

Serve Mustard with all meats

Mustard neutralizes the richness of fat foods and makes them easier to digest. Mustard enables you to enjoy and assimilate food which otherwise would burden the digestive organs.

but it must be Colman's

"Proper Food and Exercise," by ARTHUR A. McGOVERN
Former physical director, Cornell Medical College

The importance of proper breathing

DEEP breathing should always be from the chest, never using the diaphragm or abdomen to take in the oxygen. When an inspiration is taken, the shoulders should not raise as the upper thorax begins to fill with oxygen and the chest comes forward and the shoulders back.

INHALE
up sideways until they are on a straight line with the shoulders — count five, exhale, bringing the arms back to starting position.

RAISE ARMS AND COUNT FIVE

EXHALE, LOWERING ARMS
Be sure in this exercise not to raise your shoulder blades and pay strict attention to the abdomen coming in and the chest out, not up. Repeat ten times.

EXERCISE NO. 3. Stand facing the wall, feet parallel, both arms extended so your palms are against the wall, on a level with your shoulders. Keeping your heels to the floor, let your body come forward until your chest and chin touch the wall. Push back from the wall and take a deep inhalation, count five, and as you return to starting position with your palms, chin and chest against the wall exhale. Repeat ten times. Be sure to keep the heels to the floor or the exercise will not reach the muscles it is designed to strengthen.

EXERCISE NO. 1. Both hands extended straight from the chest, as you begin to inhale slowly bring the arms backwards until they are straight with the shoulders. Count five, exhale slowly and bring the arms back to starting position. Repeat this ten times.

EXERCISE NO. 2. Arms hanging at the sides as you start, take a deep breath through the nose, raise the arms

Diet That Will Aid Digestion

Upon arising ten minutes exercise; after the bath spend five minutes vigorously rubbing the body with a turkish towel.

DRINK two glasses of water.

BREAKFAST: Stewed unsweetened fruit such as prunes, figs, apricots, or any dried fruit. Eggs, poached, soft cooked or scrambled soft without much grease. Dark bread toasted with butter, cocoa, chocolate or a coffee substitute. Between breakfast and dinner take at least two glasses of water.

DINNER: Soup, such as beef broth, mutton broth, chicken broth, tomato soup or a vegetable soup. Toast, baked apple with cream, a fruit pudding, tapioca pudding or prune whip. Glass of milk, or cocoa or chocolate.

SUPPER: Broiled lean meat, chicken or fish, any two of the following vegetables: spinach, string beans, baked potato, green peas, beets, turnips, carrots, squash. Dark bread toasted. For dessert, nuts, crackers and cheese, fruit or a gelatin pudding, coffee substitute. Between supper and bedtime at least two glasses of water.

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Stalwart Immigrants Come To Canada

QUEBEC, May 29 — Without a doubt the most interesting British family prospect to arrive here since the opening of navigation on the St. Lawrence River for the present season was that of D. J. Poole, wife and eight children, who were brought out under the Family Settlement Scheme, the arrangements of which were entered into some time ago between the British and Canadian Governments. This family, along with twenty-one other similar aggregations comprising a total of 127 souls, disembarked at Quebec from six trans-Atlantic liners at and over the week-end. The total number of immigrants brought ashore was upwards of 2,500 with English, Scotch and Irish predominating; one of the finest class of settlers yet to reach this port.

Poole and his family, the youngest of which was only six weeks old, came ashore Saturday afternoon from the Canadian Pacific Metagama from Glasgow and Belfast. Poole proved to be a most interesting type of Scotch farmer, and in the course of a conversation with him in the immigration building many interesting facts were brought out as to his life on the other side of the water and his aims and ambitions for the future in this country.

Poole, who hails from Prestwick, Ayrshire, Scotland, proceeded through to Bradford, Ont., with his family. Shortly before he took his train he expressed his satisfaction in arriving here, remarking that he thought that the government of the Dominion of Canada had given him his one big chance in life. He was confident that he would succeed in Ontario, and he intended to work hard so as to take up his government farm at the earliest opportunity. This man, thirty-five years of age, and a fine-looking type of Scotchman, has been employed continuously with farmers in the Old Country since leaving school up to 1920 when farm work in Scotland was at a discount. His wife is also an experienced farm worker, having been employed as a dairy maid for nine years before her marriage.

