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Buy your sugar in these neat 2 or 5-lb. cartons, which you can place directly on your pantry shelves. Just cut off the corner and pour out the sugar as you need it.

Lantic Sugar

comes also in 10 and 20-lb bags for housewives who like to buy in larger quantities

"The All-Purpose Sugar"



2 and 5-lb Cartons
10 and 20-lb Bags

John Burroughs Reaches Four Score

New York, April 3.—Receiving congratulations from distinguished friends throughout the United States, and also from abroad, John Burroughs, the famous naturalist, to-day observed his eightieth birthday anniversary, giving up a part of the day to a general public reception.

Mr. Burroughs was born at Roxbury, N. Y., April 3, 1837. He grew up in a rural community, taught school for eight years, found his way as a young man to Washington and was a department clerk during the years following the close of the war between the States. At this period of his career he first met Walt Whitman, and became his interpreter and champion. In 1884, after a term as national bank examiner for the Treasury Department, Mr. Burroughs decided to become a country dweller, and found a spot overlooking the Hudson River Valley, at West Park, N. Y., where he has since grown fruit, lived with nature, and sent forth his thoughts to the admiring world.

For more than a generation Mr. Burroughs has been rated by many critics as, in some respect, the finest interpreter of nature that the United States ever has had. Less of a recluse and individualist than Thoreau, he has moved about among men more than the Concord hermit did, and yet he has been essentially a nature lover and interpreter, with only occasional forays into the realm of literary criticism, as in his two books on Whitman, his "Literary Values," and his many articles in the periodical press.

Spring Impurities In The Blood

A Tonic Medicine is a Necessity at This Season

Dr. Williams' Pink Pills for Pale People are an all round tonic, blood-builder and nerve-restorer. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these pills helps to make new, rich, red blood. In the spring one feels weak and tired—Dr. Williams' Pink Pills give strength. In the spring the appetite is often poor—Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring that poisons in the blood find an outlet in disfiguring pimples, eruptions and boils—Dr. Williams' Pink Pills speedily clear the skin because they go to the root of the trouble in the blood. In the spring anaemia, rheumatism, indigestion, neuralgia, erysipelas and many other troubles are most persistent because of poor, weak blood, and it is at this time when all nature takes on new life that the blood most seriously needs attention. Some people dose themselves with purgatives at this season, but these only further weaken themselves. A purgative merely gallops through the system, emptying the bowels, but it does not cure anything. On the other hand Dr. Williams' Pink Pills actually make new blood which reaches every nerve and organ in the body, bringing new strength, new health and vigor to weak, easily tired men, women and children. Try Dr. Williams' Pink Pills this spring—they will not disappoint you.

Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

Look To America To End Autocracy

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people. What a contrast the first letters, found on German soldiers in 1914, in which mothers and wives and fiancées encouraged the Teuton warriors to pillage!

"German women knew also that we means' only mourning and distress. 'The best thing I could do,' writes one of them, 'would be to throw myself in to the water with the children.' Another says: 'Dear Joseph: Life is no longer worth living. We had better both have been dead. A third makes this confession to her husband: 'I often envy the dead in their graves. They know nothing of these frightful times.'"

"This idea of death haunts them. They are tired of suffering, struggling, and contending with misery that is each day more poignant. They do not know what to do to sooth the infants, crying with hunger. They complain that they themselves are too anaemic to do any work. They curse those responsible for the war. We know quite well," they state who brought about this state of affairs, and there would be no God in heaven if after the war these wretches were not brought to justice."

Frederic C. Harrison has proposed that the Entente should impose a revolution on Germany by refusing to negotiate with her as long as the Hohenzollerns sit on the throne Count Westar's assertion in the Reichstag that German supremacy was due to her existing system of government seems to show what little chance such a declaration by the Entente powers, as Mr. Harrison proposes, would have of influencing the German masses in the desired direction. Men of broad vision here believe that the spectacle of the great democracy of the new world rising in its might against an autocracy which even now after its people by the millions have shed their blood for their liberal institutions, will be the determining influence which shall win the war for freedom by a victory within Germany's own borders.

"Free peoples," as is well said in the Manchester Guardian, "can live side by side. The war has shown that Europe like the United States in Lincoln's time cannot exist 'half slave and half free.'"

That is why above and beyond any considerations of naval, military or financial assistance that America can render the Allies, the most enlightened minds of the British democracy are looking forward with the keenest hopes to the coming week's developments in Washington.

German Ships In New York Harbor

Montreal, April 4.—A staff correspondent of the Star, in New York, sends the following despatch:

"Although it is impossible to secure any information on the subject, either from the port authorities or the British consulate, I learn that all preparations have been made for the seizure of every German ship in the harbor here immediately on the passage of the war resolutions by Congress.

