

At the Family Altar. Before Thee, Lord of all, we bow Who giveth us another day; And round this hallowed altar now Our heartfelt thanks we pay. Ah! some did vigil tapers burn, Who but for Thee were sore distressed: But as to life we safe return Gladness is still our guest. We bless Thee for the tasks that wait For us at home, abroad, at school. These help us do, cager, elate And mind the golden rule.

Guard and keep pure from every stain Both those who toil and those who

play, Till eve unites us all again, And here we kneel to pray. —Alexander Louis Fraser.

LEMON JUICE IS FRECKLE REMOVER.

Girls! Make this cheap beauty lotion Girls! Make this cheap beauty lotter to clear and whiten your skin. Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you

of orchard white, shake well, and you have a quarter plnt of the best freckle and tan lotion, and complexion beautifier, at very, very small cost. Your grocer has the lemons and any drug store, or toilet, counter will up Your grocer has the lemons and any drug store or toilet counter will sup-ply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how clear soft and white the skin by clear, soft and white the skin be-comes. Yes! It is harmless.

Birds That Bring Good Luck.

Tradition has it that a late swallow brings luck to the hostel he favors, and many country people still regard the bird as semi-consecrated, and refuse to allow its empty nest to be interfered with during winter months. With the spring the birds return to their original eaves, and it is a sign of impending misfortune if they neglect their former nests. A swallow at sea brings disaster in its train, but a sand swallow is considered a masa sand swallow is considered a mas-cot by the surrounding country-side. Even the humble hedge sparrow may lay claim to some share of no-toriety, for illness attacks the occu-pant of the room into which it gains access. A dead urger is even then little access. A dead wren is another little

among sea superstitions.

At the Yarmouth Y.M.C.A. Boys' Camp, held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

ALFRED STOKES, General Sec'y

A Remarkable Career.

One of the most remarkable officers One of the most remarkable officers of the British Army now fighting in France is Brigadier-General Adrien Carton de Wiart. Since the war be-gan he has been wounded eight times, has lost an eye and an arm, and has gained in succession the D.S.O. and V.C., and several Belgian decorations. Gen Carton de Wiart was born in V.C., and several Belgian decorations. Gen. Carton de Wiart was born in Brussels 34 years ago, and is the son of the late Maitre Leon de Wiart, who filled a high legal position in connection with the Anglo-Egyptian Govern-ment, and is a nephew of the Belgian

Minister of Justice. He fought in the Boer War at the age of 17, and was thrice wounded while serving with Brabant's and the while serving with Brabant's and the Imperial Light Horse, so that alto-gether he has been wounded 11 times. When the present war broke out he went to East Africa, where he was severely wounded. The Anglo-Bel-gian general, in spite of the loss of

WOMEN! IT IS MAGIC! LIFT OUT ANY CORN Apply a few drops then lift

corns or calluses off with fingers-no pain. Just think! You can

lift off any corn or callus without pain or soreness A Cincinnati man discovered this ether compound and named it freezone. Any drug-gist will sell a tiny bot-tle of freezone, like tle of freezone, like here shown, for very

little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can lift it right off. Freezone is wonder-

It dries instantly ful It doesn't at away the corn or callus, but shrivels it up without even irritating the surrounding skin:

the Hard, soft or corns between the coes, as well as painful calluses, lift right off. There is no pain before or afterwards. If your druggist hasn't freezone, tell him to order a small bottle for you from his wholesale durg house

drug house.

Making Matters Worse. fool once opened wide his mouth And straight a foolish phrase Flew out and sped around the world And travelled all its ways.

The fool soon saw his sad mistake And strove to help it then; Quoth he: "I'll keep an open mouth-It may fly in again."

And so he spread the hinges wide

With never one misdoubt; Alas, no foolish words came back But only more flew out.

Seeding Well Ahead. Mr. J. D. McGregor, Director of La-Mr. J. D. McGregor, Director of La-bor, Canada Food Board, says that seeding was never so well advanced in the history of the West as it is this year. It is up to the men in non-essential industries now to plan to help with the harvest

help with the harvest. Minard's Liniment Lumberman's Friend

How Long They Live. A sheep lives ten years. A sate lives fifteen years. A lon lives twenty years. A camel lives forty years. A bear lives twenty years. A dog lives fourteen years A cog lives fourteen years A squirrel lives eight years. A canary lives six years. A crow lives six years. An ox lives twenty-five years. guinea pig lives seven years.

A horse lives twenty-five years. A whale lives three hundred years A tortoise lives one hundred years. An elephant lives four hundred

A parrot lives one hundred and twenty-five years.

If the lawn is inclined to be damp add plenty of sand; if mossy, plenty of lime



Our Lads. Why so far from home, lads, So far, so very far? Surely you are not of those Who journey toward a Star.

There were Three, but they were old, Wise and old and gray. Why should you when life is high Fare so far away?

They, the Three, so long ago, Gray and wise and old, Sought a King and brought Him gifts, Incense, myrrh and gold.

So far away from home, lads, So far, so very far. In your eyes I read the truth-You, too, seek the Star!

Though you come with song, lads, You, too, seek the King. Greater gifts than they, the Wise, Unto Him you bring.

He could not bide at home, lads, And like Him now you roam So far, so far, oh, lads, dear lads, To make the whole world Home!

Minard's Liniment used by Physicians

Do You Know This?

