

THE MAGAZINE GUARDIAN Teachers, Parents, Pupils, Farmers, Dairymen, Horsemen

TO THE FARMER

Contributors are asked to have their articles at his office early each week, as only a short emergency copy can be handled as late as one p. m. Wednesday. All received after that hour cannot appear until the following week.

Farmers and others interested are invited to contribute to The Farm, The Dairy, The Turf, and Good Roads Departments. The Guardian either by question, correspondence or otherwise. Answers will be given by experts to all questions of general interest and space will be given to any article that will in any way help to advance Prince Edward Island interests.

THE SCHOOL AND THE HOME

EATING AND THE HIGH COST OF LIVING. BY THE HOUSEWIFE.

The price of food has undergone such a change during the last eight months that it behooves the careful housewife to go into her household accounts very carefully and see that nothing is bought which is not absolutely necessary and also that nothing is wasted. Every scrap of meat or bread that is left from to-day's meal should be utilized to-morrow, and it is surprising how many dainty and delicious dishes can be made. The following tested recipes for the left-overs will be found both economical and tasty.

Pudding from Stale Bread.

Over a sufficient quantity of the bread, after removing the crust, pour boiling water. When well soaked, thoroughly press out all the superfluous water and beat smooth. Add sugar to taste, and a little lemon juice, chopped fine. Grease a pie dish and spread the bottom with stewed fruit. Put enough bread over to make the pudding fairly thick. Beat with milk one egg, and pour over the bread sufficient to cover it with half an inch to spare. Grate a little nutmeg, and bake in a slow oven till a nice brown. The pudding can be eaten hot or cold.

Cold Meat and Potato Baked.

Put in a frying pan a tablespoonful of cold butter; when it becomes hot, stir into it a teaspoonful of chopped onion, and a tablespoonful of flour, stirring it constantly until smooth and frothy. Now add two-thirds of a cupful of cold milk or water. Season with salt and pepper and allow to come to a boil; then add a cupful of cold meat finely chopped and cleared from bone and skin. Let this all heat thoroughly and turn into a well-buttered dish. Spread hot or cold cooked potatoes over it and cook for fifteen or twenty minutes.

Johnny-Cake Pudding.

Crumble two cupfuls of leftover Johnny cake, three cupfuls of milk, one cupful of raisins, two eggs, three tablespoonfuls of sugar, salt, a little nutmeg and a few drops of lemon extract. Put all together, and stir still well mixed. Bake about half an hour.

Baked Rice.

When I have cold rice left from a meal, I take two cupfuls, add salt and pepper to taste, a generous lump of butter (about one-half tablespoonful), one teaspoonful of finely minced onion, and one-half of a small can of tomato soup, to which has been added two tablespoonfuls of water. Stir thoroughly together, and bake in a covered dish for half an hour. This should be served hot and eaten as a vegetable with the meat course.

LINGERING WEAKNESS FOLLOWING DISEASE

BANISHED BY THE WONDERFUL TONIC POWERS OF DR. WILLIAMS' PINK PILLS.

How often victims of disease such as la grippe, fevers, or contagious troubles are left weak, ailing and despondent after their disease itself has disappeared. They do not pick up strength as they ought; remain listless tired and discouraged. The reason for this is that the blood has been impoverished by the ravage of the disease through which the victim has passed. Strength will not return until the blood has been enriched and the system can be purified and enriched by no other medicine as quickly and as surely as by Dr. Williams' Pink Pills—to enrich the blood and strengthen the nerves is the whole mission of these pills. Thousands have found them beneficial in bringing strength and energy after disease had left them weak and run down. Miss Hannah Hamilton, Everett, Ont. says—"After an attack of la grippe I was run down and anemic that I could scarcely walk. I had no color, no appetite, and constant headaches. The medicine I was taking was doing me no good and I had almost lost hope of getting better. I was asked to try Dr. Williams' Pink Pills, and it was not long until I could feel that they were helping me and after taking them for a couple of months I was completely cured. I now never fail to recommend these pills to anyone needing a blood builder."

