

and hayseeds. The field crops of Ontario exceeded in value the total crops west of Winnipeg, the mapy Ontario farmers had gone west. This province was highly favored as an agriculural district. Bank managers in their orecasts of trade conditions took note of the effects of bad crops in the west, out they never tell what might happen if the Ontario crops she ld fail

Still Exodus to City Goes on.

Still the farmer's boys and girls leave home for town and the farmers hemselves only hope to stay on the farm till they amass enough money at 3 per cent. to retire to a neighboring own and eat, drink and sleep as much as they like. The farmer had the greatest right to retire, for he earned is own money, but it was a great pity if the retired farmer with his knowl-edge and experience was lost to his His conscientious, broadeighbors. minded help would be lost. How valuable would such a man be on a school

board, he asked. If the coming generation of farmers was to be kept in the country it was necessary to start at an early age the instruction of the boys and girls in the ethics of rural

living. They must be taught scientific farming, to write, to draw, to be neat, to have method. All these things must be inculcated in youth.

College Proved Its Worth. Agricultural Colege had in forty

years proved that a certain way of farming fields, of raising live stock, of handling land, lead to the best re-sults. The average between what was obtained from the farm and what could be obtained was 300 per cent. In Ontario the average yield of wheat was stwenty-two bushels; n England thirty-two bushels, and in Germany thirty-six bushels, all this on Jand that has been tilled for a thou-sand years. In Sweden the production was seventy-five bushels to the acre. This came thru the use of hand-picked lege had proved enough facts to double the crop in Ontario each year. Send Picked Men into Country.

The college had come to the conclu-on that the best means to help the

farming industry was to send picked men into the country and to leave them there long enough to gain the con-fidence of the people. Sir James Sir James Whitney had supported this plan. Such nen were termed agricultural repre-entatives and were stationed in forty unties. Rural teachers and preach-s, he said, might have to take a purse in the agricultural college in order to teach the farmer in the terms

of his daily life. President Creelman spoke of the difficulty of inducing farmers thru their jealousy of each other to join in co-operative societies for the selling of their products. If this had been done generally last year city people would have had apples which they paid four and four and a half dollars for at two and two and a half dollars a barrel, whereas plenty were sold to the canneries at twenty-five cents a hundred pounds.

Road building, the use of electricity, and other innovations in the farm should be taught, he said.

VOTES FOR WOMEN.

For the first time recorded the. after taking Dr. Williams' Pink Pills for five or six weeks every vestige of the trouble has left me, and I was again blessed with the best of health. From my own experience I believe there is no case of indigestion that Dr. Williams' Pink Pills will not cure, if given a fair trial." You can get these Pills from any roducing dealer or hy moli rot metric. woman suffrage movement is to be while use of for commercial purposes. At the suggestion of an officer of the At the suggestion of an of an of the suggestion, one of the largest candy firms in the city has adopted "Votes for Women" as the given a fair trial." name of a variety of chocolates, which thousands of boxes are to made to sell at half a dollar a box. The oxes are in the yellow and brown colors of the cause with the sunflower Co., Brockville, Ont, emblem and motto on the cover.

that this spirit may deepen and dom-inate both sides of the imperial par-liament and that by wise statesman-Plain whole cows' milk mixed with water and sugar answers all the reship, without the use of the sword, quirements of a good food until seven the Ulster problem may be settled. or eight months or so, when barley or

"We would commend to all our peo-e that we avoid in events of a low people that we avoid in every way giving oatmeal gruels may be used instead of ouragement to the use of arms for boiled water. Plain milk mixed with decision of the Ulster problem, water is easier to digest than cream. the but rather to pray and pray earnestly water is easier to orgest that creat. for the presence of the Prince of Water is added so that the food will Peace, whose influence when given the not be too concentrated for digestion, right of way, will mean a kindlier to give the proper amount of bulk and spirit and universal joy thruout the to furnish the required quantity of li-

mpire. The resolution will be cabled imme. quids that the child needs in twentydiately to Sir Edward Carson and John four hours. The sugar is added for its Redn

Rev. Hugh Pedley of Montreal delivered an address on "A Minister's Life." The meeting was held in Central Y.M.C.A.

