

TO THE FARMER

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

THE SCHOOL AND THE HOME

This department is conducted by the Women's Institute Branch of the Department of Agriculture. All queries and contributions should be sent to Miss Hazel L. Sterns, Box 123, Charlotteville.

WOMEN'S INSTITUTES.

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MARSHFIELD INSTITUTE.

The regular monthly meeting of the Marshfield Women's Institute was held at the home of Mrs. P. Stewart on June 1st. Miss Sterns and Miss Gordon were present.

MONTAGUE INSTITUTE.

The regular meeting of the Montague Institute was held on June 1st in the Institute rooms. Owing to unfavorable weather the attendance was not as large as usual.

GEORGETOWN INSTITUTE.

The regular meeting of the Georgetown Institute was held on June 1st at 7.30 p. m. in the Institute rooms. There were 27 members present.

COLD DESSERTS.

BERKSHIRE CORNSTARCH PUDDING.

2 sq. Baker's Chocolate, 2 c. milk, 1/4 c. sugar, 1/2 tsp. vanilla, 3/4 tsp. cornstarch, 1/2 tsp. salt, 1/4 c. milk. Put chocolate in double boiler...

NERVOUS?

DO YOU BROOD? HAVE MORBID FEARS? TOSS IN YOUR SLEEP? Your Condition Below Par. You Must Be Built Up. Let Ferrozone Do It.

All the vital activities of the body are quickened into new vigor by Ferrozone, which contains all the constituents necessary to make nerve strength. Its first action is upon digestion. It stimulates the secretion of gastric juice, ensures perfect digestion and prepares the food so as to be easily assimilated.

Pleurisy Pains Vanish!

Chest Colds Cured. NERVILINE HAS NEVER FAILED TO CURE. Don't suffer! Nerviline is your relief.

I caught cold last week while motoring, writes T. Mallery, from Linden. My chest was full of congestion, my throat was mighty sore, and I had the fiercest stitch in my side you could imagine. As a boy I was accustomed to have my mother use Nerviline for all our minor ailments and remembering what confidence she had in Nerviline, I sent out for a bottle at once.

ORANGE CREAM.

4tbsp. cornstarch, 1/2c cold milk, 3/4c scalded milk, 1/2tsp. orange extract, yolks 2 eggs, 2tbsp. sugar, 1/2tsp. salt. Mix cornstarch with cold milk...

COFFEE SPONGE.

2tbsp. granulated gelatine, 1/4c cold water, whites of 3 eggs, 2c. strong boiled coffee, 1c. sugar. Soak gelatine in cold water and add to hot coffee...

FRUIT WHIP.

Whites of 2 eggs, 1/4c. fine sugar, 1 1/2c. fruit cut in fine pieces or pressed through sieve. Put into a cold bowl unbeaten whites, sugar and fruit-apples, strawberries, peaches or raspberries...

SNOW PUDDING.

1 1/2tsp. granulated gelatine, 1/4c. cold water, 2-3c. boiling water, 2-3c. sugar, lemon rind thinly shaved, 3tbsp. lemon juice, Whites of 2 eggs. Prepare first six ingredients as lemon jelly, strain and set aside in a cool place...

CORNISA.

ORANGE CUSTARD.—1 pt. milk, Yolks of 4 eggs, 1/4c. sugar, Salt, 1/2 tsp. vanilla, 4 oranges. Prepare first five ingredients as Custard Sauce. Peel oranges, removing as much of the white portion as possible...

MISCOUCHE INSTITUTE.

The regular monthly meeting of the Miscouche Women's Institute was held at the home of Mrs. T. N. DeRoches on the 8th inst. There were 22 members and 3 visitors present.

CORNWALL-YORK INSTITUTE.

The June regular meeting of the Cornwall-York Institute was held at the home of the president, Mrs. B. Murchison on June 5th. There were 26 members present.

HARMONY INSTITUTE.

The regular meeting of the Harmony Institute was held at East Wiltshire school house on June 7th. There were 18 members and 2 visitors present.

LAKEVIEW INSTITUTE.

The regular meeting of the Lakeview Women's Institute was held at the home of Mrs. S. Ross on June 7th. There were 15 members present.

MEADOWBANK INSTITUTE.

The regular meeting of the Meadowbank Women's Institute was held in the school-house on June 7th at 7.30 p. m. The Institute members have had the school-house cleaned, the ceiling whitened and it presents a very pleasing appearance.

KINGSBORO INSTITUTE.

