Are you giving aid and comfort to the enemy?

Any householder in your neighborhood who has a garden plot, or who owns a piece of suitable vacant land that is not being put under cultivation in order to increase food production, is (though he or she may not believe it) giving aid and comfort to the enemy in restraining food production, as really as is the Submarine Commander who sinks an Allied ship laden with food. The difference is only one of degree, not of kind.

Look around you! Look around you!

If you have not yet decided to plant a vegetable garden make up your mind to do so now. You will not regret it. There is still lots of time. Potatoes and beans may be planted up to June 1st and these are the best substitutes for wheat and meat.

For good, practical advice upon how to lay out and cultivate a Vegetable Garden, write for a free copy of the booklet entitled: "A Vegetable Garden for Every Home." This has been prepared by the Ontario Department of Agriculture for the guidance of citizens who will respond to this call for increased production.

Mail This Coupon

Organization of Resources Committee, Parliament Buildings, Toronto Dear Sirs:

Please send me a copy of your booklet "A Vegetable Garden for Every Home."

Name

ORGANIZATION OF RESOURCES COMMITTEE In Co-Operation with Canada Food Board





You will be replacing your worn-out Springs and Mattresses with New. Before you do so don't fail to inspect our complete line of Springs and Mattresses.

Dining Room Sets---

---Bedroom Sets

We will be pleased to show you our large assortment of the above.

FURNITURE AT MODERATE PRICES Agent for the celebrated

WHITE SEWING MACHINE

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Capital Authorized, \$5,000,000

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Opportunity

does not come to you every day.

Neither can you count upon finding it

It is the part of wisdom to prepare for it and

be ready to grasp it when it comes.

Some capital will probably be required.

Open a savings account in the Bank of

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The greatest wheat producing areas in the world to-day are served by Canadian Northern lines. Here the incoming farmer or merchant looks for the greatest development and prosperity. Low fares, and a scenic route through New Ontario's immense forest reserve and colonization lands, add interest and enjoyment to the journey. Comfortable trains leave Toronto at 10.00 pmn. Mondays, Wednesdays and Fridays, connecting at Winnipeg for all points West. &

For information, literature, tickets and reservations, apply to GEO. L. MILLER, insurance Agent, Jarvis, Ont., or write to General Passenger Dept., 68 King Street West, Toronto.

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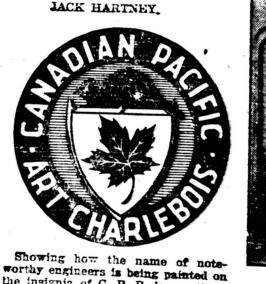
For Sale By : E. T CARTER, JARVIS

Headlights on Eastern Rails





TOM TURNER.





the insignia of C. P. R. locomotives. ART CHARLEBOIS. TO new policy undertaken of recent years by the C. P. R. has received such widespread expression of approval as that of naming passenger locometives after the engineers, who by reason of their fine service or deeds of exceptional heroism have earned special distinction at the hands of their Company. If the engineers themselves are pleased, still more so is the general public, which realizes that an admirable system has been discovered for paying due tribute to a splendid race of men who have hithertohid their lights under a bushel. The C. P. R. is displaying these names in no nigardly fashion. They are incorporated on the newly adopted insignis. of the railway—a circular band enclosing a beaver mounted shield on which is painted a Maple Leaf. The name of the engineer is shown in letters of gold upon a blue ground, while the green leaf, the white shield and the brown beaver afford a color combination exceedingly striking and effective. This insignia is painted under the windows of the engineer's cab, the most conspicuous, and at the same time most appropriate position that could

Jack Hartney, who runs the President's engine when the head of the great system leaves Montreal for the West, has such skill in starting a train that the passengers would not know it is in motion unless they looked out

Arthur Charlebois has been forty-two years in railway service, and es of a family of engineers his father, Pierre Charlebois, having been the eldest conductor in Canada when he died. The tradition is being kept up for he has a son a fireman on the C. P. R. to-day. Arthur Charlebois was one of the founders of the Brotherhood of Locomotive Engineers in Montreal. Tom Turner is well known and exceedingly popular at North Bay. He has been in railway life since 1882, when he worked with an extra gang on the Brockville, Ottawa and Canada Central Railways. In 1887 he was promoted to locomotive engineer, and in 1888 to run out of North Bay; where he is

The following is the first list of engineers on Eastern Lines who have been selected for the honor of having their names painted on a locomotive: St. Stephen-Edmundston, Jim Foster, Harry Saunders, Alec. McQuarrie.

Sewport Sub., Geo. Mago Sherbrooke Sub., Bill Shapleton. Three Rivers Sub., Harry Letter. Ste. Agathe Sub., Bill Single

Point Fortune, Art. Charlebois. St. John Sub., Cabrile Lame Chain River Sub., Mine Ches

MacTier'Sub., Jack Douglas. Brooks Sub., Hero Wilson. Gait Sub., Jack Mains. Windsor Sub., Geo. Blencoe North Bay Sub., Geo. Leach. Parry Sound Sub., Frank Reynolds. Cartier Sub., Tom Turner. Sub., Bill McAdam. eron Bay Suh., Harry West. hite River Sub., Jim Rose. a Sub., Alf. Bilbie.

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country, and can reach the Pool and B **fishing** here is the best way ity amongst trict is to me