

GET RID OF HUMORS

Dry, moist, scaly tetter, all forms of eczema or salt rheum, pimples and other eruptions come from humors, which may be either inherited or acquired through defective digestion and assimilation.

To treat these eruptions with dry medicines is dangerous.

Hood's Sarsaparilla, the old reliable medicine, helps the system to discharge the humors, and to improve the digestion and assimilation.

From your druggist get Hood's Sarsaparilla, which may be confidently relied upon to do its work. It purifies the blood, tones the stomach, and builds up the whole system. It goes to the roots of diseases, and its beneficial results are permanent. It sets things to rights in the system. Remember to ask for Hood's Sarsaparilla, because nothing else acts like it and nothing can take its place.



Looking Her Best

A woman delights in good looks, — knitted brows or wrinkles occasioned by eye strain are unbecoming to young or old.

Beware of tell-tale crows feet. They make you look older than you really are or feel.

Our glasses, perfectly fitted, will relax the muscles and relieve any strain upon the eyes. Our service is prompt, accurate and dependable.

HARVEY Optical Co.

Manufacturing Optician Phone 1476
20 E. Market St. Open Tuesday and Saturday Evenings.

PRINTING

We are supplying Printing to Brantford's Biggest Manufacturers. Our prices are Right, the Quality Excellent, and Deliveries Prompt. We want to serve YOU.

MacBride Press

LIMITED
26 King Street. Phone 870.

JAP HAT VARNISH

Makes Your Old Hat Look Like New.
All colors, will not fade or run.
15c PER BOTTLE

C. A. CAMERON

George St. Opp. Market Sq.

Broadbent

Tailor to the well-dressed Man or Woman
Agent for Jaeger's Pure Wool Fabrics

Agent for Ely's Neckwear
Agent for Aerter Underwear
"Borsalino" and other High-grade Hats

PHONE 312. MARKET ST.

CANNED GOODS!

Choice Dr. Peaches 25c
Choice Dr. Apricots 35c
Choice Dr. Prunes 15c to 22c
Canned Raspberries 30c
Canned Strawberries 30c
Canned Peaches 25c
Canned Pears 15c
Canned Blueberries 15c
Canned Pumpkin 20c
Pure Maple Syrup, large bottle, at 55c

T. E. Ryerson

22 Market Street
Phones 189-220. Auto No. 1

BACKYARD BACON

An increase of 25 to 30 per cent. in the number of hogs in 1918 as compared with 1917 may be confidently expected, the Dominion Live Stock Commission reports. This is a splendid response to the general appeal made to farmers to keep and breed extra sows, and to the conference held during 1917 to further increase bacon production.

The farmers of Canada took this first step towards increased bacon production in the face of an acute feed situation. Many of them knew that they would not have enough feed to properly fatten all their extra young pigs. These pigs must be fed and cared for, and many householders in Canada could help by keeping one or two pigs, which could be bought at weaning time, and fed during the summer, mainly on kitchen and garden refuse.

In the autumn, the meal ration could be increased for the purpose of properly fattening the pigs for killing.

There are thousands of people around small towns, villages and settlements, at cross-roads and elsewhere, who could and should help in this matter. Do not allow kitchen refuse or garden weeds and waste to go unused. It is much less unsanitary to have a pig properly kept in a pen, away from the house, than to allow a dog the freedom of the house after he has been investigating your neighbor's garbage. Here is an opportunity of service without sacrifice. It is past the time for doing our best. Get a place ready to keep a pig. — F.C.N. in "Conservation."

U. S. FOOD BOARD

UPHOLDS GAME LAWS

Says Letting Down the Bars Would Destroy Valuable National Asset

The United States Food Administration has carefully considered increasing the food supply by relaxing the game laws and has decided against such a course. In a statement recently issued it refers to the strenuous efforts made by the various States to husband and increase the game supply, to the action of Congress in concluding a Migratory Birds Treaty with Canada to further the same purpose and states that "it has reached the conclusion that the maximum supply can best be obtained by constantly increasing the breeding reserve of game under present and even more progressive laws directed toward that end."

Any effort to weaken the present laws or in any way relax them in one locality would immediately lead to a demand for such relaxation of laws in all other localities insuring a rapid breakdown of the whole legal structure of present game protection erected after efforts extending over numerous years.

"Once the perfected laws were relaxed to the point where game could be killed more freely, notwithstanding the fact that numerous game laws have gone to war, the game would be quickly destroyed by largely increased numbers of local hunters using modern methods of transportation and high-powered firearms. The present game supply of the country should be considered in exactly the same way as that of domestic stock and fowls, the breeding reserve of which should be increased to insure increased supplies for food."

Since an attempted relaxation of laws would tend to ward a rapid destruction of game, no emergency has as yet arisen sufficiently acute to warrant the Food Administration advocating the destruction or impairment of game which forms a valuable national asset."

At the Ayrshire sals at Campbellford by the Montic District Ayrshire Breeders' Club, cattle were sold at higher average than usual. Highest priced cow sold for \$230.

Everett Davey, 17, who held up Edward Vokes, of Kingsville, and with a revolver compelled Vokes to hand over \$2 and his automobile, was let go on suspended sentence.