FOR WAR GARDENS.

It is well to keep growing early carrots all through the season. Carrots are among the best crops for the home garden under present conditions, being very easy to grow and valuable for winter use. They will thrive in any soil, not too wet, but must be kept well cultivated, and should be thinned early, so that they will attain two inches apart. Chateau or Hollow Crown are good winter varieties for the amateur to grow.

FARM

VARIOUS USES FOR COVER CROPS

Very few orchards in any one section can be found which require the planting of the same cover crop for the same reason. Too often a cover crop happens to be of one kind or another because it will afford good forage for cattle or hogs. Often too the cheapest seed is the kind planted. In some orchards it is of primary importance to hold the snow over winter. This requires a tall growing crop which will stand up over winter. Buckwheat is excellent for adding nitrogen to soils and for preventing washing of soils, since it forms a close mat of growth on the surface of the ground. Canada field peas, rye, or Buckwheat will add large quantities of humus to soils and thus improve their physical condition and texture. Legumes such as clovers, peas, and vetches will add nitrogen to the soil gathered from the air by the nitrogen gathering bacteria on their roots. Other rapid growing plants such as rape or turnips will be very useful in checking the growth of the trees in late summer during July and August.

BEES IN THE ORCHARD.

Growers of fruit in general realize that bees are good friends to them at blossoming time but very few realize the real importance of insects in pollinating the blossoms. Of all the insects which are to be found working among the blossoms of our fruit, the honey bee is the most important. Pollen is carried from blossom to blossom by other agents, but the honey bee but they are of minor importance. Even wind which is commonly supposed to be an effective pollen carrier does comparatively little. It is for the protection of the beekeeper and his bees that the government imposes a fine upon anyone who uses a poison spray when the trees are in bloom. Surely we can voluntarily and freely give such protection to those who are our friends, particularly since no special benefit is derived from spraying during the blossoming season.

About Eggs

It has been said that if one could separate the constituent elements of an egg and arrange them for inspection there would be a variety displayed that would be surprising to most. When the shell of an egg of normal size is taken off and the contents separated into their several parts, it is found that they consist of carbonic acid, pure lime and water of crystallization. The white contains about 84 per cent of water, 12 1/2 per cent of albumen, 1 per cent of mineral matter and 2 1/2 per cent of sugar. In the yolk will be found about 5 per cent of water, 45 per cent of oil, 30 per cent of albumen, 1 per cent of coloring matter and 1 per cent of mineral matter. The mineral matter consists of soda, sulphur, potash and magnesia as well as phosphates, calcium salt etc., with such gaseous matter as chlorine, oxygen and hydrogen all in combination. The total estimated amount of the various substances composing an egg given in round numbers may be placed at 650 grains of water, 80 grain albumen, 135 grains of oil or fat, 7 grains sugar of coloring matter and 10 grains of mineral water, not including the shell.

The foregoing should not only impress the consumer with the value of eggs as an article of diet, it should also impress the poultry keeper with the necessity for feeding a varied ration to his flock.

Preserving Eggs

Letters are beginning to pour in asking for information as to best time to "put down" eggs and method to be followed. The best time to put them down is when they can be secured in the best condition and at the lowest price. If they can be secured "strictly new-laid" any time that they are low in price will be suitable, but if dependence has to be placed on boughten eggs, it is best to begin before the really hot eggs have been so high in price this spring that one hesitates to pack them at present prices. In discussing the question with one of the leading Montreal packers a short time ago he said "I am not interested in eggs for packing, but 37 to 38 cents a dozen is the other fellow pack them if he wants to, we will wait until they drop." Be that as it may, the pros and cons are that eggs will be in demand and very high next winter so that one might do worse than to "put down" enough for home use at any rate. Whenever possible non-fertilized eggs should be used and the sooner they can be placed in the preserving fluid after laying, the better. If it is necessary to use boughten eggs, these should be carefully candled before being packed. The two preservatives that are most commonly used are water glass and lime water—both have their advantages. Water-glass (Sodium silicate) may be procured from any drug list and all that is necessary is to add water. For this reason it is very popular with a lot of people who just want to keep enough eggs for their own use. Lime water is equally popular and the eggs when taken out of the solution are not slimy as they are when removed from the water-glass solution.

