Knide-Advocate Member of Canadian Weekly Newspapers' Association W. C. Aylesworth. Publisher. T. Harris, Editor.

ADVERTISING RATES

Display Ads., set, transient 25c in.
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Business Locals, Front Page 10c per line, inside pages 5c per line.

FRIDAY, APRIL 20, 1923

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That doctor who claims to have brought high blood pressure under control might try his hand on the cost of living.

Of 210 free public libraries in Canada today, 186 are in Ontario, while out of 280 association public libraries, this province has no fewer than 264. These and other interesting features were revealed at the twenty-third annual meeting of the Ontario Library Association.

The fifteenth Legislature of Ontario is to be dissolved on or about May 4, and the Provincial general election will follow in the last week of June. This announcement was made by Premier Drury to the Legislature when the House met Thursday

Hats off to Tony Swartz, a trapper at Mile 60 on the Algoma Central Railway. A moose, deprived of food by the snow fall, staggered into his camp hungry and enfeebled to exhaustion. Swartz took pity on it and is feeding it until it can forage for itself. It is a pleasant reversal of man's habitual attitude toward game

Canadians had a moment's relief when they saw the newspaper head-ing announcing that the deficit of the National Railways had been re-duced by twelve and a half million dollars. But their hearts sank again when they read further down these same railways would still require seventy three million dollars out of the national exchequer this year.

Honesty does not mean merely that a man doesn't steal. It is even more important that a man's thoughts be honest with regard to his job, the obligation it imposes, and its demands for his honest best in capability. A man is as dishonest when he gives less than his best to his employment as he would be if he cheated by short-changing his land-lord or his grocer. A shirker is a

Glencoe Transcript says: We are pleased to note the change in our high school examinations. We have long felt that examinations did not provide sufficient reward for the faithful pupil who knew his work and yet undergo the same ordeal as the more careless ones. May the time soon come when for our younger boys and girls final examinations with all their terrors will be relegated to the past.

The Amherstburg Echo is glad to see several towns moving in the out-look for 1923 sport by determining to do away with so-called profession al players and building up teams of an players and building up teams of home grown stock. This method will reduce the almost unthinkable expenditure of financing outside drafts, give an impetus to available timber at home, who need the training and awaken the old finterest in sport for the love of the game and your personal acquaintance with the players. sonal acquaintance with the players.

The Attorney-General has a bill in the Legislature for the simplification of land titles. Its purport, Mr. Raney stated, had been carefully considered by the official law organizations. The intention of the bill is to bring forward the search of land titles from the Crown patent, at which the law now stands, to the year 1890. This would save immense labor and expense in the unending search of land titles back to Crown patent.

Edmonton Bulletin :- Eighty-six persons were killed by automobiles in New York State during March. That is a frightful casualty list to come out of one corner of the con-tinent for a single month. Every-where, on both sides of the line, human life has cheapened as the autos have multiplied. Familiarity Familiarity inseparable from fast traveling. It is time for a change. Lives are of more value than thrills, even when they happen to be lives of other

Is Your ad. in this paper this week ?

Are times hard? Well not so very. The people of this province own 234,457 cars. Of this number 210,-333 are passenger cars. The farmers are at the head of the list as owners. We are not so hard up as we think we are. We must learn to drive more cheaply. Every mile we drive our cars that does not yield us some return is money lost. But why preach economy? We must have our fling and experience alone will teach us the right thing to do.—Kincardine Reporter.

The restrictions of the Government upon immigrants of former enemy aliens have been removed. The regulations, passed June 1919, placed a ban as to nationality upon Germans, Austrians, Hungarians, Bulgarians and Turks, have been cancelled, and in future, these former enemy aliens will be admitted to Canada as set-tlers upon the same basis as the citizens of other countries. It is under-stood that the action of the Government is defended on the ground that Canada is but following the example of England in her action toward

A Toronto dentist is being disciplined by the corporation known as the Royal College of Dental Surgeons of Ontario because he chooses to advertise his business. This is a matter in which the public may be called upon to take a hand. The Royal College of Dental Surgeons of Ontario has been granted certain newers in order that an adequate professional standard may be maintained. The public is interested in having efficient dentists, and for this reason has allowed a corporation which will find itself in danger of being shorn of its powers if it exercises them unwisely. Advertising is not a crime. If a dentist wants to let the public know that he possesses some special ability, or that he isn't in with the rest of the "profesh" in the matter of prices, he has an absolute right to resort to advertising; and if the Royal College of Dental Surgeons of Ontario knows what is good for it, it will keep its hands off.—Goderich

THE "SUMMERLESS YEAR"

A correspondent of the Farmers Sun recalls some particulars of the "Summerless Year" in Canada. This was the year 1816. The early spring, was the year 1810. The early spring, it is said, was promising enough, but snow fell in June, and from that till the next spring the earth was never quite free from winter conditions. There were no crops. The people lived chiefly on meat and fish—venison and fish one day, fish and beef the next There were no veretables. the next. There were no vegetables and but little flour. Some of the settlers are said to have lived on por-cupines, ground hogs and whatever other animals they could get. And apparently the "Summerless Year" was only one of severel bad seasons.

