takes away fatigue, and is absolutely

harmless, as a daily beverage - TRY

once, and you'll never forsake its use.

# FARM CONDITIONS

Keen Weather Did Some Harm to Wheat.

The following is a summary of reports made by agricultural representatives to the Ontario Department of Agriculture:

The keen weather of the past week did harm to some fall wheat and clover fields, but the extent of the injury will not be known until spring growth is more advanced. Snow flurries, however, were sufficiently frequent and heavy in most localities to

### DR. MARTEL'S PILLS FOR WOMENS AILMENTS

Thousands of women have testified in the last 25 years regarding the healing qualities of Dr. MARTELS FEMALE PILLS. A Scientifically prepared remedy for delayed and painful menetruation. Seld only in a Patented Tin-Hinge-Cover Box, ; At your Druggist, or direct by Mail, price \$2.00, Ksickerbecker Remedy Co., Ti Front St. East Toronto, Canada.

give fair protection to the young plants from the trying cold and wind. The unpropitious weather also halted the work of spring seeding.

Owing to the poor ran of sap there has not been so much maple syrup made as was expected. Prices to makers have ranged from \$2.50 to \$4 a gallon, averaging about \$3.50.

Live stock as a class are thinner than usual, but in remarkably good health generally.

Prices for dairy cows vary greatly. A number of cheese factories have started making, and are getting a considerable quantity of milk for the time of year, as a large number of cows have already freshened

Hogs are selling at from \$17 to \$19 They are not so plentiful as at this time last year. Peel estimates the number on hand in that county at about 60 per cent. of last year's sup-My. Small pigs sold in Frontenac DOES THE AIR SURROUNDING last week for \$18 a pair.

Sheep are returning to favor. Hay is scarce on some farms, but in

# **ASTHMA**

Templeton's RAZ-MAH Capsules are guaranteed to relieve ASTH MA. Don't suffer an-

Write Templetons, 142 King St. W., Toronto, for freesample. Reliable druggists sell them at \$1.04 a box.

most cases there is a sufficiency. Prices run all the way from \$25 to \$35 s ton. Straw is very scarce all over the province.

Ensilage is holding out well in most localities.

Labor is hard to secure, and prices are keeping up. Wentworth reports that from \$60 to \$75 a month is being offered married men. Ontario states that fit workers will have no difficulty in getting \$60 a month and board for quotes as high as \$100 a month for

DR. WARD

dence?

ence of 29 years in treating men and their ailments.

sense to come and get well.

79 NIAGARA SQUARE, BUFFALO, NEW YORK.

Weak and relaxed state of the body, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unrestful sleep, dark rings under eyes, loss of weight, insomnia. Dr. Ward gives you the benefit of 29 years continuous practice in the treatment of all chronic, nervous, blood and kin diseases. The shows symptoms and many others not meatinged show

diseases. The above symptoms, and many others not meationed, show plainly that something is wrong with your physical condition and that you

restore your physical condition to full manhood. Don't be a weakling aty longer. Make up your min't ic come to me and I will give the best treatment known to science—the one successful treatment based on the experi-

Dr. Ward's Methods Unrivalled, Thorough and Permanent.

Do you realize that you have only one life to live—do you realize that you are missing most of that life by ill health? A life worth living is a healthy life. Neglect of one's health has put many a man in his

thousands of victims who, for various reasons, have not had the good

backache, lumbago, rheumatism, stomach and liver trouble, acne, skin disease, catarrh, asthma, rectal troubles, piles, fistula and blood con-

OFFICE HOURS: 9 a.m. to 5 p.m. Sundays-10 a.m. to 1 p.m.

FREE CONSULTATION EXAMINATION. Before beginning treatment you must make one visit to my office for a personal physical examination. Railroad fare will be considered as part payment of fee. Canadian money accepted at full value.

