

LESLIE OKE WANTS AMENDMENT TO JUDICATURE ACT

Mr. Leslie Oke, of East Lambton, described as "a farmer's bill" made its appearance in the Legislature Tuesday and judging from the interest the members showed in Mr. Oke's explanation, the bill should provoke a tidy debate.

WHAT TO EAT TO BE HEALTHY

Dr. Woods Hutchison, a prominent New York physician, has an article on the above subject in Collier's containing much information. He says that the chief problem for the travelling men to solve is that of food, and this is by no means so difficult as it was some years ago. The average quality of restaurants throughout the United States and Canada has greatly improved since the dawn of the twentieth century, as a result of pure food laws and more rigid inspections. The danger of poisoning through dirty kitchens and decaying food has almost disappeared. There is still a danger of a chef, even in a large hotel, or more likely in a dining car, trying to dress and season meat, probably where it ought to be thrown out. Dr. Hutchison counsels every traveler to apply the nose test to food and instantly reject any that does not meet it. "Always give your stomach the benefit of the doubt," he advises. Spoiled meat will cause you far less trouble in somebody else's stomach. For this reason never eat any made-over meats when traveling, such as hash, steaks, ragouts, croquettes, etc., unless you know the cook personally. Those who are fond of meat will be glad to learn that Dr. Hutchison thinks the best food of all is meat, which includes also fish, chicken, oysters and cheese, because it is highly nutritious, gives you more pep to the ounce than any other two foods, and, contrary to silly old superstitions, does not clog the liver or leave any poisonous residue. And of meats, the best is either roast beef or broiled beefsteak. It is almost impossible to wholly spoil beef by cooking, he says; it can be readily digested by any half-decent stomach, and unless it smells to high heaven, can be considered sound. Its worst fault will be toughness, and if it is tough it is seldom badly tainted. Bread is Not the Staff of Life Dr. Hutchison insists strongly that bread is not the staff of life. One might better make a staff of almost any other food. Bread is a fuel and should be eaten sparingly when one is not doing hard work. He says there is no merit whatever in a light meal, since one makes up for abstinence at the next one, or suffers for it. He advises a good breakfast and suggests ham and eggs, a dish that is equally at home in a city mansion or a camping shack, and which both satisfies the appetite and nourishes the body. Fish, after being thoroughly examined by fork and nose, and chops and sausages are also recommended. Dinner should be the heaviest meal after the day's work is over and one has time to linger over it and peacefully digest it afterward. For lunch he suggests oysters or fish or cheese, fruit or preserves, but warns against ice cream following fish. He also mentions that milk and cheese do not hit it off any too well. One of the most effective vermifuges on the market is Miller's Worm Powders. They will not only clear the stomach and bowels of worms, but will prove a very serviceable medicine for children in regulating the infantile system and maintaining it in a healthy condition. There is nothing in their composition that will injure the most delicate stomach when directions are followed, and they can be given to children in the full assurance that they will utterly destroy all worms.

A PRACTICAL IDEA

Mr. Jos. Hackett, reeve of Ennisville township, attended the Good Roads convention in Toronto last week, at which he and Mr. J. T. Sproule of Oil Springs, represented the County of Lambton. The most important business transacted from a local standpoint was the proposal of Reeve Hackett to the Hon. E. G. Biggs, that the province take over certain roads in the county now included in the county system of road building and place them under the County provincial system. By so doing the province would pay sixty per cent of the cost. The roads mentioned were the County Road, from Dawn Centre to the 19th line of Ennisville, thence west through Petrolia to the Plank Road and along the Plank Road to Sarnia. While the scheme as outlined was heartily endorsed by the Minister of Highways it must first be endorsed by the County Council at the June session and representatives of the interested municipalities must stand four square behind the reeve to put it through. The use of the 10th line under the county provincial system would mean the including of our Main street pavement for which the province would allow this municipality sixty per cent of the cost of a strip twenty feet wide. The idea has excellent possibilities and no doubt would mean the doing away with the toll gates on the Plank Road. The scheme should receive the endorsement of Petrolia Council.—Petrolia Topic Advertiser.

