

Children Cry for

Fletcher's CASTORIA

Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Laxative Drops and Soothing Syrups, especially prepared for infants in arms and Children all ages.

Avoid imitations, always look for the signature of *Dr. H. H. Fletcher* on each package. Physicians everywhere recommend it.

And Vicinity

Some of the residents here have to space, but this is not an exception.

Samuel Davidson, Jr., who was employed in the lumber woods for some months, has returned to his home in the Road.

John Van der Stine & Son and Joseph Jenkins, Peter's Road, recently made a record trip to Verifier. Leaving home in the "small hours" with five horses and sleighs, they loaded the five sleighs with hay, and arrived home shortly after dusk, the same day. The round trip covered a route of fifty miles, and it is some time since the above gentlemen pulled their first vote! How next?

SMILES



There are you going, my pretty, to meet my bootlegger, sir," said



EXACTLY



BE RIGHT AFTERWARDS



NEEDS ONLY A LITTLE TUG



ALL BOLONEY

Best Dealer: All our smoked hams are of the very highest quality. That's all boloney, my friend.

Beauty and the Beast

COLOR CUT-OUT



A SURPRISE!

Today's chapter of "Beauty and the Beast" tells about some news which came to Beauty's family. But there are still lots of adventures in store for Beauty.

Things continued for some time with Beauty doing all the work and the two sisters complaining of their poverty. Then one day the father came hurrying into the house with an expression of great happiness upon his face.

"We are no longer poor," he said to his children who had gathered about him. "A great merchant ship which was thought lost has come in port with all her merchandise aboard. I shall prepare to go and claim that part which belongs to me."

There was great rejoicing in the merchant's house and his children helped him to make ready for his journey. But before he left he asked what gift each desired him to bring on his return.

(The sister's dress is tan with a little red cape. Her turban, too, is red.)

An institute in connection with school improvement was organized in this district some time ago, and much interest is centred in educational matters here. The attendance of parents and others is commendable, and also encouraging to the teacher.

The following address by the pupils to the teacher was read during the presentation:

Dear teacher,—We feel that we cannot miss this opportunity of expressing to you our appreciation of your work among us. We know that at times we have been very trying, but you were always faithful and kind to us. Please accept this small gift, not for its intrinsic value, but as a token of our appreciation of your work among us. Stened and read on behalf of the pupils of Alma school, by George Johnston.

In reply Mr. Fraser thanked the pupils for their kindness in presenting him with such a valuable gift, and also the ratenayers and others for their attendance at the examination.

At the close of the exercises refreshments were furnished the pupils and visitors in various forms. Mr. Fraser was made the recipient of a handsome and valuable fountain pen by his pupils.

Women Tell

Others how this new hygienic pad discards easily as tissue — no laundry

BECAUSE one woman so advises others, and because doctors so urge, most women are deserting the old-time "sanitary pad" for a new and better way.

Eight in 10 better-class women now use "KOTEX."

Discards as easily as a piece of tissue. No laundry. No embarrassment.

Five times as absorbent as ordinary cotton pads.

Obtainable at all drug and department stores simply by saying "KOTEX." You ask for it without hesitancy.

Package of 12 costs only a few cents. Proves old ways a needless risk. In fairness to yourself, try it.

MORSES TEAS always please

FOR THE WOMAN READER
BY FLORENCE RIDDICK BOYS
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HOME TRAINING.

Since our schools are so efficient, not permit it to atrophy and make large air bubbles. If too much sugar is used the cake will "fall" and they can accomplish, we are prone to relax our home training of the children. We rely on the school too much, thinking it will bring up our boys and girls morally as well as mentally. That is true in part. The school probably our greatest bulwark of character—next to the home.

Its instruction is refining and moral, and the class spirit is a help. But there is still need for parents' help. Parents still need some old-fashioned religion, and they need to have it drilled into them by their parents.

Children need to be taught industry. They will not work well at school if they have not been trained to work at home. They will not be unselfish, nor willing to sacrifice for another's good, nor thoughtful for another's comfort, nor interested in the common weal, unless they have been taught all these things by home training.

The boy or girl who comes to adult life without knowing simple hard work and sweat and strain has a handicap. He or she will not be fit to enter the competitive world, to endure the hardships of home labour. The boy or girl who does not learn the first principles of honesty and truthfulness at home, will not be likely to observe the "best practices" in business and social relations, and that will operate to his disadvantage.

The citizen, who has not learned at home that we must give as well as receive, that we must be as well as enjoy, that we must consider the best interests of all, and that we must obey the law, will never make a good citizen.

The schools are efficient but not so efficient that mothers can slump down in home training. The boys and girls will miss much if we do and the country will suffer. Nothing can take the place of the steady discipline of home training.

BEDS AND BEDDING.

"Night is the time for rest; How sweet, when labours close, To gather round an aching breast, The curtain of repose, Stretch the tired limbs, and lay Down on our delightful bed!"

So sings the poet, but ten chances to one, none of us has a really comfortable bed. And bed is the place where we spend one third of our lives. Our neglect must be because we are unconscious there and "ignorance is bliss." Oh, if it feels as good as when I go back to it, I say to ourselves indifferently, and let it go at that. Or, perhaps we are afraid to make it any more attractive and difficult to get out of.

