Inflamed Tonsils.

Inflammation of the tonsil occurs in several forms, some mild and some severe. There are chronic tonsilitis and two forms of acute tonsilitis a simple form that is important only because it may be mistaken for diphtheria, and a severe suppurating form of great severity that is often called

In the simple form of acute tonsilitis the tonsils are red and swollen sore, and the patient feels sick and this happy condition, because the real gravity of the disease. The with equally satisfactory results. fever lasts only two or three days, and is literally true that "what is of a week from the onset of the at- that cause no discomfort. is usually as well as ever. The the danger that diphtheria may actu-

is in the form of a thick membrane: xamination of the material rethe diagnosis, but often the physician gives an injection of antitoxin to be on the safe side.

litis or it may begin insidiously and he recognized only when it has bethey are abscessed, the tonsils should may be in a similar condition to try he examined as possible accomplices. these pills at once."

### Composts as a Source of Humus and Nitrogen.

and cultivated, has furnished evidence is of a piercing and ear-splitting char- part of its journey. of a very emphatic character regard- acter, and, according to travelers, can It is a great work, this fathering of portance of semi-decomposed organic away. matter (humus) as a soil constituent. It acts mechanically in improving Ask for Minard's and take no other. | these strangers that they are welcome tilth, lightening and mellowing heavy clays and increasing the moistureholding capacity of all classes of soils. It supports the microscopic life of the soil, the function of which is to prepare plant food for crop use. And, lastly, it is the natural storehouse of nitrogen-the most expensive of all plant foods when purchased in the form of fertilizer. One of the chief objects in view of any intelligent, rational method of soil management is the upkeep and if possible the increase of the soil's humus content. Applicaions of farm manures and the turning under of green crops-clover, buckwheat, rye, etc .- are the principal means of adding humus-forming materials to the soil, and these may be supplemented, cheaply and effectively, by composts.

Every farm, every market garden, should have its compost heap, for such affords the most economical (and sanitary) means of utilizing the vegetable and animal refuse, indeed all forms of organic waste. To enumerate some of the materials that can be profitably used in this way: potato tops, cabbage leaves, waste straw, dead leaves, kitchen waste, old sods, 25 cents. In 8 sizes, 34 to 48 ins. bust Price, 25 cents. the cleanings of ditches, road scrap- measure. Size 36, 1% yds. 40 ins. 9381-Ladies' Side-Tied Blouse (to ings, muck and peat, pond and stream wide, figured; 1 yd. 40 ins. wide, plain. be slipped on over the head). Price, deposits; all these materials and many on over the head). Price, 25 cents. In 6 sizes, 34 to 44 ins. bust measure. Size 36 requires 11/2 composting be converted into a forc- 6 sizes, 84 to 44 ins. bust. Size 36 re- yds. 36 ins. wide. McCall Transfer ing nature of very considerable value by reason of its humus content and 25 cents food. In these days it behooves us to cents. In 7 sizes, 34 to 46 ins. bust Toronto, Dept. W. abandon our wasteful ways and utilize everything that may make the land more productive. The practice of burning all organic refuse is an exceedingly wasteful one and should only be followed when, by reason of the presence of the eggs, spores and seeds of injurious insects and plants, the composted material would be likely to disseminate disease.

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The making of the compost heap is a very simple affair. It can be built up of alternate layers, of say six inches, of refuse (including swamp) muck if much is obtainable) and manure, to any convenient height, covering the whole with a few inches of good soil or muck. The heap should be kept moist, that decay may proceed, but not so wet as to cause drainage from the heap. The result, in a few weeks or several months, according to the season of the year, will be a manure of very considerable fertilizing value, capable of improving both clay and sandy loams and especially useful for vegetable and garden

Buy Thrift Stem

to a Vigorous, Healthy Condition.