The regular meeting of the Kingsboro Women's Institute was held at Mrs. Merrill Stewart's Kingsboro on June 6th at 8 p. m. There were 12 members present.

ST. PETER'S BAY INSTITUTE.

The regular monthly meeting of the St. Peter's Bay Institute was held at the hall on June 9th at 8 p. m. There were 15 members and 3 visitors present.

RED POINT INSTITUTE.

The meeting of the Red Point Institute was held on June 5th at the home of Mrs. Peter Ross. There were 20 members and 7 visitors present.

SOURIS WEST INSTITUTE.

The Souris West Institute meeting was held at the home of the Secretary, Mrs. A. J. MacDonald on June 8th at 8 p. m. There were 18 members and 6 visitors present.

AMONG THE HORSES

THE PHILIPPIAN JAILER. June 18, 1916. (Acts 16:16-40.)

Golden Text.—Acts 16:31. "Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house."

Single G. 2.02 1/2, tracked out a heat in 2.10 on Memorial Day over the half mile track at Muncie, Ind.

There are said to be over one hundred horses in training over the historic track at Goshen, N. Y.

Eleata, 2.08 1/2, with whom Tom Marsh won the M. and W. in 1901, brought \$1,250 at auction last week.

The pacer in the Cox stable that is being peddled on to deliver the goods in the big stakes this season is Billy Dale 2.09 1/2.

Lucky Clover, a bay mare owned by Commodore Ledyard's colts are making their mark again this season.

Frank Fox won the 2.20 marked at Medford, Mass., the other day in four heats by a couple of lengths in 2.19 1/2, the fastest time of the race.

According to all accounts the war has not affected racing in Montreal to any extent. One of the Montreal newspapers tabbed the reports of the race recently, the fourth event, and found that the sales were: 21 tickets at \$25; 537 tickets at \$10; 915 tickets at \$5 and 3,355 tickets at \$2 each.

The word from San Francisco is that Lee Axworthy, 2.03 1/2, which is expected to take a try at the record of his first effort about August 1, is being prepared very carefully for that particular sort of work.

Verse 25. But the charge against Paul was accepted as valid for the time being. And he and Silas were cast into prison.

Verse 26-34. An earthquake is always terrifying. It creates a feeling of uncertainty as to the stability of all the conditions of life.

Verse 34-40. Paul and Silas had been cast into jail upon very insufficient reasons. When the excitement of the hour of arrest had passed the magistrates realized that there was not enough ground even for a process of trial.

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SUNDAY SCHOOL LESSON

THE PHILIPPIAN JAILER. June 18, 1916. (Acts 16:16-40.)

Golden Text.—Acts 16:31. "Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house."

Verses 11-18. It was in connection with his daily trips to this "place of prayer" that Paul now was led to perform a duty, and thereby as a secondary result to reach the conclusion of his work at Philippi.

There is a wide enough margin of unexplained reality in such cases which arouse sincere interest, and at the same time to stimulate the cupidity of a certain class of impostors who are always ready to take advantage of the public's gullibility.

That there was an element of genuineness in the psychical characteristics of this slave girl is clear from her discernment of the truth about Paul and his preaching.

Paul's treatment of the slave-girl illustrates the principle that a normal personality is to be preferred to any temporary advantages to be gained from the abnormal.

Verses 19-24. Paul's attitude was exactly the opposite of that of the exploiters of the girl. They insisted on using her capital her weakness.

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Like A Boy at 50 Bubbling Over With Vitality--Taking Iron Did It

DOCTOR SAYS NUXATED IRON IS GREATEST OF ALL STRENGTH BUILDERS—OFTEN INCREASES THE STRENGTH AND ENDURANCE OF DELICATE, NERVOUS FOLKS 200 PER CENT. IN TWO WEEKS TIME.

NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age.

Dr. Sauer, M. D., writes: "About ten years ago I was troubled with severe attacks of neuralgia and nervousness, and was for several months so bad that I could not get a night's rest. I used several medicines recommended by the druggist. My doctor also prescribed, but nothing he gave me brought any relief. Instead I got worse and worse until I could scarcely do anything or bear the least bit of noise. My nerves were all upset."

UNITED BAPTIST ASSOCIATION

Rev. W. E. Carpenter. Address: Mr. J. A. Clark. Unfinished Business. SATURDAY EVENING. 7.30 Devotional Service. 8.00 Address on Education, Rev. Simeon Spidle.

