

Coughs and colds
sneezes and sniffles
quickly yield to

BAUME BENGUE

The relief is most gratifying and
so refreshing.

Beware of Substitutes

\$1.00 a tube.
THE LEEMING MILLS CO., LTD.
MONTREAL
Agents for Dr. Jules Bengue
RELIEVES PAIN

When Hens Strike.

"What's the reason hens lay nearly every day when eggs are thirty cents a dozen and refuse to do their duty when the price goes up to sixty cents?"

I asked this question of a successful poultryman.

"Because they go on strike," he answered, without smiling. "It's the truth," he continued, noting my look of incredulity. "They strike the same as we humans do, but not for more wages, of course. They strike for better food. Hens must have green food to make good layers."

"When I first entered the poultry business I noticed this same thing, and I often wondered at it. After experimenting a while, I learned the cause. It was the lack of green food that kept them from laying well in winter, so I have overcome this by having greens always at hand for feeding."

"Cabbage and beets are the best, but a variety is sometimes necessary. I have also found green-cured alfalfa or clover hay to be excellent, after it has been boiled. Sprouted oats make another good food. For the sake of variety, I often feed pumpkins to my hens. This makes them produce. Beets and cabbage must be picked before they become dry, and stored in a good cellar or buried in the ground."

I have had no trouble in getting oats to sprout, as I have a good warm cellar. I soak the oats over night in water, then I spread them on the floor of the cellar about an inch deep. They do not take long to sprout in this way, and in a short time I can begin feeding them. To get the best results with green-cured alfalfa or clover, I chop it up fine and boil it. Before feeding, I make sure that it is not moldy. Now is the time to arrange for a good supply of green food for your hens next winter."

Little Idle Ground There.

Nearly 90 per cent. of the soil in Bedfordshire, England, is under cultivation.

The actual British Army which reached France in August, 1914, comprised four infantry divisions and one cavalry division, a total combatant strength of about 60,000 men.

Minard's Liniment Relieves Distemper

Halifax and Quebec are the only two Canadian cities that have citadels. They once were important defences, but are now rendered obsolete by modern gunnery.

Oil on the Sea.

Platice, which affords so important a fishery in the North Sea, was remarkably scarce in the years 1916, 1917 and 1918—so much so, indeed, that the scarcity of the species was believed to be due to some cause detrimental to fish life.

It is suggested that the cause in question may have been oil from sunken ships, which, if present in considerable quantities, would be very destructive to young "fry" swimming in schools at the surface.

Whatever may have been the fact in the case, it is certain that oil only one ten-millionth of an inch thick will form a continuous film on the surface of water. Thus, as it is reckoned, all the oceans of the world might be covered with such a film by 500,000 tons of petroleum, which a fair-sized fleet of large ships could carry.

BABY'S HEALTH IN THE SPRING

The Spring is a time of anxiety to mothers who have little ones in the home. Conditions make it necessary to keep the baby indoors. He is often confined to overheated, badly ventilated rooms and catches colds which rack his whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. This will prevent colds, constipation or colic and keep baby well. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Protecting the Homestead From High Winds.

In every locality there is generally some one direction, or perhaps two directions, from which the severest storms approach. It is on these sides of the buildings that the shelter-belts should be established first.

On the prairies the most protection is needed from the north and west, as the prevailing winds come chiefly from these directions. The principal belt, then, should be on these exposed sides, four or five rows on the east, and south will be found quite sufficient. Many tree-planters in the West endeavor to plant their trees so that they will serve as a wind-break and at the same time provide shade for the buildings. It should be remembered that to afford shelter of a wind-break is to afford shelter for the buildings and stock, and therefore it should be established on the sides which are subjected to the prevailing winds. Later, a few standard trees, such as the ash, elm, and maple, may be planted individually near the buildings to provide shade.—Norman M. Ross, Dominion Forest Nursery Station, Indian Head.

Amir's Whim Absolute Law.

The merest whim of the Amir of Afghanistan is absolute law to his millions of subjects.

Wheat is Canada's most important cereal crop, covering 36 per cent. of land under crop and 25 per cent. of the value of all crops.

Surnames and Their Origin

ROSE

Racial Origin—English.
Source—A flower or color.

The family name of Rose, simple as it seems, is one that is full of complexities. While there is one source from which it appears reasonably certain that a very large proportion of the families which bear it can trace it, there are many other possibilities presented upon which little light can be thrown. In the case where the word is combined with another in the formation of a family name the tracing of the source is simple, though the trail leads in an opposite direction so often as to make it doubtful how often the name of Rose itself is really related to these compounds.