TURF

THE HORSE

EDUCATING THE COLT.

(Mr. W. M. Lee in the Maritime Farmer)

Some years ago one of our Canadian Farm Journals gave prizes for the best method of breaking or training young horses to work. The winner of this contest described his method as "Educating" the colt, rather than breaking him, and in detail described his method of handling these youngsters from birth, all of which was wise and proper, if a farmer or breeder could give the time necessary to carry out his full curriculum, that began at weaning and continued almost daily until he reached the age of service.

For the busy farmer this idea is not practical. Few could find time to attempt to carry out his directions. The usual custom is to neglect handling the youngsters until we are forced to put them to work and then the fight is on.

Ordinary "horse sense" any man with a little common sense should have no difficulty in putting a colt of one of the draft breeds to work. They are usually quiet docile animals and not inclined to put up any valiant opposition to being hitched; but when we breed colts from Standard or Thoroughbred parents, we should expect these hot blooded, highly intelligent animals to resent rough or ignorant handling. Only a real "horseman" should attempt to break a horse known to be from spirited parents. "Horsemen" like artists are born not made, the former understand horses, are close observers, and a good man can break any colt without having serious trouble if he, with the knowledge of the true horseman, has patience not attempt to break a young high-spirited colt.

I am satisfied that no horse living would be a balker or kicker if he were properly handled in his youth. In fact, I will wager I have no colt that has not been bridled or spoiled in a few days, and that breaking is not difficult if we go about it the right way.

I don't have time to handle any young horses before working age much as I know it would be wise to do so. Furthermore, I have no time to loose over them. We raise one or two Standard bred colts (or colts of that and Thoroughbred breeding) every year. At present I am using a good mare of rather erratic temperament, which some men would call a bad actor. The filly from her are high strung and ready to fight at the least provocation, but I do not matter how they are bred, how nervous or high strung they may be or difficult to even handle in the stable, we can easily bring them to reason when we decide to put them to work.

I never attempt to hitch a colt singly, nor even with a young mare, although they may be handled that way. After they have worn harness for a half day or so in the stable, we then prepare to hitch them with twowell broken horses in a cultivated field with an implement with a seat and operated with a lever, so that the draft can be applied and released as necessary. Have the two older horses completely harnessed and everything in readiness to hitch as quickly as possible. Then with an attendant endeavour to get the colt attached to the implement and horses as quickly as possible.

Black as Dirt About the Eyes

LIVER WAS ALL UPSET AND THERE WAS PAIN UNDER THE SHOULDER-BLADE—TWO INTERESTING LETTERS.

Toronto, Ont., June 16—So many people suffer from derangements of the liver that we feel sure these two reports, just recently received, will prove interesting reading and valuable information to many readers of this paper. Mrs. F. L. Harris, Keatley P. O., Sask., writes: "I was suffering from liver trouble—had a heavy pain under one shoulder blade all the time, and was nearly as black as dirt around the eyes, so I concluded to try some of Dr. Chase's Kidney-Liver Pills. I did so, and before I had taken one 25c box the pain had left me and I commenced to gain in flesh, and by the time I had taken two boxes I was completely cured and felt like a new person. My trouble was caused by heavy work out-of-doors and, of course, heavy eating and constipation. I would advise anyone suffering from kidney or liver trouble to give Dr. Chase's Pills a trial." Mrs. Charles Terry, Tweed, Ont., writes: "Before I was married I was troubled with enlargement of the liver. My liver became so enlarged that you could detect the swelling on either side, and it was only with difficulty that I could get my clothes on. A friend advised me to get Dr. Chase's Kidney-Liver Pills and take them. I commenced this treatment, and used nine boxes, which cured me at that time. Then about two years or three afterwards I was troubled again with the swelling, but only on my right side. I secured some more Kidney-Liver Pills, and took them, which finally cured me. I have not been troubled in this way since. I can cheerfully recommend Dr. Chase's Kidney-Liver Pills to anyone having kidney or liver trouble. "We have also found Dr. Chase's Lined and Turpentine excellent for coughs and colds. In fact, any of Dr. Chase's medicine which we have used has been good." Dr. Chase's Kidney-Liver Pills, one pill a dose, 25c a box, \$1.00 at all dealers of Edmondson, Bates & Co. Limited, Toronto.

