

**Church Advertising**

Churches are doing less advertising from the pulpit and more in the local papers, says the Bowmanville Statesman. This is right, too. The sacred desk was never intended for an advertising medium. The Belleville Daily Ontario editorially says many sensible things from day to day and on this question in part says: Opinions will differ about the propriety of using display advertising for making announcements of church meeting. But it has become the practice of recent years for all churches to pay the public press for informing the people when services are to be held and what subjects will be discussed by the minister. The size of type used can make little difference in the principle involved. The newspaper is surely more dignified, accurate, and satisfactory, than for the pastor himself to become a living bulletin board by making all kinds of announcements prior to his sermon.

**What is Your Diet?**

Canadians eat too much meat. They are one of the three greatest meat eating peoples in the world, Australia and the United States being the other two. High prices for meat are coming. The cost of food as well as its nutritive value should be considered. Fresh vegetables are wholesome, palatable and productive of good health. Though in direct food value vegetables yield a first place to meats, it must not be supposed they are destitute of those nutrients which build up the body tissue and keep the machinery going. It would be possible, though not desirable, to live exclusively on vegetable foods. But vegetables, and especially fresh vegetables, are not to be regarded merely from the standpoint of maintenance—though we assert that nowadays they would make a very good showing on the ground of econ-

**NO ALUM**



omy. Nor need we urge their extensive use on variety to the diet. They, in addition to these excellent qualities, possess a medicinal value; they are aids to digestion and afford that bulk or volume to the food necessary for the right distension of the alimentary tract. Many vegetables contain salts which are gently laxative, relieving constipation, that scourge that is the forerunner of so many dangerous and not infrequently fatal, diseases. And, again, many vegetables, especially those used in salads, have a special value in cooling the blood, and are, therefore, most wholesome, especially in the summer season.

Fresh vegetables are vastly superior to those that are wilted from keeping a day or two, in succulence, crispness and palatability. To be enjoyed at their best, vegetables must be eaten strictly fresh.

It Will Cure a Cold.—Colds are the commonest ailments of mankind and if neglected may lead to serious conditions. Dr. Thomas Electric Oil will relieve the bronchial passages of inflammation speedily and thoroughly and will strengthen them against subsequent attack. And as it eases the inflammation it will stop the cough because it allays all irritation in the throat. Try it and prove it.

**Seasonable Hints**

There has been issued by the Department of Agriculture through the branch of the Experimental Farms, a brief pamphlet containing seasonable hints for the information of stock raisers, grain growers, bee keepers, poultry raisers and gardeners. While it contains only 12 pages, it is replete with suggestions and recommendations made in the hope that some of them at least will be helpful to each and every reader who secures a copy. Practically all of the suggestions made and recommendations given, tend towards the increasing of production or the lowering of the cost of the articles produced.

Copies of this pamphlet are being sent to those whose names are on the mailing list of the Department of Agriculture, but the pamphlet is also available to others who make application to the Publications Branch of the Department of Agriculture, Ottawa.

**Methods and Rates of Planting Corn**

The row or drill method of planting corn is still commonly followed in Ontario and Quebec. The investigation conducted by the Seed Branch shows that 956 farmers were planting in drills at an average rate of 2.14 pecks of seed per acre and 350 planted in squares or hills at 1.17 pecks of seed per acre. The average results of thirty-two separate tests conducted throughout Ontario for a five year period shows that the hill method gave one ton of green crop per acre more than the drills, and three-eighths of this ton was in the form of freshly-husked ears. A four year average at the Experimental Farm, Ottawa, shows two and three-quarter tons per acre in favor of the hill method. Hills should be three feet apart each way and contain three and four plants. Rows should be three feet apart and the

**Get Into Communication With Us Quickly**

For we promise to fill all orders in rotation. After all is said and done, people are going to buy where they can get the best deal. Everyone says—

**"The Watford Planing Mills Saved Me Money on My Contract."**

ESTABLISHED 1870.

G. CHAMBERS

plants nine inches apart in the row. Three and a half feet spacing might be preferable for large growing varieties or weedy land. The hill method gives a much better opportunity for cultivating the land and controlling weeds, but the corn is rather more difficult to harvest than that which is grown in drills.

