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Sulphur -  
Ginger -  
Cinnamon -  
Molasses -  
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### TAKING FORTY WINKS

**HOW PROMINENT BRITISHERS STOLE THEIR LITTLE NAPS.**

Gladstone Was a Famous Al Fresco Dozer and Often Slept Through Debates - Palmerston Was Called the "Great Sleeper" - Half an Hour's Rest is a Wonderful Freshener for Lloyd George.

Lord Morley, in his interesting Life of Richard Cobden, shows that one of the famous Free Traders' greatest gifts was his ability to fall fast asleep whenever he wanted to do so. Mr. Gladstone also possessed this wonderful gift. He could sleep anywhere, and often enjoyed "forty winks" on the Treasury Bench when his political opponents were hurling charges at him of which he was perfectly oblivious.

Lord Westbury could sleep almost at will. When in Parliament, and not wanted in the House, he would sit in the library reading his briefs with an attention which occasionally dropped off to sleep, and awakening after a short interval, resumed his work without apparent effort. In the same way Lord Brougham found relief amidst his work, sleeping whenever he had the chance. Many anecdotes have been related of Pitt's habit of sleeping at odd moments. One day, when an attack was made by an antagonist on Lord North, who had a shiner on his nose, a member, thinking he was dozing, exclaimed, "The Premier is asleep."

"Not so," said the First Lord; "but I wish to Heaven I were."

Lord Palmerston, from his watching an occasional nap in the House of Commons, was nicknamed the "Great Sleeper."

On one occasion, when Burke was wearing his hearers by one of those long speeches which alarmed for him the name of the "Dinner Bell," a nobleman happened to enter the House just as Selwyn was leaving it. "Is the House up?" he inquired.

"No," replied Selwyn; "but Burke is."

The Duke of Wellington could sleep when he chose; and, according to his biographer, "it was one unbroken slumber with him, when in health, from the time he laid his head on the pillow until he rose again." Napoleon, also, could sleep at all odd moments.

John Leech suffered much from want of sleep, and Carlyle tells us of himself how, when kept by overwork and sleeplessness, he one night went down to smoke in the back yard "in his nightshirt. It was one of the beautifullest nights; the half moon, clear as silver, looked out as from a cloud, and the great dawn was streaming up. I took a remorse, a kind of shudder, at the fuss I was making about a sleepless night, about my sorrow at all, with a life so soon to be absorbed into the great mystery above and around me."

A physician at Magdeburg, Dr. Justus bon dem Fischweiler, asserted in his will that his own great age, 109, was entirely to be ascribed to his constant habit of sleeping with his head towards the north. He is told how, at a military hospital in Russia, some years ago, there were some sick patients of highly sensitive natures, who were rapidly recovering. But when removed to another wing of the building they made no progress, so that it was found advisable to get them back to their former wards as quickly as possible, where the heads of the beds were to the north.

Lord Harrington never enjoyed sounder naps than his "forty winks" on the Treasury Bench.

Mr. Lloyd George has the happy gift of being able to sleep at any time. T. P. O'Connor tells the following story about the Chancellor's power of falling asleep at will.

"In the House of Commons," says T. P., "during one of the all-night sittings over the budget, Mr. Haldane was left in charge. He sat there, arose, during which most other Ministers would have called for the immediate attendance of the official in charge of the budget. Mr. Haldane sent to Mr. Lloyd George's room, and was brought back word that Lloyd George was lying fast asleep in a chair. 'Leave him alone,' said Mr. Haldane, and cheerfully went on with his work. A little sleep does some men and women immediate good, and Lloyd George is one of them. After half an hour's rest on a sofa or a couple of chairs he can return to work as fresh as if he had had a whole night's rest."

Swinburne, the poet, required very little sleep, and according to Mr. Edmund Gosse was able to fall asleep anywhere. Mr. Gosse says that when he has parted from him in the evening "he has simply sat down in a deep sleep in his sitting-room, his feet close together, his arms against his side, folded in his frock-coat like a grasshopper in its wing-covers, and fallen asleep, apparently for the night, before I could blow out the candles and steal forth from the door."

Beating and Growing. Persons concerned as to the smallness of their stature may take heart from the experiences of Jeffrey Hudson, of whom a likeness has lately been acquired by the National Portrait Gallery. After reaching the age of 18, he was 18 inches high, and now at all times is 15 years old.