The middle verse of the Bible is the eighth verse—of the 118th Psalm. The twenty-first verse of the seventh chapter of Ezra contains all the letters in the alphabet except the letter "j." The longest verse is the ninth verse of the eighth chapter of Esther. The shortest verse is the ninth verse of the eleventh chapter of St. John.

MONEY ORDERS. A Dominion Express Money Order for five dollars costs three cents.

A Camouflage Grace.

A Camouflage Grace. Little Harry (after eating his mea-gre ration of bread and margarine)— Must I say grace, mama? Mama—Of course, darling. Little. Harry—Well, you said God could read our thoughts, and if I say I'm thankful He'll know jolly well what a 'bominable little liar I am!

Ask for Minard's and take no other.

World's Greatest Mine Field. You will agree that a satisfying cup of tea is economical at five cups for a cent, yet that is all the genuine Salada costs. Low-priced teas actu-ally cost you more, for they yield far less, in the teapot and, of course, have not that delicious flavor. World's Greatest Mine Fleid. According to the London Telegraph the area of the North Sea recently announced by the British Government as prohibited as dangerous to ship-ping after May 15th is the greatest purpose of foiling submarines. It amburges 121,782 square miles, the embraces 121,782 square miles, northward into the Arctic Circle.

Convenience

The AutoStrop Safety Razor is al-

ways ready for use

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formly keen and it

is a simple matter

It strops, shaves and

is cleaned without taking apart.

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to keep it so.

seas.



MADE IN CANADA

Sailors' Rations Reduced

Representatives of the British Mercantile Marine in conference with Lord Rhondda have agreed to a re-duction of 50 per cent. in their meat allowance.

AGENTS WANTED

PORTRAIT AGENTS WANTING good prints: finishing a specialty frames and everything at lowest prices nuck service. United Art Co., 4 Bruns-wick Ave., Toronto.

FOR SALE

WEEKLY NEWSPAPER FOR SALM France, Will sell \$2,000. Worth double that amount. Apply J. H., c/o Wilson Publishing Co., Limited, Toronto. WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$1.500. Will so for \$1.200 on quick sale. Box 63. Wilson Publishing Co., Ltd. Toronto.

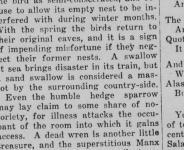
MISCELLANEOUS

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

CANCER, TUMORS, LUMPS, ETC., internal and external, cured with-cut pain by our home treatment. Write ms before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont

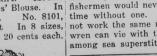






(it has travelled considerably over 100,000 miles); and on it he has writ-ten every one of his historic mess-

worms, toads, frogs, lizards, snakes and birds, and these should not be in-



jured. TheTest of a change from tea or coffee to Postum comes when you note better health and all round improvement. Not a thing harmful in Postum. Besides, it saves waste and fuel. The flavor is delightful. For your own sake try

This is a dress with a hint of the military in the braid and buttons. McCall Pattern No. 8009, Ladies' Semi-Fitted Dress. In 6 sizes, 34 to Kcep Minard's Liniment in the house.

McCall Pattern No. soos, Lanes Semi-Fitted Dress. In 6 sizes, 34 to 44 bust. Price, 20 cents. These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Tor-

Trom the McCall Co., 70 Bond St., Tor-onto, Dept. W. Labor for the Harvest. Mr. J. D. McGregor, Director of Labor, Canada Food Board, says that the seeding of the West has been managed very well by the co-opera-tion of the men in the towns and cities, of the boys enlisted in the Soldiers of the Soil, and by men se-Soldiers of the Soil, and by men se-cured from the United States. "I

have the assurance of the Govern-ment," said Mr. McGregor, "that measures will be adopted to assure measures will be adopted to assure you the necessary supply of labor for harvesting the crop. The Anti-Loaf-ing Law has worked wonders and idle foreigners and sports have disappear-ed from the streets of the West. They are at work on the farm." Arrangement With the United States. Honorable G. C. Robertson, Labor

Honorable G. C. Robertson, Labor representative in the Government, stated in the House of Commons that stated in the House of Commons that an arrangement had been completed by the United States Department of Labor and the Canadian Department of Immigration and Colonization for the interchange of farm laborers. Several thousand have already en-tered the Canadian West under this

Alberta's Sheep Ranches..

t in the nually. Most of this land lies to the North, iss. "I in the great Peace River and Grand lovern-"that the last great West.

ARSE'S

FAMILY

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HIRST REMEDY G

ED. 7.

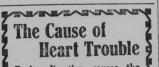
Takes out the inflammation-Yom barns, Inflamed cuts, scalds, broises, blisters, and sugburn-piles and abscesses. Works like amagici Buy a hox-art dealers, or write us. HIRST REMEDY COMPANY, Hamilton, Canada

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ISSUE 23-'18.









doctors de cided that I would have to go through an operation before I could get well. "My mother, who had be an helped by Yugia F. Pinkham's Vegetable Com-bound, advised me to try the fore sub-mitting to an opera-tion. Itrelieved me from my troubles to file of the sub-mitting to a smuch for the sub-try troubles to give yudia E. Pinkham's Vegetable Com-pound a trial and it wild do as much for them." – Mrs. MARIE BOYD, 1421 5th St., N. E., Canton, Ohio. "Some where a hospital operation is the only alternative, but on the other hand so many women have been cured by this framous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after doctors have said that an operation was to avoid an operation should give it a fair trial before submitting to such a first medice. The result of many years experience is at your service.

CUT PLUG

arrangement. When you have potatoes for a mea. you need less bread.