Not exactly sick-but not feeling quite well. That is the way most of the most discouraging things people feel in the spring. Easily with which the farmer has to contired, appetite fickle, sometimed tend. With a judicious use of curvelop into more serious trouble.

Do not dose yourself with purstrengthens the appetite and makes tired, depressed men, women and children bright, active and strong. remedies with no benefit, until I flue too large. was advised to try Dr. Williams' Pink Pills, and these have fully restored my health, and I can recommend them with confidence to all weak women.

Medicine Co., Brockville, Ont.

OBSERVE ARBOUR DAY.

General Adantage of Canada.

mind their dependence upon her when put down, and especially so if years afterwards the memory of to live on either the land or the wa- dealers or by mail at 25 cents only for forestry purposes, it is The prime requisites for success spirit would always stand out in all he also makes some people to be cine Co., Brockville, Ont.

brated to a limited extent in inch deep with the solution.

to a home or schoolhouse more than over the eggs. shade of the trees relief is found. It is to be hoped, therefore, that the celebration of Arbour Day will become more general; that the planting and care of trees and shrubs around schoolhouses, homes, destruction by fire and the axe with which they are threatened.

CAREFUL DOCTOR

of Drugs.

only food for a despairing patient, instead of resorting to the usual

recognize and treat conditions as tunity to eat what they wish from they are and should be treated. the cob.

Here's an instanca: "Four years ago I was taken with severe gastritis, and nothing would!

"I heard of a doctor who had a

he advised me to try a small quan-tity of Grape-Nuts at first, then as them down in heaps, and frightening in for merit only, not for faults.

If you have an ache or a pain any
Over the whole system of the

limbs got stronger and I could showed any willingness to go.

walk. So I steadily recovered.

Was the same, and only bottle is the most economical, of course, but you can, from any dealer, sidered by a committee. If the course, but you can, from any dealer, idea is adopted the record of the

Co., Windsor, Ont. Read 'The corated and the driver promoted, Road to Wellville," in pkgs.



Ventilation a Frost Protection. Ventilating poultry houses is one

headaches, and a feeling of depres- tains the most of the frost can sion. Pimples or eruptions may usually be kept out, but during a appear on the skin, or there may severe winter it is almost impossibe twinges of theumatism or neur- blo. The best authorities advise a algia. Any of these indicate that combination of curtains and over the blood is out of order—that the them some kind of an absorbent indoor life of winter has left its straw ceiling with a flue. To premark upon you and may easily de- vent frost on the wall and ceiling it is necessary to keep the walls warm and not in contact with the gatives, as so many people do, in chilly air of the outer wall or at the the hope that you can put your same temperature as the outer air. blood right. Purgatives gallop The latter, of course, means a cold through the system and weaken in- henhouse, with the thermometer stead of giving strength. Any doc- around zero. If the house is well tor will tell you this is true. What planned and you have the necessary than the British Chancellor, Mr. very sick man when my wife perwill make new blood and build up to provide ventilation. It would be ture displayed above. Mr. Lloyd the nerves. Dr. Williams' Pink a good plan to put in a flue, but be George is extremely busy providing Pills is the only medicine that can sure to make it large enough so as "silver bullets" for the war, and do this speedily, safely and surely. to take out enough air. Be sure just now he is trying to persuade Dodd's Kidney Pills make their don't spoil them.' Every dose of this medicine makes and arrange it so you can control the people of the Old Country that users enthusiastic because they not his hand on the shoulder of a boy of new blood which clears the skin, the outlet. A flue 14 x 14 or 18 x 18 they should stop drinking intoxiis too small, you will find it well the empire has at present. Mrs. S. E. Stephens, Ponoka, to have at least one more. You can Alta., says: "I suffered severely see by observing that less frost colfrom headaches, and was badly run lects near the flue. It is better to down in health. I had tried several have another one, instead of one

Preserving Eggs at Home.

Many recipes for preserving eggs morning, for Sunday-school. have been tried with more or less | Choking sobs and a tear-stained swim? Did you ever see one suc- SICKLY CHILDREN Sold by all medicine dealers or by success, but best results are secur- face marked her as a very unhappy ceed at it? A hen knows better than mail at 50 cents a box or six boxes ed with two. Neither of these, how-for \$2.50 from The Dr. Williams' ever, is as good as cold storage. school in this unusual rig had been have to say no to those two quescation to home conditions. They ther as the most effectual mode of long on water with cakes of ice regulate the bowels and stomach cheap in the spring but riso consid- some, to her mind, grievous offence the worse for the experience; but indigestion, cold and simple fevers, Objects for Which it Stands are to preserved by them can be used for an extremely sensitive child, and thrown into such water. The duck baby health and happiness. Conall cooking purposes except boiling. her mother reasoned that her dread is built for it, the hen is not. Arbour Day is not observed in cracking the shells, a needle hole of her oldest clothes on Sunday to ture, or whatever your religion have used Baby's Own Tablets for Canada to the extent which its im- or two may be made in the shell to be a punishment which she would leads you to call the great creative my four children and find they al- at once. I am never without it now. let the air escape. The quality is not soon forget. And herein her genius of the earth, makes hens to ways give perfect satisfaction. Our people must ever keep in good provided the eggs were fresh mother's judgment did not err; for live only on the land and the ducks The Tablets are sold by medicine

