

## NURSES ADVISE

Zam-Buk, because they have proved that it does what is claimed for it. Miss E. L. Dooey, graduate nurse, of 3220 Michigan Ave., Chicago, says: "I have a patient who suffered terribly with piles. Zam-Buk is the only remedy that gave her relief."

"I have used Zam-Buk myself for the same ailment, also for scabs and burns, and have the greatest confidence in it."



## Dye That Skirt, Coat or Blouse

"Diamond Dyes" Make Old, Shabby, Faded Apparel Just Like New.

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether wool, silk, linen, cotton or mixed goods—dresses, blouses, stockings, skirts, children's coats, draperies—everything! A Direction Book is in package. To match any material, have dealer show you "Diamond Dye" Color Card.

## Let Us Be Glad We Are Canadians

We are asked for increased production. This does not mean for the individual more work or harder work, but it does mean more efficient work and a new attitude towards work, a desire to make every stroke tell to the utmost. In a word it means willing, painstaking, and well-deflected effort, backed by capital and guided by science, to bring our acres to the fullest fertility, to built up and utilize adequately our forest resources, our fisheries and our mines, to develop and co-ordinate our transportation systems, to develop our water-powers advantageously and to distribute widely the resulting power, to check reckless waste and encourage the effective use of all our resources, to the end that we may establish better and more satisfying types of rural life.

The waste of lumber is deplorable. Take pine; the value of resin, turpentine, ethyl alcohol, pine tar, charcoal, lost in this waste, represents three or four times the value of the lumber produced, but, great as this loss, it is no loss compared with our colossal fire waste. We have been prodigal wasters, reckless destroyers, mere skimmers of cream. If we are to meet our national needs, and build up sanely our superstructure on safe and sound foundations, we must change the policy which has guided us in the past. Unrestricted individualism must now give way to controlled co-operation guided by

## Nature's Bounty

provides health for the sick in her medicinal herbs. The beneficial qualities of Dandelion, Mandrake, Burdock, etc. make

### Dr. Wilson's HERBINE BITTERS

a perfect remedy for stomach and kidney troubles, bilious headaches, etc.

Get your store—35c and \$1.00.

The Brayley Drug Company, Limited

for all possible in your potato yields this year?

Potatoes thrive on a sandy to gravelly loam soil. This is a type of soil that must be heavily fed, if it is to do its best. The potato crop also repays abundant feeding. Since potatoes contain so much starch, they are great lovers of potash. On normal potato soil without manure you should apply from 750 to 1,000 lbs. of high grade fertilizer per acre in order to get the best results. With a good dressing of manure this application may be reduced to 500 or 600 lbs per acre. The analysis we would advise should range not less than 4 per cent ammonia, 6 to 8 per cent phosphoric acid and 4 to 6 per cent potash.

Besides fertilization, the soil should be thoroughly tilled, should contain an abundant supply of humus and potatoes of high yielding type should be planted. Nuisance diseases and insects prey upon the potato. These must be controlled by spraying if best results are to be obtained.

Pastes for Black, Tan, Oxblood and Brown Shoes  
White Cake and Liquid for White Shoes

THE F. F. DALLEY CORPORATIONS LTD., HAMILTON, CAN.

a constructive economic policy which shall be nation-wide in scope. We must bring to the solution of peace problems the unity and cohesive power developed throughout the war. Let us be a nation of builders, creators, and distributors. Let us be proud of our country. It is time to build time to unite, time for peace and for brotherhood. Let us be glad we are Canadians and let us stand for Canadian instructions. Let us have a little more patience, a little more charity for all, a little more devotion, less bowing down to the past and more looking forward to the future when Canada will be ripe for a great burst of light and life.

## BY AEROPLANE TO PARIS.

A distinctly novel attraction has now been provided in the C.P.R. office windows at Charing Cross, an attraction which has been much admired by the crowds who have gathered to make inspection. The large windows usually devoted to the exhibition of things Canadian is being occupied by an excellent model aeroplane of the Aircraft Transport and Travel, Limited, at Hendon, together with scientifically accurate models of various types of aeroplanes and airships.

Such a display in a railway and shipping office may seem rather unusual at first sight, but is really a sign of the times, also marking much enterprise on the part of the Dominion Express Company of Canada. Realizing the importance of maintaining a really "Express" service, if its name is still to be justified, the Dominion Express Company, the Premier Express Company in Canada, has made arrangements to act as Passenger and Parcel Agents for the Aircraft Transport and Travel Limited on their London-Paris daily air service.