and the surface is studded with whit- whatever he pleases is the dream of in patches. At the beginning there every dyspeptic. No one can honestis more or less fever, the throat is ly promise to restore any stomach to is prostrated out of all proportion to people cannot eat the same things as it falls the tonsillar inflammation man's food is another man's poison." subsides. But although the patient is But it is possible to so tone up the left very weak, he rapidly recovers digestive organs that a pleasing diet his strength, as a rule, and by the end may be selected from articles of food When the stomach lacks tone there

very best way to build up and enrich the blood. For this reason these pills are especially good in stomach trouble attended by thin blood, and in attacks of nervous dyspepsia. Proof of the value of Dr. Williams' Pink Pills even the most obstinate cases of stomach trouble is given by Mrs. Morrison, Varney, Ont., who says:-"I shall always feel indebted to a friend who advised me to use Dr. sufferer for upwards of twelve years with stomach trouble which resulted in a general weakness of the whole system. My meals always caused me would go hungry rather than undergo dians of to-morrow. come firmly established. The tonsil the suffering which followed meals. I is usually, though not always, enlarg- was constantly taking something or ed and numerous yellowish points are other recommended for the trouble, seen on its surface, which are collec- but without finding a cure, and often tions of secretion at the mouths of the trouble kept me in bed when I the numerous crypts or follicles in the should have been about doing my tonsil. Sometimes the tonsils, al- housework. My friend, who had had though not enlarged, are chronically a similar attack, came to see me and inflamed and serve as reservoirs for urged me to try Dr. Williams' Pink masses of bacteria which secrete a Pills, which had helped her. I got a toxin that poisons the whole body and supply at once and began taking them, causes annemia, or gives rise to rheu- and soon found relief. By the time I matic attacks, to heart trouble, or had used eight boxes I was again enother serious maladies. In many such joying the best of health, and with a cases the teeth are blamed for the good appetite and a stomach restored trouble, but if an X-ray examination to normal. Had I known of this medishows them to be sound at the roots, cine earlier it would have saved me

If bacteria known to cause systemic You can get Dr. Williams' Pink disease are found on the tonsils, the Pills through any dealer in medicine tonsils should be removed or most or by mail postpaid at 50 cents a box thoroughly treated to remove infec- or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville,

The examination of many types of don Zoo a Bell Bird from Brazil. The the many points of destination even 100 houses. soil-clays, sits, and sands-virgin note of this bird, when in top form, to accompanying the train on the first

inset panels front and back). Price, ins. wide.

Tea and Coffee

Hurt Many People

If tea or coffee disagrees

with you make a ten days

INSTANT POSTUM

More healthful than tea

or coffee. Costs less, and

Sold by Grocers Everywhere!

Its flavor pleases.

quires 1% yds. 40 ins. wide.

trial of

Fine New Citizens for Canada.

The immigration buildings at any of the Dominion ports of entry present a curious scene of hustle and bustle shortly after the arrival of one of the giant ocean liners, and a witness is not likely to soon forget the commotion created by the discharged emigrants. A vast mass of humanity surges through the galleries past the immigration officer and the various inspectors, and once accepted for Canadian citizenship, men, women, and children of every kind, loaded down with baggage of every shape and form rush hither and thither making multitudinous inquiries of everyone generally unacquainted with the next steps to be taken to further proceed on their

this and more deeply those who set is no quicker way to restore it than to build up the blood. Good digestion without rich, red blood is impossible, and Dr. Williams' Pink Pills offer the travelling are intensified by the total unfamiliarity on every hand, and each move is fraught with embarrassment. Yet each month thousands of potential Canadian citizens are arriving at the Dominion's shores from the British Isles, France, Belgium, Holland and Scandinavia-people who have broken up homes and life-long ties at the promise of the great new land. Into a whirl of unfamiliar sights and sounds, in a confusion of humanity and baggage, many unacquainted with the language they hear on every hand -thus, at the gateways of the Domingreat discomfort, and at times I ton, arrive the ancestors of the Cana- that they can be given with perfect tion in plants and plant life. It has

First impressions are often lingering; they are apt to have a considerable bearing on future outlook. Realizing this and the expediency of rendering the utmost service to these Dominion builders-to-be, the Depart ment of Colonization and Development of the Canadian Pacific Railway, interested among other progressive phases, in the human development of the country, has appointed a colonization agent-a foster parent to emigrants arriving on the company's boats. When a vessel steams into port he is there to go on board with the immigration officer-Capt. Andrew McDuff, veteran of two wars, versed of these new arrivals to assist with information and advice. He shep- were thus full of gold. herds them from the boat to the wait-

be heard a distance of three miles the Dominion's citizen-to-be, not only temporarily accommodating, but imparting the lasting impression to

Design No. 799

Design No. 799. Price, 15 cents.