The one certain source of the name lies in the custom of tradesmen of the middle ages, erecting signs in front of their places of business, bearing pictures rather than words, since the bulk of the population could not read. The rose was in quite common use for this purpose, and, in the natural course of events, such tradesmen as used it often adopted Rose as a sur-

name, or had it thrust upon them in the speech of their neighbors and customers.

In some instances, no doubt (but how often is a question of speculation) the name is a changed spelling of the old word for "red," which has given us such names as Russell, Roussel and Ross, and the word russet, or a change spelling of the name Ross—which, in its turn, however, is not always certainly derived from this source.

Rose is the name of an ancient but small clan in Scotland, yet the name does not appear to be of Gaelic origin. Indeed, authorities differ as to the origin of the clan itself, the ancient home of which was in Nairnshire, some accounts declaring that the name was originally "de Roos," and that the clan was of Norman-French origin. Others declare it to be of Norwegian origin, and claim that it first used the name of Geddes. The clan first appears in history the time of King Alexander III, the last Celtic monarch of Scotland, toward the close of the thirteenth century.

POSTUM CEREAL IS IN FAVOR

with thousands who can not drink
tea or coffee.

They are champions of POSTUM
because it helped them out of trouble
—back to comfort.

POSTUM is a cereal beverage of attractive
flavor, free from any harmful
element.

Economical—Satisfying
"There's a Reason" for Postum

When is the Sun Set?

Strange as it may seem, this is a point which has taken some settling.

Was the actual setting when the sun's lower edge or upper edge touched the horizon?

Experience has shown how necessary it was to have the point determined beyond question.

That celebrated meteorologist, Ralph Abercromby, for example, once saw the sun's crimson ball about one-third below the horizon, and it took no less than half an hour in all for it to sink its own breadth, whereas on the equator he had seen it sink the same distance in a couple of minutes.

Instances such as these have been taken into full consideration, and, fortunately, a clear understanding has now been arrived at among scientists on this important matter.

Sunset, they have decided, is the moment when the upper edge of the sun reaches the horizon.

At the same time, due account has to be taken of the state of the atmosphere, the height above sea-level from which the setting sun is observed, and the nature of the horizon, whether it is bounded by hills or other lofty obstructions.

A Little Wisdom.

Early rising requires early rest. It is not every couple that is a pair. The worst habit is the habit of habits.

Be wise and inquire; "they say" is a liar.

"One of these days" is none of these days.

Talking comes by Nature; silence by wisdom.

He who makes a jest must be able to take one.

EXTREME MISERY DAY AND NIGHT

Follows a Breakdown of the Nervous System.

Misery day and night is the lot of hosts of men and women who are today the victims of weak nerves. Thin, pale, drawn faces and dejected attitude tell a sad tale, for nervous weakness means being tortured by morbid thoughts and unaccountable fits of depression. These sufferers are painfully sensitive and easily agitated by some chance remark. Sleeplessness robs them of energy and strength; their eyes are sunken and their limbs tremble; appetite is poor and memory often fails. This nervous exhaustion is one of the most serious evils affecting men and women of today.

The only way to bring back sound, vigorous health is to feed the starved nerves, which are clamoring for better blood. This new blood can be had through the use of Dr. Williams' Pink Pills, which have a direct action on the blood, and through the blood on the nervous system. That a fair use of this medicine will bring satisfactory results is shown by the experience of Mrs. Marsh, Bass River, N.S., who says: "Following a run down condition, I became practically a nervous wreck. The doctor who was called in said the trouble was inflammation of the nerves: it grew so bad that practically I had no control of my lower limbs, and had to go about with crutches. Quite aside from my suffering I had a small family and a baby in arms to care for and I became much discouraged, as I did not appear to be growing better. One evening my husband met an aged doctor on the street and told him of my condition. He asked my husband who was attending me, and when told said: 'I don't want to interfere, but why not try Dr. Williams' Pink Pills?' My husband got me a supply of these pills and after taking a few boxes I was able to go about with the use of one crutch. Continuing the use of the pills I was able to discard the other crutch as well, and was as active as ever I had been. There are many in this neighborhood who know what my condition was when I began the use of Dr. Williams' Pink Pills and who know what this medicine did for me, and I hope my experience may help some other sufferer."

Dr. Williams' Pink Pills are sold by all dealers in medicine, or may be had by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Song of the Springtime.

I come, I come to valleys bare
And plant my early blossoms there.
I come on breezes warm and free
And bring the happy birds with me
To sing for you at early dawn
In orchard bare, on leafless lawn;
To build their nests beside your door
And rear their young as oft before.