79 Niagara Square, Buffalo, N. Y.

I have been telling men these things for many years but still there are

Specialist in the treatment of nervous conditions, nervous exhaustion,

Men, why suffer longer? Let me make you a vigorous man. Let me

Men. Are You in Doubt

As to your trouble? Have you some skin

eruption that is stubborn, has resisted treat-

ment? Is there a nervous condition which

does not Improve in spite of rest, dist and

medicine? Are you going down hill steadily?

ARE YOU NERVOUS and despondent, weak

and debilitated; tired mernings; no ambition

-lifeless; memory gone; easily fatigued; ex-

citable and irritable; lack of energy and confi-

system? Consult the old reliable specialists.

SYMPTOMS OF VARIOUS AILMENTS.

Is there failing power, a drain on the

first-class men, but another representative quotes rates as low as \$40 for ordinary help. Middlesex reports that some men are offering for farm work for the sake of gaining experience with a view to getting farms of their

# cook's Cotton Loot Compound.



A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$3; No. 3, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO. IOZONYO, ONT. (Formerly Windoor

Comma Once "Killed" a Bishop

A Kent (England) urban council, it is believed, has about reached the limit of "war economy" by forbidding the use of punctuatilon marks in all offictal documents, with the result that reports of its proceedings are published without even a comma. But the absence of punctuation may prove perlous. IIII 70, on the western front. was "taken" by a missing comma. Worse still, a bishop, for want of a comma, was temporarily killed. The present bishop of Bath and Wells, when he held the see of Adelaide, found what he thought was a dead sea serpent near Coffin bay, at a time when an influenza epidemic raged in that district. He was pardonably proud of the "discovery," which was wired to England in a portmanteau telegram which ran: "Influenza prevalent numerous deaths Bishops Adelaide found dead sea serpent 60 feet Coffin bay." A news agency thought the last six words a reparate message, and announced the death of the bishop.



THE EARTH MOVE IT?

This is one of the old puzzling questions which many a high school student has had to struggle with to the great amusement of the teacher who asks for the information and such other scholars who have already had the experience of trying to salve

To get at the right answer rou have merely to ask one other quastion. If the air does not revolve with the earth, why can't I go up in & balloon at New York, and stay up long enough for the earth to revolve on its axis beneath me, and come down again when the city of San Francisco appears under the balloon,

Minard's Liniment Cures Burns, Etc. FATHER AGREED

Daughter-Mother says it is bad form for me to go shopping without a chaperon. Father - She's right, my dear.

Young ladies who go shopping without a chaperon are almost sure to a season of eight months. Simcoe forget themselves and buy things. Boston Transcript.

The Specialist

# **BANANA IS NUTRITIOUS**

The old story "that I can't cat bananas, because they give me indigestion" is heard over and over again; but the main reason for this is that the average housewife serves pananas before they are ripe.

You would naturally expect all Lids of trouble if you indulged in green appies or cherries—why make the banana me exception? When bananas are ripe the outside skin is quite lark and thev

should never be eaten, especially in the raw state, until this occurs.

The banana is properly cailed the 'tood fruit," because of its high food value. It compares favorably with the white and sweet potato, baying stightly less. and sweet potato, having slightly less food value and starch and sugar content than the sweet, and more than the white potato.

FRUIT SUGAR.

When bananas are perfectly ripe they are easily digested, because the percentage of fruit sugar is then the highest and the amount of non assimilable starch is lowest. The average time for the perfect digestion of a ripe banana is one and three-quarter hours, in comparison to three and a half hours for a softpoiled egg and five hours and 20 minutes to roast perk.

To Preserve

Your Woollens

With the first of April comes the

end of winter. It is safe to put away

our costly woollen wear and blankets.