While Arbour Day is observed in stone jar or a wooden tub where no Is it just, or wise, to inflict such the rural schools, and in some city metal is exposed on the inside. Afschools, its recognition by the genter almost filling the receptacle childhood? Are there not other to prove a failure at it as the hen is eral public is not as general as it with eggs, a solution is poured over modes of correction just as effective sure to prove a failure at trying to has sent an urgent appeal to Mr. J. until every egg is completely cov- and at the same time less humiliat- be a duck

and thorough cleaning up of homes of ingredients: To each pourd of in a distrustful attitude towards If the Lord meant for you to be and surroundings should be advo- fresh stone lime add a half pound every one with whom she comes in a farmer, do not try to be somecated as special duties for the day. of table salt and four quarts of boil- contact. Arbour Day has its justification ing water. The lime is first slaked It is not necessary to mortify a in the value of trees. Nothing con- with a little of the water so it will child to make it aware of a fault. tributes so much to make the world break down in a crumbly mass be- A few judiciously chosen words, or a pleasant place to live in as trees. fore the balance of the water is if more stringent methods are The true home feeling is not satis- added. Water is added in half cup- deemed advisable, a withholding honorable as is anything else. In fied without the presence of the fuls at a time, until the breaking from it of some anticipated enjoy- sticking, there is happiness and trees, with their shelter and shade, down is complete; then the mixture ment, may often have the same contentment; in flying off the their beauty of form and leaf, their is stirred until of the consistency of salutary results without the attenblossom and fruit, their varying cream, when the balance of water dant mortification of this harsher lifelong sorrow. shades with the passing of the sea- and salt may be added. Stirring is mode of punishment. sons, and their fulness of colour in continued until the salt is all dis- There is a certain dignity to the autumn days. They also afford solved. This process is done the which every young person is enhomes and shelter for our feather- evening before the solution is to be titled, and which it is often very ed friends, the birds, during their used. In the morning after the difficult for an oversensitive boy or

more to the comfort of pedestrians by either of these methods, a price girl of a self-possession and ease guick, safe and sure as Putnam's Painthan shade trees. The way may be of about 5 cents lower than the of manner very desirable to one of less Corn Extractor. Sold everylong and dusty, but under the cool current market price can usually a naturally self-conscious tempera- where 25c. per bottle. be secured.

Healthy Fowls Pay.

In breeding for eggs, the main requirement is first-class, healthy, public spaces and by roadsides may vigorous stock. Such fowls, well have the effect of developing a managed and properly fed can not keener appreciation of the value help but produce eggs. We must and beauty of trees; and that in have vitality and constitutional thus enlarging the field of Arbour vigor in fowls that are to be any Day activities, greater interest may good as egg machines or as breedbe created in the protection of our Canadian forests from the reckless be kept for such purposes.

Charcoal for the Chickens. Charcoal is a health promoter for the fowls. If you will put some ears of corn in a hot oven and let Stiffness is Rubbed Right Out; Every them burn quite black and feed Prescribed Change of Food Instead when the grain gets cold enough you will perhaps be astonished to It takes considerable courage for see how greedily the poultry will a doctor to deliberately prescribe partake of the charred corn. Give Every trace of lameness, every bit ment makes two reports a year on such a feed every two weeks. We of stiffness, every sign of weakness in his staff. Bright men are thus eardo not mean that the fowls should the back's muscles can be rubbed away marked for special promotion. If have to depend on the charred for all time to come by good old any man is criticized the report is Some truly scientific physicians grain for the meal, but an oppor- "Nervilne."

