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To Investors

If you wish to buy or sell Victory Loan or other bonds, we would remind you that our branches at Toronto and Montreal have departments especially organized for this purpose. Call at our nearest branch; our Manager will be glad to arrange this for you.

THE CANADIAN BANK OF COMMERCE

PAID-UP CAPITAL : \$15,000,000 RESERVE FUND : \$15,000,000 KINGSTON BRANCH—R. T. Brymner, Manager.

"Suicide By Inches"

Thousands of people commit suicide by inches! If you took minute daily doses of some poisonous drug, no particular effect might be noticed until accumulation of the poison made its action evident.

Yet how many realize that poisonous substances are formed constantly during digestion and the preparation of the food waste for elimination.

If the bowels act regularly and thoroughly, these poisons are eliminated. But if constipation exists, there results stagnation of intestinal waste, germs multiply; and poisons are formed and carried by the blood to every cell of the body.

The victim of self poisoning commits suicide by inches. Pills, castor oil, laxative waters and salts only force and irritate the bowels, and make constipation a habit.

Nujol works on an entirely new principle. Instead of forcing or irritating the system, it simply softens the food waste. This enables the many tiny muscles in the walls of the intestines, contracting and expanding in their normal way, to squeeze the food waste along so that it passes naturally out of the system.

Nujol thus prevents constipation because it helps Nature maintain easy, thorough bowel evacuation at regular intervals—the healthiest habit in the world.

Nujol is absolutely harmless and pleasant to take. Try it.

Nujol is sold by all druggists in sealed bottles only, bearing Nujol Trade Mark. Write Nujol, 25 St. Francois Xavier Street, Montreal, P.Q., for booklet "Thirty Feet of Danger."

The Modern Method of Treating an Old Complaint



Nujol For Constipation

Children Cry for Fletcher's

CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proved.

What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

A cubic inch will hold forty million yeast plants.

Renew is to re-organize its Canadian Club.

JUNIOR AGRICULTURE

Boys' and Girls' Live Stock Club Work.

Some Specialize in Calves, Sheep or Pigs, Others Generalize—Banks Accept Notes of Juniors in Regular Business Way.

(Contributed by Ontario Department of Agriculture, Toronto.)

THE Boys' and Girls' movement bids fair to rival school fair work as the most popular feature of agricultural extension work. Perhaps this is due to the fact that boys and girls literally love animal pets—things that are alive and respond to care and kind treatment. Moreover, because they can call the calf, pig, or sheep their very own, and because some day they hope to sell their animal at a profit and spend the money as they wish, it sustains and animates their interest.

Wherever these live stock clubs have been organized the representatives have the active support and cooperation of the live stock men in the community. This augurs well for the future of Ontario's junior farmers. The boys are commencing early in life to get into the pure-bred live stock business and it is confidently hoped that they will receive every encouragement from their parents and others.

The first live stock club for boys and girls came into being in the early months of 1919. Counting those which were formed previous to the period covered by this report and those that were organized in 1919, there are 6 calf clubs, 10 pig clubs, 2 sheep clubs and 2 live stock clubs or a total of 20 boys' and girls' live stock clubs with membership of 450. This is a small beginning, but a number are now in the process of formation and the work will soon spread to every county in the province.

In the purchasing of animals, arrangements are usually made with the local banks to advance the necessary funds on the security of a note from the boy or girl for a definite period at a fixed rate of interest. These notes must be endorsed to the satisfaction of the bank by their parents or guardians. As a rule nothing but pure-bred animals are purchased and these are registered in the name of the boy or girl owner. As a protection, the animals are insured until such time as the notes are paid at the bank.

Both Beef and Dairy Calf Clubs have been organized. The Dufferin County Shorthorn Calf Club has regulations similar to those of other calf clubs formed in the province but there was no special day set apart for distribution of the stock.

In other Shorthorn Calf Clubs organized, heifers from 8-15 months have been distributed to the members. The initial cost in this case was not so great, yet a greater length of time will elapse before any returns are secured.

In some of the Shorthorn and Holstein calf clubs, auction sales were held in order that the members might secure money to pay off their notes. The members had the privilege of bidding in their own animals if they wished. An auction sale for club work has its advantages and disadvantages. If the animals turn out satisfactorily, they should be kept in the members' hands. It defeats the very object for which it was organized, and hence these now being formed are not considering the question of auction sales at all. There is a point in favor of auction sales, and that is that it gives the club a great deal of publicity.

In the Halton County Calf Club, the 27 heifers distributed in February were sold at auction on August 20. A fair was held previous to the sale at which special prizes were awarded.

The Peel County Calf Club held a show and sale just one year ago and the dairy heifers were distributed to the members, when \$85 was offered in prize money by public-spirited persons.

All members in the Peel Dairy Calf Club had to submit records of feed and milk together with a financial statement showing the profit on their enterprise.

There has been only one sheep club formed during the past year and that was the Albion Sheep Club in the County of Peel.

