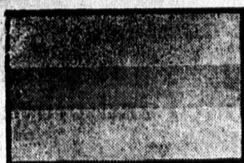


Cheap Paint? Here is the Answer!

No. 1
(From an actual photograph)
A measure of so-called "cheap" paint
at \$4.00 per gal., brushed out on a wood
it covered 412 sq. feet.



No. 2
(From an actual photograph)
An equal measure of Lowe Brothers
"High Standard" paint
brushed out on a similar surface,
covered 1,000 sq. feet.



USING an equal measure of each paint, and brushing them out on the same surface, we obtained the results pictured above. Observe that Lowe Brothers "High Standard" Paint covered approximately 50% more surface, and covered it better than the so-called "cheap" paint. From this actual test it will be seen that it would take approximately 3 gallons of "Cheap" paint to do a job that would require only 2 gallons of Lowe Brothers "High Standard" Paint. Practically applied to a house it would work out this way—



These houses are both of the same type, and each has a painting area of 2,000 square feet.



To paint this house (2,000 sq. ft.) with "cheap" paint Mr. A. required 6 1/2 gals. at \$4.00 per gal. \$26.00
It takes a painter 1 day to apply 1 gal. of paint, therefore to apply 6 1/2 gals. of "cheap" paint it took 6 1/2 days at \$5.00 per day \$32.50
Total cost \$58.50

To paint this house (2,000 sq. ft.) with Lowe Brothers High Standard Paint, Mr. B. required 4 gals. at \$5.75 \$23.00
A painter can usually apply in a day more Lowe Brothers High Standard Paint than any other, but figuring on an equal basis of 1 gal. per day, it took 4 days at \$5.00 per day \$20.00
Total cost \$43.00

By using Lowe Brothers High Standard Paint Mr. B. saved \$3.00 on the cost of paint and \$12.50 on the cost of labor—a total saving of \$15.50 on the complete job

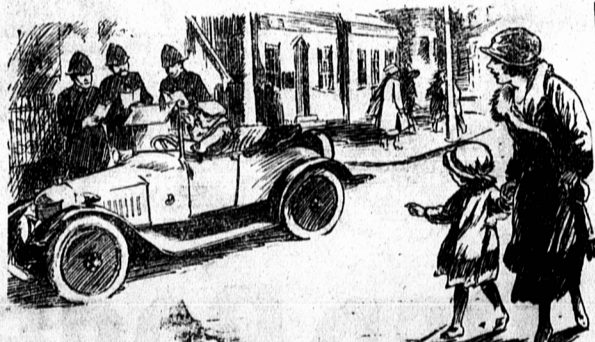
Never figure the Cost of Paint by what it costs "per gallon." So-called "cheap" paint is the dearest you can buy measured by "job" cost, which is the only true measure of paint performance.

Before you paint consult us. We will be glad to show you how to paint most economically, and to give you color cards and other information for your guidance.

WALLER and DOYLE

195 Grafton Street Phone 920-L.

EXCLUSIVE DEALERS FOR



EASTER CLOSING AT MILL VIEW SCHOOL

On Thursday afternoon, April 17, the teacher, Miss Mary Hynes, and pupils of Mill View School were pleased to welcome again their former companion and school mate, Mr. Wilfred Dunphy, now a student at St. Dunstan's University. While the teacher proceeded with her usual afternoon's work among the junior grades, (preparing for the exciting event which was to follow,) Mr. Dunphy kindly took charge of the senior class and gave them a thorough examination in the more advanced subjects, Latin, French, Algebra, etc., and expressed himself as being well pleased with the results obtained. The scene which followed was an interesting and most instructive one, for the pupils were about to discuss their first debate "Resolved that the city is a better place in which to live than the country." On motion of Raymond Hynes, seconded by George Lea, Mr. Dunphy was appointed to occupy the chair. Hazel Smith was then called upon to open the debate, and with a carefully worded and eloquently delivered address, advanced many points in favor of the Pro side. She was then followed by Marlon Lea, who, with her ready wit and in a very pleasing manner, upheld the Con side. The Pro side was ably supported by: Annie Grant, Ethel Hynes, Arthur Grant, and Eileen Hynes, while George Lea, Raymond Hynes, Harold Dunphy and Hilda Lea, set forth their arguments in favor of the Con side. The leaders in their rebuttals acquitted themselves in a most becoming manner. The chairman congratulated the teacher and pupils upon the afternoon's entertainment, and dwelt for a short time upon the importance of being able to speak in public, and advised that these debates be continued, now that the pupils have made a beginning. And, after a just consideration of the splendid points brought forward on both sides, the debate resulted in a "tie."

