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124

BAYHAM PARCELS MEANT LIFE ITSELF TO SERGT. PROCUNIER

Thanks Women's Institute for Parcels Sent Him. Other News From Richmond.

The accompanying letter to the Bayham Women's Institute was sent them by Sergt. C. A. Procunier, who was for 27 months a prisoner of war in Germany, and was written while on a visit last month to his aunt, Mrs. C. McConkey:—

March 14, 1919.
The President and Members
Women's Institute,
Bayham, Ontario.

Dear Madam:—

It is my earnest wish to take the opportunity of thanking yourself and

your able and generous supporters, and of expressing my sincerest appreciation for all you have so heroically done for me and for others in similar need. Also I know this appreciation to be heartfelt and general, to let you know something of the wonderful results of your work, so much of which I have been able to observe.

While still in the line I received several parcels direct from you, and I wish you could know how thoroughly they were enjoyed. They were a taste of home, a breath of Canada, which was very sweet to us. Later, in many cases, your errand of mercy meant life itself to those within reach.

Those of us who were not obliged to work for them, and therefore steadily refused to do so, in spite of everything they would do to try to

force us, were confined in entanglements and left largely to our own devices, receiving very little from them. Therefore we were dependent largely on what we received from our society for food supply. So you may know what we received I shall give you a general idea. Six parcels, each seven pounds were sent to us each month, containing tinned meats, biscuits, jams, tea, milk, tobacco and soap, and in the winter we received white bread from Switzerland or Denmark. In addition we received clothing, underclothing, towels and boots each year. These reached us fairly regularly except when we were moved from camp to camp when many would be lost, and on one occasion during 1917 when for a purpose we were deprived. You may imagine what a great help these were to us at all times, and realizing that such was only possible as a result of your tireless efforts and never-failing generosity, I feel I cannot express all that I should wish, but in my heart I will ever keep something that I can only feel.

Particularly did we appreciate the glorious assistance from those at home, since being Canadians we had difficulties with which to contend, above the ordinary. You may have heard of some of the reasons for our particular dislike, each for the other. The knowledge that we were so enthusiastically supported at all times meant a great deal to us.

In conclusion I would have you know my warm wishes for your future welfare, each and every one.

Your gratefully,
C. A. Procunier.

Mrs. George Procunier and her aunt, Mrs. Snider, Deaconess, went to Simcoe for Easter holidays.

Mrs. G. A. Procunier and Niel McConkey motored to London on Saturday.

Miss Clara and Mae Procunier are home for Easter.

Mrs. J. Dunning and Mr. and Mrs. Herbert and daughter, Miss Viola Herbert, visited relatives in our vicinity last Monday.

Mrs. McGregor and little grandson, of Detroit, are visiting at Mrs. Wm. Green's.

While lifting one of the heavy cans at the cheese factory, Grant Mitchell crushed one finger on his left hand quite badly on Monday.

POTATOES—SEED AND TIME OF PLANTING

(Experimental Farm Note)

The yield of potatoes throughout Canada would be very much increased if everyone who grew potatoes used seed of the strongest vitality, free from disease. While the variety used is important, the quality of the seed often makes much more difference in the yield than the variety.

Seed potatoes from a crop which grew vigorously until the tops were cut down by frost in autumn usually give much better returns than those from a crop where the tops dried up in the middle of the summer. There are parts of Canada where the former conditions obtain, as a rule, and it is from such places that the most vigorous seed is usually obtained.

In 1918 the best seed of the Green Mountain potato yielded at the rate of 387 bushels per acre while the poorest seed yielded only 57 bushels per acre at Ottawa. In the case of Irish Cobbler, the best seed yielded at the rate of 616 bushels per acre while poor seed yielded only 26 bushels per acre, a remarkable difference. Just as striking differences have been obtained in other years.

Each grower of potatoes should aim to have a full stand of plants in the field and to have every plant a vigorous and healthy one. There is often a large proportion of misses in potato fields and a still larger proportion of weak and diseased plants which lessen the yield enormously.

Experiments have been tried in different parts of Canada to determine the best time to plant potatoes for highest yields, and from these experiments and the experience of the best growers, the following dates are suggested as being the best:— Prince Edward Island, June 1-7; Nova Scotia, June 1-15; New Brunswick, June 1-15; Quebec, May 15 to June 15, depending on the part of the province; Ontario, May 1 to June 15, depending on what part of the province; Manitoba, May 10-15; Saskatchewan, May 10-24; Alberta, May 10-24; British Columbia, April 1 to May 15, depending on what part of the province. The tendency has been in most places in Canada to plant later than is desirable for highest yields. From results obtained, the following general recommendation.

Where the spring is early and autumn frosts early, plant early. Where the spring is early and summers are dry, plant early. Where the spring is late and autumn frosts are late, early planting is not so important. Where the spring is early and autumn frosts are early, plant as soon as soil is dry enough.

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HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—“I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and



headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was.”—Mrs. ADRIENNE E. LYNCH, 100 Plain St., Providence, R. I.

Backache and nervousness are symptoms or nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment. Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

ACCORDING TO ORDERS

The following unusual interpretation of a common command appears in Tit-Bits: The mistress came down stairs and tried the door of the sitting room, only to find it locked against her, while the key, which was usually in the lock was missing.

“Bridget, I can't get into the sitting room!” she cried.

“Sure, its meself knows that; and ye won't fur I have the key in me pocket.”

“Open the door immediately.”

“Will yez go in if I do?”

“Certainly I will.”

“Then yez won't get the key.”

“Open the door, I say! What do you mean?”

“Sure, it's by your own orders. Just yesterday ye said, ‘Don't let me come downstairs in the morning and see any dust on the furniture.’ So I just puts the key in me pocket, and says I, ‘Then she shan't!’”

W. WARNOCK

Notary Public and General Agent

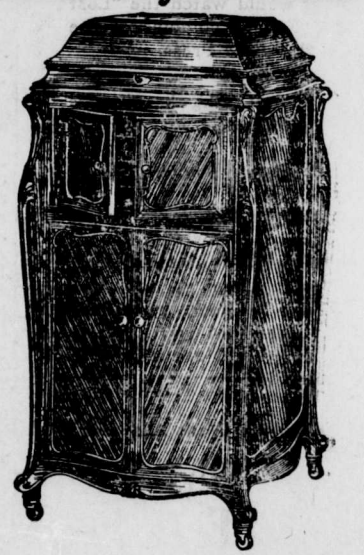
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to harmonize with the furnishings of the room for which you are buying. It is made easy when you have so large an assortment to choose from comprising beautiful patterns and color combinations.

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Fibre Matting, small blue pattern very special65c per yd.
Absolutely fast colors.

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A few ends of Carpets left 1-3 off Regular Prices. Matting Rugs, Grastex Rugs, Scotch Jute Rugs, Congoleum Rugs, all sizes, at wholesale prices

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