"The port collector, Dudley Field Malone, has a special staff of five hundred men guarding the German ships. He pays visits to every ship personally, each day and every effort is being made to prevent damage or destruction by the crews.

"It is known that important parts of the machinery of the big German liners have been broken or thrown into the river, but ship builders here express the opinion that most of the ships could be put into shape in the course of one or two months.

"I am informed that present plans are to place the 50,000-ton Vaterland and the other 105 ships interned in New York and other American ports in service between the United States and the Entente Allies, thereby greatly relieving the tonnage shortage."

ECONOMY ON RAILWAYS

Bad Air in Homes Breeds Disease—A Cross Draft Good

It is regrettable that the interiors of the majority of homes in Canada are breeding places for disease, because of the difficulties in admitting fresh air, says a writer in "Conservation." Foul air, containing exhalations from the lungs of the inmates, constitutes the atmosphere in many homes, and it cannot be otherwise when houses are built to exclude the external air. It is a common mistake to confuse heat and bad air or cold and good air. The atmosphere may be below freezing and still be bad, or it may be excessively warm and still be pure.

Buildings should be ventilated so that it will be impossible for the occupants to breathe air already used. A simple means of keeping the air of a room fresh is by a cross draft, secured through open windows on either side of a house. Where there are windows on one side of a room only, the upper sash should be lowered and the lower one raised. This allows the warm, foul air to escape through the opening above the upper sash as the pure cold air enters below the lower.

To utilize an opening above the upper sash of a window fully for ventilation and at the same time to lower the window shade, the latter may be attached to the roller by four or five pieces of tape, about five inches long. This leaves a space between the roller and shade through which the impure air may escape. The shade should also be shortened so that when drawn down to expose the opening at the top it leaves an opening also at the bottom. This will permit constant changing of the air of a room.

Canadians should be as fond of fresh air in winter as in summer. The benefit of the three or four warmer months with the open-air life is often offset by the shutting-in process adopted in the autumn, and the life and vigor displayed during the open-air months are frequently followed by lassitude and nervous depression, due entirely to the lack of proper ventilation.

CITIES OWN WATERSHED

Canadian Cities Should Gain Control of Water Supply

Statistics respecting Canadian waterworks show that many of our systems are supplied by gravity from distant sources, thus minimizing the danger of pollution. The number of such systems is rapidly growing, as well as their importance, over 100 of them are in use in the Dominion, including those in many large cities from Halifax to Vancouver. The necessity of properly protecting against both pollution and deforestation the watersheds upon which these systems are dependent cannot be too strongly urged.

In this connection, the example of Newark, N.J., is unique. The city owns in fee simple some 62 per cent. of the 63 square miles of the watersheds from which the supply is drawn, and in the course of a few years will probably own the whole area. This case is hardly parallel to that of Seattle and other far western cities which own all or a large portion of the watersheds of their municipal water-supplies, for the impounding reservoirs of those cities are in comparatively unpopulated areas, while Newark's reservoirs are within a 30-mile radius of New York city.

Experience indicates the practical impossibility of enforcing laws and regulations upon an indifferent public, and the only feasible method of protecting watersheds is complete control and exclusion from settlement. In Canada, most of these watersheds are yet unpopulated and immediate action would avoid future complication. Scientific forestry has been conducted with great success on several of these reservations in the United States. With many municipal waterworks departments, forestry has become an important accessory, while a private company, supplying water to Nashua, N.H., has demonstrated complete success on a 1,000-acre tract, which is actually yielding considerable profits, and will continue to do so indefinitely.

Economizing in Fuel

By washing the good coal out of the culm banks in the Pennsylvania anthracite region more than 50,000,000 tons of salable fuel has been obtained in the last 22 years.

Testing Typewriters

An ingenious machine operated by an electric motor enables one typewriter company to test its machines before they leave the factory at a speed faster than the eye can follow.

New Copper Process

A Norwegian company successfully extracts copper from crude ore by an electrolytic process invented by an engineer in that country.

Military Problem Solved

From Switzerland comes a recently invented hood covering for women which can be worn as a simple hood or twisted into nearly a dozen forms of hats.

Graphite from a lead pencil is the simplest cure for a squeaky hinge.

Examine Your Printing Supplies

Letter Heads

Note Heads

Bill Heads

Statements

Envelopes

Tags

Business Cards

Invoices

Ladies' & Gents' Calling Cards

Wedding Invitations

and Announcements

Tickets of all Kinds

Posters, Handbills Dodgers

Programmes

ALSO CARRIED IN STOCK

Road Taxes, School Taxes

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Deeds, Mortgages

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Receipts and Notes in

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