I come, I come with azure skies,
And rainbows to delight your eyes,
That you may soon forget the snows
And all the Winter's nameless woes,
With grasses green and blooms of gold
I carpet now the barren world.
A hundred longed-for joys I bring
To comfort you who love the spring.

Shower Bath Truck.

Equipped with water heaters and other conveniences, a shower bath motor truck has been designed for circuses and other travelling organizations.

Paper Machinery Belts.

Machinery belts have been made in Europe of braided or woven paper, built up on cores of cotton, sheet-metal or a combination of thread and wires.

NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.

BITS OF HUMOR FROM HERE & THERE

Not as Bad as Reported.

The principal transmits to us the original copy of this excuse for absence, brought by a pupil:

"Miss G.—James didn't have any doctor he only had measles in 2 days he was alright he made a mistake and said he had a doctor. Mrs. H— "yours forever"

The Precendent.

A very cultured and accomplished clergyman in the South was once in the company of an illiterate person who professed to despise education and who remarked:

"I am thankful that the Lord has opened my mouth to preach without learning."

"A similar event occurred in Balaam's time," was the retort.

And Very Nice, Too!

A lady who had been giving a party old her maid to put away all the refreshments that were left on the table before retiring to bed.

The next day, on looking, the lady could not find the dainties, and called to her maid:

"Jane, what did you do with those things that I told you to put away last night?"

"Sure, mum, and yez told me to put 'em away, and I did, mum, and enjoyed 'em!"

A Nut for the Monkey.

An Italian was amongst a party of men working on a road, when a smartly-dressed young fellow in a motor-car went by slowly.

He had a young lady with him, and to show off—he yelled out to the Italian:

"Hey, Macaroni, where your monkey?"

Quick as a flash the brawny Genesee yelled back:

"I give him a day off, mister, and I think he's taken his best girl out joy-riding in a second-hand car!"

The Immortal William.

At a dinner in England the principal guest was Kaiser Wilhelm II. According to the late Lionel Brough, some one remarked, in the course of the conversation, "As the immortal William said, 'There is a tide in the affairs of men,' et cetera."

The Kaiser turned to the speaker and asked, "Did I say that? I don't remember."

When the story was repeated at tea one evening, amid the general laughter one lady said with a pitying smile; "Of course it was his grandfather they meant."

April Voices.

Now you may hear frail voices in the air.
Making melodious answer each to each.

As sibilys did of old in sylvan speech;
They are from April's children fresh and fair.

"I have just wakened," said the maid in hair,
Replying to the whisper of the bee;

"And I," the enameone murmured, "do beseech
Where the bee is, if he has left his lair?"

"I," the stream tinkled, "must away to be
Part of the restless and awaiting sea";

"I," the bird carolled, as it preened its breast,
Intent upon some fond approaching call,

"Look for my mate; it is Love's time to nest!"
And April smiled to hear and see them all.

The Trench of Bayonets.

The bayonets still protrude through the sod under which the soldiers stand buried. That is the striking thing about perhaps the most remarkable memorial of the war—a trench on the French front between Thiaumont and Douaumont that was occupied by the third company of the 137th Regiment. According to one story, a shell exploded on the parapet and buried the men alive as they stood. According to another story, the Germans took the trench, crumbled and shattered by shell fire, after all its defenders were either wounded or killed, and then hurriedly filled it in, and to mark the spot left the guns of the dead soldiers upright beside them.

Whichever story is true, the bayonet trench dramatically shows how heroic was the defence of Verdun. An American, Mr. George F. Rand, was so much moved at the sight that he built over the trench a monument to perpetuate the memory of the brave poilus buried below. That monument was dedicated last December with appropriate ceremonies.

North America has a population of 100,000,000.

My Robin.

You may have your skylark
Give me my robin;
Not soaring high in the sky—
On his nest trilling, nearby;

On his perch
By the porch,
Red-coated neighbor, sweet-throated warbler.

He has a plaintive note, far-away,
Of perfect melody,
And he sings to my heart all day!

He purloins threads
For a nest for his eggs;
He rears his family
By the door in the apple tree.

In the orchard his lute,
Trills constant tribute,
Near the window he sings,
To my workroom he brings—
Melodious things!

First in spring
To pipe his praise hymn;
Home-keeper of the summer;
In the fall
Cheery call
Last of all!

You may have your skylark;
Give me my robin,
Not soaring far in the sky—
On his nest singing, nearby.

A Sightless Florist.

Nothing seems to come amiss, in the shape of employment, to our blinded men, says a London despatch. In poultry-farming, massage, embroidery, mat and basket-making, they have few rivals.