Examine your beds. Perhaps you will find some shortcomings, sag, or broken, or so rusty they creak every time you move. The mattresses are dusty and lumpy and filled with unthinkable mysteries. Their covers are soiled and their springs are rusted and in time their need for protective covers. Or, if they have covers these are seldom washed.

Over the mattresses we use our oldest quilts, worn and ragged, falling to pieces with age. Bed pillows are hard, possibly hen feathers instead of down, and they have never been renovated. Their ticking is soiled and old and leaks feathers. Sheets are too short, blankets getting ragged and shabby badly in need of washing. They will keep getting longer if sent to the dry cleaner rather than to the laundry.

But, bless you, we have crocheted edging on the pillow cases, embroidered monograms on the sheets, and lace, pink pillow shams, elaborate counterpates, and expensive carved bedsteads. Everything else in the bedroom is of the best—hard wood floors, Turkish rugs, electric lights and Turkish furniture. We had not considered the beds.

Good time to open the furnace door, bump the hole outfit in and begin over with box springs to keep out the dirt, a high grade mattress, a mattress cover which may frequently be removed and washed, a mattress protector-quilt to lie under the sheet, sheets which are long enough, wool blankets instead of quilts, and a plain easily laundered counterpane. Pillows should be sent to the cleaners once a year.

With such a bed, the housewife may kneel beside it, hop in, and go to sleep with a clear conscience.

SUGAR IN BAKING.

When using sugar in baked products, count it as a liquid and add more flour to stiffen the batter. Sugar makes a finer texture in a baked product, since, like starch

Tyne Valley And Vicinity

Mrs. H. P. Phillips and Mrs. E. Phillips, Misses Kathleen and Myrtle Phillips, were among those attending the reception given in honor of Mr. and Mrs. G. Roy Phillips by Mr. and Mrs. James Tuglin, Conway, on January 27. Most of the guests were storm-stayed at Conway for a few days and had a jolly good time.

Congratulations are due Mr. and Mrs. Willard Ramsay, Arlington, on the birth of a son.

Miss Ina and Mr. Clarence Phillips were visitors to Tyne Valley on Sunday.

Mr. W. Smith, Inspector of Schools, Kinkora, paid a visit to some of the schools in this vicinity during the past week.

The many friends of Mrs. Alvin Waite, who has been seriously ill, will be glad to learn that she is improving.

The services on Sunday in Tyne Valley were conducted by the Rev. J. Martin in the United Church, and by the Rev. Mr. Dancy in the Presbyterian Church. Both services were well attended considering the condition of the roads.

Mr. James Tuglin, Conway, is suffering from nervous breakdown, and is being attended by Dr. Keir, of Alberton.

The Ladies' Aid of the Presbyterian Church, Tyne Valley, held their meeting at the home of Mrs. Edison Williams, on January 28th. Although the day was stormy quite a number attended.

The funeral of Marion Ramsay, little daughter of Mr. and Mrs. Russell Ramsay, Northam, took place on Monday, Jan. 29th, at St. John's Episcopal church, Ellerslie, and was conducted by Rev. Mr. Dancy. The sympathy of the whole community goes out to Mr. and Mrs. Ramsay in their sad bereavement.

Mr. Linus McDonald, of Grand River, is recovering after a successful operation.

Quite a large number of people attended the funeral of Mr. John Ford, M. Pleasant, on Sunday, Jan. 31st. The services at the home and St. John's Episcopal church, Ellerslie, were conducted by Rev. A. F. Travers.

The semi-annual examination of Port Hill school was held on Feb. 2nd. Owing to the storm and condition of the roads quite a number of the ratepayers were absent. Those who were present expressed themselves as highly pleased with the progress of the pupils.

FOR BURNS.

The important thing to do in case of a burn is to exclude air from the burned part as the touch of air causes pain. It can be immersed into water that is the best thing. If the burn is severe immerse patient in water and call doctor. If you try to exclude air by applying flour, lard, oil, white or any other substance, you may have a very fine grained cake.

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The important thing to do in case of a burn is to exclude air from the burned part as the touch of air causes pain. It can be immersed into water that is the best thing. If the burn is severe immerse patient in water and call doctor. If you try to exclude air by applying flour, lard, oil, white or any other substance, you may have a very fine grained cake.

TO SAVE MOTIONS.

In your large salt shaker mix one part pepper to ten parts salt; thus making one shake serve where two were required before. This also saves reaching separately for both salt and pepper shaker and putting both back saves having two shakers sitting around. Conveniently near one should have a dish of salt for use when that is desired alone.

REST OFTEN.

The heart rests between the beats. A few minutes of rest in the midst of work enables the worker to accomplish more and to do it with less fatigue. The eyes rest, and the person with weak eyes can close them frequently, if she only thinks about it. But be careful when you wink, for how is the observer to know you are merely resting your eyes?

UNDER PLANT JARS.

Little squares or circles of linoleum under your plant jars will protect the furniture. Darkness rots linoleum and is not to be purchased for this use, but left-over pieces can be utilized while they last. Rubber mats serve this purpose. The small rubber mats used for stair steps may be purchased very cheaply and two or three circles may be cut from these to fit your plant jars.

