SURPLUS

an, let rise until very lightly with with sugar and Add a few seedgh for variety. ns, too. Roll a e with sugar, a few currants or ut off inch-thick end in a pan, sprinkle with

(the economical fish, mix with es and a liberal uce, put in a baking-dish. cover with nd brown in a elicious. Next er of fish, add d a little diced ne with homeboiled salad delicious reor shredded a whole (big) al small ones. e-cloth, put in ready for two no more work than a little. bbage on hand ation salads: very healthful

teepens make or three pieimproves by two or three ll ready and ash (cooked . squash pie also, the pasenly-decided-

to show the housewives e utilization as a crossis less work kitchen, and ther duties,

d around tor some d. When or four t into this fine them eet of the e of foot . I keep after the ee weeks itire pen. turned plenty of an foot-

lambs or av than to il, tightly, ce the tail strike tha tring stay d is easy and casten days

hould be und bags his is esphate or aining a sture at

ALMOST HELPLESS

A Nova Scotia Lady Tells How She Found Relief.

Among the well-known residents of ferers how she found relief from a for men. The retort was: "And where severe attack of rhoumstism. Mrs. do you find such horses and such Silver says:—"In the early fall of men?" 1926, I contracted a cold which detotally disabled me, and I suffered great agony most of the time. After to have become a peg upon which cerlieve me, I decided to take Dr. Wilflams' Pink Pills, which I had heard highly recommended. I may say that the quick relief they afforded really glass of milk, a teaspoonful of raw six boxes of the pills every twinge of the rheumatism had gone, and I am now feeling better than I have been for some years past. The pills not only banished the rheumatism, but helped me in many other ways."

Try Dr. Williams' Pink Pills for main, rheumatism, neuralgia, nervousness and stomach trouble. Take them as a tonic if you are not in the best of physical condition and cultivate the resistance that will keep you well and strong. Sold by all druggists or sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

Ordering Seed.

To-day Christopher and I made out our seed orders. Delightful task! to be undertaken only when mood and opportunity are precisely right. One must have plenty of time, with no least sense of pressure or hurry; one must have a tranquil, optimistic mind. For the matter of that, the seed catalogues take care of the latter trait-almost too well-to the endangering of the tranquility. For how can one possess oneself in undistracted serenity when two hundred separate kinds of flowers and vegetables are recommended as just what one's garden needs? . . .

This year, in the interests of a less busy summer than last year's or the year-before's, Christopher and I took pains to remind each other of certain disappointments. Arctotis grandis, hopefully sown for several seasons, has never done well with us. Stock and snapdragon ought to be started in the house, and we have not had very good luck with that phone operator." method. Marigolds tend to break at the neck; calendulas are more satisfactory, though they have not such a nice name. We must not plant too many squashes or string beans; last year we had to throw quantities away. Let us by all means make this a season of reserve and limitation; let us confine ourselves to a And frogs in the pools singing at few plants we can trust. . . .

vitable about the exuberance of the seed catalogues. It was too much for Christopher and me. In no time Robins will wear their feathery fire at all, we were reading out loud to Whistling their whims on a low each other antiphonally. "'No garden ought to be without this charming plant.' Let's try it!" "'This noble melon - I'll certainly have to have that." Considerations of drought or deluge, weeds, cut-worms, christened and, being very anxious to blight, aphids, all were forgotten.... have his name recorded correctly on On the whole, we have come out the birth certificate, remarked to the pretty well with our list this year. clergyman:

Philias Sequin's grocery at 285 St. Patrick St., is well known in Ottawa.

Mr. Sequin was formerly a police officer. When ill-health seized him he lost weight rapidly. "I had kidney trouble for 6 years," he tells, "and

was given up as a hopeless case. Many

times, from sheer weakness, I have fallen where I stood, and had to be

Pains racked my entire system.

especially my back, which felt like splitting. Needless to sny, I could

neither eat nor sleep normally. Weak spells and nervousness would leave me trembling all over. I faded away from 201 to 135 lbs., and tried endless

treatments and remedies in those 6

"I had begun to despair, and when a friend advised Tanlac I was skep-

tical. But one month's regular use of

this wonderful medicine convinced

me that I was on the road to health.

