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Leaves Bonaventure Station daily at 10 a.m. affording direct, fast and luxurious service

to **TORONTO, DETROIT and CHICAGO**

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CANADIAN NATIONAL

America's Largest Railway System

NEW KIND OF SPECTACLES

Thousands of Pairs Offered Free.

Toronto, Ont. —A New, clear-vision spectacle has been created, which is a great improvement over other makes, as they will enable almost anyone to read the very smallest print, thread the finest needle, and see far or near. Hundreds of thousands of them are already being worn.

The manufacturers, Self-Test Optical Company, 29-33 Melinda St., Dept., NW749, Toronto, Ont., are offering to send thousands of pairs free. If you are not amazed and delighted, if you do not think their spectacles at only \$3.98 equal to those sold elsewhere at \$15.00, you can send them back. You won't lose a cent. They will also tell you how to get a pair for yourself without cost. Write them to-day.

WOOD'S PHOSPHODINE.

The Great English Preparation. Tones and invigorates the whole nervous system, makes new blood in old veins. Used for Nervous Debility, Mental and Brain Worry, Dependence, Loss of Energy, Palpitation of the Heart, Failing Memory. Price 5¢ per box, 3 for \$1.50. Sold by all druggists, or mailed in plain package on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

flavor WINS

That "can't-be-copied" flavor has made Kellogg's Corn Flakes the largest selling, ready-to-eat cereal in the world. 12,000,000 people enjoy them every day. You'll find their extra crispness especially inviting these spring mornings. Try them with sliced bananas and milk or cream.

Order a package of Kellogg's Corn Flakes from your grocer. Great for lunch or for the children's evening meal. So easy to digest. Serve with milk or cream and add fruits or honey.

Always get Kellogg's—the original Corn Flakes.

Order at hotels, restaurants, on diners. Oven-fresh in the red-and-green package. Made by Kellogg in London, Ontario.

Kellogg's

CORN FLAKES



Opportunity knocks more than once at everyone's door

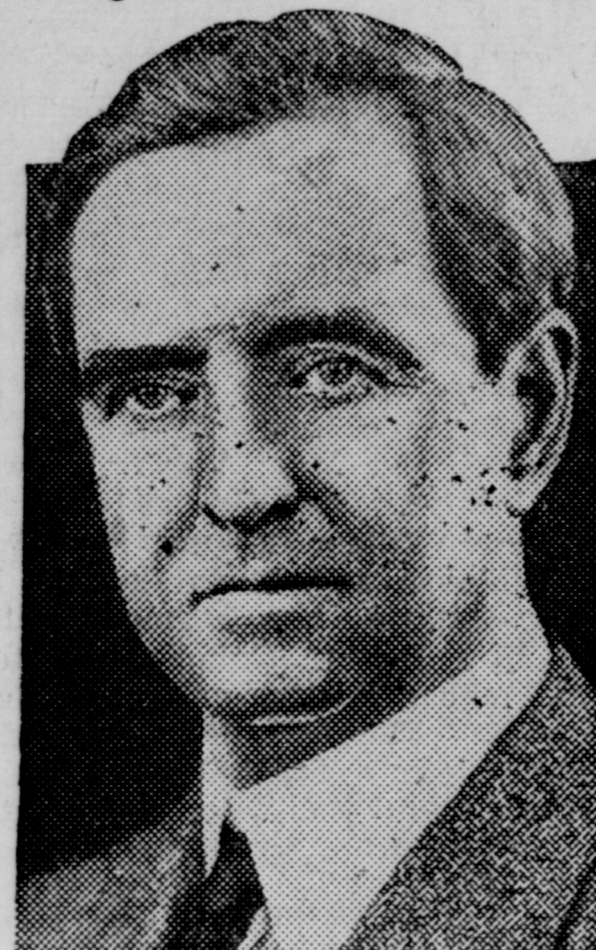
No age limit on success if you keep fit

PEOPLE used to think that if you hadn't made your mark by the time you were 40, you never would. "That's all bunk," people say today. There's many a man who'll tell you he was past 50 when he made his first big success. Their experience runs something like this.

"I'd been going through life, always just missing out on everything. Worked like a dog, too. But never seemed to get anywhere.

"It was a doctor who put me wise to myself. Told me not to blame it on luck. That the trouble was with me—right inside myself. He recommended Nujol. I took it for three months. Never missed a day. And, say, I began to feel like a younger brother myself. Decided there was life in the old dog yet. When my big chance came, I was all ready, waiting to grab it. And I did."

Nujol keeps your body functioning just as Nature meant it to, under all conditions. Contains no drugs or medicines. Just a pure substance that



works normally and naturally. If not only keeps an excess of body poisons from forming (we all have them) but aids in their removal. These poisons slow you up mentally and physically, dull your whole outlook on life, make you half-hearted. Buy a bottle of Nujol today. Perfected by the Nujol Laboratories, 2 Park Ave., New York. In sealed packages only. Your druggist carries it.