SMILES.

If one should "Say it with flowers," he might speak like this: "Rose, 'I love you,' pansy, 'forget me not'; golden rod, 'I am rich'; tulips, 'I haven't a cent.'"

TREE-TOP STORIES

BENIE AND THE CROSS BOY. BENIE was a little round boy who lived with his Mother and Daddy. When Benie was three years of age the "Cross Boy" came to visit. The toys were broken and no one was happy.

Now Benie and the Cross Boy were really the same boy. But the smiling happy Benie always hid when the Cross Boy came.

"I'll have to keep him out some way," Mother said gently. "I'll tell you. He is afraid of a smile! So let's smile whenever he comes."

"All right . . . let's!" exclaimed Benie. "I'll bet he runs like EVERYTHING when he sees THIS smile!"

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for all women.

Cocoa a "Man's drink" — there's health in every drop



The cup of Health at the Breakfast table that means Efficiency at the Business Desk

BAKER'S BREAKFAST COCOA

Has a full rich flavor delicious to the taste; it is invigorating and sustaining.

Henry C. Sherman, Professor of Food Chemistry, Columbia University, in his book "Food Products" says: "Cocoa, in addition to the stimulating property, due to the alkaloid theobromine, and the flavor which makes it popular both as a beverage and in confectionery, has a considerable food value."

WALTER BAKER & CO. Limited
ESTABLISHED 1780
DORCHESTER, MASS.
CANADIAN MILLS AT MONTREAL
Booklet of Choice Recipes sent free

Fashion Fancies



Few soft colors can rival the delicate light flesh and corn tints for complexion. They are good with all complexions.

Very lovely flesh colored chiffon is used for this extremely youthful dance frock shown above. Silver kid studded with flesh stones makes the girlish which gives a toga appearance to the tunic that hangs below it.

The same model could be made in brilliant green chiffon, with a similar girlish of gold kid.

EATING WITH BRITISH ROYALTIES

ROYAL MENUS

THE DUKE OF YORK'S WEDDING BREAKFAST MENU

Consomme.
Filets de Sole a la Reine.
Cotelettes d'Agneau au Duc.
Petite Patis.
Chaudroid de Poulardes a la Strathmore.
Langue et Jambon decoupees.
Salade Caprice.
Timbales de Gouffres a la Windsor.
Friandises.
Dessert.
Cafe.

PRINCESS MARY'S WEDDING BREAKFAST MENU

(The menu which was ornamented with a pink and gold border in which bloomed the rose, the shamrock, and the thistle, emblems of England, Ireland and Scotland, and the monograms of the King and Queen emblazoned at the head and those of Princess Mary and Viscount Lascelles at the foot.)

Consomme Soubrette.
Filets de sole a la Reine.
Cotelettes d'Agneau a la Princess.
Petite Patis.
Harewood.
Chaudroid de Poularde a la Langues et Jambon decoupees.
Salade Caprice.
Timbales de Gouffres a la Windsor.
Friandises.
Dessert.
Cafe.



If I Only Had the Strength

HOUSEWORK is not drudgery to the woman who is strong and well. She takes a pride in keeping the home spick and span and giving it the artistic touches which make home attractive. But when strength fails and you feel tired and worried there seems no end to disagreeable work. You seem to never catch up and everything goes wrong.

Wishes do not restore a worn-out nervous system but Dr. Chase's Nerve Food does. By using this great restorative regularly you can soon regain health and vigor and take hold of the household duties with a master hand.

Nervous headaches, sleeplessness, indigestion and all the discouraging symptoms of exhausted nerves disappear because you have restored the nerve force to the body. You can get well and keep well by the use of Dr. Chase's Nerve Food.

Use it when you feel tired, nervous and irritable and you will soon realize why Dr. Chase's Nerve Food is the most popular of Nerve restoratives. 60 cts. a box, all dealers or The Dr. A. W. Chase Medicine Co., Limited, Toronto 2, Can.

DRAGGING-DOWN PAINS RELIEVED

Woman Suffered Nearly a Year. Lydia E. Pinkham's Vegetable Compound Brought Her Health

Moose Jaw, Sask. — "I am going to try to tell you what Lydia E. Pinkham's Vegetable Compound has done for me. I suffered very badly with dragging-down pains and inflammation, also pains in my right side over my hip and down my whole side into my leg. I had it nearly a year when I went to a doctor and he said I would have to have an operation. But my mother said to take Lydia E. Pinkham's Vegetable Compound as it saved her life years before. I took two bottles and I found I was better, so I kept on taking it and also used Lydia E. Pinkham's Sanative since I have had two more children since then and am perfectly well. I used to have to lie down two or three times a day, and now I do all my household work without trouble. I always keep the Vegetable Compound in the house as I find a dose now and then helps me. I am willing for you to use this letter any way you see fit and I will answer letters. If I can help any other woman I'd be only too glad to try." — Mrs. ESTHER HOUGHTON, 712 Athabasca W., Moose Jaw, Saskatchewan.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for all women.