I kept on taking Tanlac and to my

delight and surprise it made me a new

man in a surprisingly short time.

helped to my feet.

years, without result.

round when all danger from freet is need (see if one could ever fix that date in Ontario) and which have an established reputation for prosperity.

Ontmeal

Much has been said for and against oatment and oatment porridge. The Nineveli, N.S., is Mrs. William Silver, Johnson defined oats as a grain used who tells for the benefit of other suf-in England for horses, and in Scotland

veloped into a severe attack of muscu-fessor Melianby and others, object to catmeal because it is "deficient in vita-

> tain learned folk are hanging a promiscuous lot of tatters. We understand the importance of cabbage, two tenspoonfuls of cooked cabbage, a small portion of any other vegetable, or some fruit, raw or cooked, will formish all the vitamines

required for a day's meals. The simple old dish of catmeal por ridge, or other cereal, and milk, furnishes excellent food; but is heavynot light, as is sometimes supposed. When taken in quantities beyond nature's powers of assimilation, it causes indigestion with flatulence, due to fer-

One of the occasional results is the "porridge rash"; this may be cured or prevented by taking less porridge and Meter. eating a little fruit raw or in the form



Medium-"Her spirit is very slow in answering the call."

'Sall right, lady, jes take yer time. When I married her she was a tele-

These Will Come.

There will come soft rains and the smell of the ground, And swallows calling with their love each other." shimmering sound:

night. There is something cosmically in- And wild plum trees in tremulous white:

fence wire.

-Sara Teasdale. in Harper's Magazine.

Tony was having his second son

Now I weigh 217 lbs., eat and sleep like a healthy boy, and feel like a

If neglect or overwork are taking

toll of your health, try Tanlac. It is

nature's own tonic, made from roots, barks and herbs. Your druggist has it. Over 52 million bottles sold.

different man altogether.

(On With Laughter)

When a writer has something to write, that's inspiration; when he has to write something, that's drudgery.

Duck hunting isn't always what it's quacked up to be.

Regardless of what style has done to the bottom of skirts, the waist line

Why Not Handle a Woman Electrically?

patcher

If she gets too excited-Controller. If she talks too long-Interrupter. If her way of thinking is not yours-

If she picks your pockets Detector If she sings inharmoniously—Tuner. If she wants chocolates—Feeder. If she is wrong-Rectifier.

If she is a poor cook—Discharger. Isn't it peculiar how everybody's a little bit peculiar but us?

The only traveling some folks do is from bad to worse.

It was the third day of their honey-

"Darling," she whispered, "isn't this heavenly?" Her husband sighed

"Do you know," he exclaimed, "life doesn't seem long enough for our hap St. David's memory was always honorpiness. Just think, even if we are for- ed in England. Henry VII. used to tunate, our married life can hardly give away two pounds to Weishmen last longer than fifty years." "Is that all?" the queried,

"Yes. Only fifty years in which to "Then kies me quickly, dear," she said; "we're wasting time!"

Free With Every Treatment. With mud she daubs her rosy cheeks Likewise her dimpled chin, And thus indomitably seeks Eternal youth to win.

Wherefore the heart of old or young With undimmed ardor burns, As woman, who from clay first sprung, At last to clay returns.

The short skirts of to-day may be quite a problem, but we can remember to play it, and now is our time. way back when the bustle was a stern David Starr Jordan.

Badly digested food, acidity of the stomach, and will remove these causes. Any drug store.

"Well, ya see—it's lika dis. My firsta boy I tella ya I wanta heem chris'nd "Tom' and ya putta 'Tomass' on heese paper. Now I want dis boy name 'Jack' and no want heem name 'Jack-

Keep Minard's Liniment in the stable.

Lose no chance of giving pleasure, for that is the ceaseless and anonymous triumph of a truly loving spirit.—Henry Drummond.

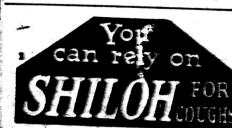
By a tranquil mind I mean nothing else than a mind well ordered Marcus Aurelius.

