

# TO IDEAL

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## R An Ounce of Prevention Cleanliness and Carefulness ad lib. to be taken regularly in large doses

**T**HIS is the most potent prescription for fire-itis. An epidemic that is destroying thousands of lives and millions of dollars' worth of property throughout the country.

Care and Cleanliness are the antidote for fire as well as the antidote for disease.

Eighty per cent. of the fire disease is preventable.

During the first week of May the boys and girls of the Province are going to inspect our homes, where two out of every three fires occur. Help this splendid army of young Canadians to PREVENT FIRES BY REMOVING THE CAUSE

The booklets, "Conservation of Life and Property from Fire" and "Lightning, Its Origin and Control," may be had for the asking.

### ONTARIO FIRE PREVENTION LEAGUE, INC.

In Affiliation with Ontario Fire Marshal's Office  
153 University Avenue Toronto  
GEORGE F. LEWIS, Secretary.

## The Sunday School Lesson

Lesson V. May 1.  
BIBLE TEACHINGS ABOUT EDUCATION.

Lesson—Deut. 6: 4-9; Prov. 3: 12-18; Luke 2: 40-52. Printed Text—Deut. 6: 4-9; Prov. 3: 12-18; Luke 2: 52. Golden Text—"Wisdom is the principal thing; therefore get wisdom"—Prov. 4: 7.

### The Lesson Text.

Deut. 6: 4 Hear, O Israel; Jehovah our God is one Jehovah:

5 and thou shalt love Jehovah thy God with all thy heart, and with all thy soul, and with all thy might.

6 And these words, which I command thee this day, shall be upon thy heart;

7 and thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thy house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

8 And thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes.

9 And thou shalt write them upon the door-posts of thy house, and upon thy gates.

Prov. 3: 13 Happy is the man that findeth wisdom.

And the man that getteth understanding.

14 For the gaining of it is better than the gaining of silver.

And the profit thereof than fine gold.

15 She is more precious than rubies: And none of the things thou canst desire are to be compared unto her.

16 Length of days is in her right hand;

In her left hand are riches and honor.

17 Her ways are ways of pleasantness, And all her paths are peace.

18 She is a tree of life to them that lay hold upon her:

And happy is every one that retaineth her.

Luke 2: 52 And Jesus advanced in wisdom and stature, and in favor with God and men.

### Comments.

Deut. 6: 4. This part of our lesson is from a discourse delivered by Moses to a people in the plains of Moab, when, by the direction of Jehovah, he was seeking to educate them in the high principles of self-government and pure religion. The basis of this instruction was an acknowledgment of the oneness of God.

Verse 5. This is the verse quoted in Matt. 22: 37 as the first and great commandment. The real worth of all education depends upon the way those who seek education look upon God and their fellow-men.

Verse 6. May of the people were dead to whom the Ten Command-

ments had been given at Sinai. This was a fresh issuance of the orders of Jehovah and a refinement of the original commands.

Verses 7-9. To teach religion to parents requires parental reverence, devotion and sincerity. Parents can not teach in the home precepts that they do not practice. There are today hundreds of good books available to parents showing them how religious truth may be taught. In spite of our much talk about religious education, there is a steady decline of religion in the home.

Prov. 3: 13. No one object in life is so all-absorbing as the pursuit of happiness. The author of Proverbs shows that it consists in finding wisdom and getting understanding.

Verse 14. Wisdom is better than silver because it embraces more. There are things that are more precious than gold: freedom, friendship and love, for instance.

Verse 15. Wisdom is spiritual wealth and nothing material can be compared to things spiritual.

Verse 16. Wisdom would banish the sins and most of the suffering of mankind. Wisdom would bestow the only riches worthy of the name.

Verse 17. People blindly imagine that the ways of sin are pleasant, and that the paths of selfishness bring satisfaction, when the truth is that right conduct brings joy unalloyed and unselfish living produces permanent content.

Verse 1-8. Emphasis upon education is right, but it must also be right emphasis. The present-day tendency is to intellectualize without properly spiritualizing. See to it that religious education is religious.

