

Home Nursing And Health Hints

SAVING MOTHER'S FEET

The woman who had been on her feet all day sighed wearily as she went up the steps of the back porch. Her day was done. And her feet were very tired. Every bone in her body, she told herself vaguely ached.

Average Farmer's Wife's Day

But the business of preparing breakfast for her large family, the various and countless tasks of the day readily banished such thoughts and hour after hour, from barn to house, from attic to cellar, from hay-lift to chicken house and back again, this average farmer's wife would go, until, when the sun slanted in the west, her bones began to sag, her feet to drag, as she attempted to ease her weight upon them.

Her Tired Lines Deepened

So, into old shoes that were

much too large the throbbing feet would be thrust. And day by day the tired lines in the woman's face deepened. Then, one summer her daughter came home from the west. At once she discovered that her mother's feet were always aching and she spoke with decision.

Protesting Against 'Wasting Time'

Though the mother protested against 'wasting' so much time over her feet, the daughter pointed out firmly that she owed it to herself, and that the household clocks ticked on just the same. Soft-footed stockings of fine cashmere substituted for the harsh fibred, well-washed stockings of coarse cotton that had been deemed 'good enough for about the house.' Soon comfortable, snug fitting shoes, well laced around the ankle and with rubber heels were substituted for 'dad's old cast offs.'

Of Interest to Farmers

(Continued from Page Nine)

THE CONTROL OF SWARMING.

Swarming is the natural method by which bees increase, but is a hindrance to the best results in honey production; especially is this true of comb honey production. The uncertainty of swarming, the reduction of honey crop through a division of the working force of the colony, the possibilities of losing swarms and the difficulty of controlling swarming, the biggest problem in bee management.

Be good to your pipe feed it ORINOCO Cut Coarse, for Pipe Use Cut Fine, for Cigarettes

WHEN USING WILSON'S FLY PADS READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY

Best of all Fly Killers 10c per Packet at All Druggists, Grocers and General Stores

relieve congestion of the brood chamber. The destruction of queen cells before they are far advanced. Colonies that have made advanced preparation for swarming and have capped cells or cells ready to cap over, will often require more drastic treatment.

In localities where the swarming season is short, the separation of queen and brood is usually effective. All the brood is removed from the brood chamber and placed in an empty super and the brood chamber is then filled with empty combs.

remove the queen from the colony at the time the first active queen cells are found and to destroy the cells. Eight days later again examine the colony and destroy all the queen cells but one, or destroy all and give a ripe cell of selected parentage. In this way a young queen is obtained that will not swarm. This plan, however, may cause a certain amount of loafing, until the new queen starts laying. This may be overcome to a certain extent, by giving a ripe cell at the time of removing the queen.

It is a good plan to keep the queen's wings clipped for, should a swarm emerge, the queen will be unable to fly and will fall to the ground when she leaves the hive. The queen is then caged and the parent colony moved to a new stand. A new hive is placed on the vacant stand and the swarm will return, when the queen can be released and allowed to run in with the swarm. The supers from the parent hive should be given to the swarm. Eight days later destroy all queen cells except one in the parent colony, to prevent afterswarms.

STRAWBERRIES FOR FARM GARDEN.

Quite a few correspondents are making inquiry regarding the growing of strawberries. Only last week one made inquiry about growing perfect and imperfect varieties; I have had many years' experience raising strawberries and I have found that I do not want any kind except the perfect flowering sorts and among these I consider the Dunlap one of the best for several reasons. They are as sure bearers as any. They are more easily stemmed or shucked than most other varieties. They are of a rich red color, are not as soft as others

PURITY FLOUR Modern milling of the world's best wheat, naturally produces the world's best flour. Ask your grocer for the best and he will sell you PURITY FLOUR "More Bread and Better Bread"

and do not have a hard core like other berries. It is all nonsense, to set imperfect flower sorts in every other row. What we mean by perfect flower sorts are the ones that bear pollen. They are usually a larger flower, with a kind of yellow dust in them. Some varieties have an abundance of pollen, others have little pollen, while others have none at all. Those that have no pollen will not bear unless they are set in alternate rows with some perfect flower sorts. Even then, if the weather is rainy at blooming time, they fail to get pollen

THE DISK THROWER. Mrs. Timstead—What's that statue represent? Her Husband—Can't you see? That's an ancient Greek movie comedian throwin' a pie, same as they do nowadays. Only they wouldn't leave him show on the screen like that now with-out he put on some clothes.