THURSDAY EVENING, JUNE 29TH, 1916. 7.30 Welcome to Association, Rev. F. N. Atkinson. Reply, Rev. F. A. Hubley.

FRIDAY MORNING. 9.30 Devotional Service, Harry Collins, Lic. 10.00 General Business; Election of Officers, Appointment of Committee, etc.

FRIDAY AFTERNOON. 2.30 Devotional Service, Rev. A. Hurn, (who will lead the other devotional services).

SATURDAY MORNING. 9.30 Devotional Service. 10.00 Report on Denominational Literature, Rev. F. A. Hubley.

SATURDAY AFTERNOON. 2.00 United Baptist Womens Missionary Society Meeting. 4.00 Report on Home Missions.

AN INDISCREET MEMORY. "You and that very charming Miss Malcolm were boy and girl friends, I'm told."

"I saw you talking to her. You must have had a delightful time recalling early days?"

"Well, no. I tried to make it pleasant, but it didn't seem to work. I recalled to her how she climbed trees and fences when she was ten years old, and she gave me a freezing look. Then I asked her to remember how she was thrown from an overturned bobbed and went head foremost into a snowdrift and stuck there. 'You were seven years old,' I said, 'and you recall that you were?—What do you think she did?'"

"Said 'Sir!' and stalked away." —Cleveland Plain Dealer.

"Fight for the colors of Christ the King." "Fight as he fought for you." "Fight for the right, with all thy might." "Fight for the red, white and blue."

Nerves Were So Upset Could Not Endure Noise. NEURALGIC HEADACHES AND EXTREME NERVOUSNESS CAUSED KEENEST SUFFERING—LASTING CURE BY USE OF DR. CHASE'S NERVE FOOD.

Once the nervous system gets run down everything seems to tend to make it worse. You worry over your condition, are unable to get the required rest and sleep, noises excite and irritate you and the future is most discouraging.

The nervous system does not get the proper nourishment from the food you eat, so you must have something else to lift you out of the run-down condition. You may find that your experience coincides with the writer of this letter and be encouraged to put Dr. Chase's Nerve Food to the test.

You will make no mistake in employing this food cure, for acting as it does hand in hand with Nature, it is bound to do you good.

Mrs. Jas. Jensen, Gwynne, Alta., writes: "About ten years ago I was troubled with severe attacks of neuralgia and nervousness, and was for several months so bad that I could not get a night's rest. I used several medicines recommended by the druggist. My doctor also prescribed, but nothing he gave me brought any relief. Instead I got worse and worse until I could scarcely do anything or bear the least bit of noise. My nerves were all upset."

Dr. Chase's Nerve Food 50 cents a box. Get for \$2.50, at dealer or Edman, Bates & Co., Limited, Toronto.

FRECKLE-FACE

Sun and Wind Bring Out Ugly Spots. How to Remove Easily.

Here's a chance, Miss Freckle-face, to try a remedy for freckles with the guarantee of a reliable dealer that it will not cost you a penny unless it removes the freckles; while if it does give you clear complexion the expense is trifling.

Simply get an ounce of othine—double strength—from any druggist and a few applications should show you how easy it is to rid yourself of the homely freckles and get a beautiful complexion. Rarely is more than one ounce needed for the worst case.

Be sure to ask the druggist for the double strength othine as this is the prescription sold under guarantee of money back if it fails to remove freckles.

Don't Endure Itching Skin

We urge all skin sufferers who have sought relief in vain to try this liquid wash, the D.D.D. Prescription for Eczema. All skin diseases yield instantly to its soothing oils. Its ingredients, oil of wintergreen, thymol and glycerine, have been used by doctors for years in the cure of the skin.

D. D. D. For 15 Years the Standard Skin Remedy.

E. A. Foster, Central Druggists, Charlotteville, P. E. I.

No Girl Need Have A Blotched Face

Whether it be in capturing the heart of a man, or making her way through the world by the toll of her hands, a charming and pretty face gives any girl a big advantage. Poor complexion and rough, sallow skin are caused by blood disorders. The cure is simple. Just use Dr. Hamilton's Pills—a reliable family remedy that has for years been the foremost blood remedy in America.

Dr. Hamilton's Pills—A reliable family remedy that has for years been the foremost blood remedy in America. That soft glow will return to the cheeks, the eyes will brighten, appetite will improve, strength and endurance will come because sound health has been established. Get a 25c. box of Dr. Hamilton's Pills to-day. Sold everywhere.