At present prices no one can afford to

cast aside a garment that can be

made of further use. Pack away ev-

erything clean. Moths prefer soiled

garments. Two things to guard

against in washing woollens are

shrinkage and stiffening. It is best

to use medium hot water and use water of the same temperature for all

rinsings. For the first water dis-

solve a tablespoonful of borax in ev-

ery twelve quarts of water. Use

neither soap nor scrub brush, but agi-

tate the woolen article in this solu-

tion. Then prepare a second water of

the same temperature in which a plen-

tiful amount of pure soap has been

dissolved. Never use soap directly on

the wool, but agitate the garments in

the suds until they are clean. Never

wring them violently in the hands or

in the clothes wringer. Squeeze the

water gently from them. Then put

them in a third water, slightly soapy

and blued. Rinse thoroughly in this

water, fold carefully and put them

through the wringer. Dry in the

shade. Washed and dried this way

the garments are sure to be soft. Blan-

kets should be stretched and folded

several times during the drying pro-

MURINE Night and Morning.

YOUR EYES Irritated, Inflamed or Granulated, use Murine

often. Seothes. Refreshes. Safe for Infant

Write for Free Eye Book. Hurine tys Remedy Ca., Chicago

Appropriate Clothing Material.

or Adult. At all Druggists and Optician

For sailors, serge.

For gardeners, lawn.

For fishermen, net.

For shoemakers, lace

For nursemaids, kid.

Cartoons Magazine.

For barbers, haircloth.

For loud dressers, crash.

For millionaires, cloth of gold.

For resentful persons, pique.

For devout persons, nun's veiling.

For residents of Camden, Trenton,

Hoboken and Weehawken, jersey.-

Minard's Limment Refleves Neuralgia

SOON OUT OF SIGHT

man.
"What makes you think so?"

(Yonkers Statesman.)

"So you think you are becoming near-ighted, do you?" said the optician. "Yes, I do," replied the tired business

"Because I can't see a dollar go near as far as I used to."

A HORRIBLE SITUATION.

Eyes. If they Tire, itch, Eyes. If they Tire, itch, Smart or Burn, if Sore,

The effect of the ripe bananas in the ntestines is valuable because it reduces lecomposition through a lactic acid fermentation and it has an antiseptic action on the products of decomposition. CHEW IT WELL!

Two other reasons for the charge of in-digestibility are inadequate chewing and the fact that the fruit is a heavy one-

# DO YOU KRON

yours breaks out again? It's because the remedies you have been using do not get to the root of the disease, but remain on the surface. Try Zam-Buk! It penetrates to the underlying tissues, destroys all germs and cures from the "root" Hence Zam-Buk cures are lasting. All dealers, 50c, box.



being no nutritious that the stomach may be overworked if it is eaten at the close of a meal, especially by children in addition to a complete ration. Make a real place for the nutritious banana when planning the menus.

Unfortunately the banana has advanced materially in price with the other food commodities and from 18 to 10 cents a dozen asked a few years ago, the fruit dealers are now getting from 40 to 50 cents per dozen. However, there is so much bedy and flavor to the fruit that of attractive dishes and combined with other less expensive ingredients.

In the following suggestions will be found recipes for preparing this food fruit to the best advantages:

IF THEY ARE BARED. Ripe bananas, quickly baked in the skins until they are soft and the juice starts to run, gives a delicious, dellicately flavored product that may be served as a vegetable. If the bananas are without their skins with the addition of lemon juice, sugar and water or a little tart jelly the dish is changed to a simple dessert.

IN FRITTER FORM. Sliced bananas dipped in batter and fried in deep hot fat will give tasty fritters and rolled in powdered sugar and ground cinnamon they are excellent. Anwith slices of sponge cake, then fill with alternate layers of fruit and cake and pour over a thick boiled custard, flavored with lemon. Chill on the ice and ornament with mounds of sweetened

whipped cream. BANANA SHORTCAKE. Banana snortcake is probably well known and the truit may also be cut in tiny pieces and mixed with either a boiled frosting or sweetened whipped cream and used as a filling for layer ing should only be added just before serving, as it is apt to render the cake

soggy if it stands. A little chopped banana should always be added to fruit salads, one banana to every cupful of the salad is a good proportion; as the flavor of the fruit should not predominate, but rather act as a body for the lighter and more acid fruits. Banana sandwiches are very hearty and go particularly well with iced coffee or tea. Chop the peeled fruit finely and for each cupful add an equal quant ity of crisp shredded lettuce, a quarter teaspoonful of salt, six pitted and chopped dates, half a tablespoonful of chopped pimentos and the same of temon Spread between lightly buttered slices of Graham bread and cut in cir-

