

SUPREME COURT JUDGE

CONSIDERS HAWKER'S TOLU and CHERRY BALSAM

the best cough cure he has ever used. Read his letter to us: "I take pleasure in stating that I have used Hawker's Tolu and Cherry Balsam for the last eight years, and consider it the best cough cure I ever used. I find Hawker's Liver Pills an excellent liver regulator."

HON. H. A. McKEOWN, Chief Justice, N. B. Supreme Court, Hawker's Tolu and Cherry Balsam should be in every home. Buy it today and be prepared. It will help to guard against "The Flu". Sold by all druggists and general stores. The same price everywhere—25c & 50c. None genuine without Company's name.

HAWKER'S LITTLE LIVER PILLS CURE ALL STOMACH ILLS. HAWKER'S NERVE AND STOMACH TONIC THE GREAT INVIGORATOR. BUILT UP THE WEAK.

THE CANADIAN DRUG CO., Limited, ST. JOHN, N. B.

THE RESURRECTION

In the low grave we shall not stay. There comes a Resurrection day; This is a promise Jesus gave. That He would raise us from the grave. With joy we'll hear the trumpet's sound. And raised in glory from the ground. And at that slumber in the earth, Shall be triumphant over death.

INHUMAN TREATMENT TO PRISONERS.

Formal demand for an investigation of conditions at Stoney Mountain penitentiary is made in a letter sent to the Canadian Department of Justice by Ward Hollands, leading lawyer of Winnipeg. This letter alleges among other charges that a convict was forced to put a horse bit in his mouth and the bit was pulled from behind until the convict's mouth was torn, that fish were served with entrails and scales unremoved, that one of the convicts bears wounds from the teeth of a dog owned by the warden, and that convicts were punished until the prison doctor ordered the punishment abated.

The loading of the corn is one of the hardest jobs, and this can be made easier by the use of special low racks, which are swung between the two banks of the wagon, and by saving raising the sheaves up to any great height.

Watch Your Blood When The Iron Runs Low You Are In Danger

The Same As When The Mercury Goes Down You Know There Will be a Frost

How To Make The Test That Tells

Actual blood tests show that a tremendous large number of people who are weak and ill lack iron in their blood and that they are ill for no other reason than lack of iron. Iron deficiency paralyzes healthy, forceful action, pulls down the whole organism and weakens the entire system. A pale face, a nervous irritable disposition, a lack of strength and endurance and the inability to cope with the strong vigorous folks in the race of life—these are the sort of warning signals that Nature gives when the blood is getting thin, pale, watery and literally starving for want of iron. If you are not sure of your condition, go to your doctor and have him take your blood count, and see whether you stand or else make the following test yourself: See how long you can work or how far you can walk without becoming tired; next take two five-grain tablets of Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. By enriching the blood and creating new red blood cells Nuxated Iron strengthens the nerves, rebuilds the weakened tissues and helps to instill renewed energy and power into the whole system.

Unlike the other inorganic iron products Nuxated Iron is easily assimilated, does not injure the teeth, make them black nor upset the stomach. The manufacturers guarantee successful and entirely satisfactory results to every purchaser or they will refund your money. It is dispensed by all good druggists. Sold in this city by Geo. E. Hughes, Apothecaries Hall; E. A. Foster, Central Drugstore, and H. J. Mabou, (Montague.)

VOCATIONAL TRAINING

Work done by the social service section of the Vocational and Medical Branches presents a striking reminder that the Department of Soldiers' Civil Re-establishment exists for civilian retraining; that its efforts have a direct bearing upon the progress and welfare of the entire community life and that its activities of today mean a surer and stronger foundation for all civilian activities of the future.