as possible. This may take some skillful jockeying, but practice must be exercised. Under no circumstances should a colt be struck, as they are otherwise scared enough. That is what we endeavour to overcome, and we can in a short time, with patience and kindness, get the youngster securely hitched. Then cut them clear and let them go. I never attempt to hold them hard enough to risk a surry, but keep going, putting the draft off and on I think necessary. I take long turns so the traces do not touch them. My idea is to keep the colt going and pulling in the soft ground steadily so as to tire it as quickly as possible. This is generally brought about in an hour or two. Only in bad cases it is necessary to sweat a colt very badly. It is wise to fit the collar with a soft sweat pad to guard against galling, for it is absolutely necessary with some fillies to keep going until they are completely leg-weary.

AMONG THE HORSES

THE TURF.

Belvasia, 2.06 1/2, has a colt at foot by San Francisco 2.07 1/2. Where will Directum I. and William land? Flower Direct 2.00 1/2, has lost a colt by Twinkling Dan 2.09 1/2. Ed Geers will soon be leaving Memphis for Cleveland. Racing is going on in France, Russia, Germany, Austria and Italy. Allie Wattle 2.07 1/2, is out of training and will be bred to J. Malcolm Forbes 2.08. Single G. 2.00 and Ben Earl, 2.00 1/2 will meet in a match over the Youngstown, O., double O. July 12.

Hal Boy, 2.01 1/2, has worked better than 2.10 for McMahon. He has taken kindly to the leg harness. Joe Markey of The Horse Review staff picks Peter Look 2.03 as the best of the Board of Commerce candidates. The Abegweit is in fine shape. There is a large number of class A race horses in the Kensington district.

AMONG THE HORSES.—The popular little New London mare Queen Katherine is being trained faithfully by Mr. Harding at New Annan, and will likely "delight the goods" again this season.—K.

Much interest is evinced in the outcome of the races to be held on Summerside driving park on July 1st. It will open the racing season in Prince County. Dominion Day will be a gala day in Summerside.

LeMoine Bros have recently added to their stables the choicely bred Clydesdale stallion Prince of Cornwall, No. 19221 a beautifully marked and superb animal, which is a valuable acquisition to the breeders of Cape Breton. The Prince of Cornwall is a rich bay, with white face, and was bred at Cornwall, P. E. I., by Henry Mallet. He is sired by Victor of Goodwood, dam, Annie Hay, his grand sire being Victor Chief, and grand dam Darling, all noted Clydesdales and famous as blue ribbon winners. Messrs. LeMoine Bros are to be congratulated in securing such a fine young animal, and no doubt the breeders of Cape Breton will take advantage of their opportunities. W. M. LEA.

POULTRY

LOSSES IN CHICKS DUE TO DIARRHOEA

By observing the methods of correct poultry raising, the loss from the diarrhoea in little chicks can be greatly reduced 95 per cent. of the diarrhoea is not due to the whites. Among them are the following: Little chicks which do not become chilled with wetness; it to have diarrhoea. This chilling may result from indiscret use of the nursery tray of the incubator. For instance, one poultry raiser said that the nursery tray of his machine was registering 80 degrees, or 23 degrees below the egg tray. If newly-hatched chicks were put in a temperature of 80 degrees they would become chilled and diarrhoea probably would follow.