# Tallest Britisher.

Compared with Patrick O'Connor. Albert Brough, who died a short time ago, and who, owing to his 7 feet 7 in. was reported to be the tallest man in the world, was a midget. O'Connor, who is at present in

South Africa, is said to be the biggest

man on earth. Certainly he is the tallest British subject. A veritable modern Hercules, O'-

Connor is almost eight feet high, and a person six feet six inches high can walk beneath his arms when outstretched horizontally. He has a chest measurement of 55 inches and weighs 357 pounds, while the ring which adorns the index finger of the giant's right hand is so large that a florin can pass easily through it.-London Tit-Bits.

SURPRISING HIMSELF. (Judge.)

Promoter-Do you know what would happen if we struck oil in the Friend-You'd be the most surprised man in the world.

MODERN ENGLISH.

In both eyes, in fact.

- (Baltimere American.) "I know he has cooked up something against me. "I suspected he was giving you a raw deal."

Mirard's Liniment for sale everywhere Blobbs-It's a fine thing to be able to look every man in the eye. Slobbs-



You'll promptly get it fixed. Don't be foolish and let the Lig leak continue, while stopping the small one. Our NO KNOCKS GAS SAVER will stop the big leak by saving you 25% to 35% of your gasoline, as well as considerable costs. considerable costs with It will put your car over hills on high gear, heretofore-impossible.

Can be put on any car. MADE IN CANADA.

And sold through agents, the trade,

### PRICE \$15 INSTALLED. NO KNOCKS GAS SAVERS

102 West Richmond St., Toronto Agents and dealers write for descriptive circular with testimonials and agency terms.

## Appropriate Plants.

For students, reed. for hustlers, rush. For widows, weeds. For cranks, nettle. For babies, creepers. for fortune-tellers, palms. For masseurs, rubber-plant. For vampires, poison-ivy. For misers, goldenrod. For gose ps, cat-tails. For toreadors, bull-rushes

# HOW I CURED MY RHEUMATISM

-Cartoons Magazine.

BY PETER SAVALA There found a new, safe way to get rid of theumatism. It is simple, easy—results are astonishing. It eases the pain almost instantly. It banished the terrible ache from my nerves and muscles. In seven days I threw away my crutches, In-two months I was a well man—free from the awful pain and ache—and I have not had even a twinge from rheumatism since.

This is an ancient Geeck prescription. Every doctor in Greece knows its wonderful value and prescribes it for the most obstinate case of rheumatism. I will tell you all about it FREE. I will tell you how I became crippled with rheumatism and how I got the remedy that drove this terrible agonizing ffliction right out of my body. It makes no difference how swollen or distorted your joints may be; how severe the pain; or how

your joints may be; how severe the pain; or how discouraged you are. I feel sure that I have the very means of helping you to find relief in a few days and a lasting release in just a few weeks.

Just write me personally. Say: "Tell me how you cured your rheumatism and how I may cur mine." Address your letter or post card to PETER SAYALA, 230 Craig St. West, R.

Montreal, Que.

ALL HE WAS.

(British American.) "Did your son graduate with honors?"

"No. He had good marks in all his studies, but he won no medals or letters or sweaters for athletic or oratorical

> MUST BE MISTAKE. (Schenectady Union-Star.)

sugar wasa't very genuine

# "COLD IN THE HEAD"

is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the System, cleanse the Blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh. HALL'S CATARRH MEDICINE is tak-

en internally and acts through the Blood on the Mucous Surfaces of the System.
All Druggists 75c. Testimonials free.
\$160.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not F. J. Cheney & Co., Toledo, Ohio.