Perhaps the biggest triumph of this kind had been made by a Guards officer, who lost his sight during the war. He owns a thriving floral business in the West End, which he personally superintends. A keen gardener before the war, he knows almost every flower that blows, and weaves really unique and beautiful color schemes into his decorations. He says he is able to "visualize" very clearly how his flowers appear to those possessing sight.

Much of this talented artist's work appears at church weddings, etc., and, since he was once interested in architecture, and more especially in London buildings, there is scarcely a well-known meeting place where he cannot build up his flower schemes entirely unaided.

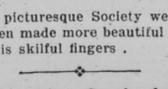
Many picturesque Society weddings have been made more beautiful by the aid of his skillful fingers.

LEONARD EAR OIL

RELIEVES DEAFNESS and STOPS HEAD NOISES. Simply Rub it Back of the Ears and Insert in Nostrils. Proof of success will be given by the druggist. MADE IN CANADA. ARTHUR SALES CO., Sales Agents, Toronto A. O. Leonard, Inc., Wfrs., 70 5th Ave., N. Y. City

ASPIRIN

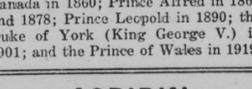
"Bayer" is only Genuine



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing of Monoaceticacidester of Salicylicacid.

BRINGS HAPPY EASE.

Don't Endure Pain. Apply



MINARD'S
"KING OF PAIN"
LINIMENT

The Remedy your Grandmother Used to Get Sure Relief. On Sale Everywhere. A GOOD THING. RUB IT IN.

American's Pioneer Dog Remedies

Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author, H. Gray Glover Co., 224 West 51st Street New York, U.S.A.

A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Selgel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine.

Classified Advertisements.

Wool spun into yarn or blankets. Georgetown Woolen Mills, Ont.

HELP WANTED.

LADIES WANTED TO DO PLAIN and light sewing at home; whole or spare time; good pay; work sent any distance charges prepaid. Send stamp for particulars. National Manufacturing Co., Montreal.

"Before the Swallow Dares"

The daffodils bring in the spring;
Let winter frown at will,
Here is her sign—
(It shall be mine)
A yellow daffodil.

The town was bitter with the cold;
The pane was dim with frost;
Oh, blithe and bold!
Oh, bravely gold!
The valiant color crossed.

The hurrying folk scarce stooped to
heed
The year's triumphant hour,
But goldenly
It flashed on me—
All April in a flower.

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

Meaning of Sun Spots.

Sun spots are now thought to be a sign of the commencing debility of the dwarfed and shrunken star which we call the sun. If this idea be correct they will become more frequent and larger as ages pass, until at length our much-admired orb of day is darkened and ceases to be a worthwhile source of heat.

Astronomers and meteorologists are much interested in sun spots, and keep a constant watch on them. During the last few months they have been remarkably few and small.

It seems to have been proved that spotted areas of the sun have a lower temperature than the bright spots of the photosphere. Hence it is inferred that quite possibly the recent relative absence of sun spots may be accountable for the remarkably warm winter we have been enjoying.

Minard's Liniment for Dandruff.

Certain human expressions, such as the baring of the teeth in rage and the bristling of the hair under the influence of extreme fear, have been put forward by scientists as proof of man's descent from animals.

DON'T
DO
THIS!



LEONARD EAR OIL

RELIEVES DEAFNESS and STOPS HEAD NOISES. Simply Rub it Back of the Ears and Insert in Nostrils. Proof of success will be given by the druggist. MADE IN CANADA. ARTHUR SALES CO., Sales Agents, Toronto A. O. Leonard, Inc., Wfrs., 70 5th Ave., N. Y. City

PIMPLES ITCHED AND BURNED

Face Was Badly Disfigured.
Cuticura Soap and
Ointment Healed.

"Small red pimples and black-heads began on my face and my face was badly disfigured. Some of the pimples feasted over and there were places where the pimples were in blotches. They used to itch and burn terribly. I saw an advertisement for Cuticura and I tried them. They stopped the itching and burning and I used four cakes of Soap and three boxes of Ointment which healed me." (Signed) Miss V. A. Hayne, Stormont, N. S., Dec. 26, '18.

Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.

"Pain's enemy" —I'll say it is!

WHEN you want quick comforting relief from any "extreme" pain, use Sloan's Liniment. It does the job without staining, rubbing, bandaging. Use freely for rheumatism, neuralgia, aches and pains, sprains and strains, backache, sore muscles.

Keep it handy



At all druggists