This is very true of the social service work inaugurated by the Vocational Branch during the year 1917, as an aid to the men who were taking retraining courses. This work is now carried on by the Medical and the Vocational Branches, each of which maintains its workers for necessary service. The social service was intended to be a medium of assistance to the man taking re-training; a link between his work and his home life, which strengthened by sympathetic and systematized knowledge, would relieve his mind of anxiety during the period of his re-training. As such it is promising to be one of the most valuable contributions to community building for the future.

"Building for the future" indeed best describes the work being undertaken by this section. Social service as carried on through the Medical service is distinctly different to that of the Vocational Branch. Medical social service is concerned not only with the home surroundings of the returned man, himself and his dependents, but definitely with his medical treatment as carried on at home, he is an outpatient on the strength of the Department for pay and allowance, and therefore all social service workers of the Medical Branch are graduate nurses.

The social service workers of the Vocational Branch deal with the home surroundings of the returned man who has been medically treated, to a finality.

In every-day life the man whose mind is free from care and domestic worries has proven to be the best workman.

Social service work done in the Vocational Branch is based upon recognition of this fact and upon the knowledge that to give a man who is undergoing re-training the fullest opportunity for advancement both in health and in his new training, his mind must be relieved as far as possible of all outside cares and burdens.

In many instances the ultimate success of re-adjusting the man and his home in the life of the community, depends upon the quality of social service extended to them.

In the case of the returned man who has been for many months overseas, even under the most ordinary circumstances, there will be some adjusting necessary. For probably two years or more he and his family have led an entirely separate existence, each must now remodel their lives upon new lines.

In the case of a man who is suffering from disability however, the need for adjustment may be even more imperative. There will be little idiosyncrasies heretofore unknown in his nature, there will be needs which must be provided for, if he is to gain the full measure of health.

In a great many instances, during the man's absence the home has been vacated, probably the family went overseas to be near him and on their return a new home must be found. They will be in new and strange surroundings and the consequent re-setting to new conditions for every one concerned will provide plenty of opportunity for the kind assistance.

It must not be supposed that the social service workers of the Vocational Branch enter the home of any returned man as investigators or inquirers into his personal affairs, on the contrary, the visitors, who are for the most part the cheerful band of women, are greatly welcomed both by the men and their families.

No problem appears too complicated for the social visitors to tackle. Whatever troubles affect the home of the returned man, she is ready to see things through. From taking the children to school, buying them clothes, purchasing groceries, attending the court to defend a member of the family who is in trouble, and interviewing troublesome landlords or hunting up a house, it all comes in the day's work.

In some cities the social service workers are stationed within or near the vocational schools so that men who desire a special visit may call to their homes may call in and talk things over with the workers.

The same service is provided for returned men by the Medical Branch of bridges, over considerable rivers, in every Province, each station being allowed to organize its workers according to the manner which appears most favorable to the locality.

Treating one hundred men who are in hospital wards, and treating one hundred men each living in his own home presents two totally different problems. In the first instance, the doctor is working with conditions which he knows to be favorable to the completion of his work. Conditions which are uniform in the matter of air, light, warmth, ventilation, rest, feeding and nursing care. In the latter case however, he realizes that no two homes are alike and the lack of proper knowledge in the home may militate entirely against his skill and efforts to restore the man to full health. Hence the social service workers attached to the medical service.

Naturally the man's family will be anxious to do all within their power to forward his recovery. In many instances however, lack of proper facilities or knowledge proves a hindrance and here the help of a trained worker may prove the greatest assistance.

Where a man is discharged from the hospital at the convalescent stage, permanence of his cure will depend very largely upon his future conduct and home care. He is put upon the social service list and a visit paid immediately with one object in view, sympathetic aid.

This returned man must be assisted in every way to regain as quickly as possible his pre-war standing of independence and health. To this end it will be necessary to see that he does not engage in any occupation which will overtax his strength; that his relations or whoever is responsible for the care of the home have a complete understanding of the nature of his illness, and of care in the matter of food, rest, clothing and other details which are required in his particular case. His progress must not be left to chance or the circumstances of haphazard methods.