Newest of Summer Blouses

and that Canada wants them. cheerful send-off, free from annoying worries, means a great deal, and to this end the Colonization Agent has been appointed.

When Plants Are Dormant.

After the period of growth in spring and summer there is a period of dormancy in plants before the cold weather sets in, and if plants are maintained artificially at a high temperature this dormant period persists. Exposure to cold is needed to activate the plant for another period of growth. Perhaps the liberation of enzymes acts on the stored starches, converting them into sugars, or the phenomenon may be due to a change in the permeability of the cell-membrane. Though normally the simulus required for a renewal of growth is supplied by It is neither pleasant nor comfort- cold, mechanical injury or a period of able to land friendless in a strange drying may have the same effect. The land. The hardened traveller feels process occurs independently in any exposed part of a plant, so that if one foot in a foreign land where customs, or two branches of a plant be kept conditions, and possibly language dif- continually warm while the other is fer from those to which the emigrant subjected to the usual winter chilling, has been accustomed from childhood. the former will not develop on the re-Then the petty worries incidental to turn of summer temperature, though the latter develops as usual.

tively that Baby's Own Tablets are Department of Agriculture at Ottawa, with: the best medicine they know of for describes the system under which this little ones. Their experience has work is done in the Capital City. taught them that the Tablets always | The school garden is referred to as "Baby's Own Tablets are the best soils, with drainage, with seed germimedicine I know of for little ones. I nation and with insect enemies of Brockville, Ont.

# A Golden City.

built near the oldest gold mines in they are not responsible; and even if years of suffering, and I urge any who in many languages, sympathetic, tact- ed of abodes made of the refuse of ful, and schooled in the many sides of these mines. As the early processes human nature. He is at the service of extraction were very imperfect, the walls and floors of these buildings

Things would have continued thus ing train, secures seating and sleep- for an indefinite time, and the inhabiing accommodation, overseas the tants would have been living yet in classes received gardening instruction. checking and loading of baggage, does these valuable buildings, if the passeverything humanly possible in fact age of a railway line near by had not There recently arrived at the Lon- to ensure a safe and entire arrival at necessitated the demolition of about

# "SYRUP OF FIGS" CHILD'S LAXATIVE

Look at tongue! Remove polsons from little stomach,



Accept "California Syrup of Figs only-look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the 9439 -Ladies' Kimono Blouse (with measure. Size 36 requires 11/2 yds. 36 little stomach, liver and bowels. Children love its delicious fruity taste. Full McCall Transfer Design No. 1031 directions for child's dose on each bottle. Give it without fear.

Mother! You must say "California."

# Sharp Bombardment.

Transfer Design No. 1025. Price, These patterns may be obtained cipline that exists on some of the practically valueless, the market price from your local McCall dealer, or ships belonging to tropical countries will be less than that of the cheapest its store of readily available plant 9479-Ladies' Blouse. Price, 25 from the McCall Co., 70 Bond Street, is related by an American naval of coal.

It appears that one of the Haitlan gest gun and put the tampion in after above the local retail price. it. About an hour afterward the admiral came aboard, and as the gun was loaded with blank cartridge, the satlors used it to fire a salute.

It happened that the gun was aimed toward the town, and almost pointblank at the Grand Hotel. The guests were assembled on the porch to witness the ceremonies when they were saluted with a rain of knives and forks, which stuck against the wooden walls like porcupine quills into an unwary dog. Fortunately, no one was hurt although the "narrow escapes" were numerous.

From 700 to 1,500 hens, averaging mine dozen or more eggs a year each, make a very good one-man business. ED. 7.

This is just the season when Rheumatism withits grinding pain and stiffen-ing of joints gets hold of you. Fight it with

### Templeton's Rheumatic Capsules

Templeton's Rheumatic Capsules bring certain relief, and permanent results. They are recommended by doctors, and sold by reliable druggists everywhere for \$1.04 a box, or write to Templetons. or write to Templetons, 142 King St. W., Toronto. Mailed anywhere on receipt of price.

