PLOUGHING UP FAMOUS PARKS TO PLANT POTATOES IN.

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FER MA.

the Wind said, he had blown over the fairy, too, would die.
They gnawed at the stalks and that thicket of maidenhair fern in gnawed, and I suppose the witch's the fairy forest and never heard a scheme would have succeeded, but sound. Likely, I think, because he just then the Wind came blowing makes so much noise himself. But along, blowing along blowing along this night he was just stealing soft-in a hurricane. ly along as the Wind is apt to do when he's lazy, and he heard a faint.

lease me! Oh, release me!'

The Wind stopped. "Who are you?" he whispered. You never heard the Wind whisper? Well, I have!

"Once," said the voice, "I was shower of tears. Here we lie, tears witch would have eaten the life out and hair, and when the maidenhair of the fern and Fernie would have fern sprang up I entered into it and died with the plant. became its soul. Oh, if some one

would release me!" and thought of ways to rescue the wood nymph from her bed of fern.

Ah! why, oh, why does the Wind talk to himself? The witch who had made the fairn's hair scow as low.

Many and many and many a time, upon the fern and kill it, for then

He blew those insects ahead o him in a great cloud. He snapped the stalks of the maidenhair fern, "I am the soul of the ferns." It land from each stalk came a puff of ied. "I am imprisoned here, Resoft green smoke. It blew together ase me! Oh, release me!" in a clowd and from it stepped the wood fairy in her lovely gauzy robes of green. Only now her hair was beautiful ropes of maidenhair fern and her wings were made of fern. The fairies ever after called her

wood fairy and a wicked witch made my hair grow so long it tangled in the bushes and I wept myself into a witch would have eaten the life out

As for the insects, well, sir, they blew back to the witch who had sent The Wind blew on. He had to go, them and she didn't know what to for he's always busy, but he thought do with them. If you please, they

talk to himself? The witch who had! And again the wood-witch had to made the fairy's hair grow so long heard him talking along to himself about it, and hating the fairy still. She'd reform, wouldn't you? And she sent swarms of insects to prey maybe she will.



THE ADDING MACHNE.



when we think of people only as in-dividuals, and don't try to class them must love dogs. And he has no use as types. A little later comes a time for them—says they are dirty and when we began to classify and gen-stupid—turns from them with a eralize. And then it is time that we try to put all the people we know in pigeon holes, according to types,

friends clean their houses when she to pigeon hole any one, as all good comes to see them, gave me an or all bad. Just when I think I have comes to see them, gave me an equal surprise by saying that it was one of her greatest ambitions to have an apartment with a fireblace.

The Man who does not Like Dogs.

Again there is the man who does

Again there is the man who does

Again there is the man who does

The Man who does not Like Dogs.

Again there is the man who does

There is a time in our early youth open handed, indifferent to clothes

and keep them there.

Then we grow still a little older and we discover that people are individual as well as types and that you simply can't keep them in pigeon and hunt and fish. The second is a holes for any length of time, with you simply can't keep them in pigeon holes for any length of time without having them pop out at you. She Says That Open Fireplaces Are Too Dirty

For instance, a friend of mine, who is fond of reading aloud in the evening and seems to me just the person who would adore open fireplaces, startled me the other day by saying that she wouldn't have one in the house—they were too dirty.

and hunt and fish. The second is a very quiet, generally reticent person, likes outdoors, but in a quiet way—a great worker and thinker. The third cares less for outdoors—goes in much for social gatherings, has quite a way with women. When the dancing craze came along, any one would have unhesitatingly picked him as the one who would care the most for dancing. He hates if And both the other brothers have

And both the other brothers have the house—they were too dirty.

Whereas the woman who is so gone quite mad over it.

Punctiliously neat that all her It is the same way when you try





England is going to see if she cannot grow most of her own food within the Kingdom this year. To that end some of the big parks of London are being plowed up for seeding.

HOW TO CURE STOMACH TROUBLE

The Common Cause is Lack of Blood Therefore You Must Build Up the Blood.

There is the most intimate relation between the condition of the block and the activity of the stomach. Th blood depends upon the stomach for a large part of its nourishment while every act of digestion, from the time the food enters the stomac and is assimilated by the blood need plenty of pure well-oxidized blood. The muscles, glands and nerves of the stomach work only according the quality of the blood.