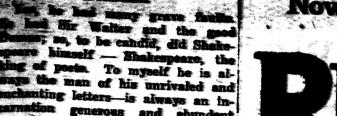
PUT STOMACH IN

"Pape's Diapepsin" for Gas, Indigestion or Sour, Stomach

ORDER AT ONCE

Instantily! Stomach corrected! You never feel the slightest distress from indigestion or a cour, achi, gassy stomach, after you eat a tablet of "Pape's Dispepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for few





carnation generous and abundant gaiety, a type of beneficent earnestness, a great expression of intellectual vigor and emotional vivacity. I love ... to reflect that even as he was the inspiration of my boyhood so is he the delight of my middle age. I love to think that while English literature endures he will be remembered as one who loved his fellow-men, and did more to make them happy and amfable than any other writer of his time. W. E. Henley, in "Views and Reviews."

MAKE CARE OF

Stomach disturbances and constipation are responsible for much of the peevishness of babies and young child- And forests wore a more delicious pen. When the baby is cross or fruitable the mother should not resort to remains in approximately the same the trouble, for in the majority of cases these mixtures simply drug the child into an unnatural sleep. What is needed is a gentle laxative that will sweeten the stomach and regulate the If she is willing to come half-way bowels. Such a remedy is found in Baby's Own Tablets. They are easy If she will come all the way Re to take and guaranteed to be entirely free from opiates and narcotics. Conlike all mothers to know that I feel there is no other medicine to equal Baby's Own Tablets. I always keep a box in the house and their prompt use never fails to restore my little ones cine Co., Brockville, Ont.

Wales' Great Day.

Patriotic Welshmen decorated their mandlepieces with the leek on March 1, for this plant is the emblem of their Saint, whose feast falls on that day. No one is quite sure why the leek

was adopted as the emblem of Wales, but it is believed that before a battle with the English, St. .David ordered the Welsh to wear leeks in their hats, so that they might be distinguished from their foes.

Although the patron saint of Wales. on St. David's Day, while until the adnt of the Hanoverian line, kings of England always wore the leek on this

St. David was the son of a Prince of Cardiganshire, and after receiving his education in Menevia, he founded a convent with very rigorous discipline in the Vale of Rhos. St. David eventually became Primate of Wales, and was buried in the Cathedral at Menevia-now called St. Davids.

Minard's Liniment for rheumatism.

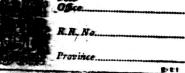
To-day is your day and mine; the only one we have; the day in which we play our part. What our part may signify in the great world we may not understand, but we are here

The present complexity of civilization could not be maintained except shuggish liver cause headaches. Seigel's Symp by people of strong moral fibre.— Calvin Coolidge.



get bigger crops from the same soil. ger bigger crops from the same soil.
"Crop Rotation and Soil Management"— Goes into this matter fully. Gives best rotations for dairy farms, mixed farms, and those farms specializing mostly in grain and clover seeds. Is based on years of experience at Dominion Experimental Farms. Tells how best to utilize clay, sandy and post and muck soils, and what to do with hillsides and rolling land.
"Anusual Flowers".—I its the firm. "Annual Flowers"—Lists the flowers that grow best in each locality across Canada. Enables you to select those most suitable to your district. Gives details as to coloring, height, planting dates, etc. There are over five hundred free government pamphlets on all the different branches of farming. Write for the 1927 list. Fill in and mail this slip POST FREE to

PUBLICATIONS BRANCH Department of Agriculture, Ottawa, Untario.



Now packed in Aluminum, the same as years ago.

"is good tea"

RED ROSE ORANGE PEKOE is extra good.

An Old Cameo.

Within an oval of unshaded blue The figure of a dancing nymph is seen, Moving with measured step and air

In some enthralling dance that woodfolk knew In days when skies

Than now. And nevermore such shape Beneath the skies shall happy mortals

vfew. Of less unearthly grace the forms ap-

The been frost carves from crystal. We may bless The wind of time that froze this airy

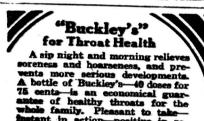
To immobility and kept her here If she wants to go still further.—Discerning them, Mrs. Jos. Tousaignant, In all her fragile, glancing loveliness Ste. Sophie, Que., writes: -"I would Through these uncomely years for our delight.