Templeton's RAZ-MAH Capsules are guaranteed to relieve ASTHMA. Don't suffer an-Write Templetons, 142 King St. W., Toronto, for freesample. Reliable druggists sell them at

### Gardening for City Schools.

on by the public schools of many told him he must stop the abuse and Canadian cities as a part of the educational course. Dr. J. H. Putman, Senior Inspector for Ottawa public

do just what is claimed for them and a big class room for outdoor instrucsafety to children of all ages. Con- many of the possibilities in miniature Order. Five Dollars costs three cents. cerning them Mrs. Joseph Therrien, of an experimental farm. It has to do St. Gabriel de Brandon, Que., writes: with the composition and fertility of thought I would lose my baby before plant life. It shows in a way that cantrying the Tablets but they soon not be questioned the effect upon made him healthy and happy and plants of too much or too little sun- bathed and cleaned up. There was now I would not be without them." shine or moisture and the bad effects The Tablets are sold by medicine of weeds and the necessity of giving in the boy's appearance, until at last dealers or by mail at 25 cents a box a plant plenty of room if we wish to the mother, driven to desperation, from The Dr. Williams' Medicine Co., secure a high state of development. Dr. Putman points out that these things would mean nothing to city children if recited from books or told by teachers. These things taught The Mexican city of Guanajuato, through a garden where the children prepare the soil, sow the seeds, and care for the plants cannot be without good results.

In addition to a central garden of one acre the Ottawa plan involves the organization of home garden clubs, each representing a school. In the three years 1917-18-19 about 1,000 pupils from second and third book The school board paid forty dollars to each teacher who managed a club garden. Every pupil member was required to keep an accurate record of planting, cultivating and other activities. The aim is to grow everything possible from seed. Cold frames are found to be a valuable addition to the equipment. In the central garden, instead of giving pupils very small individual plots, a plot 82 by 43 feet for vegetables and 16 by 20 feet for flowers is given to each class. This garden is having a permanent perennial border established which will give a succession of bloom as well as an opportunity to show the children what they may have in their own home gar-

# A Health Saving Reminder.

Qualities are amazing. THE OLD RELIABLE.

MINARD'S LINIMENT CO., Limited,

### Artificial Fuel Resembles Coal.

From coal slack and dust, lignite, peat, and a binder of pitch, an excellent house or industrial fuel will be manufactured. The ingredients are pressed into blocks of any size, and of a layered or laminated structure that heightens the resemblance to natural coal. As the stuff is made An amusing result of the lax dis- from materials regarded hitherto as

A man I know saved a little more gun-boats was lying in the harbor of than \$160 by selling his potatoes di-Port-au-Prince. One day a mess cook rect to the folks that use them. He for some reason cleaned about a peck had about 600 bushels to sell. By of knives and torks on the gun deck. sending out 300 circular letters to He was suddenly called away, and so townspeople, stating what he had and he stuck the mess pail, full of knives the price, he was able to get from and forks, into the muzzle of the big- twenty-five to fifty cents a bushel

# \*\*\*\*\*\*\*\*\*\*\* How to Cure Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it cures indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and \$1.00 Bottles.

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# BITS O

FROM HERE & THERE

Hours of Labor.

"You seem tired." "A bit overtaxed," admitted the student of economics. "I have been ris- WELL and dent of economics. I have been rising at 6 in the morning and working Ontario. Insurance carried \$1,500. Will
till midnight on a series of speeches till midnight on a series of speeches Wilson Jublishing Co., Ltd., Toronte. to prove that six hours' work a day is enough for any man."

The Truth.

First-Class Scout-"Say there, have you ever seen any three-cent piece?" Tenderfoot-"Nope! Don't believe so, but I've got some eighty-five-cent pieces home." First-Class Scout-"Cut that out!

That don't go around here. A scout is truthful, you know." Tenderfoot-"I know it. But these

are victrola records."

## The Well-Spoken Sergeant

An old drill sergeant was so much given to using bad language toward his men that some of them complained Gardening is systematically carried about it, and the commanding officer

The following morning the sergeant was in charge of a very ragged squad, schools, in the March number of the and after keeping silence for a con-Thousands of mothers state post Agricultural Gazette, published by the siderable time he eventually burst out

"Bless you, my pretty dears! You know what I mean."

