

A Sun Subscription Offer

The next three months will be months of absorbing interest to the electors of Ontario. Never before in the history of the Province was there so much political confusion and uncertainty as there is to-day; never before was it so necessary that electors should understand the point of view of those with whom they differ.

"The Farmers' Sun" during the coming campaign will endeavor to give its readers a full and impartial record of events and to those who hold to the principles it supports, as well as those who may support other principles but who wish to be well informed, it offers a special subscription opportunity. The Sun will be sent to any address in Ontario for three months for fifty cents, or six months for one dollar. You may send your subscription by Postal Note or Express Order to the Sun Office, or through the courtesy of your local paper.

The Farmers' Sun
109 GEORGE ST.
TORONTO

HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

What is taught in Public Health Education is important. Too often there is a tendency to emphasize the value of physical fitness, and neglect the equally important question of mental and social fitness. Health is not alone a question of physical fitness by any means. Our mental attitude, our viewpoint towards our fellows and towards life in general, have much to do with our condition of health. Attitudes towards life, health and happiness.

I well remember an instance of a young man calling to see me. His health was broken, he could not sleep and he suffered from indigestion. I inquired about his condition and especially about the cause of his worried and unhappy viewpoint. It was this. He had been for a couple of years, secretary of a church club in which he was keenly interested. His work as secretary was not paid for, but he did not want any pay. However, the members of his club felt that it was too much of an imposition to ask this young man to carry on his duties when a third year without relief, so thinking it would be regarded in the right spirit, they appointed a new man to fill his place as secretary. This was the cause of his collapse. I reasoned with him and told him his viewpoint was wrong, that he had been deceived as to the motive for replacing him, and that the club's action was in no way a slight, but rather an appreciation of what he had already done for them. At last he agreed that he might have taken the wrong viewpoint and promised to act accordingly. He did so and completely recovered his health and appetite. The following year he was reappointed to the position that he had resigned last year.

This is just an example, but it is one from real life. There are many such, and they prove beyond a doubt

Bishop Doane's Tribute to His Dog.

I am quite sure he thinks I am God. Since he is God on whom each one depends
For life and all things that his bounty sends.

My dear, old dog, most constant of all friends,
Not quick to mind, but quicker far than I,
To Him whom God I know and own,
His eye

Deep brown and liquid watches for my nod,
He is more patient underneath the rod
Than I, when God His wise corrections send.

He looks deep love at me, deep as words e'er spake,
And from me crumb or sup will take;
But he doth thank with his most vocal tail.

And when some crashing noise wakes all his fear,
He is content and quiet if I am near,
Secure that my protection will prevail.

So faithful, mindful, thankful, trueful he,
Tells me what I unto my God should be.

A Prayer.

We give here a part of the prayer written by that fine soul, Walter Rauschenbusch. A friend sends it to us who heard it read at a morning service in a hotel:

"Enlarge within us the sense of fellowship with all the living things, our little brothers, to whom thou hast given this earth as their home in common with us. We remember with shame that in the past we have exercised the high dominion of man with our ruthless cruelty, so that the voice of the Earth, which should have gone up to Thee in song, has been a groan of travail. May we realize that they live, not for us alone, but for themselves, and for Thee, and that they love and the sweetness of life even as we, and serve Thee in their place better than we in ours."

Seeking the Light.

A parish church was being beautified with a stained-glass window. The old sexton was watching the work. The rector, seeing him thus intent, remarked:

"Well, John, and what is your opinion of the window?"

"Well," was the reply, "in my opinion they might have been content with the glass as God made it."

Puvisize Ground.

Two sets of plows that revolve in opposite directions feature a motor-driven machine being tested in Porto Rico for pulverizing the ground for sugar cane planting to a depth of twenty inches.

Hotpoint

THE whole body is relieved, the ironing is done fast more quickly, and the end of your ironing finds you with undired arms and wrists, if you iron this

It Rests the Wrist

It is made in Canada by Canadian General Electric Co., Limited, Toronto.

SMART'S MOWERS

Easy running Mowers that cut with razor-like blades. A Smart's Mower will keep your lawn trim and smooth. Thoroughly reliable, absolutely guaranteed. At your local hardware store.

JAMES SMART MOWER CO. TORONTO

MINARD'S LINIMENT

For rheumatism, bruises, strains, chest cuts

ISSUE No. 17-23.