When he was a captive at sea, a Portuguese rover, and having been conveyed to Barbary, was there sold as a slave. He was sold to a man who had been a sailor, and he was kept in a man's workshop, much labor and frequent beating. He now shot up to a little more than that height of stature, and he remained at it in his old age, now three feet nine inches, the cause of which he himself ascribes to the severity he experienced during his captivity. - Pall Mall Gazette.

Hint as to Conduct. When you know your rival, listen to what you're saying, but when you boast for him, they conclude you've got him whipped!

### Greenbush Honor Roll

**MARCH**

Sr. IV—Willie Covey, Walter Tackaberry, Gladys Smith.

Jr. IV—Bernice Maud, Arnold Laverin.

III—Ivan Justus, Donald Smith, Sr. II—Stewart Justus, Roy Davis.

Section B—Robina Johnston, Lizzie McTurk.

Jr. II—Eugene Horton, Sr. I—Ethel Miller, Ruth Rickett, Jr. I—Elva Jackson, P—Kenneth Maud.

No. on roll, 32. Average attendance, 19.29.

Wallace M Johnston, Teacher

### COW TESTING

Dairy farmers are rapidly awakening to the necessity of weighing and testing the milk of each individual cow in the herd. Twenty new cow testing associations have been organized in Quebec since the beginning of this year, twelve new ones have commenced operations in Ontario, two more in Nova Scotia, and one more each in Prince Edward Island and New Brunswick. This means at least four thousand and more cows being checked up each month in addition to the 11,800 in 1910. Probably many more members will be added this month.

Forms for recording weights of milk are supplied free on application to the Dairy Commissioner, Ottawa. When applying, the number of cows should be stated and whether forms are required for weighing daily or on three days each month.

### PROTECTION NEEDED

Weekly Sun: One of the really natural industries of this country is the manufacture of maple sugar. Few industries, under proper conditions, offer better opportunities for the making of a fair profit. No product, when properly made, is more acceptable when placed on the table of the consumer.

"There is, perhaps, no Canadian industry which has been placed under greater disabilities through adulteration. Every season the market is flooded with stuff, bought in the belief that it is maple syrup, but which has never been near a sugar bush. The frauds perpetrated on producer and consumer alike should be prevented and the way to prevent is to prohibit the use of the word 'maple' either as the whole or part of the name used in the sale of articles professing to be the product of the maple tree."

Many manufacturers in this part of Leeds County are endeavoring to protect their goods by the use of a label guaranteeing the purity of the contents of each can and giving the name and address of the maker. The use of this label has been found to develop a direct trade with consumers at a price considerably in advance of local market quotations.

### SUN-DIALS AND ROSES

"Every real garden must contain a mystery," writes Katherine Hale in April Canadian Home Journal, and "More than other any other of the world's symbols, a Sun-Dial can give one a sense of the isolated completeness of a beautiful moment." "But roses are for radiance—they string whole hours and days of happiness together like lovely perfumed beads." In this most delightful article, more suggestive than descriptive, the author puts into words the unexpressed feelings of so many garden lovers.

Canadian Home Journal for April is a splendid example of the up-to-date magazine. Each season has its special interests and naturally at this time of the year it is gardening. Although other departments are not neglected, there are many artistic and thoroughly practical garden articles, written by authorities: "Shade trees for Lawns," "Hardy Plants for Borders," "Roses worth Growing," "Plans for Gardens," "Vegetable Garden for 1911," "Quality Strawberries." Mr. Acton has woven together historical notes, descriptions and local color into a most interesting and readable article, "Holy Week in the Eternal City."

Household Decoration in April is very suggestive for summer preparations, out-of-doors and porch furniture, carpets, and cushions, with most original and attractive stencil and embroidery designs.

The make up of the Journal is a constant delight to the reader. Every important page has some fresh attractive border or heading or illustrations. The garden articles are illustrated with charming pictures of residences, gardens and flowers, in themselves an inspiration for improvement. A full page of lovely garden scenes is a worthy introduction to the Garden Department.

### OUR - SPRING - TERM

Opens Monday, April 3rd. For 33 years the college has been successfully teaching practical education, and has been introducing its patrons to the business public. It is still at the forefront in this work in this part of the province. Our free catalog tells about our Courses. Send for it.

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