Horse Wins Recognition. Human beings hold no monopoly stay on my stemach, so that I was when it comes to winning medals for Nerviline is quick to cure. For lumindependent scouts, looking for the feats of valor in war. A Russian bago or sciatica you would go far to bright men, the tidy station agent, artillery horse won a bronze medal find relief so speedy as Nerviline the courteous trainman, the man at Plevna in the following manner: gives. For chronic rheumatism there Orders were taken for some am- are pain-destroying properties in Nercialist-and, as a last hope, sent munition wagons to be hurried to a viline that give it first rank. The way spot that meant crossings the enemy's it limbers up a stiff joint and takes can run the office when the chief "After he examined me carefully zone of fire. All the time shells were soreness out of strained or rheumatic is absent. These scouts are searchmy stomach became stronger to such as escaped. Times without num- where, if you have a sore back, a stiff Canadian Pacific ideas and suggesber did the Russian drivers, sparing neck, a stiff joint, a strained muscle— tions made by employees are not "I kept at it and gradually be- neither whip nor spur, attempt to if you have lumbago, congested chest only welcomed, but lead to progan to have color in my face, memory became clear, where before everything seemed a blank. My was the same, and only one horse

you would die for her unless bon't waste all your flowers on the dead. Throw a few bouquets to the U.P.R.

Don't waste all your flowers on ployees of the C.P.R.

ED. 5. ISSUE 18, 215 There isn't much use in telling a girl you would die for her unless



Are We Downhearted ! ! Certainly not! and no one less number of windows and curtains Lloyd George, judging by the pic- suaded me to give Dodd's Kidney inches will help in reducing the cants till the war is over, declaring aimed at but they spread good doubtful character, said "I believe frost. If the flue in your dairy barn that alcohol is the greatest enemy health all over the body. They do Satan has got hold of you

> Unwise Modes of Punishment. Years ago, a little girl, wearing body. an old plaid shawl folded cornerwise over her shoulders and a Quaker bonnet with a green silk cape, left her home, one rainy Sunday

represents. It should be observed heavy liquid which must be diluted would care to have her little one ness he will win out in the end, and accorded a recent case from Canas a public holiday at a time most with 10 parts of pure rain water. take on; for a child once made to be successful. If he tries the thing ada containing, among other suited to the climatic conditions of Eggs in this solution will keep per- feel that she is an object of criti- he is not fitted by nature to be, or things, a few cakes of maple suthe locality. The planting and profectly for eight to twelve months. cism, ever after may carry about loses his courage in doing the thing gar. He states, "the men went tection of shade trees, preparation Another mixture of lime is made with her the effect of that one rude he is cut out to be, he will be more fairly crazy with delight when it of flower and vegetable gardens, by using the following proportions blow to her pride and self-esteem or less of a failure.

sediment has settled, the clear girl to acquire. One such instance Nothing adds beauty and value liquid is siphoned off and poured as that cited in the opening sentence of this article may be the Corns takes the sting right tence of this article may be the the presence of trees; nothing adds If it is desired to sell eggs stored means of robbing such a boy or

> In the instance just narrated, which is an actual occurence, nothing was gained by the over-zealous memory rehearsed the scene.

Good-Bye, Old Backache

Sign of Pain Disappears. Gee whiz-think of it!

variably does.

To be old enough to know better

Suffered For More

THEN JOSEPH GAGNE FOUND Teacher - "What is a pedes-A CURE IN DODD'S KID-NEY PILLS.

Quebec Man Took His Wife's Ad- graph, Telephone and Tell-a-wo- deadly ravages of advanced kidney vice and Is Now Enjoying a New Lease of Health.

Ste. Marguerite Bay Mills, Saguenay Co., Que., April 26th (Special).—"Yes you can tell the public of the great relief I got from Dodd's Kidney Pills." The speaker was Mr. Joseph Gagne, a well- you found out!" known resident of this place, and he has every reason to be enthusiney remedy.

"For more than two years I suf-Gagne continued. "It finally developed into pleurisy and I was a Pills a trial.

this by curing the Kidneys. Cured believe so, too," was the reply. Kidneys strain all the impurities out of the blood. That means pure don't you?" Dibbs-"Well, there's blood and new health all over the no abstract excellence in early ris-

HENS CAN'T SWIM.

Did you ever see a hen try

essential that the value of trees in keeping eggs by these recipes its unjust proportions whenever farmers and others to be doctors, and their protection should be are, first, strictly fresh or new laid eggs, and second, a cool, dark undergo the same harsh mode of the doctor tries to be a lawyer, or the farmer tries to be a merchant Appeal for Maple Syrup and Sugar

especially a child, to ridicule, seems tor, lawyer, or farmer-will find donation of syrup and sugar for schools, but its observance should Waterglass or silicate of soda is uncharitable and unkind, inasmuch out what he is cut out to be, and the boys at the front. be general. There is need in every one preservative that can be ob- as it has a tendency to render such then stick to it through thick and A letter from Colonel Gorrel, of part of Canada for the education tained of most druggists at 10 to 30 a child awkward and self-conscious thin. If he does it with concentrathe First Canadian Contingent, and instruction which Arbour Day cents a pound. It is a colorless, - traits no thoughtful mother tion and courageous stick-to-it-ive- tells of the enthusiastic reception

thing else. If He meant you to be a more acceptable gift in the spring a lawyer or a doctor, do not try to of the year than some genuine sube a farmer. Stick to your "calling," it is just as great and just as

Guaranteed Never known to pain in 24 hours. Is for "The Red Cross."