"Too Busy."

The quest of convenient excuses will go on when every other search in the world—even the hunt for gold—has lost its lure. One of the readiest and easiest allegations, as the cause of a refusal, is the laconic phrase, "Too busy." It deserves by this time to be long speech, and still it manages to pass for its face value, even among the sophisticated. Those who use it least are the busiest; those who resort to it oftener are likely to be dilettanti or poor managers of their time. So that it is a very common saying that if we want to get something done, we must go to the busy people. They have been obliged to form a habit of getting things out of the way, of putting their hours behind them one by one and pressing forward, without the retrospect of a lot of an Orpheus that would spoil everything.

"Too busy." Those two words have been the little stiletto assassins of high resolve and empires. A beautiful plan has leaped in with a light-heeled agility at some open window of the mind. Our stern resistance has met it at the very sill, and it has perished before it has had time to cry out or defend. "Too busy" can knock the head all the plans that "too poor" leaves alive and moving. It is supposed to be the final and crushing retort to any one who asks us to do anything.

The value of a human life to a human world is determined by the business it chooses. Some people are so just occupied in a restless migration from place to place that they never halt anywhere long enough to acquire any solid information, to form a deep and lasting friendship, to solidify either a stepping-stone to a solid success of any kind, or to the cornerstone in the foundation of a character. What they call a business is to keep themselves thrillingly amused. It is easy to become so fettered and hampered by the trivial things—many minute threads—a combining to tie us down as certainly as any two strong cables—that we cannot break away from them to the real values, that for the soul's own good we need. "Getting and spending we lay waste our powers." We have and we have not. We slaver, and the profit has been staved the spirit. The fad, but we starved the spirit. The fad, but we starved the spirit. The fad, but we starved the spirit. The fad, but we starved the spirit.

Canada's Fur Production.

The value of fur production in the past year shows a substantial increase over that of the previous one, though a decline from the banner year of 1919-20. The total value of the pelts of fur-bearing animals taken in Canada last season was \$16,458,821, an increase over the previous season of \$6,307,027, or 62 per cent. The number of pelts of all kinds taken was 4,321,739, an increase of 47 per cent. over 1920-21. These figures comprise the pelts of animals taken by trappers and those of ranch-bred animals.

BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first equal test in keeping children well. The Tablets are a combination of two laxatives which regulate the bowels, sweeten the stomach, thus driving out constipation and indigestion, colds and simple fevers and making teething easier. Concerning them, Mrs. Saluste Peller, St. Dumas, Que., writes: "I have used Baby's Own Tablets for the past ten years, and am never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Drop Too Much.

"What weather! The thermometer acts like it's drunk!"
"Yes; often takes a drop too much."

Unique Band Saw.

There is in use an ingenious sort of band saw for coarse work, such as felling trees and sawing stove wood. The saw, instead of being a continuous ribbon like blade, is made up of links like those of the driving chain of a bicycle. On their outer side they have teeth of extremely hard steel. The endless chain is supported on four ball-bearing sprockets, wheels mounted in a light metal frame. A five-horse-power benzine motor drives it.

Grass.

So the days pass,
So the greens pass;
Until at last
The fruit is cast.

But fruit, that fades
Into the earth,
By a new birth
Gives greener blades.

That is our round:
Morning and even
Laying to ground,
Piercing to heaven.

—Edmond X. Kapp.

COLDS

In Head, Throat or Chest yield quickly to the effect of Minard's.

MINARD'S LINIMENT

"KING OF PAIN"

PALE FACES AND WORN OUT NERVES

Due Solely to Weak, Watery Blood—A Tonic is Needed.

Anemia—Herald of impoverished blood—comes on so stealthily that it is often well advanced before its presence is recognized. Feelings of fatigue and discomfort are the earliest manifestations of taken seriously. These are seldom taken seriously. Gradually small tasks become an effort and exertion causes the heart to palpitate violently. The complexion becomes sallow or pale and there is loss of weight. The nerves grow weak and slight provocation and is extremely sensitive to noise. The appetite is feeble and indigestion often follows.