IN MEMORIAM

RACHEL CARVER

On March 16th there passed to her eternal rest, Rachel, beloved wife of Thomas Carver of Peter's Road. The deceased was in her fifty-sixth year and was born at Suffolk, the daughter of Mr. and Mrs. James Clow. Previous to her marriage she resided with her sister, the late Mrs. Noah Godfrey, Peter's Road, where she met and wedded Mr. Thomas Carver of that place. Their union was blessed with a family of nine children, all of whom with one exception, were able to be present at the funeral of their dearly beloved mother. The late Mrs. Carver was highly esteemed as a friend and good neighbor, in the community in which she lived. In the family circle there now remains a vacancy that never can be filled, and those who have borne the same sorrow, when the mother whom all look to, as the main stay of the family, is removed, can well sympathize with the heart broken husband and

family in this their hour of sorrow. She was a woman devoted to the welfare of those dependent upon her and in ministering to their comforts and training her children as they grew up in her own exemplary and thrifty household ways, she ever found her happiness and delight in reflecting upon her many deeds of kindness, love, that knew no stint, patience and devotion, truly her family may well rejoice and call her blessed. The funeral services were conducted at the home and grave by the Rev. Mr. Brown, Montague. Internment was at Murray River Cemetery. Besides a sorrowing husband there are left to mourn their loss two sisters, Mrs. Donald Stewart, of Hampshire and Mrs. Craig of Crapaud, two brothers Mrs. James Clow, Pt. Pleasant and Mr. Samuel Clow, Charlottetown; four sons and five daughters: Eliza, Mrs. Laughlin McKenzie, Sydney, C. B. Jane, Mrs. George Bears Peters Road; Sadie, Mrs. John McKay, Murray River; Carrie Mrs. Archie Colline, Alliston, Maggie at home; Montie of Trenton, N. S.; William and Willard at home; James living at Cambridge.

"I was Greatly Distressed With Pains in the Back"

Mr. Alfred McNeill, Chapel Rock, Alta., writes:



"During the winter of 1920-21, I was greatly distressed with pains in my back and felt tired and depressed most of the time. Particularly during the night I was troubled with frequent urination, some nights having to rise almost every hour. I tried several different treatments without success, until finally I began using Dr. Chase's Kidney-Liver Pills, and they relieved my condition before I had finished the first box. I am feeling better this summer than I have for years, and although in my 67th year, can work all day without any undue fatigue."

Dr. Chase's Kidney-Liver Pills
25 cts. a box of 25 pills, Edmanson, Bates & Co., Ltd., Toronto