Men suffering from disability who wished to be nursed at home also come under the care of the Medical social service. Before such cases can be discharged from the hospital, the doctors must be satisfied that the home conditions will not work against a cure.

A psychological fact generally accepted by the best doctors is that in some cases of illness and with certain temperaments the best hospital care in the world cannot compare with the cure of the patient against the healing influences of home environment, however humble the latter may be.

In such instances the man's mental condition, if kept in the hospital, may so militate against his bodily progress that instead of the quick recovery usually anticipated under otherwise ideal conditions, his cure is retarded and drawn out.

In many districts the social service work of the Department is forging a strong connecting link for the future between the community life of Canada and all agencies working for social welfare and betterment.

It is such efforts in the tremendous work of re-establishing the returned man which in their character of building for the future generations will have the most beneficial and lasting effect upon the entire national life of this country.

WASHINGTON'S VIEW OF THE FUTURE

(Christian Service Monitor)

On September 10 last the Yorkshire Herald printed a letter from George Washington, to the Earl of Buchan, dated Philadelphia, April 22, 1793, which gives a remarkable forecast of the progress of the United States. After three paragraphs of personal comment, he writes:

"The favourable wishes which your Lordship has expressed for the prosperity of this young and rising country cannot be gratefully received by all its citizens, and every lover of it. One man to the contribution of which, and its happiness is very justly and proudly portrayed in the following words of your letter, to be little heard of in the great world of politics. These words I can assure your Lordship are expressive of my sentiments on this head; and I believe it is the sincere wish of united America to have nothing to do with the political intrigues, or the squabbles of European nations; but on the contrary, to exchange commodities, and live in peace and amity with all the inhabitants of the earth; and this I am persuaded they will do, if rightfully it can be done. To administer justice to, and receive it from every Power, with whom they are connected will, I hope, be always found the most prominent feature in the Administration of this Country, and I flatter myself that nothing short of imperious necessity can occasion a breach with any of the nations with whom we are allowed to pursue it. The agriculture and mechanical arts—the wealth and population of these States will increase with that degree of rapidity as to baffle all calculation—and must surpass any idea your Lordship can entertain of on the occasion. To evince that our views (whether realised or not) are expanded, I take the liberty of sending you the plan of a new city, situated about the centre of the union of these States, which is designed for the permanent seat of the Government. To evince that we are deeply engaged and far advanced in extending the inland navigation of the river (Potomac) on which it stands and the branches thereof through a tract of as rich country—for hundreds of miles—as any in the world. Nor is this a solitary instance of attempts of the kind, although it is the only one which is near completion and in practical use. Several other important ones are commenced, and little doubt is entertained that in ten years if left undisturbed we shall open a communication by water with all the lakes northward and westward of us with which we have territorial connections—and an inland navigation in a few years more from Rhode Island to Georgia inclusively, partly by cuts between the great Bays and Sounds, and partly between the islands and sandbanks and the main from Albermarle Sound and the River St. Mary's. To these may also be added, the erection and the commencement of turnpike roads as further indications of the improvements in hand.

"With great esteem and respect, I

TAKE IT HOME TODAY THE NEW UNIVERSITIES DICTIONARY ILLUSTRATED

have the honour to be your Lordship's most obedient, honourable servant. "GEO. WASHINGTON "Earl of Buchan."

CANADA'S AGRICULTURAL POSITION.

The Hon. S. F. Tolmie, Canada's new Minister of Agriculture, has summed up the outstanding facts of Canada's agricultural position in an article appearing in the November number of The Agricultural Gazette. He presents statistics showing the growth of Canada's financial burden during the past five years and points out means by which our national debt will be reduced. He says in part "I am confident that this Dominion, through the development of her natural resources, will in time wipe out her debt. Forests, fisheries, and mines all contribute their part of the revenue but by far the greatest returns will be derived from agriculture which industry we must continue to establish in permanency and increase in magnitude.—One of the greatest responsibilities that falls on either the federal or provincial departments of agriculture is the conservation of the great wealth that lies in the virgin soil. Innumerable considerations are involved in this one problem, but the whole affair can be accomplished if we engage in mixed farming with live stock as a basis. This is the fundamental principle underlying success in agriculture."