Luke 2: 52. Here the summit of human perfection education is described in the process of the growth of Jesus our Lord. He advanced in wisdom. This means that he grew morally and intellectually in harmony with the eternal principles of truth and righteousness. His mind acquired poise and power.

### Illustrated Truth.

No power on earth can give a man an education, but the world is full of opportunities for him to get one for himself (Prov. 3: 13).

Illustration.—Education means a drawing out of the powers within us, but we have somehow confused education with cramming. A young woman was in the habit of going over her lessons aloud while she went about her work. Among other things she committed to memory the names of the Presidents of the United States. One day the parrot that was kept in the kitchen astonished every one by repeating the names of the Presidents. After this Polly repeated the performance very often. It was noted that she never made a mistake. No wonder! What she was saying meant nothing to her, and she knew one way of repeating it.

Topics for Research and Discussion. I. Teach the Word of God (Deut. 6: 4-9). 1. From what is the first part of this lesson taken? 2. What was Moses trying to teach the children of Israel? 3. What great single fact was he aiming to impress? 4. Where in the New Testament is the language of verse 5 quoted? 5. What is the supreme test of all true education?

II. The Word Brings Happiness and Honor (Prov. 3: 12-18). 6. What is the one absorbing pursuit in human life? 7. Give your own definition of true happiness.

III. The Word Develops the Fourfold Life (Luke 2: 52). 8. In what sense does this passage describe full-orbed education?

## ADVICE TO GIRLS

BY MISS ROSALIND

Registered According to the Copyright Act.

Miss Rosalind welcomes letters from young women asking for advice on any subject. All you have to do is to address your letter to

MISS ROSALIND,

34 King William St., Hamilton, Ont.

Perplexed Lonely One—It is possible that girls your own age are a bit afraid of your mature manner. Try to win one of the younger girls as a friend by forgetting yourself and becoming really interested in her. The others will follow.

Sweetheart—You should keep with the crowd for a few years yet.

Dimples—Why not keep both friends? You can have two or more just as easily as one.

Dear Pops—You will have to get some friends to help you. Somebody who knows the young man and will arrange to have you meet him and improve your acquaintance.

Dear Teddy—Always consider the color of your eyes when choosing dress colors. I think I understand. Your feelings regarding the new neighbors. Be considerate and kindly, but you do not need to be intimate. It may surprise you to discover a real friend though if you are patient and tasteful.

Dear Dolly—Don't bother with any "steady." Just be happy having a good time with the crowd. It is correct to ask a boy to call. If you have enjoyed a dance or skate, say so, but don't be gushingly grateful; for the boy should appreciate the pleasure you have given him.

Dear Quartette—It would be permissible to write after reasonable time to see if the letter had miscarried. I do not see why a boy friend should not have a snap shot, the same as a girl friend.

If a girl's parents object to her having a boy friend walk home with her, the easiest explanation is the truth.

I would suggest that the girl refuse laughingly to allow one boy to always claim the honor of escorting her home.

There are so many pretty ways for fifteen and sixteen-year-olds to dress the hair, it seems a pity to do it "up" before one is eighteen.

Dear Lover One—If the young man is in a good financial position and your parents agree, I think you are quite old enough to marry, since you have been engaged nearly two years.

Dear Gypsy Girl—I wish some of the loneliest would take your example—to chochet, knit, bake, sew and read and I am sure they, too, would find themselves never lonesome.

Answer the boy's letter. Tell your grandmother you are doing so. Begin by saying Dear Jack and close—yours sincerely. You cannot visit his home, unless his mother invites you to; and she is not likely to do that, unless you are engaged to him.

Dear Peggy—Get a friend to introduce you. After that when you meet on the street, bow and smile. Further friendship depends on how you like each other.

Dear Anxiety—When this boy comes to your house accept his call as to the family, show him that you have no intention of considering his attentions for you specially. If necessary, tell him you want a host of friends but no special.

Four Perplexed Sisters—The young man must be wonder to win such devotion from all four of you. Since he cannot marry you all, I would suggest that you accept him as brother, adviser and general escort to four devoted sisters.

Dear Sunshine—Thank you for the nice remarks about our letters. I am not sure that this list is right, but as I remember it the first year is paper; 5 years, wood; 10 years, tin; 15 years, glass; 20 years, linen; 25 years silver, and 50 gold.