TO ADDRESS SOCIAL WORKERS. to make up the proper bulk and con-centration. The amount of milk to

J. S. Woodsworth of the Canadian make a proper gain in weight is twice Welfare League will address the So-cial Workers' Club at the Central Y. M. C. A. at 7 o'clock tonight.

HOW TO OBTAIN **GOOD DIGESTION**

The Stomach Must Be Toned and

Strengthened Through the Blood. hours during the day, that would give

tried many so-called cures, but did not

get more than temporary relief, and

and strength, and was greatly dis-couraged. While in this despondent

naturally I was going down

The victim of indigestion who or thirty ounces in all. Fourteen of wants to eat a good meal, and he will suffer if he eats one, finds poor con-solation in picking and choosing a diet. As a matter of fact you cannot get The amount of sugar is extra. If a relief by cutting down your diet to a starvation basis. The stomach milk and sugar, add from two to four must be strengthened until you can ounces more of milk. During the next way to strengthen the stomach is to bles of food formulae, from which you enrich the blood and thus tone up the may select one that suits your baby nerves that control it. The only way best.

to enrich the blood, and tone up the. These tables have been compiled by nerves and give strength to the stom- those who have made a careful study These tables have been compiled by ach-strength that will enable it to of the needs of the baby and I think properly digest any kind of food-is you will find them entirely satisfaethrough a fair use of Dr. Williams' tory. Pink Pills. The one mission of these There are many mothers who really

Pills is to make rich, red blood, that want to know the why and wherefore reaches every part and every organ of of weights and measures regarding he body, bringing renewed health and baby's food, and it is for these mothers that I am publishing all this informarates the value of Dr. Williams' Pink tion. There are other mothers who Pills in indigestion. find- it easier to "mix up something Miss Lottle Carr of Lequille, N. S., with hot water" than spend the time

Thin, nervous, undeveloped men and women everywhere are heard to say, "I can't understand why I do not get fat. I eat plenty of good, nourishing food." The reason is just this: You cannot get fat, no matter how much you eat, unless your digestive organs assimilate the fat-mak-ing elements of your food, instead of passing them out through the body as waste. passing them out through the body as waste. What is needed is a means of gently urging the assimilative functions of the stomach and intestines to absorb the oils and fats and hand them over to the blood, where they may reach the starved shrunken, run-down tissues and build them up. The thin person's body is like a dry sponge-eager and hungy for the says: "For several years I have been necessary to study and prepare proper great sufferer from chronic indiges- foods. The choice is yours; but for tion. At times I almost loathed food, baby's sake I know my readers will and no matter how hungry, I found prefer the intelligent way that to eat even lightly was followed by great distress and often nausea. I

PRISON FARM FOR WOMEN WOULD FILL GREAT NEED

Young Woman Committed to Mercer Reformatory May Be Transferred to Farm,

couraged. While in this despondent condition I was advised to try Dr. Wil-liams' Pink Pills. I doubted that they would cure me after so many other medicines had failed, but as I wanted The sooner the proposed prison health and the Pills were highly re-commended, I decided to try them. I am thankful now that I did so, for after taking Dr. Williams' Pink Pills who are now obliged to serve terms in the source of the proposed pulses farm for women becomes a reality the better it will be for all female con-victs, and especially for young women who are now obliged to serve terms in the Memory In the women's court ver-

canal to take them from the food. The best way to overcome this sinful waste of flesh building elements and to stop the leakage of fats, is to use Sargol, the recently-discovered regenerative force, that is recommended so highly by phy-sicians here and abroad. Take a little Sargol tablet with every meal and notice how quickly your checks fill out and rolls of firm, healthy flesh are deposited over your body, covering each bony angle

You can get these Pills from any ferred. The girl, who has no mother, medicine dealer or by mail, post paid, was charged with theft; but with remarkable results in overcoming nervous dyspepsia and general stomach troubles, it should not be taken unless you are at 50 cents a box, or six boxes for the right kind of a chance the au-\$2.50, from The Dr. Williams Medicine thorities feel that she is still capable willing to gain ten pounds or more, for of becoming a law-abiding citizen. it is a wonderful flesh-builder,

Decree.