> -Antoinette Scudder. Burled Cities.

to health." The Tablets are sold by covered in India prove that there was medicine dealers or by mail at 25 cts. a mighty empire in that country 2,500 If she gossips too much—Regulator, a box from The Dr. Williams' Medi- years ago. These cities had been built on top of one another.

> Wine still preserved in the cellars of a wine-dealer in London dates back to 1540 and 1631.

information Sent Free on Request. The Ramsay Co. W. . Gttawe, Ont.



ATHLETES!

Minard's will limber up stiff muscles and sore joints. Use it for a rub down.



Classified Advertisements. ANYARD PISTON BINGS FIT WORN CYL-INDERS and cave regrinding. Guaranteed for 15,000 miles. Panyard Piston Bing Co., 22-24 Front St. W., Toronto.

NBREAKABLE GLASS SUBSTITUTE FOR positry houses, hot beds; speeds growth, doesn't burn plants. Delivered 450 square yard. Peeriesa Poultry, Elmira, Ont. BUILDERS' SUPPLIES

Hemes Paint, 32.45 gallon; Doors, Windows, Frames, Flooring, Wallboard, Thousands of Building Bargains, Free Catalogue, Halliday Company, Box 231T. Hamilton.

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E SELL 10,000 HORSES A YEAR TO satisfied customers. Send for our Harness talogue; it will save you money. The Repository, Nelson Street, Toronto.

CATCH FROM 45 TO 60 FOXES IN FROM 4 to 5 weeks time. Can teach any reader of this magazine how to get them. Write for particulars. W. A. Hadley. Stanstead. One

Buried cities which are being un-

YOUR BOWELS IF HEADACHY, SICK

To-night! Clean your bowels and end Headaches, Colds, Sour Stomach

Get a 10-cent box.

Pills, Castor Oil or Purgative Waters which merely force a passageway through the bowels, but do not thoroughly cleanse, freshen and purify these drainage organs, and have no effect whatever upon the liver and

Keep your "insides" pure and fresh with Cascarets, which theroughly cleanse the stomach, remove the undigested, sour food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the

A Cascaret to-night will make you feel great by morning. They work while you sleep-never gripe, sicken, and cost only 10 cents a box from your druggist. Millions of men and women take a Cascaret now and then and never have Headache, Billiousness, Severe Colds, Indigestion, Sour Stomach or Constipated Bowels. Cascarets belong in every household. Children just love to take them.



Proved safe by millions and prescribed by physicians for

Colds Neuralgia Pain Neuritis Headache Lumbago

Toothache Rheumatism

DOES NOT AFFECT THE HEART

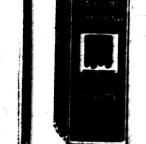
WARNING! **Beware of Counterfeits** There is only one genuine

"ASPIRIN" tablet. If a tablet is offered as "ASPIRIN" and is not stamped with the "Bayer Cross"-refuse it with contempt-it is not "ASPIRIN" at all! Don't take chances!



Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100—Druggists.

rk (registered in Canada) of Bayer Manufacture of Monegoette d (Acetyl Salicylle Acid, "A. S. A."). While it is well known manufacture, to assist the public against imitations, the Tablate be stamped with their general _ade mark, the "Bayer Cross."



Feel Tired When You Get Up?

Health Broken-Lost 66 lbs.

Now Well, Won Back 82 lbs.

Ottawa merchant, formerly city officer, rundown by

kidney trouble. Wasted from 201 to 135 lbs.

Tanlac restored robust health; now weighs 217 lbs. and feels fine

Tongue coated-head aches-no pep for the day's work? Then your liver is lazy, your kidneys are not eliminating the poisons from the body. Your system needs toning up.

Thousands upon thousands all over the world take Warner's Safe Kidney and Liver Remedy. It corrects functional troubles and by its tonic and purifying properties restores the liver and kidneys to their normal condition, so you soon feel like yourself again.

Sold by all druggists. Price \$1.25 per bottle. Warner's Safe Remedies Co., Toronto, Ont.