SEEDS That Will Grow

Was your garden a disappointment last year? Then don't let it occur again. Come to us for your Seed and get Seeds that WILL grow.

Flower and Vegetable Seeds,
Fertilizers, Seed Potatoes,
Seed Grain, Flowering Shrubs,
Fruit Trees, Asparagus and
Strawberry Plants.

DOUGLAS & ROY

7 George St. Seed Merchants. Both Phones 882.

PLANT STEELE BRIGGS SEEDS FOR INCREASED PRODUCTION

Beans	Variety	Pkt.	1/2 lb.	1 lb.
Best	Early Golden Wax or Butter	60.00	60.00	60.00
Cabbage	Early Dark Round Turnip, fine	10.00	10.00	10.00
Cabbage	Copenhagen Market, early	10.00	10.00	10.00
Carrot	Brussels Drumhead, excellent	10.00	10.00	10.00
Carrot	Danvers Half-long, tender	10.00	10.00	10.00
Cauliflower	Steele Briggs' Earliest of All	10.00	10.00	10.00
Celery	Paris Golden, best of all	10.00	10.00	10.00
Corn	Early Giant White, sweet	10.00	10.00	10.00
Cucumbers	Steele Briggs' Perfection, finest	10.00	10.00	10.00
Lettuce	Toronto Gem, sure heading	10.00	10.00	10.00
Peas	Windsor, (Heart of Gold), very fine	10.00	10.00	10.00
Peas	Steele Briggs' Yellow Globe Danvers	10.00	10.00	10.00
Peas	Steele Briggs' Prize-taker Red Globe	10.00	10.00	10.00
Peas	Champion Wax Curled	10.00	10.00	10.00
Peas	Stratford, large pods, vines 3 feet	10.00	10.00	10.00
Peas	Scarlet, White Tip, Turnip	10.00	10.00	10.00
Peas	Long White Jade	10.00	10.00	10.00
Peas	Improved Hubbard, fine for winter	10.00	10.00	10.00
Peas	Bony Best, favorite	10.00	10.00	10.00
Peas	Steele Briggs' Earliest of All	10.00	10.00	10.00
Peas	Early Golden Ball	10.00	10.00	10.00
Peas	Dwarf, mixed colors	10.00	10.00	10.00
Peas	Tall, solid hybrids	10.00	10.00	10.00
Peas	Steele Briggs' Giant Mixed	10.00	10.00	10.00

Above prices all include postage. Order now, either direct or through your local merchant.

Write for Catalog

STEELE BRIGGS SEED CO.

"CANADA'S GREATEST SEED HOUSE"

HAMILTON TORONTO WINNIPEG

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SPRING WHEAT FOR YEAR 1918

It Can be Grown Successfully on Many Soils in Ontario

(By Dr. C. A. Zavitz, Professor of Field Husbandry, Agricultural College, Guelph.)

The world is calling loudly for food. Essential food materials in concentrated form should be increased as quickly as possible. Just previous to the war Canada produced, per unit of population, more food materials obtainable from farm crops than any of the other leading agricultural countries in the world. In this respect, she was followed in order by Argentina, the United States, Australia, Germany, Austria, Hungary, France, and Russia. It requires only from one-sixth to one-half the time to transport food materials from Canada to Great Britain as it does wheat from Australia or from the Argentine Republic. These facts point directly to the duty and to the opportunity of Canada in the performance of a great service to the world at this critical time.

Wheat as a Food Material. Wheat is used more extensively as human food than any other cereal. It is particularly rich in nutritive materials and, with the exception of rice, no other grain contains a gluten which is capable of expanding and forming light, porous bread. Wheat differs in composition from all other cereals in that its gluten is composed of two proteins—glutelin and gliadin. This gives flour its bread-making value. Bread can be made from wheat flour alone or in combination with flour from other grains. Wheat is easily grown, readily transported and conveniently stored when necessary.

Spring Wheat in Ontario. The area of spring wheat grown in Ontario in 1917 was 182,957 acres, or 21 per cent. greater than that of the year previous. Owing to unfavorable weather conditions, the amount of winter wheat sown in this Province in the autumn of 1917 was considerably below the average. There should be a large area of land in Ontario well suited to the production of spring wheat for 1918. This crop requires about the same amount of labor as oats, barley, rye or buckwheat, and considerably less labor than any of the cultivated crops.

Preparation of Soil. Spring wheat can be grown successfully on a variety of soils. It thrives particularly well, however, on well drained, rich loam containing a fair amount of decaying vegetable matter. Fertile clay soils when well drained usually give satisfactory results in spring wheat production.

Preparation of Soil. In crop rotations such as those followed in Ontario, spring wheat is sown in very early spring. In experiments conducted at the Ontario Agricultural College it has given good results when sown after corn, potatoes, sweet potatoes, fall turnips, carrots and radishes. It usually gives satisfactory results when sown on

When Contipated or Bilious Give "California Syrup of Figs."

Look at the tongue, mother! If coated, it is a sure sign that your little one's stomach, liver and bowels need a gentle, thorough cleansing at once.