A REAL SICKNESS

Physicians do not recognize any such disease as spring fever. They tell patients who diagnose their own cases as spring fever that they are suffering from indigestion, Addison's disease, elephantiasis or some other ailment which hasn't come within hailing distance of the patient plain-tiff's household. Spring fever is a real sickness. In truth, it is home-sickness nothing else. If the doctors would look into the matter with the assiduity, if that is the word, that they are seeking the cause for sleeping sickness, influenza and some other things, they would find that spring fever is no hallucination, and that the victims were farm born, and later were betrayed basely by the delusion that city life was the thing, into quitting the meadow and the maple grove for the paved street and the iamp-post forest. The spring fever patients are homesick for the country. It would be an easy matter for try. It would be an easy matter for doctor to prove the truth of what we hold if when the spring fever complainants come in he should ask them where they were born. It speedily would be discovered that no city-born man ever had the disease. If a born townsman complains of spring fever, it is simply a case of grouch or of something else which the doc-tors cannot determine.



Corns are painful growths. Holloway's Corn Remover will remove them.

ITEMS FROM FAR AND NEAR

Some Wise, Some Otherwise Some Newsy, All Readable.

Aeroplane performances of 240 miles per hour must before long in-volve a great extension of the car-riage of mail matter by plane. The steam engine is no longer in the

Over 20 per cent. of the population of Cochrane is down with typhoid fever. Water for drinking purposes is being brought in from a lake far outside the town limits, and is being sold at rate of two gallons for 25 cents.

Twenty-seven of the fiftyfour vesels comprising the fleet of the Canadian Government merchant marine are to be offered for sale. The vessels to be sold are of the smaller type, more suitable for coastwise than over seas trade, and yet not adapted structurally for economic operation through the Canadian canal. Most of them are in operation on the upper lakes.

Canada is looked upon by the less bountiful and more thrifty countries of Europe, as a land of great extravof turning almost every kind of rubthe streams and river, are strained some of the most beautiful artificial pearl are manufactured.

"Eastlake" "Metallic" Shingles Fire, Lightning, Rust and Storm Proof—Makes Water by Condensing Dew and Frost. Send Postal Card for Folder "E" The Metallic Roofing Co. 1194 King St. W., Toronto

Bread

Phone 73 and our wagon

The farmer sells a load of wheat and all the world grows fair and sweet. He hums a coupla cheerful tunes and pays the grocer for his prunes. The grocer, who has had the blues, now buys his wife a pair of shoes. That ten the shoeman thinks God-sent, and runs and pays it on the rent. Next day the rent man hands the bill to Dr. Carver for a pill. And Dr. Carver tells his frau that business is improving now and cheers her up and said, "My dear, you've her up and said, "My dear, you've been quite feeble for a year. I'm thinking you should have a rest, you'd better take a trip out west." And in a couple of days the frau is on the farm of Joshua Howe, who takes the bill and says, "I swow, here's something that just can't be beat! This bill's the one I got for wheat." He hums a coupla cheerful tunes and goes and buys a lot more

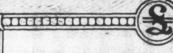
agance and waste. In Paris, long be-fore the householder is awake, a whole army of scavengers and gleaners has passed through his back lane and ransacked his garbage tins, some collecting hair, some rags, some bones. By eight o'clock in the morning there is very little left for the regular department to carry away. Modern science has discovered ways bish into something. Refuse is burned in specially constructed furnaces, and the heat produced generates steam to drive the dynamos that produce electric light. The ashes are used to make concrete. Soapsuds instead of flowing away to pollute mixed with lime, and pressed into fuel bricks which give out a greater heat than coal gas would produce. The carcass of a horse may be put to almost endless uses. The hair is wovalmost endless uses. The hair is wov-en into haircloth, or used to stuff mattresses. The hide makes good leather. Glue and gelatine are ob-tained from the tendons. The bones reappear as knife handles, and buttons. Other by-products are prussiate of potash, and artificial manure. Fish scales are the material from which

_ovell's

"the Bread that's Pure Bread"

Have you tried it lately?

will call.



Farming Extensions

You've probably felt at times that a frank discussion of your farm with some outside business man—unprejudiced, trustworthy and with a broad vision—would be of great benefit to you.