One bushel 70 lbs. on the ear or 56 lbs. of shelled corn, germinating 95 per cent., should be sufficient to plant five acres by the hill method. One acre will require 60 cents worth of seed at \$3.00 per bus. Seed corn of the same price planted at the average rate by the drill method will cost \$1.60 per acre.—Seed Branch, Ottawa.

**Sheep Husbandry**

Under the title of "The Great Neglect in Sheep Husbandry," which constitutes Pamphlet No. 9 of the Sheep and Goat Division of the Dominion Department of Agriculture, Messrs. T. Reg. Arkell and Norman Stansfield, two well-recognized authorities, explain the necessity for the early castration of ram lambs intended for slaughter and the value of docking in the maintenance of health. They consider that both these operations are necessary and cannot see that, while they are practised in other animals, there should be any hesitancy in performing them on sheep. Ram lambs treated develop in flesh and command a better price in the market, while female lambs being docked escape disease and insect pests by reason of increased cleanliness. Illustrations are given of the methods employed and advice furnished of the desirable age and advantages that accrue. Farmers would be serving their own interest by sending to the Publications Branch, Department of Agriculture, Ottawa, for the pamphlet.

**Truly Hard Luck**

The generous citizen had been approached three times that day by beggars who claimed that they were in hard luck, and to each of them he unhesitatingly gave money. But when he was accosted by the fourth alms seeker, who also asserted that luck had been against him, the G. C.'s liberality tightened. "I'll tell you what I'll do," said he to the seedy-looking individual. "You tell me the story of the cause that forced you to beg. If it's a case of genuine hard luck, I'll help you out; if it isn't, I'll call a policeman."

"Honest, Mister," said the beggar, humbly, "it was real, downright hard luck that caused me to come to youse a-beggin'."

"A little while ago, Mister, I was a-standin' on the corner, holding in me hand the last bit o' money I owned—10 cents. I was tryin' to make up my mind how I could spend the dime, but it was hard for me to decide, 'cause I needed three things and the coin could only buy one. You see, Mister, I needed somethin' to eat, I needed a shave, and I needed a drink."

"By an' by I decided to let Chance settle it; but the dime had only two sides, so I had to cut one out o' me needs. I'll be honest with youse, Mister, I cut out the shave. Then I flipped the coin into the air and said: 'Heads I eat, and tails I drink.' An' then—right then the most turrbell an' unfortchun bit blow that could fall upon a human being happened to me—the dime fell to the ground an' rolled into the sewer! Now, don't youse think, Mister, that that was genuine hard luck?"

Members of the lower branch of the Arizona legislature cannot smoke on the floor just because Mrs. Rachel Berry, a female member, dislikes the weed and had a resolution passed prohibiting it. In the upper branch the senators are more fortunate, as Mrs. Frances W. Munds, a senator, had a resolution passed urging her colleagues to smoke.

If one's troubled with corns and warts, he will find in Holloway's Corn Cure an application that will entirely relieve suffering.

Some men die of heart failure and some live with brain failure.

**Auto Party Thrown Headlong Into Oil Tank**

Petrolia, April 8.—An automobile accident of a thrilling nature occurred to-day at the refinery of the Canadian Oil Company, Limited, when the steering gear of a car became useless, and the car crashed through a fence and leaped into a deep crude oil tank, carrying its five passengers with it. In the car were Misses L. Kiddle and Bessie Scott, Mr. Jim Clark, Lloyd Hale, all of the office staff, and Mr. Tavenor, manager of the refinery, who drove the car.

The oil tank is level with the ground and is very deep. It is used as a catch tank, and at the time was covered with a thick coating of black oil. As it is centrally located a large crowd of employees were quickly on the scene at the sound of the fire alarm, and they succeeded in rescuing all of the victims, although Manager Tavenor was about to sink for the last time, when a pole was thrust into his stomach. The faces and hair of all were completely draped in a seum of oil of about the viscosity of molasses.

The automobile fortunately had the top down or else all would have perished. It is now resting at the bottom of the well. Other than the fright nothing injurious happened to any of the five occupants.

**Proposition Accepted By The Cadwell Sand and Gravel Company, of Windsor**

That the Cadwell and Gravel Company will commence operations as soon as the season opens, and deliver at the following points during the season of 1915.