BRINGING UP FATHER



Montague School Fair

- Class 1—Grain**
 - Oats.—1. Charlie MacDonald, Milltown Cross; 2. Donald Ross, Lower Montague; 3. Lloyd Keith, Montague.
 - Wheat.—1. Neil Bruce, Milltown Cross; 2. Donald Ross, Lower Montague; 3. Harvey Ross, Lower Montague.
 - Sweet Corn.—1. Harold Annear, Lower Montague; 2. Tom Annear, Threshed Beans.—1. Hannah MacDonald, Milltown Cross; 2. Arthur Burke, Montague; 3. Elsie MacLure, Montague.
- Class 2—Roots**
 - Green Mountain Potatoes.—1. Gordon MacDonald, Brudenell; 2. Donald Ross, Lower Montague; 3. Tom Annear, Lower Montague.
 - Dakota Red Potatoes.—1. Gordon MacDonald, Brudenell; 2. Cameron Annear, Lower Montague; 3. Gordon Schirmer, Lower Montague.
 - Turnips.—1. John Peters, Lower Montague; 2. Malcolm MacKinnon, Montague; 3. Harry Gillis, Montague.
 - Carrots.—1. John Peters, Lower Montague; 2. Marie Coffin, Montague; 3. Keith MacKinnon, Montague.
 - Parsnips.—1. Tom Annear, Lower Montague; 2. John Peters, Lower Montague; 3. Elsie MacLure, Montague.
- Class 3—Vegetables**
 - Green Tomatoes.—1. Ernest Robertson, Brudenell; 2. Malcolm MacKinnon, Montague; 3. Percy MacDonald, Montague.
 - Cucumbers.—1. Donald Adams, Lower Montague.
 - Beets.—1. John Peters, Lower Montague; 2. Donald Adams, Lower Montague; 3. William Kemp, Milltown Cross.
 - Cabbage.—1. Miriam MacIntyre, Victoria Cross; 2. Cameron Annear, Lower Montague; 3. Arthur Burke, Montague.
 - Pumpkin.—1. Lloyd Nicholson, Commercial Cross; 2. Cecil Beck, Lower Montague; 3. Cameron Annear, Lower Montague.
- Class 4—Flowers**
 - Sweet Peas.—1. Miriam MacIntyre, Victoria Cross; 2. Margaret Coffin, Montague; 3. Marie Coffin, Montague.
 - Mixed Flowers.—1. Inez Stewart, Lower Montague; 2. Dorothy Parkman, Montague; 3. Helen Annear, Lower Montague.
 - Flowered Plant.—1. Freda Fraser, Montague; 2. Louise Burke, Montague; 3. Anna Grant, Montague.
- Class 5—Fruit**
 - Red Astrachan Apples.—1. Donald Adams, Lower Montague; 2. Christine Bruce, Milltown Cross; 3. Florence MacDonald, Milltown Cross.
 - Wealthy Apples.—1. Gladys Peters, Lower Montague; 2. Tom Annear, Lower Montague; 3. Lloyd Nicholson, Commercial Cross.
 - Plums.—1. Inez Stewart, Lower Montague; 2. Pearl MacDonald, Victoria Cross.
- Class 6—Sewing and Knitting**
 - Apron.—1. Elizabeth Schirmer, Lower Montague; 2. Helen Adams, Lower Montague; 3. Pearl Mellish, Montague.
 - Towel.—1. Isabelle Browne, Montague.
- Class 6—Canning**
 - Raspberries.—1. Helen Adams, Lower Montague; 2. Arlette Adams, Lower Montague; 3. Helen Annear, Lower Montague.
 - Beets.—1. Marlon Adams, Lower Montague; 2. Gladys Burdon, Montague; 3. Margaret Robertson, Brudenell.
 - Strawberries.—1. Marlon Adams, Lower Montague; 3. Florence Adams, Victoria Cross.
- Class 7—Cooking**
 - White Bread.—1. Winnifred MacDonald, Montague; 2. Marlon Adams, Lower Montague; 3. Helen Adams, Lower Montague.
 - Biscuit.—1. Gladys Burdon, Montague; 2. Marlon Adams, Lower Montague; 3. Jean MacGregor, Montague.
 - Sugar Cookies.—1. Marlon Adams, Lower Montague; 2. Dorothy Parkman, Montague; 3. Gladys Peters, Lower Montague.
 - Apple Pie.—1. Bertha Moon, Milltown Cross; 2. Margaret Robertson, Brudenell; 3. Elizabeth Schirmer, Lower Montague.
 - Fudge.—1. Alice Fraser, Montague; 2. Dorothy Parkman, Montague; 3. Elizabeth Schirmer, Lower Montague.
 - Gingersnaps.—1. Alice Fraser, Montague; 2. Winnifred MacDonald, Montague; 3. Elsie MacLure, Montague.
- Class 8 Sewing and Knitting**
 - Embroidered Linen.—1. Inez Stewart, Lower Montague; 2. Eileen Dewar, Montague.
 - Knitted Socks.—1. Helen Adams, Lower Montague; 2. Jennie Sample, Victoria Cross; 3. Hannah MacDonald, Milltown Cross.
 - Knitted Sweater.—1. Elizabeth Schirmer, Lower Montague; 2. Florence MacDonald, Milltown Cross; 3. Hannah MacDonald, Milltown Cross.
 - Crochet Work.—1. Gladys Burdon
- Class 9—Manual Training**
 - Hammer Handle.—1. Hector Schirmer, Lower Montague; 2. William Kemp, Milltown Cross; 3. Lloyd Nicholson, Commercial Cross.
 - Milking Stool.—1. Claude Nicholson, Montague; 2. Tom Annear, Lower Montague.