Asked as to why he had given up farm work in 1920 Poole stated that there was no employment to be had after that time. He said that he had had a very hard struggle to make both ends meet during the past few years. He had worked in the coal mines, but could only get three days work each week. The daily wage was eight shillings, and he was forced to deprive his family of many of the luxuries but even the necessities of life. When he heard of the scheme of the British and Canadian Governments to bring out experienced farm help to this country he had eagerly seized the opportunity, and had sold out all his belongings in Scotland.

"There is no doubt about it," he said, "my family and myself are far better off in Canada with such a splendid opportunity presenting itself than to live on day after day at home, hoping for conditions to better. I am going to Bradford with the firm intention of succeeding. If I do not get ahead it will not be the fault of the Dominion of Canada government. There was never a better scheme, to my mind, launched by Canada or any other country, and I speak for all the other families who came out on the ship."

Other families spoken to were much of the same opinion as Poole, and all were enthused with the bright prospects before them. For the most part they are going to the prairie provinces with a sparkling for Ontario and the Maritime Provinces. There were two families of eleven on the C. P. S. Melita; two families of ten on the C. P. S. Montroyal; four of twenty-four on the C. P. S. Metagama; five of thirty persons on the White Star-Dominion liner Doric; two of thirteen on the Cunard liner Asonia, and six families of thirty-nine souls on the Anchor-Donaldson liner Athena.

Another interesting family arrived by the Cunard liner Asonia, that of John Rowton, 50 years of age, wife and two sons, 13 and 15 years old, and four daughters, one of twenty years, twins eighteen years, and one eight years of age. Rowton comes from Pinsburg, E. C. I., and was forwarded to Victoria, B. C. He has brought up on his grandfather's farm of 175 acres and gained a knowledge of all branches of mixed farming. He was twenty-eight years in the military service and served twenty years of that time in India. At one time he instituted a regimental dairy comprising nine cows and superintended this dairy for three years. His wife is a qualified nurse and his daughters are all thoroughly acquainted with housework.

All the families were specially looked after and given minutes directions by Mr. Jesse Stewart, special government inspector at this port and were seen safely aboard the special Canadian National and Canadian Pacific trains that were to bear them to their destinations.

IN MEMORIAM

MRS. WILLIAM COILEY

On Monday, April 27, the hearts of many friends and relatives were deeply saddened when it was heard that Mrs. William Coiley of Founders Mills, had been called from this earthly home. The deceased had been sick only a week, but those who know and loved her had fondly hoped that she might longer be spared to brighten the home, now made desolate by the unflinching hand of Death. But God in His infinite Wisdom had willed otherwise and with perfect resignation and obedience to that inevitable call, she calmly laid down the burdens of life to take up the crown of Eternal happiness.

The late Mrs. Coiley was 84 years of age, she was a lady of kind disposition ever ready to cheer and comfort others in their sorrows and afflictions. In her home she was an ideal of true womanhood and a loving wife and mother, as well as those who were in need. All through her life she was known and respected for her honesty and integrity and her sincere friendship with her associates, and her never failing duty to God.

She was left to mourn a sorrowing husband, also two daughters, as follows, Mrs. D. F. Taylor, of Founders Mills and Mrs. P. F. Hynes of Founders Mills.

The funeral took place at the house on Wednesday, April 29th, and was attended by a large concourse of sympathizing friends and relatives. The remains were laid to rest in the family plot at North Granville Cemetery. The service was conducted by her pastor, Rev. O. H. Peters.

The pall-bearers were: J. E. Taylor, W. R. Taylor, A. C. Taylor, H. T. Goyne, William Burgoyne, James E. Burgoyne.

(Other papers please copy)

MRS. J. LEE JAY

The death of Mrs. J. Lee Jay, aged 29 years, occurred at 5 o'clock Wednesday morning, April 28th, at her home, Waldo street, following an illness of scarlet fever. Prayers were conducted in the afternoon at the Meader & Perry chapel, Dr. H. B. Haskell officiating. Representatives of the church with which she deceased had been a constant and valuable member were present showing the esteem in which Mrs. Jay had endeared herself to them. The remains are now at the Sunnyside receiving tomb, and will be later taken to Mount Stewart, P. E. I., for burial.

Surviving are the husband and little daughter Muriel, aged 4 years, also the father, mother and brother, Mr. and Mrs. Daniel Birt, and Winston T. Birt, living at the family home in Mount Stewart; an uncle, Christopher Birt and cousin, Arthur, of this town.