HIS CHOICE. Father—Which would you rather have, a little brother or a little sister? Little Jakey—if it's all the same to you, papa, I'd rather have a white rabbit with red eyes.

NO THOUGHT OF IT. Snider—Loan me \$10? Jones—Yes, when I come back from Alaska. Snider—Are you thinking of going to Alaska? Jones—No!

THE WHOLE BARNYARD. Mrs. Pester—I see the Heehaws had to give up their apartment. I wonder why. Her Husband—Keeping domestic animals in it, I reckon. According to the neighbors he's a jackass, his wife's a cat, his son's a puppy, and his daughter's a bird.

HIS LITTLE SLIP. Professor to servant stoking the furnace—Go over on the coal, Jim, according to recent scientific calculations the earth's supply of coal will be exhausted in about 3,000 years.

Dasher in Antiquities—This chair is 200 years old. Customer—Yes! But it's an awful price. Dealer—High price? You forget how wazens have come up.

"Oh," cried Mrs. Gush "what a darling blouse! How much is this gorgeous creation?" "Fifteen dollars, madam," was the answer. "Fifteen dollars, and so sweet for the price," continued Mrs. Gush. "It's a dear; just exactly what I want. The color and everything just as I like it. I think I will take it, though \$15—"

Helps for the Rural Teacher

(Continued from page 9.)

outstanding have, because of the lower value of money, diminished automatically in burdensomeness. Furthermore, any increase in our population—and it seems reasonable to assume that we will have a steady increase—will reduce our per capita debt. Canada can, if it cares to, set immediately about the persistent reduction of its debt. Canadians do this more easily than most countries. It should be one of the great aims of Canadian statesmanship so that, unimpaird, it may raise the standards of living and the fruitfulness of the efforts of hand and brain, for a national debt less by his work and the business man makes less by his business. There are some other advantages which deserve mention in considering Canada's prospects as a world trader. One of these is its banking system, which, unlike that of Britain and unlike that of the United States, is built upon a system of head institutions with branches scattered throughout the country. We in Canada, have a relatively small number of banks with many branches, guaranteeing flexibility, strength and economy of reserve, and ease in making extension by the addition of new branches. Lately there has been a significant development in the opening up of branches or offices in various parts of the world, not only in United Kingdom and United States but also in the West Indies, in Cuba, in Mexico, in Central and in South America, while contracts have also been established with China and Japan. It is interesting to note that this development has taken place largely since the armistice. The international position of Canada has changed. No matter what the burden of debt we still carry, we as a people, are less constrained than before by foreign indebtedness, standing for that reason more independent and more free to seek new avenues of trade. Foreign trade affords a fine test of economic efficiency. Within the country its relative efficiency in manufacture is obscured by the operation of the tariff, but

Breckle-Face

SUN AND WIND BRING OUT UGLY SPOTS HOW TO REMOVE EASILY Here's a chance, Miss Breckle-face, to try a remedy for freckles with the guarantee of a reliable concern that it will not cost you a penny unless it removes the freckles; while if it does give you a clear complexion the expense is trifling. Simply get an ounce of Othine—don't be 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 stronger is sold under guarantee of money back if it fails to remove freckles!