Dear Leone—Since you are not engaged, it seems a pity to miss the jolly times of the crowd. I think you should mix with the bunch more, since even if you do become engaged it will be years before your druggist is in a position to marry.

Dear Pollyanna—I never consider questions foolish. I believe in all my readers. If they have faith enough in me to write, I have faith enough in their sincerity to answer. I particularly like to hear from girls who are away from home—so you see you are very welcome.

After a dance or a skate, say you enjoyed it, if you did. When asked for a dance or a skate, say yes, with pleasure. When you are introduced to a girl, say, How do you do, Miss Blank. To a man, bow and smile and say, How do you do, Mr. Blank. It is not necessary to shake hands and never say pleased to meet you.

It is not good form to sit in the dark with a girl.

You do not kiss a man friend until you are engaged to him.

If your landlady has no objection, it is alright to have your escort come in for a few minutes. He should never stay after ten-thirty.

Give him your picture. Not an expensive one, just a snap.

make the other person happy and forget about Spotty.

Dear Troubled One—Try to keep both boys as friends. Tell them as you have told me that you just want a good time and some good friends to play with. Time will tell you, which you will care for seriously.

Dear Puzzled—I am really glad to get letters like yours, and I will gladly answer you any time. You cannot become acquainted with that girl in the next town unless some kind friend introduces you and helps on the good work.

A man asks a girl if he may call. Although there is no set rule about this. Sometimes it happens to be easier for the girl to invite him to do so.

Ask the girl if she has accepted any escort for going home. If she says No. Say, Then may I have the pleasure of taking you home or words to that effect. If she says she has already made arrangements. Just smile and say you are sorry, but hope for better luck next time.

Conversations usually suggest their own topics. Keep them general: books, shows, well-known people and so on.

Dear Gogey—I don't think you are too young for boy friends. But you are much too young for any foolish nonsense about love affairs. Better talk it over with mother and do as she wishes.

Dear Monty—I enjoyed your letter. It made me homesick for a gallop over the prairie. I never was long enough in the mountains to learn to ride straight up them; but I sure did have some good times on a Saskatchewan broncho. Tell the boy that you need a lot of friends, but have no use at all for lovers. If he can be sensible, all right. Send your name and address on a stamped envelope and I'll send you some easterner names.

ROSALIND.

## HOW RHEUMATISM CAN BE OVERCOME

NOT BY RUBBING, BUT BY ENRICHING THE BLOOD.

Rheumatism is a disorder of the blood. It attacks people when the blood is overcharged with acid and impurities, thus setting up inflammation in the muscles and joints. Wet weather or cold weather may start the tortures of rheumatism, but it is not the cause. The cause is in the blood. Victims of this malady have every reason to fear the first dull ache in the limbs and joints, followed by sharp pains through the flesh and muscles; these are the symptoms of poison in the blood, which will shortly leave the victim pain-racked and helpless. Liniments, hot applications and rubbing may give temporary ease, but cannot possibly root the trouble out of the system. That can only be done by enriching the blood. This new blood drives out the poisonous impurities, and the rheumatism disappears. If you are a sufferer from this painful malady, begin the use of Dr. Williams' Pink Pills and see how soon the pains and stiffness of the joints fade away. Among those who have benefited by the use of these pills is Mr. Freeman Irving, Baxter Harbor, N. S., who says: "Some time ago my blood was in a terrible condition, leaving me very much run down, and with boils breaking out on my body. To add to my misery rheumatism set in, and I not only suffered greatly from the pain, but could only get around with the greatest difficulty. After trying several medicines without much success, I decided to give Dr. Williams' Pink Pills a trial, as they had been warmly recommended to me. I think I used nine boxes altogether, but the results met my every expectation, as both the boils and the rheumatism disappeared. Naturally I feel that I cannot praise the pills too highly."