MONEY ORDERS. Send a Dominion Express Money

Minard's Liniment for sale everywhere

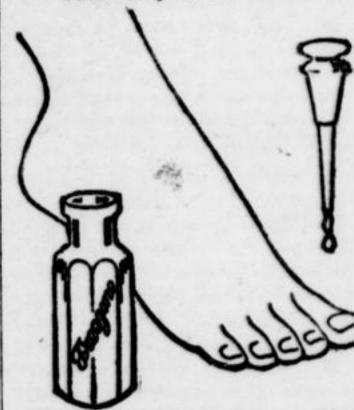
A Stern Critic of Education. The teacher had sent numerous notes in vain endeavor to get Johnny no reply and no visible improvement sent the teacher a long letter saying, among other things:

"What is it to the teachers whether the children in their schools have a bath once a day, or once a week, or once a month, or once a year? They are washing the SAP all out of the children, and that is how so much tuberculosis gets started."

Buy Thrift Stamps.

# Lift off Corns!

Doesn't hurt a bit and Freezone costs only a few cents.



With your fingers! You can lift off tween the toes, and the hard skin cal-Don't Walt luses from bottom of feet.

A tiny bottle of "Freezone" costs little at any drug store; apply a few drops upon the corn or callus. Instantly it stops hurting, then shortly you lift that bothersome corn or callus right off, root and all, without one bit of pain or soreness. Truly! No



DOG DISEASES and Now to Post Mailed Free to, any Address by the Author. M. Clay Glover Co., Inc. 118 West Slat Street New York, U.S.A.

# Classified Advertisement

TEVENS COMPLETE FERTILIZE Peterborough, Ontario.

PARM LAND FOR SALE. HALF SECTION FARM LAND, virgin soil, surrounding land under cultivation, near Battleford, Sask. Change, Ross. 18 Rutherford Ave., Hamilton

FOR SALE

SOFT ELM WANTED. OFT ELM WANTED, & IN. AND not sell until you communicate with Keenan Bros. Limited. Owen Sound

CANCER, TUMORS, LUMPS, ETC., internal and external cured without pain by our home treatment. Write us sefore too late Dr. Bellman Medical Co., Limited, Collingwood, Ont

Unsinkable Lifeboat.

An unsinkable lifeboat equipped with doors that automatically close over its occupants should it upset has been invented in Europa.

More Italians live in New York than in Rome.



SHORT TO DO UP

A little "Danderine" stops your hair coming out and doubles its beauty



the scalp of every particle of dandruff, get a small bottle of delightful "Danderine" at any drug or toilet counter for a few cents, pour a little in your hand and rub it into the scalp. After several applications the hair usually stops coming out and you can't find any dandruff. Help your hair to grow strong, thick and long and become soft, glossy and twice as beautiful and abundant.

On Face, Arms and Hands. Cuticura Heals.

"I have had salt rheum for the past five years. My face, arms, and scaly patches so that you could hardly put your finger where there was not a patch. I got so I could not sleep at night. "Seeing Cuticura Soap and Oint-

give them a trial, and after using a full-sized box of Cuticura Cintment with the Cuticura Soap I was healed." (Signed) Mrs. Thomas Hogan, Essex Junction, Vt., Dec. 18, 1918. Use Cuticura for every-day toilet

ment advertised I thought I would

purposes. Bathe with Scap, soothe with Ointment, dust with Talcum. Soep 25c, Ointment 25 and 50c, Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal. Cuticura Soapshaves without mug.

# ONLY TABLETS MARKED **ASPIRIN** ARE

Not Aspirin at All without the "Bayer Cross"



For Colds, Pain, Headache, Neural- | package which contains complete digia, Toothache, Earache, and for rections. Then you are getting real Rheumatism, Lumbago, Sciatica, Neu-ritis, take Aspirin marked with the scribed by physicians for over ninename "Bayer" or you are not taking teen years. Now made in Canada Handy tin boxes containing 12 tab-"Bayer Tablets of lets cost but a few cents. Druggists

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mone-aceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company,

in an unbroken "Bayer" lalso sell larger "Bayer" packages. There is only one Aspirin-"Bayer"-You must say "Bayer"