All gravel required at the different places mentioned and delivered on docks or in railway cars, as required by municipalities or local Government for Ontario, and at the places herein mentioned. Said municipalities to furnish sufficient cars to hold a boat load of sand or gravel and said cars to be placed on dock and convenient to the sand-dredge for loading purposes, in order that the dredge may be able to unload by buckets into the cars.

This contract to be only entered into for one year, and a penalty provided for not carrying out the expressed wishes contained in the contract, said penalty being the immediate cancellation of the contract.

Sarnia and Point Edward gravel to be delivered on docks or in cars at 35c. per yard.

Corunna, on dock or in cars, 40c per yard.

Courtright, on dock or in cars, 40c per yard.

Sombra township, on dock, 40c per yd.

Wallaceburg, on dock or in cars, 50c per yard.

Dresden, on dock or in cars, after the logs and sand bars are removed from the river, 60c per yard.

Chatham, on docks or in cars, 75c per yard.

Windsor, on dock or in cars, 90c per yard.

Said municipalities agree to furnish sufficient dock room for at least one boat load of sand or gravel, and when the sand or gravel is required in cars, said municipalities will furnish the necessary equipment to take care of a boat load of gravel, and if sufficient cars are not provided, the Cadwell Sand & Gravel Co. will be permitted to dump the balance of their load on the docks provided for that purpose.

The Cadwell Sand & Gravel Co. further agree to provide all gravel or sand needed at these different places, and said material to be delivered as promptly as possible after notice is given by the municipalities. No sand or gravel to be exported to the United States, under any condition.

Choked for Air. Some little irritant becomes lodged in the bronchial tubes, others gather, and the awful choking of asthma results. Nothing offers quite such quick and positive relief as Dr. J. D. Kellogg's Asthma Remedy. The healing, soothing smoke or vapor penetrates, clears the passages and gives untold relief. Usually it completely cures. It is the sure remedy for every sufferer.

Two often cease to be company after they are made one.

Only a selfish man will allow his life insurance to lapse just before passing in his checks.

British women are now forming Tipperary clubs which will bring together not only the wives, mothers and daughters of the fighting soldiers and sailors, but also the consuls, sisters, aunts and every woman who wants to do something for the recruits and the absent soldiers.

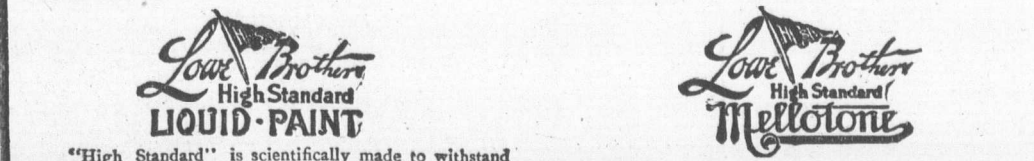


**Let's Improve Our Neighborhood Like This**

"This street has improved a hundred per cent. It is a fine example of neighborhood improvement."

"A few neighbors started the movement. Each painted his home and planted grass and flowers. Then the spirit of "Neighborhood Improvement" spread down the whole street with the result that you plainly see. It is a far pleasanter neighborhood to live in, while property values have increased amazingly. Let's each of us get busy and begin improving our neighborhood like this."

You will render wonderful service to yourself and neighborhood if you improve your home and surroundings. The first essential is good paint, and the paint you can depend upon to be good is



"High Standard" is scientifically made to withstand the weather. Exposure tests and service on thousands of buildings prove that it wears longer than ordinary paints. "High Standard" will keep your house looking fresh, bright and perfectly protected against decay for years.

It will be a disappointment to your friends to enter your freshly painted home only to find the interiors dull and dingy. There is need to protect and beautify them too. What "High Standard" is to the exterior is to inside walls and ceilings. Its soft, light colors are delightfully pleasing. Not only is it fadeless, washable and not easily scratched or marred.

**There is a Low Brothers Paint, Varnish, Enamel and Stain for every purpose**

A good neighborhood is largely a matter of paint. Start the home improvement habit in your neighborhood by beautifying your home outside and inside with "High Standard" Products. Set the example in improvement work which your neighbors will follow. Be the first to clean-up and paint-up—then watch the idea grow.

As exclusive agents for the Low Brothers products in this vicinity, we invite your co-operation in the improvement of neighborhoods. Let us make "Clean-up, Paint-up" our motto this spring and summer. Come in and let's get together in making the plans for the betterment of your home and neighborhood.

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