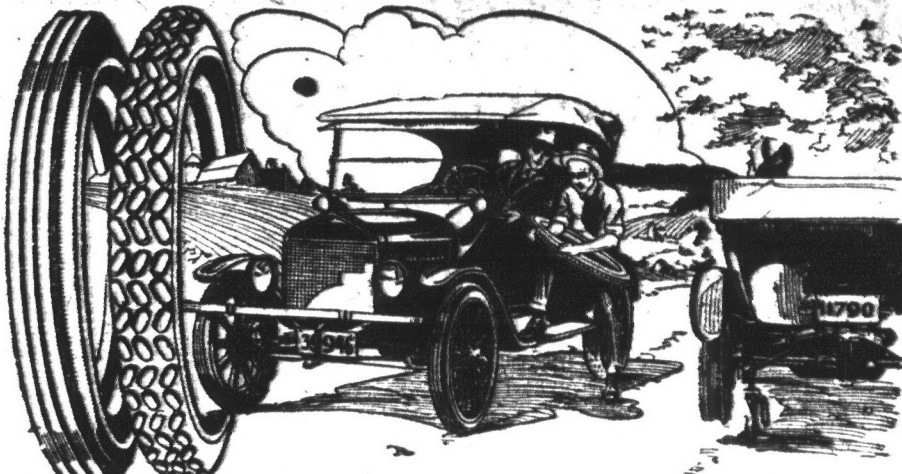
You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50¢ a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The work of Sir Charles Parsons has halved the cost of producing electric power and reduced in still greater proportion the capital cost of engineering machinery. He perfected the steam turbine and was recently awarded the Franklin Medal.

## What One of the Best Known Travellers in Canada Says.

"Now I am going to give you an unsolicited testimonial, as they say in the patent medicine advertising contempt for patent medicines, particularly so-called liniments. Perhaps this is due to the reason that I have been blessed with a sturdy constitution, and have never been ill a day in my life. One day last fall after a hard day's tramp in the stush of Montreal, I developed a severe pain in my legs and of course like a man who has never had anything wrong with him physically I complained rather boisterously. The good little wife says: 'I will rub them with some liniment. I have.' 'Go ahead,' I said, just to humor her. 'Well, in she comes with a bottle of MENARD'S LINIMENT and gets busy. Believe me the pain disappeared a few minutes after, and you can tell the world I said so.'"

(Signed) FRANK E. JOHNS, Montreal.



"The second blow-out in a week! Why don't you get good tires?"

## DOMINION TIRES ARE GOOD TIRES

DOMINION TIRES are the same quality, no matter what the size. DOMINION "NOBBY TREAD" 30 x 3 1/2 Tires for Ford, Chevrolet, Gray Dorr, Overland and other light cars are the same design, same material, same construction as the big "NOBBY TREADS" for Pierce-Arrows and Packards. You get the mileage when you ride on "DOMINION TIRES".

There are Dominion Tires for every car and every purpose—DOMINION INNER TUBES, too—and a complete line of DOMINION TIRE ACCESSORIES.

Sold by the best dealers from coast to coast.



## ASPARAGUS POSSIBLE FOR EVERY GARDEN

Most people relish the flavor of asparagus and it is considered more or less as a rare or dainty vegetable, largely because so few people grow it. For the home garden few vegetables provide such an excellent supplement for the table, while for the commercial market garden there are few crops that can be made more profitable.

The best way to start a bed is probably to get good strong one-year-old plants and set them in rows about two feet and a half by five feet apart. Healthy, stocky plants only should be used, and all weakly, spindly ones discarded. It is also possible to start the bed from seed, or to buy two or three-year-old crowns, but the one-year-old plants are probably best.

If starting from seed, about one ounce of seed is required for 100 feet of row. Not a large patch is required to supply the average family, because asparagus should be cut every day throughout the cutting season.

Any rich, sandy loam garden soil in good condition will be satisfactory for asparagus, but it should not be planted on stony or gravelly soil. Worn-out soils are not satisfactory, as asparagus is a gross feeder and requires a soil in good heart and well supplied with manure. Many vegetable growers annually apply from 25 to 50 tons of first-class manure per acre to this crop immediately after the cutting season is over. Manure is applied at this time because this is the time that the plant begins to store up plant food and prepare the shoots for the crop and following spring. On small plots the manure should be applied three or four inches deep. In the spring a light sprinkling of nitrate of soda will hasten the crop along.