A SQUARE DEAL.

In any organization so large as mother save the stirring up of a that of the C.P.R., where under rebellious feeling towards herself in normal conditions over 100,000 emthe heart of that little girl, coupled ployees are on the payroll, one with a certain self-abasement which great problem is that of keeping in after years was sure to return in the employees, so to speak, dynaall its stinging force whenever mic, part of a living organization and not of mere machines. Zeal and ambition must be kept burning. Just as every soldier of Napoleon carried a field marshal's baton in his knapsack, so every Nerviline Will Fix You! office boy in the Company must feel he is a possible president, not merely earn his dollar a day till pension day. One system introduced on the Western lines with this in mind has proved exceeding-No more stomach dosing necessary ly efficient. Each superintendent No other liniment can do the work shown to him and initialled by him so quickly, can penetrate so deeply, before it goes to Winnipeg. He can bring ease and comfort to the gets a square deal, and if he has back-weary sufferer as Nerviline in any life in him he mends his ways so that no such criticism can be cool in an emergency, the inventive

Now after a year on GrapeNuts I weigh 153 lbs. My people were surprised at the way I grew fleshy and strong on this food.

Name given by Canadian Postum

To be old enough to know better.

To be old enough to know better.

To be old enough to know better. recognition is sure to follow. The needle in the haystack is easy enough to find with a magnet, and

Wit and Wisdom.

Of two evils it isn't always neces-Than Two Years sary to choose either.
Children are won by sweets, women by bonnets, men by schemes trian ?" Country Pupil-"A man who gets run over by a motor."

A cynic suggests the three quickest ways to send a message-"Tele-

key. Jump in. "You never know what you can do till you try," said a writer, "and then you are generally sorry An honest Sunday-school boy has

explained "suffering for righteousastic over the great Canadian Kid- ness sake' as "having to come to appetite, sleep soundly. Lost proper Sunday School! Not Always.-Papa-"Yes, my -cheeks are rosy with color, and I

tom." Little Boy-"How about swimming, pa?" Mr. Rooks - "So you want to and it's good, vigorous health that marry my daughter. Well, young man, what are your prospects?' "I took just three boxes and they

Young Man-"Excellent-if you

Minard's Liniment Lumberman's Priend. Gibbs-"I believe in early rising,

never got up."

ing; it all depends upon what you

Their chief use lies in their applichosen by her conscientious motions. A duck may swim all day medicine for little ones. They you thought yourself, you know!" are applicable where eggs are punishment at her command for floating around in it, and be none and promptly cure constipation, erably in price in the fall. Eggs of her little daughter. Nellie was a hen would die in short order if expel worms, cure colic, and give In order to boil them without of ridicule would cause this wearing If the Lord, or the forces of na- der, Dunnville, Ont., writes: "I cerning them Mrs. Fred VanGorthat day of torture to her sensitive ter, it is but natural to suppose that box from The Dr. Williams' Medi-

AN APPRECIABLE GIFT.

for Red Cross Society. The Canadian Red Cross Society In Ontario Arbour Day is cele- ered, preferably half an inch to an ing? To subject a sensitive person, The business man—whether doc- the maple syrup industry, for a

was given to them. To a Canadian away from home it would be difficult to conceive of gar or syrup from "the land of the

There are few farmers who could be at the ball to-night; are you gonot spare at least a gallon of syrup | ing? there will be many, -are asked to to talk all the time." pack carefully and express to The Canadian Red Cross Society, 58 Minard's Liniment used by Physicians Wellington St., Montreal, Que. The express companies will carry

Death Nearly Claimed

time it was feared that Mrs. J. Grant of 3 White St. would succumb to the trouble. "My first attacks of back-Supercilious Youth (to tram sche and kidney trouble began years conductor)-"Is that Noah's Ark ago. For six years that dull gnawing full yet?" "Yes, all but the mon- pain has been present. When I exerted myself it was terribly intensified durable. I used most everything but rothing gave that certain grateful re-Pills of Mandrake and Butternut. In stead of being bowed down with pain, to-day I am strong, enjoy splendid ties have been instilled into my blood fered from Kidney disease," Mr. son, if you want to learn anything thank that day that I heard of so grand well you must begin at the bot- a medicine as Dr. Hamilton's PIII." Every woman should use these pills regularly because good health pays,

Originator.