Again, many are careless in transferring chicks from incubator to brooder in a cool room and they fail to warm the container which the chicks are to occupy. The hands and feet of the brooder and the cloths with which the chicks are covered should also be warm. After they are placed in the brooder, every precaution should also be taken to keep them warm. The brooder should be kept at a temperature of 95 to 100 degrees about a week and reduced about one degree day until the right temperature is reached. They should be kept warm enough so that they do not crowd at night and they should always be afforded a cool place to which they may go if they desire. Chicks raised with the hen should not be let out until the grass has become dry because a wet chick is apt to become chilled.

Another cause of diarrhoea is the overheated incubator or brooder which may interfere with the natural absorption of the yolk and cause trouble after the chicks are about a week old. Then, too, diarrhoea may be caused by feeding chicks messy or non-food. Corn meal which has become heated in the sack or bin and which has a musty odor should never be used for chick feeding. Diarrhoea may also be caused by allowing the chicks to scratch in dusty chaff. If this occurs, spores which are imbedded in the lungs of the chick and a white diarrhoea with high mortality, will result. In some cases, diarrhoea may be caused by the white diarrhoea germ which is said to be present in the ovary of the mother hen and, if this is the case, extreme sanitary precaution should be observed. Care should be taken to use only the most

vigorous breeding stock available. The incubator should be cleaned and disinfected between every hatch and the brooder should be disinfected every time a chick dies. The incubator does should be darkened at hatching so that healthy chicks will not pick up the droppings of diseased chicks. The drinking water should be colored a claret red by the use of potassium permanganate and the chicks should be fed sour skim milk as soon as they begin to drink.

SUNDAY SCHOOL LESSON

THE RISEN LORD

John 20:1-18.

GOLDEN TEXT.—"Now hath Christ been raised from the dead, the first-fruits of them that are asleep."—1 Cor. 15:20. Jesus died on the afternoon of Friday and arose on Sunday morning, after lying in the tomb three days, according to the Jewish way of counting time, which reckoned a part of a day as a whole day. On Sunday, at dawn, Mary Magdalen and other women came to embalm the body of Jesus, but found the tomb empty. She hastened away to tell Peter that the body had been taken away, leaving the other women at the tomb. It was probably at this time that the events, recorded in Matt. 28:5-8; Mark 16:5-8; and Luke 24:1-10, took place. To Golgotha came Joseph of Arimathea, a secret follower of Jesus, and removed Jesus' body from the cross, having received Pilate's permission. Nicodemus, "the who at the first came to Him by night," came also with a lavish gift of a hundred pounds of myrrh and aloes. Together they tenderly wrapped Jesus' body in linen cloths and spices according to the Jewish custom. Then they bore the body to a nearby garden and laid it in a newly-built tomb belonging to Joseph.

From the other gospels we learn that a stone was rolled against the door of the tomb and, at the request of the chief priests and Pharisees, Pilate sent a guard to seal the tomb and keep a watch. "We remember," said the Pharisees to Pilate, "that that deceiver said while He was yet alive, 'After three days I will rise again.' command therefore that the sepulchre be made sure until the third day, lest haply His disciples come and steal Him away, and say unto the people, 'He is risen from the dead'; and the last error will be worse than the first." "Go, make it as sure as you can," returned Pilate.

THE RESURRECTION

We have no accounts of the resurrection. Matthew is the only Evangelist who speaks of the event itself, and he does so vaguely, not stating that any one saw it. "And behold, there was a great earthquake; for an angel of the Lord descended from heaven, and came and rolled away the stone, and sat upon it. His appearance was as lightning, and his raiment white as snow; and for fear of him the watchers did quake, and became as dead men." The other Evangelists begin with the fact that the stone was rolled away.