St. Patrick's Day is bound to affect the vast population of this city in various ways, but it was guite unexpected that Billy and Jim would cele- and forcefulness which makes the brate in such an unusual way. The boys appeared before Mr. Boyd, the new commissioner of the juvenile court, on a charge of theft-valuable he has succeeded. pigeons having been stolen and sold for \$5c to an older boy, who kept a number of birds. The grocer for whom Billy works gave him a splendid char-acter and stated that the boy had been nutritional value and for its laxative trusted with large sums of money on various occasions. The 11-year-old action. The important considerations, then, in deciding upon a well baby's lad had never done anything wrong in

food are threefold: the amount of milk, the amount of sugar and the his life before, so was put on probamilk, the amount of sugar and the his me better, at tase, a charge of amount of water or gruel to be added tion, and the next case, a charge of to make up the proper bulk and con- non-support, was proceeded with, but there was a pause.

Press is Excluded. It was not an earthquake-only the inevitable had happened. With a few the number of ounces of milk that the baby weighs in pounds, provided he "motions of his voice" Mr. Boyd dis-missed the press representatives from the juvenile court, thus marking the can digest one and one-half ounces of sugar in his total daily quantity of food. To illustrate: A child who the juvenile court, thus marking the beginning of a new regime. The new food. To illustrate: A child who weights seven pounds should receive commissioner does not approve of woand digest fourteen ounces of cows' milk in twenty-four hours. To this must be added one and one-half ounces man reporters, it was said; they are dangerous and therefore not disirable. Even the the children's names are alof sugar and enough water to make up ways substituted for some choice of the he required quantity of food for particular reporter, the choice is alwenty-four hours. Therefore, if this baby were able ways varied and original. That mat-

Therefore, if this baby were able ways varied and original. That mat-take three ounces of food every two ters not, however; the individual may during the day, that would give be disguised; he is before the public him ten feedings of three ounces each, and in danger of becoming harmed according to a certain person's judgment. From now on cases in the ju-venile court are to remain a mystery to the public.

A Message To Thin,

Weak, Scrawny Folks

An Easy Way to Gain 10 to 30 Lbs. of Solid, Healthy, Per-

manent Flesh.

them up. The thin person s body is like a dry sponge---eager and hungry for the fatty materials of which it is being de-prived by the failure of the alimentary canal to take them from the food. The part was the spin the shift wasta

Thin, nervous, undeveloped men

by any person who should make a habit of walking along corridors of apartment houses and loccasionally listening at doors. The latter person might indeed hit uncertainty for the Corridor agents than might be picked out at random street, who have been general agents for the Cunard Line for over thirty might, indeed, hit upon some striking phase of life. He at least would not be avoiding that element of crudity years, report very heavy bookings for the spring and summer and are having great difficulty trying to place the many applicants for accommodation. dramatic moments of flife. Arnold Bennett has aimed to avoid these and

"The Different" Player-Piano. All lovers of music will be interest ed in the special features of the new

TO HAVE GOOD PEACH CROP.

Toronto.