It is thus possible for either passengers or parcels to be booked for conveyance by aeroplane to or from London and Paris through any of the Dominion Express Company's offices in Europe, and these, in addition to London are to be found in important cities such as Liverpool, Glasgow, Manchester, Birmingham, Bristol and Paris.

The advantages of this arrangement are many, for the Dominion Express, holding as it does the exclusive right of shipping Express parcels over the entire C.P.R. system, as agents for the Aeroplane Service can ensure that an Express package scheduled to catch a certain ship actually reached its destination in Canada in the shortest possible space of time. As time is money nowadays, more than ever it was, it is easy to realize what an important adjunct an Air Service is to an Express Company.

The time-table shows that only 24 hours is occupied on the journey to or from London and Paris—urgent letters are carried at 2 shillings and 6 pence per ounce over the ordinary letter rate.

Parcels for delivery in Paris on the same day have to be handed in at the London office of the Dominion Express Company 62-65, Charing Cross, London, S.W., before 10.30 a.m. The parcels rates range from 1s. 6d. to 2s. 6d. per lb. according to quantity, while special rates are quoted for large and regular consignments. The single fare for passengers is 15 shillings which includes a car to convey the passenger to Hounslow the starting point. The Dominion Express Company's officials at Charing Cross have every reason to believe that a large proportion of Canadian visitors to Europe this year will take advantage of the ease with which it is now possible to book seats for a real flying visit to the Continent through their office. In fact, if they so wish, a motor car can pick them up in Trafalgar Square, and in under three hours they can be walking along the Champs Elysees.

## Fertilizing Potatoes

Potato yields depend very largely on plantfood supply. Extensive investigation in farm management among 400 potato farms in New Jersey shows that "profits are greater with each increase of potato yield per acre. Men and horses handle as many crop acres on the heavy-yielding farms as upon the light yielding farms. These findings are of special interest to Ontario potato growers since potato prices are high. Cost of production is also very high. Why not make your farm and labor count



Save the surface and you save all!

and this is the greatest surface saver of them all.

LES from paint-neglect is vastly greater than the cost of paint-protection. But it is to be noted also that the real cost of using ordinary paint—however cheap it may be—is vastly greater than that of painting with a pure and durable paint such as

**B-H PAINT** 70% Pure White Lead (Standard's Genuine D.B.) 30% Pure White Zinc 100% Pure Pigment

If you would avoid constant repainting—if you would have the paint that has the greatest covering capacity, investigate the cause of the high repainting cost by B-H. You'll find that the favor in which it is held by so many experienced painters is due to a truly remarkable degree of purity—a purity attained by using such ingredients as the famous Standard's Genuine D.B. White Lead—together with pure zinc and the purest linseed we know how to make in our own splendidly equipped mills. Your investigation will result in a trial of this brand—and that trial will make you a confirmed adherent of this paint that goes so far and that lasts so long. Its fine, smooth surface never cracks or peels—the tough, air-tight coat it gives affords the surest kind of surface-protection against time and weather.

D. W. STOTHART, Newcastle, N. B.



Compared with other foods the cost of bread is insignificant, yet no food costing so little, nourishes so much as

BREAD BAKED FROM

**PURITY FLOUR**

Use it for all your baking More Bread and Better Bread and Better Pastry

Western Canada Flour Mills Company, Limited  
TORONTO—Head Office  
Branches at  
Winnipeg, Brandon, Calgary, Edmonton, Montreal, Ottawa, St. John, Halifax

## Market is Advancing

ON ALL FEEDS

New Testimonials every day as to the good quality of

## Robin Hood Flour

We also have in stock another grade of Hard Wheat Flour (called Baker's King in barrels and bags equal to any high grade flour on the market.

Also a blend Flour called "Goldie's Best" at \$6.75 per 98 lb. bag.

JUST ARRIVED

Two cars of OATS, western, highest grade  
P. E. Island OATS, (all bagged)  
We have also in stock HAY

Be sure and Get Our Lowest Prices on the following:

Feed Flour, Middlings, Bran, Whole Corn, Cracked Corn, Corn Meal, Corn and Barley Chops, Beans, Peas, Plate Beef, Mess and Clean Cut Pork, Hams, Bacon, Pure Lard and Shortening. We also handle a Reno Syrup, a good substitute for Molasses, (in small keg)

## Maritime Produce Co.

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JOHN RUSSELL, Manager