The most common cause of indi-gestion is lack of rich, red blood. Not only does impure blood weaken th muscles of the stomach but it lessens the product of the glands of the ntestines and stomach, which furnsh the digestive fluids. Nothing will nore promptly cure indigestion than pelnty of pure blood. Dr. Williams Pink Pills are the safest and most ertain blood-builder. A thorough rial of these pills gives a hearty appetite, perfect digestion, strength and health. Here is proof of the value of these pills in cases of indiestion. Mr. Daniel Dexter, Liveroool, N.S., says:--"For several years was a great sufferer from indiges-I watched a wonderful machine count up five miles of figures; the operator, all serene, just pressed some keys and triggers; it didn't sweat or tear its hair, it didn't make a blunder; it counted all the figures there, and put the product under. A set of books I used to keep, when I was young and husky, and homeword wearily I'd creep when dusk was growing dusky. I counted figures all day long, above my ledgers bending. And when the long day's work was o'er, my troubles home I'd work was o'er, my troubles home I'd wonderful machine. I was greatly troubled with gas on the stomach which caused disagreeable sensations. I was also frequently troubled with nausea and vomiting, which were very distressing. As a result of my trouble my appetite almost completely failed, and what I did eat caused me constant pain. I was continually doctoring but did not get any benefit and had about made up my mind that I would suffer for life. One day a friend asked me why I did not cy to be counts up the dizzy figures. And there, despondent, sick and sore, I'd raise old Ned and Harry. My children were afraid of me, and so was Old Dog Rover; my wife would often climb a tree until my grouch was over. But now the keepers of the books are not worn out and weary; they seek their discussed me constant pain. I was continually doctoring but did not get any benefit and had about made up my mind that I would suffer for life. One day a friend asked me why I did not cy to be provided with nausea and vomiting, which were very distressing. As a result of my troubled with nausea and vomiting, which were very distressing. As a result of my trouble my appetite almost completely failed, and what I did eat caused me constant pain. I was continually doctoring but did not get any benefit and had about made up my mind that I would suffer for life. One day a friend asked me why I did not cy to be did not get any benefit and had about made up my mind that I would suffer for life. One day a friend asked me why I did not cy to be a few boxes, however, when I f was greatly troubled with and in less than three months I was as well as ever I had been, able to eat a hearty meal, and to feel that life was again worth living. I had also been troubled from time to time with attacks of rheumatism, and the use of the pills cured this as well as the indigestion. It is now over a year since I took the pills, and in that time I have had no return of home. the trouble."

Williams Pink Pills are sold

Extravagance and Dissipation Among Youthful Workers is Checked

Berlin, Jan. 27.—Enforced saving for youthful workers, which was instituted by the military authorities a few months ago as a check to ex-travagance and dissipation, has resulted in Greater Berlin alone, in a saving of more than a million and a half marks already. Of this sum something less than half a million marks has been withdrawn from the savings banks by the workers, third of whom have been able convince the authorities that they need the money for legitimate pur

The investigations attendant up on such withdrawals, show that the wages for youths now range from 20 to 70 and more marks a week, averaging in the neighborhood of 30 odd marks a week. The amount of money that has been laid aside, as well as the general satisfactory condition of the workers, convinces the authorities that the compulsor, saving ordinance was an altogethe

News Notes

Lincoln county councillors have ncreased their own pay from \$3 to \$5 a day.

Stewart Lyon, of Toronto gave an address at Orangeville on raliway nationalization.

The Saskatchewan Legislature opens to-day for the last time prior to another election.

Two St. Catharines aldermen had to go to Bufalo to locate coal that the city had ordered. Children Cry FOR FLETCHER'S

CASTORIA

HOW TO KEEP WELL

BY JOHN W. S. MCCULLOUGH, M.D., D.P.H., CHIEF OFFICER OF THE PROVINCIAL BOARD OF HEALTH.

INFANT WELFARE-ARTICLE No. 6.

ET-NURSE. If for any good reason the baby cannot be nursed by his own mother, milk should be secured from a wet-nurse The most important requisite in an otherwise satisfactory wetnurse is that she is well, and especially that she has no disease such as syphilis. To be certain of this a blood test should be made in every

case. The wet-nurse's baby must be well and rear the same age as the new baby to be nursed.

Weaning the Baby. . The period of weaning should occupy two or three weeks. It must not be carried out suddenly. A bottle feeding should be substituted for a nursing every third or fourth day until all the feedings are from the bottle. Thus the baby has gradually become accustomed to the change, and the mother's breasts will not give any trouble if she is careful to limit the quantity of food she has been taking. Every baby should be weaned by ten months, and in no case should a baby be nursed longer than

weaned by ten months, and in no case should a baby be nursed longer than a year. It is best not to wean the baby in the hot summer weather.