Sunlight is always referred to as the cheapest disinfectant at our disposal. This fact should be kept constantly in mind in the construction of dairy barns and other buildings as well which are to house stock. Have as many windows as possible to ensure good health, those on the southern side are of special importance, as they let in the sunlight best.

DINING OUT DOES MORE THAN SAVE HOME SUPPLIES

It is a real education to eat away from home. The housekeeper herself enjoys the opportunity to taste foods prepared by others and even familiar viands take on a new zest when served and fixed by some one else. The proof of this is for one only to think of the picnic, breakfast on the vine-screened porch, or the pleasure of a meal in some well-known and perhaps famous eating place. It is really good for us to eat away from home once in a while, for we have a chance to observe the way other people do and how they serve.

One woman who had been held closely beneath her own roof by a growing family was astonished to discover that there was any other way of serving carrots except cut in thin slices and buttered. She had read of creamed carrots and the rules for preparing them, but being somewhat lacking in imagination, she had never thought it worth while trying any of these. So when she took dinner with an old school friend one day, she was quite delighted with a big dish of tallish peas served to her—a well-seasoned mixture of green peas and tiny cubes of carrots.

She had grown past a little careless, too, about training her children in table manners and in permitting them to interrupt and to be over-demanding in their likes and dislikes. When she saw how well trained her friend's children were and how much more comfortable it was for every one concerned, she returned to her own home determined to turn over a new leaf.

People who live in remote places, or who stay alone by themselves a great deal are almost sure to become eccentric. Little by little they drop

BATHROOM AND FURNACE

The list of conveniences in the housewife's department can be extended almost indefinitely or until they become luxuries. Along with the use of the elevated tank, the farmer may have a bathroom where all the household may have a refreshing bath after a hard day's work. Then there is the question of heating the house properly. A furnace, either hot air or hot water may be put in at a moderate cost. If the farmer feels that he can afford such a thing, he will find it a great saving in the end. In normal times he can purchase his fuel from the coal dealer cheaper than he can hire a man to cut wood. By putting in a furnace the farmer will find that all parts of the house can be warmed during the winter and made pleasant and healthy. Then, too, with a furnace, the fuel is kept in the cellar, thereby saving the housewife from dirt which must be cleaned up when two or more stoves are kept going during the winter.

Poor Man's Pudding.

Two cups bread crumbs, very fine and dry; two cups chopped apple, a few raisins seeded and cut, 1 tablespoon butter, three quarters cup of white sugar or 1 cup of light brown sugar, a little nutmeg or cinnamon. Butter a pudding dish, and cover the bottom

with the crumbs, and then with a layer of chopped apple. Sprinkle with the sugar, seasoning, tiny bits of butter and raisins, until the dish is full. Make the top layer of crumbs dotted with tiny bits of butter only. Cover the dish and bake until the juice bubbles up. Then brown the top and serve with cream or an nice pudding sauce. This is an excellent way of using up bits of stale bread. (—From Mrs. J. H. Man)

In order to feed the stock as cheaply and efficiently as possible through the coming winter, the farmer should make a note of what concentrates he will need. The feed which costs the most per ton is by no means always the dearest feed, nor yet is the cheapest feed always the best. The value of the feed depends on its constituents and also the purpose for which it is intended.

Women Made Young

Bright eyes, a clear skin and a body full of youth and health may be yours if you will keep your system in order by regularly taking

GOLD MEDAL HARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles, the enemies of life and looks. In use since 1896. At all druggists, 50c. a box. Look for the name Gold Medal on every box and accept no imitation

BRINGING UP FATHER