Changeable weather causes much Asthma, Bronchitis and Rheumatism, Neuralgia, RAZ-MAH for Asthma and T. R. Cs. for Rheumatism are guaranteed, ask J. W. McLaren.

FOREST

Mr. and Mrs. Angus Morrison returned to Forest on Friday after spending the past three months in Seattle, Oregon, Vancouver, Calgary and other places in the Western provinces.

The "Excelsior Club" of the St. James' Church, who put on the play entitled "The Country Schoolma'am" a short time ago are working upon another humorous play entitled "The Hoodoo," to be put on about April 1st, the same cast enlarged are to be used.

The death occurred in Gladwin, Mich., on Friday, March 3rd, of William Hetherington, a brother of Mrs. John Shipley Sr., of this town, at the age of 75 years. Deceased lived near Theford before his removal to Michigan. One other sister, Mrs. George Gale of Ailsa Craig, survives.

There is a movement on foot to organize a Boy's Scout Corps. It is to be hoped that parents will put themselves behind such a good and useful organization. The committee in charge are Revs. A. R. E. Garrett, H. D. Cameron, chairman; A. E. Salisbury, Scout Master and Mr. Hector Cowan, Sec.-Treas.

KERWOOD (Too late for last week.)

A very pleasant time was spent at the open meeting of the W. M. S. in the basement of the church when Miss Nellie Forman of Stratford gave an address on her work in Regina among the new Canadians. A program of music, readings and songs was also given and lunch was served and a social time spent over the teacups.

Miss Mae Fonger of Springfield, spent a few days the guest of Mr. and Mrs. M. C. Morgan.

Miss Thelma Brunt and Miss Emily Williams of Windsor visited Mr. and Mrs. J. M. Brunt over the week-end.

Mr. John Richardson of Petrolia visited his parents, Mr. and Mrs. John Richardson Sr.

Mrs. Canon of Strathroy spent a few days with her daughter, Mrs. H. Glover.

The funeral of Mrs. Selina Foster took place on Sunday from the family residence, 6th line, and was very largely attended, the pastor, Rev. C. J. Moorhouse conducted the service. Interment was made at Strathroy cemetery.

Mr. Shepperd of Michigan, attended the funeral of the late Mrs. Foster.

Mrs. Bourne of Alvinston has returned after spending a few days with her parents, Mr. and Mrs. Richardson.

PETROLEA

Mr. Stephen Richardson, an old Petrolia resident passed away at his late residence in Sarnia on Thursday March 2nd, at the age of 75 years.

While standing alongside his motor on the Plank Road making some repairs on Tuesday Wynne Merrill was struck on the foot by a passing car. The driver did not stop to ascertain what damage he had caused.

Mr. Thos. Rose, the well-known Petrolia chicken fancier has trained his hens in up-to-date business methods and derived \$20.56 from eggs laid by thirty-five hens. The cost of food was \$5.10 leaving a net profit of \$15.45. It pays to attend to four chickens.

There was a pretty house wedding at the home of Mr. Robt. Palmer Wingfield St., Petrolia, on Wednesday afternoon, March 8th, when Mrs. Mary J. Saunders of Petrolia was united in the holy bonds of matrimony to Mr. Dan Tompison, of Brigidon. The ceremony was performed by Rev. J. D. Richardson, M.A., in the presence of a number of friends.

Mrs. Roma Veersmeersch, the 8th line Belgian woman who has twice stood trial in Sarnia, once for attempting bribery of an officer of the law and once for keeping liquor for sale, being acquitted on both counts, has been served with an appeal against Magistrate Jarvis' decision dismissing the last named charge. The appeal will be dealt with by Judge Taylor.

Mrs. John C. Sonnerberg, 323 S. 6th Ave., Saginaw, Mich., has written Chief Ferguson as follows: "Will you kindly help me to locate Anna-Liza Jackson, daughter of John Cogswell Jackson. The latter is a man of seventy or past and his daughter between forty and fifty. Mr. Jackson and his people lived in Marthaville many years ago. A great surprise awaits the daughter and any information regarding her will be greatly appreciated." If any of our readers know anything of this family kindly write to Mrs. Sonnerberg.

