson Street,
Hamilton, Ontario.
Sold by druggists everywhere. c

just as soon as possible after the
ground has thawed out.

FIRE THREATENS OUR NATIONAL HERITAGE

Carelessness Destroys
3,000,000 acres annually
of Canadian Forest

Loss of standing timber by fire con-
tinues to be appalling. On the average,
over 3,500 million board feet are destroyed
annually. The forests of Canada are be-
ing depleted at a rate they cannot possi-
bly withstand; more than half of this de-
pletion is due to fire, insects and decay.
The future of the forest industry is just
as dependent on the seedling trees and
young growth as the pulp and paper and
lumber mills, and industry generally, are
dependent on mature timber—both must
be saved from the ravages of fire.

In addition to the shelter afforded by
the forest to the farmer and his stock, set-
tlers in forested regions are vitally depen-
dent on the woods for winter employment.
Care with fire in land-clearing operations
is all-essential—burned timber pays no
wages.

Canada has the finest inland fishing
in the world, but these splendid food and
game fish require clean, cold water in the
streams to ensure prolific reproduction.
Forest fires are inimical to fish life.

Game animals attract foreign tourists
and induce Canadians to seek pleasure,
health and adventure in the great out-
doors. These animals are distinctly a for-
est resource—utterly dependent on it for
protection and food. Forest fires are most
destructive of such wild life.

Ninety per cent of the forest fires are
caused by carelessness. Are you doing
your part to prevent this wanton waste
and destruction?

CHARLES STEWART
MINISTER OF THE INTERIOR



THE V...

Note: Dr. Forst
columns as will
public print. Pe
accompanied by
dress Dr. Arthur

All plant food
included under the
With the exce
beans, lentils), veg
are rich in minera
their chief constitu

Inasmuch as the stor
have nothing to do with
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starches, vegetables a
for the most part in
Each cell has dense
cellulose which must
away before the essen
portion is digested.
vegetable food is less
gested and absorbed
food—the statements of
tions to the contrary
ing.

One of the chief ad
vegetables as a food,
their nutritional value.

A considerable part
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the residue, here it a
the bowel and acts a
for the elimination of
tal. In this role, it s
useful purpose, as one
reasons people are co
that there is nothing i
on which its muscular
ten itself and propel o

Aid Some—Harm

Very few persons can
getables with impuni
have our little idios
this connection, as w
affairs of life. Some
with a violent attack
they eat a piece of on
as a pea, while others
bushel basket of onion
from nothing except
Some persons get a be
of "hives" from a few
while others can const
patch while they're p
no danger except to ge
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(Copyright, 1926, U

HEALTH

Dry Hands

Mrs. C. Writes:

"(1) Will you please
cause of very dry han
cracking very easily in

"(2) Is there a reme
Reply

"(1) Many people hav
ble during cold weather
a definite skin disease
of "hives" from a few
while others can const
patch while they're p
no danger except to ge
ing it. And so on thi

"(2) Keep the hands
as much as possible,
thoroughly with cold c
oil every evening. No
doors with the hands

GAS MAKES PEOPLE NERVOUS AND

Gas pressure in the
causes a restless, nervo
prevents sleep. Adver
gas in TEN minutes an
surprising amount of
matter you never thou
your system. This ex
nal evacuator is wonde
stipation or allied ston
Don't waste time with
lets but get REAL Ad
McFadden's Drug Store

Enemies aren't so bad
drop in to argue all ex

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