Mrs. Jay had been a resident here for the past five years or more and had won many friends by her sunny, lovable disposition. She was closely connected with the church of her choice, working zealously in all its interests. She served efficiently as secretary of the Ladies' Aid, being a most active worker of this society, and also served as mitre box secretary of the Ladies' Home Missionary Society.

A son, born April 2nd, Athol Lee, to Mrs. Jay, lived but four days, and whose remains are consigned with that of the mother's for burial, revealing the double sadness to those who mourn.

In the passing away of Mrs. Jay, truly the church has sacrificed one of its most esteemed and beloved members, whose chief aim was to build up influence, and bring all that was good, and all whom to know was to love. There is the vacant chair, and our lives will long be hallowed with the gracious memory of one who labored among us in the work of the kingdom. (Rumford Times).

The remains of the late Mrs. J. Lee Jay arrived on May 13th, and the funeral took place at ten o'clock from her parents' home at Mount Stewart. The Rev. Hollis P. Tupper, assisted by Rev. B. H. Penwarden conducted the services. The following were the pall-bearers: Messrs. MacLeod, Douglas, Ray Smallwood, Joseph J. MacDonald, Alex MacDonald, Ward Jay, and Ray Jay. The pall-bearers were all school mates and cousins of the deceased. The funeral was very largely attended, and the great number of influence sent out, and esteem in which Mrs. Jay was held in the community. Prior to Mrs. Jay making her home in Rumford, she labored very effectively in the work of the Methodist church here, being a valuable member of the choir, and rendering special sympathy goes out to the sorrowing husband, parents and brother.

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Nothing so quick to stop pain, so safe, so healing as
Dr. Scholl's Zino-pads
As drug and shoe stores

BREATHLESS LANGUID GIRLS MADE STRONG BY

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When girls become breathless, languid and pale, parents should take prompt steps, for delay means danger. The girl in her "teens" cannot develop into robust, happy womanhood without abundant, rich red blood in her veins, and it is the lack of this that is the great trouble with most girls. They grow anaemic, depressed and weak, with no appetite, and no interest in life. The least exertion in a poor state of health, can find spendid, vigorous health, with glowing cheeks and sparkling eyes, in Dr. Williams' Pink Pills. For these pills not only increase the supply of rich red blood; they create appetite, relieve the weary back and limbs, restore full womanly health and charm, and so transform pale, anaemic girls into robust, happy women.

So if you are anaemic, let Dr. Williams' Pink Pills help you as they did Miss Clara Cheslock, High Falls, Que., who says:—"Before I took Dr. Williams' Pink Pills I was pale, bloodless and had my hair run down. The least exertion would tire me, and my appetite was fickle. A short treatment with Dr. Williams' Pink Pills has changed all this and I am now enjoying the best of health, for which you have my sincere thanks."



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FULL-SIZE BALLOON GUM-DIPPED CORDS

FIRESTONE MADE CANADA'S FIRST FULL-SIZE BALLOON TIRE

EAST ROYALTY SCHOOL

Honor Roll, East Royalty school for the month of April:

Principal's dept., Grade IX. — 1. Marjorie Harper; 2. Louis Wheatley; 3. Earl Bradley, Grade VIII. — 1. Emma McNevin; 2. Isabel Andrew; 3. Grace Harper, Grade VII. — 1. Marion McWilliams; 2. Ruth Webb; 3. Willie Anderson, Grade VI. — 1. Arthur Roper, Miss Holmes' dept., Grade IV. — 1. Edward Love; 2. William Wheatley; 3. Dixon Holmes, Grade III. — 1. Mary Love; 2. Eileen Bradley; 3. George Harper and Woodrow Wheatley, equal, Grade II. — 1. Elsie Henderson; 2. Clifford Roper; 3. Lloyd Henderson, Grade I. Sr. — 1. Katherine Carson; 2. Bobbie Carson, Grade I. Jr. — 1. Kathleen Wheatley; 2. Esther Harper; 3. Wilfred Robertson.

Perfect attendance — Principal's dept., Rose Bradley, Emma McNevin, Jean McNevin, Willie Andrew, Isabel Andrew, Marion McWilliams, Ruth Webb, Mae Hartz, Arthur Roper, Louis Wheatley, Grace Harper, Marjorie Harper, Miss Holmes' dept., Edward Love, McNaife Robertson, Dixon Holmes, William Wheatley, Mary Love, John H. Eley, Eileen Bradley, Woodrow Wheatley, Wilfred Holmes, Clifford Roper, Elsie Henderson, Lloyd Henderson, Kathleen Wheatley, Winnifred Roper, Wilfred Robertson, Dorothy Roper.