Governess-Who was Christopher Wise Willie-He was the original

When M. Poincare returned to do after you rise. It would be bet- his house after his election as Preter for the world if some people sident of the French Republic, his mother, neglecting the official personages present, kissed her son in front of them all, and then, patting

his cheek, remarked PROMPTLY CURED "I hope, Raymond, that you have not undertaken too difficult a job Baby's Own Tablets are an ideal You were never quite so clever as

The House Agent-"It is an ideal situation, madam—oak panelled rooms, lounge tall electric light, tennis-court, park, lake, pergola, stabling, garage, hunting and

The Fair Client-"But is there room to play Bridge in the cellar in case of bombardment?"

Sidestepping Them.

or ten pounds of sugar for such a "Not me; the one that can't

The Dog Doesn't Know Any Better. you miss him, my dear fail; acts without such parcels free if plainly marked "De only time some men ever commands any respectful attention," said Uncle Eben, "is when dey whistle to de dog."

New Brunswick Lad

St. John, N.B., Dec. 15th .- At one rothing gave that certain grateful re- out pain by our home treatment. Write lief that came from Dr. Hamilton's us before too late. Dr. Bellman Medical

comes to all who use Dr. Hamilton's Mandrake and Butternut Pills.

"See America First" advocate.

A Warning.

Nauwigewauk, Oct. 21st.

A London Joke.

Sore Eyes inflamed by expo-sure to Sun, Bust and Wind Eyes quickly relieved by Murine
Eye Remedy. No Smarting,
just Eye Comfort. At
Your Druggist's 50c per Bottle. Murine Eye
Salvein Tubes 25c. For Book of the Eye Free ask Druggists or Murine Eye Remedy Co., Chicago

"Both your admirers are going to

ARLY IRISH COBBLER POTATO

specially selected and Government inspected for seed. Only limited quantification. Also Connoisseur's Pride and North Brow, two excellent new potatoes. Pride and North Dollars per buchel. Special pride for large quantity. Cash must accompany all orders. H. W. Lawson, Branton.

NEWSPAPERS FOR SALE. TOROFIT-MAKING NEWS AND JOB C

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fices for sale in good Ontario town.
The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 71 West Adelaide St., Toronto







Just a Scratch DUT it needs looking after D Carbolated "Vaseline" wil help it to heal quickly and prevent risk of infection. First aid treat-

CARBOLATED

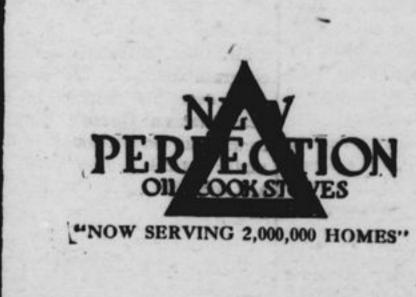
It is a most effective antiseptic dressing for cuts, bruises, boils, and skin irritations of all kinds, such as eczema, poison ivy and barber's itch. Also good for corns. AVOID SUBSTITUTES, Insist on "Vase-CHESEBROUGH MANUFACTURING CO.,

CHESEBROUGH MFG CO. (Consolidated)
1880 CHABOT AVE., MONTREAL

Consolidated. For sale at all Chemists and

Sadly Missed.

Tommy's Mamma-I hear little Willie Green has moved away. Do Tommy-You bet I do! He was the only kid in the block I could





turing these stoves for distribution by The Imperial Oil Company, Ltd., throughout the Dominion. The NEW PERFECTION is the best-known and most-liked oil stove in the world. Over 2,000,000 are now in use-saving money and

kitchens clean and comfortable. The NEW PERFECTION brings gas stove conveniences to the kitchen. It lights like gas, cooks like gas. 1, 2, 3, and 4 burner sizes.

labor for their users and keeping

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THE IMPERIAL OIL COMPANY Limited BRANCHES IN ALL CITIES

Made in

Canada

The Lady Or, Leon

CHAPTER XVII.

went up to Leonora, put her arms he graceful figure, and kiseed the the small socking-chair with

don't know-yet," said the What has Lady Lancaster me?" demanded Miss West, in abrupt way, fixing her 'arge cy ngly on her aunt's face. nothing!" answered Mre. ora, in a very decided tone. like to go to your room and a

ied, and Mrs. West answere

is would do very well for a