The last of the three farces, "A Good model Player-Plano made by Ye Olde Firme Heintzman and Co., Limited, tion, too, has excellent dramatic pos-sibilities. There is a woman and two 193-195-197 Yonge street; There is something very distinctive about to be married to one of the men invited to examine it and witness deabout this instrument and readers are when the other, who loved her long monstration of its excellence in every ago, before his removal to South Afway. rica, or otherwise, returns-as he had

promised on parting. It is for the wo-man to choose, and, being a good wo-

man to choose, and, being a good wo-man in a polite farce, she must con-sider every side of the situation. The dilemma is solved when the younger man, the returned exile, decides that PETROLEA, March 23 .- Prof. G. G. Bramhill, district representative of the department of agriculture, went thru the orchards of Forest and Thedford last week, in company with Prof. L. Caesar. The former reports that more peach buds are alive in that district than in Niagara district, which he is led to think that probably the ad-ditional years which the good woman. has acquired in his absence has some-thing to do with it. All ends happily. artificial are the plays that they So

visited last week. He says: "While the frost has done some damage, there are from 25 per cent. to 50 cent. of buds of white flesh varieties.

are unsatisfying to those who have formed their idea of Arnold Bennett from "The Old Wives' Tale" and centage, and if nothing intervenes this "Sacred and Profane Love." As com- year's crop will be good."AND THE WORST IS YET TO COME



Garden Notes for Late

March Doings

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en the d ing to th There Neious . are left-learn soi There not like the charn are part are not Make a is cooked four pick roast bee fuls of b teaspoon the brea beef in t on a slid crisp dic slice of b over then

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A girl

Getting the Window Boxes Ready. Too often window gardening is the

only form of gardening possible to many flower lovers, either from a lack of space, a lack of time or a lack of health. But I have known several who, altho hindered to a certain extent by one or other of these draw-backs, yet manage to have little win dow gardens, from which they draw the greatest amount of pure pleasure and satisfaction for many a long week. To make window gardening a success the window gardener must study work from several standpoints, just as the amateur gardener studies the various possibilities and probabil ties of his outdoor beds and borders. Ome of the first points to conside is that of exposure. Naturally, one should not plant sun-loving and sun-demanded plants on a north window

ledge, where no single ray of sun finds itself able to wander. Nor should wa rious shade-loving plants be place upon a window-sill where the ho summer sun falls from earliest mon ing to late sunset. Yet these are only a few of the ordinary mistakes mad year after year, in this very simple

Again, too often we find the window boxes are so arranged that the windows are not only darkened unnece sarily, but the entrance of a draught of pure air is also hindered. There should never be a mass of plants packed in one window, Nor should the window area be blocked with wire frames. A few healthy and therefore lovely plants are all that is necessary to make a p these should be arranged so that the

window can that there be no excuse for neglecung ventilation.

These are but a few of the points to be remembered in planning your window boxes, but the careful gardener will soon recognize and overcome many other difficulties by a little careful attention to the elementary prin-ciples of successful gardening, which principles have so often been mentioned in this column.

March, the last week especially, is not too soon to begin work in this line. Get your boxes made to fit very loose-ly into your sills, and do not have these boxes too deep. A window box, small tho it be, is not easy to lift.

MOTHER RENDERED FRANTIC.

Mrs. J. Taylor, mother of Mrs. H. Klein, 2 Vanauley street, whose fouryear-old boy was run over the other night, and who was blamed by the police for taking him home and not sending him direct to the hospital, said yesterday that the mother had seriously felt the first shock of the news of the accident and was beside, herself, but when she got home she realized the need of hospital assistance and had the child taken there. where he is now nearly recovered. Mrs. Taylor said that the statement issued by the police and reflecting on the mother was a cruel blow to her. Mrs. Klein is a young mother.

TO HAVE RURAL SCHOOL FAIR

PORT ELGIN, March 23 .- Port ETgin is to have a rural school fair, and the schools in the surrounding townships are being rounded up by gov-ernment, representatives for Bruce ships are being rounded up by County.

be put hospital -you do think, liv faithful i But, so hess." Ki had stood half-hour friend an laughter occurred scribed fi erating r erating n and it w realized have tak head who administe "Kate humor." climbed you reme everythin of hair g ent girl ten millio men all friends, ber is pu "And it