 - Nail Box.—1. Chester Schirmer, Lower Montague; 2. Charlie MacDonald, Milltown Cross; 3. Cameron Annear, Lower Montague.
 - Bird House.—1. Hector Schirmer, Lower Montague; 2. Donald Adams, Lower Montague; 3. Charlie MacDonald, Milltown Cross.
 - Miscellaneous.—1. Chester Schirmer, Lower Montague; 2. Jack MacLure, Montague; 3. Mable Shaw, Brudenell.
- Class 10—Livestock and Poultry**
 - Heifer Calf, (Dairy bred).—1. Cameron Annear, Lower Montague; 2. John Cowan, Lower Montague; 3. Harvey Ross, Lower Montague; 4. Cecil Beck, Lower Montague; 5. Chester Schirmer, Lower Montague; 6. Donald Ross, Lower Montague.
 - (a) Pullets and Cockerel, Barred Rocks.—1. Tom Annear, Lower Montague; 2. Cecil Beck, Lower Montague; 3. Inez Annear, Lower Montague.
 - (b) White Leghorn.—1. Miriam MacIntyre, Victoria Cross.
- Class 11—Collections**
 - Weeds.—1. Springfield School.
 - Wood Saws.—1. Creta MacLeod, Victoria Cross.
 - Tree Leaves.—1. Stuart Ives, Montague; 2. Dorothy Shaw, Brudenell; 3. Ellery Shaw, Brudenell.
 - Wood Samples.—1. Donald Adams, Lower Montague; 2. Lester Stewart, Commercial Cross; 3. Charles MacDonald, Milltown Cross.
- Class 12—School Work**
 - Exercise Book.—1. Inez Annear, Lower Montague; 2. Marlon Adams, Lower Montague; 3. Bettie Dike, Lower Montague.
 - Map Drawing.—1. Bettie Dike, Lower Montague; 2. Hannah MacDonald, Milltown Cross; 3. Malcolm MacKinnon, Montague.
 - (a) Landscape Drawing.—1. Lester MacDonald, Springfield; 2. Lester Stewart, Springfield; 3. Temple Llewellyn, Springfield.
 - (b) Fruit.—1. Arthur Burke, Montague; 2. Louise Burke, Montague; 3. Cecil Bell, Montague.
 - Writing, Grade IX and X.—1. Grace Kennedy, Montague; 2. Annette Munroe, Springfield; 3. Lester Moore, Springfield.
 - Writing, Grades VII and VIII.—1. Anna Belle Martin, Montague; 2. Temple Llewellyn, Springfield; 3. Lester MacDonald, Springfield.
- Class 14—Sports**
 - (a) 50 yd. dash for girls under 9 years.—1. Elizabeth Sorrey; 2. Christina MacDonald; 3. Della Ross; 4. Ethel MacLaren.
 - (b) 50 yd. dash for girls from 9 to 12 years.—1. Pearl MacDonald, 2. Ethel MacDonald; 3. Florence Trainor; 4. Dorothy Shaw.
 - (c) 75 yd. dash for girls over 12 years.—1. Gladys Peters, 2. Olive MacLeod, 3. Ethel Keith, 4. Francis Coffin.
 - (d) 75 yd. Dash for boys under 9.—1. Noble Shaw, 2. Henry Dewar, 3. Stuart Ives, 4. Stuart Vickerson.
 - (e) 100 yd. dash for boys under 12.—1. Lowell Poole, 2. Kenneth Beer, 3. Jack MacLean, 4. Jim Burdon.
 - (f) 100 yd. dash for boys over 12.—1. Bertram Stewart, 2. Seymour Pearson, 3. Neil Bruce, 4. Ivan MacDonald.
 - Obstacle Race for boys.—1. Lowell Poole, 2. Noble Shaw, 3. Ivan MacDonald, 4. Ellery Shaw.
 - Wheelbarrow Race for boys.—1. Seymour Pearson, 2. Charles Moore, 3. Ivan MacDonald and Ellery Shaw, 4. Lowell Poole and Kenneth Beer, 4. Austin MacDonald and Harold Nicholson.
 - (a) Three-legged race for boys.—1. Jack MacLean and Howard Landry, 2. Ivan MacDonald and Ellery Shaw, 3. Harold Nicholson and Cyril Reynolds, 4. Kenneth Beer and Lowell Poole.
 - (b) Three-legged race for girls.—1. Doris Robertson and Verna Shaw, 2. Gladys Peters and Vera Moore, 3. Margaret Robertson and Dorothy Shaw, 4. Helen Mellish and Olive MacLeod.
 - Blindfold Race for boys.—1. Ellery Shaw and Ivan MacDonald, 2. James Burdon and Eddie MacLaren, 3. Vernon MacLean and Donald MacLeod, 4. John Peters and Tom Annear.
 - Jockey Race.—1. Ivan MacDonald and Ellery Shaw, 2. Kenneth Beer and Lowell Poole, 3. Howard Landry and Jack MacLean, 4. Austin MacDonald and Harold Nicholson.
 - Backward Race.—1. John Cowan, 2. Lowell Poole, 3. Howard Landry, 4. John Peters.
 - Teachers Race.—1. Lois Ross, 2. Stanhope MacLeod, 3. Harold Mellish, 4. Margaret Burdon.
 - Men's Race.—1. Jimmy Lanmar, 2. George Beck, 3. Mont MacLean, 4. George Beck.
 - Baseball Throw for girls.—1. Margaret Burdon, 2. Bertha Moore, 3. Mildred Moore, 4. Gladys Burdon.
 - High Jump.—1. Leslie MacDonald, 2. Lowell Poole, 3. Kenneth Beer, 4. Lester Moore.