FAIRVIEW SCHOOL.

The following is the standing of Fairview school for the month of April:

Grade X. — 1. Brenton Currie; 2. Douglas McIsaac, Grade VII, Sr. — 1. Seymour McNeill; 2. Ruby Currie; 3. Mary McLean; 4. Edith McLean, Grade VII, Jr. — 1. John McLeod, Grade V. — 1. Freda Burdett; 2. Delmar Currie, Grade III. — 1. Margaret McLeod; 2. Eleanor Burdett and Leonard McNeill (equal), Grade II. — 1. Doris Currie; Grade I. — 1. Ivor Burdett.

Marguerite Currie, teacher.

LAKEVILLE CHOOH

Standing of Lakeville school for April:

Grade VIII. — Alice Rose, Elsie McDonald, Margaret Rose, Bernadette McDonald (equal), Grade VI. — Duncan McInnis, Anastasia McInnis, Lloyd Rose, Helen Jarvis, Grade V. — Mabel Rose, Philomena McInnis, Grade IV. — 1. Laura Rose, Rita McDonald, Harold McDonald, Grade III. (a) — Elinor McDonald, Margaret McDonald, Mary F. McDonald, Angus McInnis, Grade II. (b) — Ernest Rose, Grade I. (a) — Clarence Rose, Largus McInnis, Grade I. (b) — Cyril McDonald, Calumba McDonald, Elizabeth McInnis. Perfect attendance: Margaret McDonald, Clarence Rose, Martha Robertson, teacher.

THE IDEALS THAT GOES WITH LIFE INSURANCE

An ideal community would be one where the head of every family is insured and where the principles of life insurance are the accepted standard of living says W. O. Buck.

I can imagine in such an atmosphere every family would own its home; churches and schools would abound and would be well attended; poorhouses and like institutions would be unknown; every child born into the homes of that community would be sure of a good education; every aged person would be assured a quiet, peaceful evening of life, free from the harassing of want, every one would have a savings account; there would be no business failures; the stores would have no "dead beat" lists; there would be no I. W. W's. Anarchists or Bolshevists.

All that is but the Utopian dream of an idealist, you say; yes, but given the proper environment, not impossible.

REMOVING TEA STAIN.

Tea should be washed out of linen as it is spilled. Sprinkle the stain with borax, moisten with water and let stand for a little while. Then rinse with boiling water.



HOPE SPRINGS ETHERAL—Sykes in the Philadelphia Public Ledger.

Neuritis

Neuralgia—Sciatica—Rheumatism

NEURITIS is inflammation of a nerve. The pain is burning and tearing, not darting as in neuralgia, and is increased by movement. There may be swelling and sensitiveness to touch, and sometimes redness of the skin. Your experience will tell you that neuritis, like neuralgia and sciatica, only bothers you when your nervous system gets run down. Restore energy and vigor to the nerves and you remove the cause of these torturing ailments. The nerves must be nourished back to health and vigor by the use of such restorative treatment as Dr. Chase's Nerve Food.

Mr. John Woodward, Lucan, Ontario, writes:—"I was a sufferer from neuritis for several years, and tried all kinds of remedies, yet never seemed to get any better. At last my nerves and whole system seemed to give way, through not being able to get any rest or sleep at nights for pain which mostly used to take me in all parts of the limbs and feet. Almost at the point of despair, I began using Dr. Chase's Nerve Food, and I feel it my duty to tell you of the benefit I derived. I am more than proud to say that after taking over twenty boxes I believe myself almost normal again, and for the past year I seem to enjoy my usual health."

Mrs. Wm. Maplet, Mount Forest, Ont., writes:—"For about three years I suffered from neuritis in my right side. I had pains through my back and twitching of the nerves and muscles. I had also been operated on for appendicitis, and it left me a nervous wreck. I was very restless and uneasy, and bothered with frequent neuralgic headaches. My appetite was poor and I sometimes took weak spells. I commenced a treatment of Dr. Chase's Nerve Food and in a very short time I found relief. This medicine has done me the world of good and I can recommend it to all suffering as I was."

Dr. Chase's Nerve Food

60 cts. a box all dealers or EDMANSON, BATES & Co., LTD., TORONTO.

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