Thorough preparation should precede planting in the spring, and after the soil is prepared a V-shaped furrow should be made six or eight inches deep. If more than one is required a distance of five feet between furrows should be allowed to permit of easy cultivation and to provide for the spreading of the roots. The plants can then be set and earth drawn around them, leaving the remainder of the furrow to be filled in by subsequent cultivation. If crowns are used they should be set eight or 10 inches deep and covered with three or four inches of earth, which should be firmly tramped down. Planting may be done as soon in the spring as danger from severe frosts is over. During the following summer weeds should be kept down by frequent hoeing and scuffling. In old patches that are four or five years old and scuffling should be used as long as the tops will permit during the summer while in early spring the land should be disked lightly as soon as it is fit. After the cutting season is over a thorough disking should be given to a depth of three or four inches so that the soil will be loosened and the heavy coat of manure well worked into the soil.

Nearly everyone knows that the part of the asparagus plant that is eaten in the part that appears above ground in early spring. These shoots, which are very tender, are cut off below the ground about an inch and a half by means of a long knife. Each stalk or shoot should be cut separately, of course, and it is best to hold the knife close to the shoot, so as to make a long, sloping

cut. This is advisable in order that young sprouts that have not yet appeared above the ground may not be injured. Only those shoots that are above the ground six inches should be cut.

## IT WORKS WONDERS ON COLDS, CATARRH BRONCHITIS, WEAK THROAT

When your throat rattles, your lungs and chest are sore, your throat is stuffed with cold—don't fear consumption—use Catarrhoxone and get well. It clears the throat, stops hacking, relieves tight chest and soreness in the bronchial tubes. To clear away Catarrh of the nose nothing could be better. Catarrhoxone is Nature's own remedy—it heals and soothes—removes every form of throat, lung and bronchial trouble. Prescribed by many specialists and used by thousands every day. Get the dollar outfit; it lasts two months. Small size, 50¢; trial size 25¢; at all dealers or the Catarrhoxone Co., Montreal.

## STILL YOUNG.

The quest of youth has often been made by learned men without success; Yet, when grandmother is arrayed, From head to foot in modish dress, To see the way she trips along With nothing much upon her mind, You'd think—maybe not be wrong— She hasn't left girlhood behind.

## UNFIT TO LIVE—MUST DIE

This verdict is rendered a thousand times every week—no corn can live, it must pass out, drop off, if Putnam's Extractor is applied to corns and warts. Use the old reliable "Putnam's" it never fails, 25¢ at all dealers.

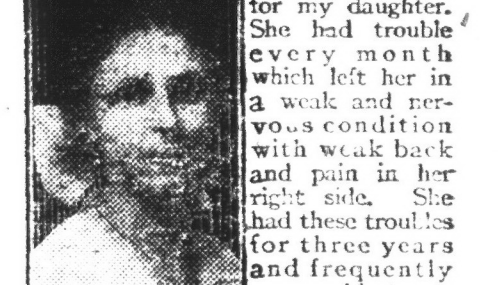
A solder that expands on cooling may be made of six parts lead, one part bismuth and nine parts antimony by weight. The solder is very useful in fixing metals in stone or for filling cracks or holes.

Peevish, pale, restless, and sickly children owe their condition to worms. Mother Graves' Worm Exterminator will relieve them and restore health.

## TOO ILL TO GO TO SCHOOL

Mother Tells how Daughter was Made Well by Lydia E. Pinkham's Vegetable Compound

Cobourg, Ont.—"Lydia E. Pinkham's Vegetable Compound was recommended to me for my daughter. She had trouble every month which left her in a weak and nervous condition with weak back and pain in her right side. She had these troubles for three years and frequently was unable to attend school. She has become regular and feels much better since she began taking the Vegetable Compound and attending school regularly. She is gaining steadily and I have no hesitancy in recommending Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine."—MRS. JOHNS TOWNS, Ball St., Cobourg, Ont.



Standing all day, or sitting in cramped positions, young girls contract deranged conditions, and develop headaches, backache, irregularities, nervousness and bearing-down pains, all of which are symptoms of woman's ills. Every mother who has a daughter suffering from such symptoms should give Lydia E. Pinkham's Vegetable Compound a fair trial.