INTERESTING NEWS AND OPINIONS FROM FAR AND NEAR

Acting on a suggestion from the Chamber of Commerce, Hon. W. G. Kennedy, Minister of Railways, will ask the Postoffice Department to allow a two-cent postage rate between all the border municipalities. Persons living in Windsor now pay three cents to mail a letter to Walkerville and Sandwich, although the municipalities adjoin. Letters mailed in Detroit for Windsor cost two cents but vice versa the rate is three cents.

Nova Scotia municipalities, like many in Ontario, are protesting against what they claim is unjust treatment by the Provincial Government in the matter of fines and taxes. The claim is advanced that an undue proportion of such funds is exacted by the Government. Many Ontario municipalities feel that they are similarly being imposed upon, and the protests promise to become more insistent and widespread as time goes on.

Declaring that he doubted much the cry "Better the movie than the bar," Dr. J. Gordon Lang, dean of the faculty of arts of McGill University, Montreal, delivered an attack upon popular magazines, which he asserted were destroying a taste for good literature on this continent, in his address before a meeting of the Principals' and Teachers' Association of Suburban Schools in Montreal. Dr. Lang affirmed that the schools merely followed the popular trend, the goal being pointed out to the young of financial success, and "the schools have adapted their courses to the popular demand."

Windsor police are looking for the meanest woman in Windsor, who victimized Joe Clements, a blind news-vendor, at his stand at Ouellete avenue and Sandwich street in that city Saturday afternoon. "Give me a paper for this dollar," Clements told the police the woman said to him. He gave her a paper and 98 cents change. When the day's proceeds were totalled up it was found that the alleged dollar was a piece of folded paper. An Ottawa man, reading of the swindle, sent Joe a dollar bill in a letter, saying he hoped many others would do the same.

Protect the child from the ravages of worms by using Mother Graves' Worm Exterminator. It is a standard remedy, and years of use have enhanced its reputation.

"Nowadays" It is "SALADA" for breakfast, for dinner, for supper and five o'clock Tea the Continent wide



"SALADA" Tea, as staple as our daily bread

ALL WHITE STAR DOMINION LINE SHIPS NOW PUBLISH DAILY NEWSPAPERS AT SEA

An indication of the progress made during the last twenty years in providing travellers by sea with every available comfort and facility is the practice recently put into effect of publishing miniature daily papers on board some of the big trans-Atlantic liners. Years ago such a feat would have been considered well-nigh impossible, and, indeed, such a thing has been possible only quite recently on the very largest steamers, but now even the moderate size liners are publishing their own newspapers.

Arrangements have lately been completed by the White Star Dominion Line for the publishing of a daily newspaper on all its Canadian service steamers. The new journal is known as "The Ocean Times", and is made up of items of news sent out by the big trans-Atlantic wireless stations and picked up by the ships at sea. The Ocean Times, which is usually about five pages, contains all the latest international news, with especial attention to Canadian happenings. The latest financial quotations are carried, as well as sporting events on both sides of the Atlantic.

The paper is edited and printed during the night, and when passengers sit down to their breakfast copies are found under their plates. This service is appreciated not only by business men who are anxious to keep in touch with events, but by everyone who desires to keep posted on world news.

The White Star-Dominion Line has been issuing such a publication on the Megantic for many years, but it will be a novelty on its cabin steamers, the Regina, Canopic and Canada.

Children Cry FOR FLETCHER'S CASTORIA

Advertisement for Low Brothers Paints and Varnishes. Includes text: "How to Have Beautiful Walls", "THE most economical and satisfactory way is to paint them with Mellotone—a flat wall paint made by Lowe Brothers.", "Mellotone is easily applied with a brush. Dries quickly with that soft, dull velvety finish that is so much desired.", "Using it, you can have a different color scheme in every room, yet all will be in perfect harmony.", "Mellotone colors are as soft as the tints of the rainbow.", "Easily cleaned with soap and water.", "Come in and see the sample panels and ask for literature.", "W. L. McCRAE & CO.", "Low Brothers Paints - Varnishes"

The Wall of China

In 214 B.C., the Chinese commenced building the Great Wall, which isolated their country from the rest of the world and helped retard their national progress.

The business man who maintains a wall of "dignified reserve" towards the buying public is just as surely retarding his own business growth.

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