external competitors furnishes the opportunity to excel by merit. It is encouraging to notice that Canada exports certain manufactured products which have gained their place in the markets of the world by merit. Nevertheless, I think that a survey of the exports of Canada will quickly convince anyone that, as yet, we have not made adequate use of our opportunities. We export too little in a finished state and too much as raw material. Foreign customers and trade observers sometimes tell us that we do not study their particular needs sufficiently and that we do try to meet their point of view when filling their orders for goods also that, in time the fact of substituting something similar to what they have ordered, and that we tend to be careless over such simple, if important, details as methods of packing, conveyance etc. These factors were those in which our late enemies excelled. They studied the particular requirements of their customers. They used their language, grasped their methods, and could be relied upon to deliver the identical good ordered. The observance of such details as these points to the kind of thoroughness which is a condition of success in internal and external trade. A small difference in efficiency may easily make a difference between gaining and losing a foreign market. We need then to evoke and to attract the highest skill and efficiency the best brains that can be obtained or secured for the country.

The great obstacle or what we may call the great problem, in conducting large scale enterprise is the finding of men big enough for the jobs that are open. There is no use in increasing the size of everything else unless we can increase also the measure of intelligence. Many men make good corporals, but few make good generals, and in business as in war a country is in a bad way unless it can discover the good generals. Have the educational institutions can help, for education is, to mind, the best way to discover such men. It can sift out quality, and can give aid both directly and indirectly, for it is not merely by more by cultural education that it raises the standard of intelligence in a country. The mind of man is not separated into compartments. He that displays thoroughness and grasp in thinking will reveal these qualities in practical affairs. He that is faithful in great things will be faithful also in the lesser. The same imagination that is stirred by literature, pure science, or philosophy, will in its degree give strength to a business or to an empire. It is the educated peoples of the world that have ruled the world.

Education is especially necessary in Canada at present because the period of extension is giving place to the period of application or of intensification. Canada has now to cultivate its heritage. The age of quantity must pass into the age of quality. We must be delivered from the hypothesis of the map. We must think less in terms of size and more in terms of fitness. The rough, but necessary, work of the pioneers must give way to the fine work of the trained mind. Of Canada it is peculiarly true that if it seeks first the gifts of the spirit, all other things will be added to her.

R. T. Holman, Ltd., Summerside. R. T. Holman Ltd., Summerside. R. T. Holman, L'd, Summerside

Sensational Sale of Home Furnishings

For Friday and Saturday Only

Two days only—Friday and Saturday, June 17th and 18th, two days of unprecedented value-giving—two days of unparalleled price reduction—two history-making days at Holmans.

Where-ever a line was limited we gave it the "price knife"—in any case where an article was damaged (even to the smallest extent) the price was reduced to a mere shadow even of its actual cost.

The price reductions in this ad speak for themselves and you will miss a rare purchasing opportunity if you miss this wonderful TWO DAYS' SALE—Friday and Saturday, June 17th and 18th

Leatherette Reading Chairs \$9.85, 3 Cupboards Clearing at \$6.95, Framed Pictures 98c, Steel Frame Springs \$1.95, Wicker Flower Stands 98c, Pictures to \$1.50 for 49c, Picture Frames Without Glass 25c, Mahogany Desks \$8.85, Boudoir Chairs \$1.50

\$1.00 Brings this Phonola to Your Home. During Friday and Saturday we are offering this \$125.00 Phonola for \$100.00 cash or you can buy it for paying \$10.00 down and the balance at \$10.00 per month at the regular price of \$125.00.

Couch Matresse \$5.95, School Seats \$4.95. These couch mattresses are single style, flock filling, green denim cover with valance! Sale price \$5.95.

Two Curtain Specials. 25 pairs white Nottingham lace lambrequin curtains a very special value at this price, a pair 98c. 25 pairs cream scrim curtains, 2 1/2 yards long, with nice lace insertion, special, per pair \$1.39.

A pair of Heavy Blankets \$2.65. Just 25 pairs of these heavy wool blankets offered in this sale. Be at Holman's Friday R. T. Holman Ltd. Summerside. Every bargain on this page applies in the contest as scheduled just the same as every other merchandise in the store. Every \$1.00 purchase counts for 100 votes and these bargains here speak for themselves in the many suggestions they make for you.