Tune Your System to the Song of Spring

EAT Grape-Nuts. Give your body that needed nourishment to keep it fit, unailing, always at its best. Energetic. Full of life. Eat Grape-Nuts every day.

Grape-Nuts is rich in those mineral elements which build and repair worn-down tissue. It abounds in energy-producing nutriment. It contains enough roughage—the whole wheat grain is used in its making.

It is highly concentrated, easily digested, economical, delicious. It has a flavor all its own. Rich, appetizing, satisfying. Serve with cream or milk right from the package—there are many helpings in each, because only four teaspoonfuls are necessary to a serving. Every grocer has it.

GRAPE-NUTS MEAT SALAD
1 cup Grape-Nuts, 1 lb. beef liver, 1 teaspoon salt, 1/2 teaspoon pepper, 1 tablespoon butter, 1 small chopped onion, 2 hard-boiled eggs, 5 teaspoons mayonnaise, 5 leaves lettuce, 5 walnut meats. Cook liver with butter, salt, pepper and onion till tender. Put through a meat chopper and mix with Grape-Nuts. Make into patties and put in oven. Baste frequently with gravy. When slightly browned, take from oven, cool and place each on a lettuce leaf. On each put 1 teaspoon mayonnaise and 1 walnut. This serves 5 persons.

"There's a Reason"
CANADIAN POSTUM CEREAL CO., LIMITED
Head Office: Toronto Factory: Windsor

Grape-Nuts

Made in Canada

To Darken Hair Apply Sage Tea

Look Young! Bring Back Its Natural Color, Gloss and Attractiveness
Common garden sage brewed into a heavy tea with sulphur added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Just a few applications will prove a revelation if your hair is fading, streaked or gray. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get a bottle of Wyeth's Sage and Sulphur Compound at any drug store all ready for use. This is the old-time recipe improved by the addition of other ingredients.

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On the heights overlooking the picturesque town of Clinton, Mass. Near Boston and Worcester. 34th year. Thorough training and preparation for State Registration. Well equipped class and lecture rooms. Laboratory. Special instructors. Instruction and full maintenance given to students. Write for Book of Information to THE SUPERINTENDENT CLINTON HOSPITAL, Clinton, Mass.



SHOULDN'T KICK
"The world owes me a living!" shouted the excited theorist. "Well," replied the serene citizen "you're alive, aren't you?"