Proprietary Foods. The writer has little use for the numerous so-called baby foods on the market. They are of two kinds, those to be added to cow's milk and those without. The former simply add greatly to the expense of cow's milk without increasing its value as a food, and those made without milk are not satisfactory. Some of the proprietary foods are exceedingly expensive. If they are used at all it should only be in cases where the baby cannot digest cow's milk, and then only on the advice of a competent and responsible physician. Just here I might remark that for where the baby cannot digest cow's milk, and then only on the advice of a competent and responsible physician. Just here I might remark that for some reason or other, (perhaps indifference or a lazy mind), some doctors are too ready to advise the use of these patent foods. They should think twice or three times before doing so.

Substitutes for Cow's Milk.

Condensed Milk. Condensed milk is milk from which the water and often some of the cream has been removed. In many cases sugar has been added and the condensed product is frequently made from an inferior grade of milk. It should not be used as infants' food except in travelling or in untries where it is impossible to obtain fresh cow's milk.

Goat's Milk. The milk of goats and asses may be used where cow's

milk cannot be obtained, but strictly under the advice of a physician.

Feeding for Hot Days. On very hot days, etc., baby should not be urged to take too much. Give him cooled boiled water frequently. Dilute the feeding by replacing one ounce of the formula with one ounce of boiled

Hours of Feeding. The hours of feeding for a bottle-fed baby are the same as for a breast-fed baby. By the end of the third day he should be fed every two hours in the day time and every four hours at night, ten feedings every two hours in the day time and every four hours at night, ten feedings in the twenty-four hours. At one or one and a half months he should be fed every two and a half hours, or nine feedings in the twenty-four hours. At about five or six weeks or as soon as possible the time should be changed to every three hours. The feedings will then be at 6, 9, 12, 3, 6, 10, and 2 a.m. The latter feeding should be omitted as soon as the baby will go from 10 at night to 6 in the morning. After nine or ten months the baby will usually sleep through the whole night. Then the 10 p.m. feeding will be omitted will be omitted.

Things to Remember.

Buy only clean milk, from a clean milkman. Keep it clean in your Buy for the baby the freshest milk you can get, but not necessarily

If your town has not a Milk By-Law, or if it is not enforced, have the You simply can't pigeon hole peonot like dogs. He is a big, typically out-of-doors man, open-hearted and the control open handed, indifferent to clothes

There is a time in our early youth open handed, indifferent to clothes

milk is sure to make the baby sick. Never leave an open pitcher out of doors for the milkman to pour the milk into, and never allow milk to stand about the house in open vessels

or on the steps in the sun.

If you must feed your baby on other than breast milk don't use a bottle with a tube. Use rubber nipples and go to the greatest trouble to see that nipples, bottles, and all utensils used are absolutely clean.

IS THE BIRTH OF YOUR BABY REGISTERED?

OUR DAILY PATTERN -SERVICE-

Valuable Suggestions or the Handy Homemaker-Order Any Pattern Through the Courier Be Sure to State Size.

> LADY'S APRON. By Anabel Worthington,



One of fashion's surprises in aprens is offered by this design. It will serve for slipping on over the dress in which one will prepare dinner for invited guests and can be slipped off in two seconds to greet them; or one may do the morning's work in absolute comfort with such a garment.

It is made with a wide bib front that continues its way below the waistline, forming side pockets where it becomes part of the skirt section. The upper ends of the bib cross the shoulders and are smoothly rounded to the neck for fastening at back with a button. The skirt section has plenty of fulness, gathered to the back and joined to a band, fastening with a button at normal waistline.

Banding or braid outlines the square neck and neatly finishes the sides of the bib and pockets; preferably this will be in color smartly contrasting. Percale, linen chambray and linen are suitable materials for an apron like this. You perhaps know that a pattern is a money saving device and that an apron saves labor, time and often temper.

The apron pattern No. 8,104 cuts in sizes medium and large. To make in the medium size requires four and threeeighths yards thirty-six inch material, three yards braid. To obtain the pattern send ten cents to the office of this publica-

Children Cry for Flatcher's

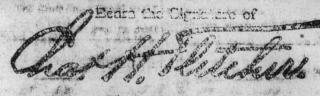
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