COLD POP.

(Boston Transcript.)
"Do you mean to say that jack didn't take you in his arms and kiss you when you accepted him?"
"No; you see he proposed over the phone.

Minard's Liniment Cures Dandruff. A SOFT ANSWER.

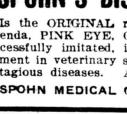
(Washington Star.) "Sometimes you talk to me as if my

Nigg—Why did you give up that job I got you as a collector?

Bigg—Why, hang it, I owed money Torkins, "do you think it is as valuable as all that?" got you as a collector?

Bigg—Why, hang it, I owed money to nearly all the men I was can be displayed. As all the





# SPOHN'S DISTEMPER COMPOUND

cessfully imitated, it represents the highest attain- cold water and press the rice into ment in veterinary science for the treatment of con- them. If vanilla is used, add it when tagious diseases. At all drug stores.

SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

# At Your Service Wherever You Live.

The woman in town, or country, has the same advantage as her sister in the city in expert advice from the best-known firm of Cleaners and Dyers in Canada. Parcels from the country sent by mail

or express receive the same careful attention as work delivered personal-

# Cleaning and Dyeing Clothing or Household Fabrics

For years, the name of "Parker's" has signified perfection in this work of making old things look like new. whether personal garments of even the most fragile material, or lousehold curtains, draperies, rugs, etc.

Write to us for further particulars-or send your parcels direct to

Parker's

Dye Works Limited

Cleaners & Dyers Toronto

UNDERWEAR AND HOSIERY DEPTS.

Guaranteed wage to learners. Saturdays off in July and Aug. Cafeteria with meals at cost. Clean, healthy work. Steady employment. Good wages.

Write for further information ZIMMERMAN RELIANCE, Limited HAMILTON, ONT.

ISSUE NO. 18. 1920

# FARMS FOR SALE

70 ACRES—CHOICE FRUIT FARM, adjoining Beamsville, a money making proposition, offered at a sacrifice as a going concern and showing a satisfactory dividend over cost of operation.

Will exchange for satisfactory real Will exchange for satisfactory real estate. J. D. Biggar, 205 Clyde Block, Hamilton, Ont. (Regent 934).

F OR SALE—IN FERTILE RAINY River district, Ontario: 170 acres, 40 cleared, with house, \$2,000; 160 acres, light wooded, \$800. John Bryce, 821 Chestnut, Erie, Pennsylvania.

148 ACRES, WELLINGTON COUN-ty, 335 per acre, choice clay loam, 10 acres hardwood bush, well drained and n a high state of cultivation, no waste land, good water supply, convenient to town, school and church, rural mail and telephone, good read. The buildings are nearly new and valued last year at \$5,000 by Fire Insurance valuator. This farm has never had a crop failure and is second to rone for producing grain or hay. Terms reasonable. Box 9, Moorefield.

# HELP WANTED

WANTED

F IRSTCLASS KNITTER, ienced on Dubiod Flat Fashioning Machine. Good wages paid to capable

man. Best working conditions in daylight mill. Mercury Mills, Ltd., Hamilton, PROPERTIES FOR SALE.

ACTORIES IN OSHAWA. SOLID brick building, one storey, 40 ft by 80 ft.; also two other frame buildings in connection. Also a two storey brick factory having 20,000 sq. feet floor space all well equipped. Both these factories are well located and can be bought right. Full particulars given and prices quoted upon application to Bradley Bros., Oshawa, Ontario.

F OR SALE-FLOUR MILL UP TO date. Water power; also a quantity good split pulleys. Wheelock engine. A Shaw, Hawkestone, Ont.