In the previous sheep club formed in Peel a year ago, two Oxford Down ewes in lamb were distributed to each member. Unfortunately some of the ewes proved not to be in lamb and others lambed unexpectedly in the middle of winter. This proved a hardship to some of the club members though the breeders from whom the ewes had been bought very kindly exchanged those without lambs for two shearing ewes each with a ewe lamb. The 14 members each with 2 sheep had 28 lambs and after the transfers had been made the average was just over 1 lamb per ewe.

In an endeavor to avoid the early lamb misfortune of last season, the representative from Peel organized a breeding flock in connection with the Albion Club. The shearings were shipped in and socked with a good pure-bred ram on Nov. 12 which resulted in lambs being born at a time when the weather was more favorable.

There are two live stock clubs formed in the province, one in Waterloo County and the other in Brant County. They are confined to pure-bred animals, but they differ from the calf, pig, or sheep clubs already mentioned in that all classes of animals are included.—R. S. Duncan, Director Agricultural Representatives.

It is estimated that every year forest fires in America destroy more than \$200,000,000 worth of standing timber.

A pretty wedding was solemnized on March 29th, at the home of Mrs. S. Nesbitt, Pergus, when her daughter, Edythe Anna, became the bride of J. S. Wilson, B.A., Trenton. Pembroke had a fire last week which caused the destruction of one of the town's finest homes—The residence of Mrs. F. P. Moffat, McKay "root."

JOHN.

How This Name Attained Its Great Popularity.

John is the most common first, or Christian, name we have. Its history is curious. It came originally from the Hebrew Jehohanan, "God is gracious." The Greeks made it Johannes, and in the feminine it became Anna and Hannah. The name was unknown in Saxon England and was seldom used among the Normans. In the "Doomsday" Book, says "Great Thoughts," the record of the inhabitants of England which William the Conqueror had compiled, only two Johns are listed, and one of them is a Dane.

John was the name of the beloved disciple and the writer of one of the Gospels. As the Bible became more familiar to the people of Europe, this name became increasingly popular in Europe, especially after the Bible was translated from the Latin into the language of the people.

An enormous increase in the number of Johns resulted from the pilgrimages and the Crusades. About the year 1000 it became customary for devout Christians to make journeys to the Holy Land in order to see the places made sacred by the life of the Lord. At first they went as unarmed travelers. Later they went as armed bands, intent upon rescuing the tomb of the Saviour from the infidel.

Each pilgrim was known by two signs—a cross worn on the shoulder or breast and a bottle at his belt. The cross was the symbol of his vow to rescue the tomb of the Saviour, and the bottle was to be filled with holy water from the River Jordan. On the return of the pilgrims, the contents of the bottles were used at christenings.

Happy was the mother who could secure a few drops of water from the river in which the Saviour had been baptized for the baptism of her own child. The name John would naturally occur as appropriate for a boy baptized under these conditions, since the Saviour was baptized in the Jordan by John the Baptist. It may almost be said that the world went suddenly John crazy. It was soon estimated that two-thirds of the English males were named John. Families of six or seven boys were all named John.

So common did this custom become that various methods had to be adopted to distinguish one John from another. The surnames Littlejohn, Pettyjohn, Micklejohn and its Norman equivalent Grosjean (meaning Big or Fat John), Benjohn (Good John), from which the immortal name of Bunyan is corrupted; Upjohn (John on the hill), Downjohn (Down John in the valley), are all examples of attempts to distinguish one John from another. Many of these names still exist as surnames.

It is under its nickname Jack that we find how abundant was the popularity of the name. It was so common as to become the name of every stranger. Every passerby could be safely hailed as "Jack." Even if it were not his name, he answered to it as a matter of course. It passed into proverbs: "Jack of all trades and master of none" is a familiar example.

One of the oldest nursery tales is entitled "Jack and the Beanstalk." From being applied so often to human beings, the name Jack passed into use as a name for every living animate or inanimate. We have now in common use jackpot, jackscraw, jackstraws, jack-knife, jack-rabbit jacket, and many others. Jack and his derivations take up fifteen columns in the Century Dictionary.

Killing Weeds With Paper.

The apparent success of the Eckart process cultivating sugar cane has been the subject of much discussion, since experiments on large areas have indicated that the cost of growing the cane can be reduced from fifty to seventy per cent, and the crop increased by ten tons an acre, without an equivalent loss of raw sugar. After the field has been planted it is covered with asphalt paper that will withstand six weeks of weather. The cane grows more vigorously and the weed seeds sprout at once, but the weeds are quickly blanched and withered by the black covering. The paper is made by cooking pulp for twelve hours with lime under pressure and then after a few days running it out on the paper machine and treating it with asphalt.

Weather Prophets.

If it is raining and the owl screeches a change for the better will shortly ensue, but should the peacock screech bad weather is to come or continue. Snails are also valuable weather prophets. As long as they are to be seen in great numbers in the orthodox manner fine weather may be confidently looked forward to. If there is rain in the atmosphere the snails may be seen to seek shelter up the stems of trees and shrubs, under leaves and, in fact, anywhere where they can be safely out of the wet. Only when all immediate danger of a recurrence of rain is over will they emerge again.