A condition of anemia calls for a tonic, one that will enrich the blood and strengthen the nerves, and for Dr. Williams' Pink Pills. These pills are necessary to give strength to the nerves, color to the cheeks, and nourishment to starved organs and tissues. Miss Margaret J. Fraser, R.R. 2, Thebes, Ont., has proved the value of this treatment. She says: "I was very pale and weak. My blood was poor and I was very nervous. I lost my appetite, my feet and ankles were swollen and I was in a very miserable condition. A friend advised me to try Dr. Williams' Pink Pills and I got two boxes, and found before they were finished that they were helping me. I continued the pills until I had taken a half dozen boxes, with the result that I am now enjoying the best health, all symptoms having disappeared. I feel confident that what Dr. Williams' Pink Pills did for me they will do for others, if given a fair trial." You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Raisin Day in Fresno.

A gigantic parade eight miles long inaugurated the fifteenth annual Raisin Day Celebration at Fresno, April 29. Nearly every community, civic and military organization in the raisin district was represented in the parade. The unusual floats cost over \$60,000. Many handsome trophies were for the best floats and marching delegations. One division of this monstrous parade was the 1923 Raisin Pageant "From the Garden of Eden to the Garden of the Sun." It was said that not even the great parades of the New Orleans Mardi Gras, or the Pasadena Tournament of Raisin Day surpassed the grandeur of Raisin Day pageant.

The pageant parade in the morning was only the beginning of a big day. In the afternoon the annual Raisin Day automobile race thrilled the crowds at Fresno speedway. This annual speedway classic brings to Fresno the world's most famous racing drivers. Approximately \$20,000 was given in prizes.

Victory.

We learned to love the common good. To live serene, strive upwards, In high communion with dream-voices. Yet were we self-restrained And reverent of law. Wide fame we scored, Since self-respect is better Than the far repute Of undecorating and misjudging men. Our higher Self had conquered self; We loved, we loved, And life was victory.

—Albert Durrant Watson.

Home Garden Collection

Half pound 10¢, half pound Peas, half pound Wax Beans and 12 assorted packages Vegetable Seeds. These all tested stocks. Write for catalogue and our attractive literature today.

C. E. BISHOP & SON
Bellefontaine, Ont.

Sphagnum Moss

We Offer the Nursery Trade
Two thousand half inch grade Sphagnum Moss in original 25 lb. bags at \$1.25 per bag.

We also carry large stocks of
K. L. All
Insecticides and
Fertilizers
Plant Pills

DALE ESTATE, Ltd.
GREENHOUSES, BRAMPTON

Black Knight Stove Polish

Will not rub off. Easy to use.

MINARD'S LINIMENT

For rheumatism, bruises, strains, chest cuts

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EASY TRICKS Turn Over No. 28



The problem is to place a half dollar on the back of your left hand and, without touching it, make it turn a flip flop or somersault and land about where it started. A judgment about wagsure talent for that kind of entertainment may do this in the obvious way—but not without considerable practice. Here is a more amusing way.

Slap the left wrist, a few inches above the elbow, vigorously with the right hand. The coin will obligingly execute the necessary flip flop. With a little practice the coin may be made to turn a series of flip flops, going into the air every time you slap your wrist.

Always hold the left arm stiffly and slap vigorously with the right. A gentle pat will do no good.

(Clap this out and paste it, with others of the series, in a scrap-book.)

Minard's Liniment used by Physicians.

Character outshines every other human quality, just as the sun outshines the brightest electric light. Character beats every other sort of success.

MURINE Night and Morning Eye Drops

Alleviate Redness, Itching, Smarting, Burning, Watery Discharge, and all Eye Troubles. Your Eyes, if they are Red, Smart or Burn, Itch, or are otherwise irritated, use Murine at once. Murine is a Natural, Safe, and Effective Eye Treatment. Write for Free Booklet, Murine Eye Drops, Chicago.

Minard's Liniment for Coughs & Colds

Optimism parts the clouds and sorts out the tangles, and costs nothing.

East or West Eddy's Best

EDDY'S MATCHES

Insist on having EDDY'S!

KENDALL'S SPRAIN TREATMENT

Keep Kendall's in the barn. A strained muscle, a sprung tendon, a joint or a knock downish immediately result in a lameness, perhaps in the loss of the horse. Kendall's Spavin Treatment has saved more horses than all the other known remedies. Under the name of Kendall's Spavin Cure, it is the forty-year-old standby of horsemen, farmers and veterinarians.