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New York Herald: That gentlemen possessing wealth have confidence in the stability on Saturday at Belmont Park by active interest in the thoroughbred in training offered under the hammer by C. K. G. Billings and Frederick Johnson. Bidding for the imported winner of the Kentucky Derby, Omar Khayyam, which started at \$15,000 and extended to \$26,600, at which figure the colt became the property of Wilfrid Vlau, of Montreal, revealed that, among others, Hal Parr, A. K. Macomber and W. R. Coe sought the horse and were ready to pay a big price for him. Mr. Marconi went to \$24,000, Mr. Parr to \$25,000, and Mr. Coe to \$26,600. The other sales brought the total up to \$7,850. Omar Khayyam cost \$1,500 in 1915.

NEW SPARK-PLUG CLEANER WORKS QUICKLY

Spark plugs may be rapidly freed from carbon and oil by a new cleaning device which does not require the plugs to be taken apart for its operation, according to the June Popular Mechanics Magazine. It consists of a small tube with a hushing of one end to receive the plug, and a number of loose needles contained within. When the tube is half filled with gasoline and the plug is to be cleaned, it is screwed into the bushing, it is only necessary to shake the tube, when the needles inside pick any carbon off the porcelain, while the gasoline dissolves any oil on the plug.

Lighten the house keeping by serving a ready-cooked, ready-to-eat food that contains the maximum of nutriment at lowest cost, and with the least tax on the digestion. Shredded Wheat Biscuit is the real autocrat of the breakfast table—the one cereal food that holds its own against all comers, with increasing sales every year. It is a boon to the busy housewife, a welcome relief to the jaded stomach that has wrestled with meat and other heavy winter foods. Try it for breakfast with milk or cream; for luncheon or dinner with berries or other fruits. Made in Canada.

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MOTOR TRUCKS MOVE HOUSE ACROSS COUNTRY

An unusual method of house moving is described in the June Popular Mechanics Magazine. With the departure of the National Guard from the Mexican border this spring, it became necessary to move one of the company houses from Camp Stewart to the motor-truck park at El Paso, Tex., a distance of 7 1/2 miles. The building was 46 ft. wide, and ordinary methods of house moving could not be used, as it was not feasible to transport the building over the roads, because of trees, wires, and vanished when four motor trucks were employed, one under each corner of the house. Then with the two rear trucks driving backward, on reverse gear, the trip was made across country, through gullies and ditches, in less than two hours.

Hints Worth Remembering

Enamel baking dishes that have burned down should be soaked in warm soapy water and then rubbed with bath-brick. To keep nickel and silver ornaments bright, rub them with a woolen cloth saturated with spirits of ammonia. In washing brushes of any kind, add a little ammonia to the water; there will be less danger of the bristles dropping out. When a lamp wick is a trifle tight for the tubes and does not move up and down easily pull one or two threads from one end.

CHILDHOOD CONSTIPATION

Constipation in children can be promptly cured by Baby's Own Tablets. They are a gentle but effective laxative which thoroughly regulate the bowels and sweeten the stomach and thus drive out all childhood ailments. Concerning them Mrs. J. B. Taufenbach, Richer, Man., writes: "I have used Baby's Own Tablets and have found them an excellent medicine for constipation. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont."

LISTEN TO THIS! SAYS CORNS LIFT RIGHT OUT NOW.

You reckless men and women who are pestered with corns and who have at least once a week invited an awful death from lockjaw or blood poison are now told by a Cincinnati doctor to use a drug called Freezone which the moment a few drops are applied to any corn, the soreness is relieved and soon the entire corn, root and all, lifts out with the fingers. It is a sticky ether compound which dries the moment it is applied and simply shrivels the corn without inflaming or even irritating the surrounding tissue or skin. It is claimed that a quarter of an ounce of freezone will cost very little at any of the drug stores, but is sufficient to rid one's feet of every hard or soft corn or callus. You are further warned that cutting at a corn is a suicidal habit.