Leather Currency.

Hungary announces an issue of currency to be printed on leather. Pigskin is the chosen material, which is said to be almost impossible to counterfeit. The ordinary way to determine the genuineness of pigskin is to note the presence of the tiny rectangular clusters of three small holes where the bristles grew through the skin. Yet manufacturers, by the use of electrolytic dies, with an impression taken from genuine pigskin, have been able to produce a very deceptive article.

Artificial Legs Used in 700 B.C.

Artificial arms and legs were, it is believed, used in Egypt as early as 700 B.C. They were made by the priests, who were the physicians and surgeons of those days in the land of the Nile.

ECZEMA You are not expartmenting when you use Dr. Chase's Ointment. It relieves at once and gradually heals the skin. Sample box by Dr. Chase's Ointment free if you enclose this coupon and send 2c. stamp for postage. See a list of all dealers or Edmanco, Sales & Co., Toronto.



THERE'S SOOTHING AND HEALING IN EVERY TOUCH.

Everybody needs Zam-Buk. It brings right into the home the purest, safest and most wonderful healing preparation the world has ever known. It makes treatment of skin troubles at home a practical success.

Zam-Buk is a precious herbal balm, the result of years of scientific search for an ideal healer free from the dangers and limitations of the old fatty ointments and salves. By utilizing the hidden healing virtues of Nature's storehouse of medicinal herbs, Zam-Buk opens up a new and wonderful era of healing. Every one of its rich herbal ingredients has some particular soothing, healing and antiseptic virtue. Each blends with and helps the other. Thus Zam-Buk attains a wonderfully high degree of medicinal efficiency. Zam-Buk's power of penetration is extraordinary. It goes to the root of skin trouble, killing the germs, cleansing the tissues of poison and disease. Used for injuries, it instantly stops festering and blood-poison. If there's anything wrong with your skin, smear on Zam-Buk and you will be delighted with the result. 50c. box. 5 for \$2.50. All dealers.

Send One Cent For Trial SAMPLE. If you have never tried this wonderful healer, The Zam-Buk Co., Toronto, will be glad to mail you a trial sample. Simply send 1c. stamp (for return postage) and this coupon. A. 1

THE HEALER THAT EVERYBODY NEEDS

Government Control OR Prohibition

Which Does Ontario Prefer?

The issue in the coming Referendum is a clean-cut one between total prohibition and Government Control. To make an honest decision in favor of one or the other, every man and woman in the Province should consider the effects of both.

Look on This Picture

Today the Ontario Temperance Act is being openly defied, and crime and criminals are being bred wholesale. As long as there is a demand for liquor there will be a supply, and an attempt to enforce total prohibition is merely playing into the hands of the bootleggers, who would reap a richer harvest than before. Ten illicit stills would spring up in the place of every one existing at present, the drug habit would increase amazingly and the general result would be a lowering of the standard of morality throughout the Province, an ever-growing contempt for a law which is bound to be violated, and an increasing feeling of distrust and unrest. This is not romancing, it is a picture painted from life in such countries and communities as have already adopted—and regretted—so called total prohibition.

And on This

As an alternative the Citizen's Liberty League, which stands for moderation in all things, urges the people of Ontario to make possible the enactment of a sane, safe and practicable Temperance measure under which the Government would control the sale of every bottle of liquor.

Government control respects the sanctity of the home; it replaces the bootlegger, the illicit manufacturer and the drug peddler by a responsible body of men answerable to the people; it assumes that you are a respectable citizen until you prove yourself otherwise; it places no stigma on the law-abiding man or woman of decent habits. There will be no more liquor in the Country under Government Control than under Prohibition and what there is will be pure.

The bar will remain abolished under Government Control—which has proved its efficacy as the enemy of drunkenness and the champion of True Temperance.

Vote "NO" in the coming Referendum and sign the Ontario Temperance Memorial for Government Control.

It Might Be Either. The match was between two village teams, and the spectators were getting excited, when a stranger stopped to watch the game. Every time one of the players did a bit of fancy work, the spectators would shout: "Lovely, Smith!" "Pretty, Jones!" "Bonny, Howarth!" and so on. The stranger turned to an excited spectator and asked: "Is this a football match or a beauty competition?"

Mrs. W. P. Niles, after spending the winter in Toronto, is shortly returning to "Dreamworld," her Wellington home. Mrs. Dick, Toronto, has leased Millbank Cottage at Ameliasburg, for five years. Rod Fraser has been made scout master of the boy scouts of Renfrew. Chatham Chinese have opened a club, with library and reading-room. Pearl blisters on oysters have been artificially produced by scientists.

Curtain Falls For "Al. G. Field." Columbus, Ohio, April 4.—Alfred Griffin, "Al. G. Field," famous minstrel, died at his home yesterday, his death resulting from Bright's disease. The funeral will be held here Tuesday afternoon. He was seventy-two years old. Murney Hills has sold his farm to Arthur Ellis and moved to Roblin's Mills.