Get a bottle of Kendall's today. Ask, too, for the Free Book or write for it to DR. B. J. KENDALL COMPANY, ENOSBURG FALLS, Vt., U.S.A.

Reduces swelling of bruises and strains

It may be a sprained wrist or elbow—a bruised muscle—a strained tendon—

You cannot foresee it. But you can keep Sloan's always handy to relieve the pain.

Sloan's brings immediate comfort. It breaks up the congested and inflamed condition and restores normal circulation. Use Sloan's to guard from pain as you would an antiseptic to prevent infection. Your druggist has it.

Made in Canada

Sloan's Liniment—kills pain!

For rheumatism, bruises, strains, chest cuts

MINARD'S LINIMENT

For rheumatism, bruises, strains, chest cuts

ISSUE No. 17-23.

LOST HOPE, SAYS MRS. WATERMAN

Declares Tanlac Restored Her Fully When Almost a Nervous Wreck—Gains 14 Pounds.

"Tanlac restored my health so completely three years ago that I haven't had to take a single dose of medicine since," says Mrs. Cora Waterman, 148 Monroe St., Toronto, Ont.

"I don't believe there was a worse case than mine in Ontario. For about three years I was practically a nervous and physical wreck. I could not scarcely get a thing, sleep was almost impossible, and rheumatism in my wrists and arms almost drove me distracted. I spent every cent I could lay my hands on for medicine, and had about lost hope of ever being well again.

"But Tanlac ended my suffering and saved me a great many dollars. I regained fourteen pounds in two weeks, still retain, and I feel as strong and healthy now as when a school girl. I have been praising Tanlac three years now, and want to send out this message to help others."

Tanlac is sold by all good druggists. Over 35 million bottles sold.

Slowest Crop.

The slowest crop in the world is the giant bamboo of India. It blossoms only when it reaches its thirtieth year, and then dies. In the meantime it bears an enormous quantity of seed, which is gathered and used as grain by the natives.

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

Bicycle manufacturing was started in France, in 1868.

Minard's Liniment used by Physicians.

Character outshines every other human quality, just as the sun outshines the brightest electric light. Character beats every other sort of success.

MURINE Night and Morning Eye Drops

Alleviate Redness, Itching, Smarting, Burning, Watery Discharge, and all Eye Troubles. Your Eyes, if they are Red, Smart or Burn, Itch, or are otherwise irritated, use Murine at once. Murine is a Natural, Safe, and Effective Eye Treatment. Write for Free Booklet, Murine Eye Drops, Chicago.

Don't Lose Your Hair Try Cuticura

If your scalp is irritated, itching and burning and your hair dry and falling out in combula try the following treatment. Touch spots of itching, dandruff and itching with Cuticura Ointment and follow with hot shampoo of Cuticura Soap.

Price 25c and 50c. Sold through the Dominion Express, Montreal, Toronto, London, 368 St. Paul St., W., Montreal. Write for Free Booklet.

WANTS TO HELP OTHER WOMEN

Grateful for Health Restored by Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache and for weak and dreary feelings caused by my condition. Sometimes I felt so bad that I couldn't do my household work. My neighbor told me of your medicine and I read about it in the Toronto Telegram" and thought I would take it. I got very good results. It built me up and I have told several friends what it has done for me. You may use this testimonial as it may be of help to some one who has suffered as I have."

—Mrs. L. E. LEE, 25 Harvie Ave., Toronto, Ont.

Mrs. Lee is willing to write to any girl or woman suffering from such troubles, and answer any questions they may like to ask.

Women suffering from female troubles causing backache, irregularities, pains, bearing-down feelings and weakness should take Lydia E. Pinkham's Vegetable Compound. Not only is the Vegetable Compound a safe medicine shown by such cases as this, but for nearly fifty years letters like this have been received from thousands of women.

You might be interested in reading Mrs. Pinkham's Private Text Book upon the "Allegiance of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Colburn, Ontario.

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

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UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark registered in Canada and U.S.A. Manufacture of Bayer, Germany. While it is well known that Aspirin means Bayer, the Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

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Classified Advertisements

CAUTION OF PROFESSIONAL

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CAUTION OF PROFESSIONAL

Irrigated Farms in Southern Alberta

In the Province of Alberta
Irrigated Farms in Southern Alberta
Irrigated Farms in Southern Alberta



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