The local Manager of the Sterling Bank is just such a man. He will gladly help you in many ways. His varied knowledge is at your disposal. Have a talk with him-especially if your equire funds for sound farming extensions.

SAVE > Because min

THE STERLING BAN OF CANADA

Slats' Diary

By Ross Farguhar

Friday-We was out for dinner onite at supper time and when we was a comeing home ma jumps onto pa & ast him why did he reject the Gravy when he likes it so much an Mrs. Gillem had went and made it a specally for his Benefits as she had always new he liked it. Pa sed the reason he diddent care for none of it was be-cause he seen a cupple hairs in it and he pre-fers his Gravy ball headed. Saturday-Pa

asting the new Dr. how was bisness now and if he had got many Customers yet and the new Dr. replyed and sed they was lots of fellows comeing in and trying to get perscriptions and once in a grate while they was

sumbuddy cums in witch was sick.
Sunday—Joe Hix is a going to
quit smokeing he says. He red in a
paper where evry Cigaret you smoke it nocks a week off of the tale end of yure life and he got to figgering. He has been useing ten a day for the past 5 yrs. since the war and it shows that he has beat his self out of 34?

yrs. Monday—Uncle Hen was here this evning and he and ma was a tawking and he sed he thot a woman shud ought to no how to ern money and ma up and says she erns evry How do you figger that. She sed if you new how hard it is for me to get money out of my husbend you wood say I ernt it. Uncle Hen is a old Batchelor and owns a race Horse.

Tuesday—I was telling Jane that Uncle Hen's horse had win the Derby last winter down to New Orleens, and she sed Well what in the wirld does a horse want with a Derby, they cant wear them can they. I answered

her in Latin & sed Packs of Biskets witch means Peace be with you.

Thirsday—Ma woodent let me wear my new pants today and I had a notion to spill ink on my old ones. But I diddent. I dissided it wassent enny use to hitain gup. enny use to bitein gup yure face to spike yure nose as the proverb goes.

BABY'S OWN TABLETS

ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first trial convinces her there is nothing to equal them in keeping children well. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipastomach, thus driving out constipation and indigestion, colds and sim ple fevers and making teething easier. Concerning them, Mrs. Saluste Pelletier, St. Dumas, Que., writes:—"I have used Baby's Own Tablets for the past ten years and am never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont. fevers and making teething

When a mother detects from the writhing and fretting of a child that worms are troubling it, she can procure a reliable remedy in Miller's Worm Powders which will expel all worms from the system. They may cause vomiting, but this need cause no anxiety, because it is but a manifestation of their thorough work. No worms can long exist where these worms can long exist where these Powders are used.

Who is he?

Who is the man in the private office?

He is-the man your salesmen are afraid to stop on the street;

> -the man who is always "out" or "busy" when they call;

-the man who never replies to your letters making special offers;

-the man who ignores your telegrams.

Somebody has called him on Long Distance. He does not know yet who it is, but he is as polite as if he anticipated favors!

Long Distance gets in where salesmen fear to tread. Planned Long Distance campaigns get past every barrier.



Every Bel! Telephone is a Long Distance Station

TO LIGHTEN YOUR HAIR To lighten your hair, use 7
SUTHERLAND SISTERS' HAIR
LIGHTENER and COMPLEXION
BLEACH. Absolutely harmless. 50c at Siddall Drug Company, Watford,

Fretful Little SUFFERERS

Fretful crying babies are often upon examination, found to be

upon examination, found to be suffering from some form of skin, irritation or "heat." Zam-Buk—Nature's pure herbal balm, is amagical soother and healer for these troublesome skin humors. "Mothers! Save your little ones lots of unnecessary suffering by using this grand herbal Zam-Buk," says Mrs. F. Gervais, of 126, Bleury St., Montreal. "Therash on my baby's skin made her very fretful and caused her to lose weight. When the doctor's lotion had failed I took the child to a second medical manbut with no better result.
"A friend urged me to get Zam-Buk," and in a week's time this balm soothed and purified baby's skin and made it look much better. Before the month it brought it to beautifully soft healthy, condition. \$2 worth of Zam-Buk did this when \$30 of doctors' treatment failed," Get Zam-Buk from your dealer to-day!

am Buk



AND just then," sai Switzerland, in Canadian Pacific Roel Bergschrund." "And did it bark at you do they bleat?"

"Ach, no. A bergschriuge crevasse where the rock wall and cracked.
"The came to was a chimn ness. It means bracing:

and your feet against the call on this side 'the shim Icicles fifteen feet long l It is a great life, this especially higher up whe gine a river of ice with 1,000 feet. Great creval



