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BOARD

A Beaver Board room is finished
by painting, after the
board is on the walls. These
decorative wood strips are
applied over joints in a pleasing
panel design.



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Fulfills Every Claim

No furnace can do more than satisfy—but the "Sunshine" furnace absolutely and invariably does satisfy fully and completely when properly installed. Ask our local dealer to show you this good furnace, or write for free booklet.

**McClary's
SUNSHINE FURNACE**

LONDON TORONTO MONTREAL WINNIPEG VANCOUVER
ST. JOHN, N.B. HAMILTON CALGARY
SASKATOON EDMONTON

For Sale By T. Dodds & Son.

Utilisation of Waste Materials

Britain is finding herself in many ways owing to the war. One source of much revenue, as well as of a requisite in the preparation of explosives, is found in the camp refuse. The Yorkshire Post, in describing the results secured under a process for utilizing the camp refuse by the Quartermaster-General's Department says:

"While the English-made glycerine was \$290 per ton, the United States fixed their figure at \$1,200

per ton. During the first month the scheme was put into operation, a weekly return to the Army for camp refuse was made of \$9,000. In January of this year, the weekly amount increased to \$47,500, representing approximately \$2,500,000 annually returned to the Army for waste rations. The production of glycerine from these waste camp products enabled the Ministry of Munitions to dispense with over 1,000 tons of foreign glycerine at a saving in cost of \$900,000." (Foreign figures on basis of \$5.00 equivalent of £1.)

The Popularity of Tea

This war is doing an enormous amount towards encouraging tea drinking all over the world, and it looks as though in countries where tea has up to now been more or less an experiment or a luxury it will in the near future be in a fair way of becoming a national beverage. Once attracted a taste for tea and it will come to stay. The Russians have of course always been large tea drinkers, and with the Government's action is closing down the State-run Vodka cabarets an even larger consumption is bound to follow. France, hitherto a very small consumer and essentially a coffee country, has been adopting tea to fight upon, and every soldier who returns from the field will take the taste back to his family. It will all spell extra consumption. Those who are in a position to know seem to think that everything points to a long spell of difficult trading in the home land and a more or less continued range of high prices. Consumption has in the last year or two increased in a far greater ratio than the production, and fresh planting owing to the various cases, chiefly the labor difficulty, has been to some extent handicapped. New land takes some years to come into full bearing, and young gardens require to be treated tenderly at first. Of course China could, if she produced countless millions, supply the demand, at a low rate. But unless British-grown tea goes to absolutely prohibitive prices there is not much prospect of the tea-drinking public reverting to China.

Electric Plants for the Farm

One of the recognized necessities in connection with our increased agricultural production is better and more attractive conditions on the farm, and among the many suggestions the use of electricity should be considered. Electric power is a great convenience in the farm home, and saves much time to the farm help. The farm or country home situated within the area of an electric system of transmission or distribution is fortunate, but the vast majority must look to the small isolated plant.

This alternative, however, is now much more promising than a few years ago. Many factories manufacture this type of equipment, the operation of the plants has been simplified and cost has been much reduced.

These small plants may be advantageously used for many domestic purposes in addition to lightning such as ironing, washing, toasting, pumping water, etc.; and also for the very important use of charging storage batteries.

There are a number of these small plants now on the Canadian market, ranging in size from 175 watts, and costing from \$300 upward. Six different types were described in a recent electrical magazine, some using storage batteries in conjunction, and generally using a gasoline engine as a prime mover. They are usually operated at a very low voltage. These small plants are perfectly safe, so far as the handling of the electric energy is concerned.—L.G.D.

One of the great evidences of self-control is the power to forget.

The man who sees no good in others is not himself good.

The sky is not less blue because the blind man cannot see it.

There are more flowers on the by-paths than on the open highway.

YOUR CHILD
will not suffer with sunburn or heat rash if you use Zam-Buk.
The Superintendent of S. A. Fresh Air Camp at Clarkson's, Ont., says: "We always keep a supply of Zam-Buk at our Children's Camp. We use it constantly for sunburn, insect stings and bites, as well as for cuts, bruises and sores, and believe there is nothing to equal it." Zam-Buk is especially suitable for a child's tender skin, owing to its purity of composition. It contains absolutely none of the coarse animal fat or harsh mineral drugs found in ordinary ointments. All dealers, 50c. box.

Zam-Buk

Saving the Surplus

Home Canning of Vegetables is Practicable and Necessary

The shortage of labor and the scarcity and high price of tin cans has very materially reduced the output and increased the cost of canned vegetables; so much so, in fact, as to make some lines almost prohibitive to the average family.