When bilious, cross, listless, pale, doesn't sleep, doesn't eat or is naturally, or is feverish, stomach sour, breath bad, has stomachache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of his little bowels without griping and you have a warm, playful child again.

You needn't coax sick children to take this harmless "fruit laxative," they love its delicious taste, and it always makes them feel splendid.

Ask your druggist for a bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Beware of counterfeits sold here. To be sure you get the genuine, ask to see that it is made by "California Fig Syrup Company." Refuse any other kind with contempt.

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sod land ploughed in the autumn or on land which has grown beans or peas, and which has had thorough autumn preparation so as to permit of early seeding in the spring. Spring wheat forms one of the very best nurse crops with which to seed grasses and clovers, either singly or in combination.

FRENCH LINES SUNK

San Francisco, April 13.—Word of the sinking in the Indian Ocean of a French liner and the rescue of 780 persons from the vessel by a steamer whose home port is San Francisco was conveyed to-day in a dispatch from Singapore, according to a local newspaper. The name of the French line was not mentioned nor was the manner in which she was sunk given.

BRANT COUNTY BED AT NETLEY.

A leaflet bearing the inscription "Girls of North and South Brant Women's Institute; Six Nation Girls and Girls of Mohawk Institute," which is placed over the Brant county bed in Netley Hospital, England, was recently unveiled by Queen Mary.

The bed was established with the proceeds of a book of Indian poems regarding the Indian language, written and compiled by Mrs. M. A. Brown. The Institute women who are supporting Mrs. Brown in her work, and the Indian women and girls forward \$500 yearly through the Princess Patricia, patroness of Indian work, for the upkeep of the bed.

A letter from Sir Robert Hudson, G. B. E. of the British Red Cross and the Order of St. John of Jerusalem, says that this tablet will be sent to Canada after the war is over to be kept among the country's historical possessions.

Capt. Gordon Exchanged. Stratford, April 11.—William Gordon was notified to-day that his son, Capt. Glen Napier Gordon, who has been a prisoner in Germany since early in the war, has been exchanged and is now at Gravenhage, Holland. A cable from him says "All O.K." Captain Glen Gordon is a brother of Mr. Bruce Gordon of Brantford.

Children Cry FOR FLETCHER'S CASTORIA



Why Potatoes are \$1.90 a Bag in Ontario while they are Rotting in Prince Edward Island

(An Actual Conversation Between Neighbors)

Said a citizen recently, "I don't see why potatoes are \$1.90 a bag in Ontario while they are rotting in Prince Edward Island."

His neighbor replied: "The reason is simple. There are no freight cars available to bring potatoes from that market to this. The only way to beat the price, is to grow your own, the same as my wife and I did."

"I don't want to rub it in," he continued, "or say I told you so, but you and I could have equal sized gardens (50 ft. deep by 40 ft. wide). They are right next to each other, so it is fair to assume the soil is equally workable."

"We both have a fair amount of spare time, yet I well recall that last spring you had a lot of quiet fun with me when I was plugging away in the garden getting the ground ready to put in vegetables."

"What has been the result?"

"By a little study, and a little work, and a disposition to laugh at our mistakes and forget our disappointments, the wife and I took off that patch all the salad vegetables we needed during the summer, and we were able to put into the cellar enough potatoes, carrots, beets, onions and parsnips to last us until the end of March. Besides which, the wife made pickles and canned tomatoes and corn to last us even longer."

"We made mistakes of course, and we didn't get all we expected out of the ground, but we learned a whole lot, and we feel certain that this year we shall get better results."

"I admit that if you charged up the time we both spent on the job, you might argue that we didn't make a profit, but if we hadn't been working around the garden we should have been loafing anyhow; at any rate we have not yet had to pay \$1.90 a bag for potatoes, or buy any other vegetables."

This conversation actually took place. One of the parties to it wrote this account of it. Not the man who did the cultivating, but the man who has been convinced by his neighbor that it will be well worth his while to grow vegetables in his garden this year.

The Organization of Resources Committee does not need to harp very much upon the necessity for every man and woman who can, to utilize every piece of ground available to them for growing vegetables.

The farmers of Ontario have been urged to grow more wheat, and to produce more abundantly of the farm products that can best be sent overseas. The people in villages, towns and cities, therefore, are asked to grow food to feed themselves as far as possible, so that overseas supplies may not be drawn on unless absolutely necessary.

We particularly urge you to grow beans, peas, onions, carrots, parsnips, beets, cabbages and potatoes if you have room. Never mind so much about radishes, lettuce, tomatoes and salad vegetables.

Write now for a free copy of the booklet entitled "A Vegetable Garden for Every Home," prepared by the Ontario Department of Agriculture. It is full of helpful practical suggestions, including plans for various sized gardens. You can get a copy by filling out and mailing the coupon below:

Organization of Resources Committee, Parliament Buildings, Toronto

Dear Sirs:

Please send me a copy of your booklet, "A Vegetable Garden for Every Home."

Name _____

Address _____

ORGANIZATION OF RESOURCES COMMITTEE
In Co-Operation with Canada Food Board