"Sugar and oriental rugs valued at \$400 were stolen."—News item. Must be a mistake somewhere. Either the Nearest town to Radium Discovery. Prospects of big boom. Ideal tourist resort, also store with some stock. Address Box 27, Kearney, Ont.

# BUSINESS CHANCES

OR SALE-GROCERY STORE AND roperty, splendid stand, three thousand to handle, balance easy terms, fine targe parn and building lot. App'y owner, C. R. Bonham, Weston, Ont.

# MISCELLANEOUS

BUY YOUR-OUT-OF-TOWN SUPPLIES with Dominion Express Money Or-der. Five dollars costs three cents.

OR SALE-100 AUTO TIRES 30x34 Goodyear A. W. Nonskids. \$19.75.
Save money. Act quick. Model Tire Co., 26 Dundas street west, Toronto, Ont.

# A PUDDING FOR KIDDIES.

# Of Rice, It is Nice When Eaten With Stewed Fruit.

One-half pound of rice, one quart of boiling water, or half milk and water, half a teaspoonful of salt, vanilla essence, or a strip of lemon rind. Wash the rice is two or three waters. Put the water salt into a pan, bring to the boil; sprinkle in the rice, add the lemon peel and cook gently over a slow fire until the rice has absorbed all the the rice is cooked.

Turn them out onto a dish and pour round custard made of jam sauce. These are nice eaten with stewed fruit. Can be eaten hot or cold.

If the rice is not stirred often while cooking, it may stick to the bottom of the pan and burn. It is best to cook it in a double saucepan, or in a jar sainding in a saucepan of boiling water.

BANANA MOUSSE.

This is a very easily made frozen dessert. Peel and press three ripe bananas through a sieve. Flavor with a teaspoonful of lemon juice, add three tablespoonfule of maraschine cordial and half a cupful of chopped drained cherries and half a pint of chilled double cream whipped selfd. Sweeten to taste with powdered sugar and turn into an ornamental mold. Have the mold water tight and bury in ice and rock salt for four hours before serving.



SINN FEI ARE RI AND STI

Irish Labor Great Vict Gove

DUE TO I Troops Fire derry Crow

Office

Dublin cable sa speculation regard Government 6 sud toward the Sinn two hours after ? compromising spe

Public rumor a to the influence of who has just tak Commander-in-ci Ireland. He is said to making military more efficient a than heretofore.

to start with dea Mount Joy. Oublin cable: ger-striking prise eased, apparent and as a result ered off.

The Lord May Lord French at t when a hitch ar through a stipul oners must retur on their recover turn that the pr leased uncondition The prisoners cept the stipula that it was a r

"cat-and-mouse" The release of nounced at 5 o'cl is regarded as for the hunger-si general strike. early that Viscon moned the Lord was then only a It is not defin terms are, and may be contrad

garding them. however, had no won, and immed strike, to the gr Earlier it was that it was not all the hunger-s Prison unconditi order has been quiring medical prison will be r periods to be sp

each individual After only fou been removed fr the Government conditions perta ceration of the hospital treatme The priconer terms. When a

there would be departure from t ger-strikers, the visited the Vice view to having The Prisons E ordered that hen fence of the 1 should receive : from the date their trial for a

The visit to I

Thomas, Genera tional Union of bor member of is regarded as h in the decision to have been n strike in Englar case, Mr. from a window tive offices thi the action call streets to-day

were no tanas

at the jail, and ricades had bee Volunteers assu taining order o were implici ly The released ter Misericordia prison staffs at Mount Joy WE ment of them was uncomfort indignant at t them by the plied that certa

desert their co tude was, "all The strike w If funerale wer and the chief to proceed; ...! eral corteges w indication of the regarding the political bias from Chief P. roy for clement men at grips

station to-de wounded by ri The crowds scene, but the

DONDE Belfast cable ball cartridges crowds gathere

bled with the the arrival of Armed police v threatening th soldiers, who w armored, car, w to make a bay The military fusiliade