There is little reason, however, for any Canadian family not providing a sufficient supply for next winter. Home canning of vegetables is a simple matter; when put up in ordinary glass jars, securely sealed, they are equal if not superior to the factory brand, and the cost is much lower.

Peas, string beans, sweet corn, pumpkins, beets, tomatoes and all vegetables which will not keep without cooking, may be canned.

After cleaning and preparing the vegetables to be preserved, they are enclosed in a cheesecloth bag and parboiled for five minutes. They are then dipped in cold water, packed in glass jars, boiling water, poured over them to fill up all crevices, and the lids loosely adjusted. The jars are then placed in an ordinary boiler filled with water, with plates or dish covers to prevent the jars touching the bottom of the boiler, and are allowed to boil steadily for 3½ hours. When lifted from the boiler, the lids must be screwed down tight, and the jars allowed to gradually cool, care being taken that they are not exposed to drafts, as a sudden cooling may crack the glass.

Vegetables thus canned will keep and be a welcome addition to the table in lieu of the high-priced canned goods, and the surplus supply of vegetables, which otherwise might be wasted, will be conserved.

Daylight Saving

It now seems assured that Canada is to have a Dominion-wide daylight-saving law operative this summer, under which all clocks in the country will be advanced one hour. The fact that the law is to be general instead of local will eliminate the objectionable features so prominent last year.

The idea of daylight saving was to allow everyone an extra hour of daylight in the evening to garden, to play games or to employ in any way which seemed desirable to the individual; it was primarily conceived to benefit the workman or the working woman. Curiously, it was this class who found it most burdensome when worked under a local by-law. For instance, the railways did not change their time, while the schools did. The result was that in many households two meals had to be prepared instead of one, as the children had to have their dinner between 12 and 1 o'clock, new time, while the father was obliged to have his between the same hours, old time, or an hour later. The same muddle occurred in sleeping hours and the time for arising, and altogether it cannot be denied that the scheme was a failure.

Under the new plan, railways, postoffices and all other institutions make the change, and the disadvantages will disappear. It is, therefore, probable that the act will be welcomed by the great majority, especially as so many want to snatch every possible minute of daylight to work for food production this year.

She Knew a Windfall

"Why, these apples are dirty," complained the young housekeeper.
"Well, yes, they are," admitted the farmer. "You see, they are windfalls, and that is why I can sell them so cheap."
"You mean they've fallen from the trees onto the ground, but are they otherwise alright?" the fair customer enquired; then, proud of her ready understanding, she bought them.
Several days later she called the farmer's wife on the telephone.
"I ordered the best cucumbers for pickling," she said sharply, "and you've sent me windfalls!"
"Sent what?" gasped the farmer's wife.
"Winnfall cucumbers! I can tell; you needn't think I can't. There's dirt on them!"

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Dr. J. C. Hutchins*

"ANURIC!" THE NEWEST DISCOVERY IN CHEMISTRY

This is a recent discovery of Doctor Pierce, who is head of the Invalids' Hotel and Surgical Institute at Buffalo, N. Y. Experiments at Doctor Pierce's Hospital for several years proved that there is no other eliminator of uric acid that can be compared to it. For those easily recognized symptoms of inflammation—as backache, scalding urine and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, it is simply wonderful how surely "Anuric" acts. The best of results are always obtained in cases of acute rheumatism in the joints, in gravel and gout, and invariably the pains and stiffness which so frequently and persistently accompany the disease rapidly disappear.

Go to your nearest drug store and simply ask for a 50-cent package of "Anuric," manufactured by Dr. Pierce, or send 10 cents to Dr. Pierce for a large trial package. If you suspect kidney or bladder trouble, send him a sample of your water and describe symptoms. Doctor Pierce's chemist will examine it, then Dr. Pierce will report to you, without fee or charge.

Note:—French scientists affirm that "Anuric" is thirty-seven times more active than lithia in eliminating uric acid, and is a harmless but reliable chemical compound that may be safely given to children, but should be used only by grown-ups who actually wish to restore their kidneys to perfect health, by conscientiously using one box—or more in extreme cases—as "Anuric" (thanks to Doctor Pierce's achievement) is by far the most perfect kidney and bladder corrector obtainable.

Dr. Pierce's Pellets are the original Little Liver Pills. One little Pellet for a laxative—three for a cathartic.

Neilson's Chocolates

In bulk or boxes, same old price.

A first-class line of Confectionery always on hand

Bread, cakes and all kinds of pastry all ways on hand.

Our Wedding cakes cannot be beaten.

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