FISHER MEMORIAL SCHOOL

HONORS LIST, EASTER EXAMINATIONS

GRADE I.
Leonard Bulmer, Orlan Leech, Winona Cronkrite, Dorothy Patten, Gordon Ross, James Nicholson, Robert York, Gerald Stairs, Ned McLean, Betty Mercer, (Llewellyn Brown, Harold Feldman), Myrtle Bulmer, Edith Schriver, Margaret Webb, William Stairs, (Lena Nason, Willard Franklin), Ruth Lindsay, Robert McDonald, (Doris Steeves, Burton Hawkins), Leon Thornton, Geneva Schriver, Natalie Mitchell, Ruth York, Paye Welch, Arthur McKinley, Pauline Sewell, Pearl Sewell, Rowena Bell, Lillian Atherton, Helen Colwell.

—Martha M. Shaw, teacher.

GRADE II

Dorothy Reed, (Bertha Mills, Betty Dunbar), (Donald Stewart, Ronald Hall), Doris Speer, Marie Tapley, Grant Dunbar, Carleton Lenehan, (Edison Bradbury, Shirley DeWitt, Joseph Kirk), Marguerite Nelson, Clarence Fisk, Marion Atherton, Walter Hillman, (Irvine Veysey, William Steeves), Roy McFarlane, (Gordon York, Curtiss Dunham), Hazel Porter, Patricia Bell.

—Clara M. Carson, teacher.

GRADE III

Katharine Reed, Mary Clarke, Betty Connell, Connie Jones, Margaret Deming, Katherine Tweedie, (Jacqueline Britton, Ronald Lambert), Phyllis Clark, Ruth Mitchell, Thelma McFarlane, Ruth Harding, Jean Mercer, Isobel London, Phyllis Porter, Erma Greer, Pat Painter, Eldon DeWitt.

—Mary Milmore, teacher.

GRADE IV

Honors in reading, spelling, writing and drawing, arithmetic, grammar and composition, geography, nature and physiology;—

Neil Ganter 91.4; Basil Lenehan 87.7; Robert Brown 86.7; Alberta Bailey 86.2; Phyllis Fulton 84.1; Evelyn Phillips 83.5; Barbara Bradbury 83.4; John Simms 83.1; Jean Saunders 82.2; James Jacques 80.4; Luella Stairs 80.2; Doris Scott 79.7; Douglas True 78.1; Grace Porter 76.2; Violet Steeves 75.7.

—Charlotte H. Winslow, teacher.

GRADE V

Marie Marsten, Louis Beatty, Cyril Gray, Dorothy Deming, Douglas McLaughlan, Betty Troy, Edgar Tweedie, Ellis Bradbury, Marie Norton.

—Frances Milmore, teacher.

GRADE VI

Franklyn Morris, Edwin Connell, Dorothy Durost, Joe Boyer, (Madeleine Reardon, Robert Ross), Donald Sharpe, Myrtle Lester, Ivan Stairs, Flora M. O. Brown, teacher.

GRADE VII

Hazel McElhinney, Margaret Tedford, Billy Stevenson, Ralph Harley, Nettie Greer, (Marie Hayden, Arnold Cowan), Gertrude Montgomery, Willard Norton, Marie Hood, Ypres Dymond, Maude Rogers.

—Kathleen Bowlin, teacher.

GRADE VIII

Ruth Currie, Isobel Hartley, Neville Noble, Ronald Noble, Elizabeth Stevenson, Helen Bull, Dorothy Duthie, Jane Clarke.

—Laura G. Simms, teacher.

GRADE IX

First Division Average;—

Madeleine Belyea, Kathleen Bell, Rowena Stairs, Marguerite Dow, Evelyn Dickinson, Robert Kirk, Donald Tedford, Ruth Webb.

English Grammar and Composition;—

Rowena Stairs, Madeleine Belyea, Kathleen Bell, Ruth Webb, Robert Kirk, Evelyn Dickinson, Donald Tedford, Marguerite Dow, Louise Sharpe, Helen Watson, Marjorie Carter, Eula Lester.

Rowena Stairs, Helen Watson, English Literature;—

Rowena Stairs, Helen Watson, Madeleine Belyea, Donald Tedford, Evelyn Dickinson.

History;—

Rowena Stairs, (Margaret Parker, Helen Watson), (Kathleen Bell, Marguerite Dow), Thelma Cronkite, Madeleine Belyea, Everett Black, (Jean DeLong, Ernestine Raymond, Margaret McDonald).

First Division Averages;—

Arithmetic;—

Everett Black, Beatrice Clark, Robert Kirk, Marguerite Dow, Row-

ena Stairs, (Eugene Bowlin, Madeleine Belyea, Edward Fewer).

Algebra;—

(Kathleen Bell, Madeleine Belyea, (Everett Black, Evelyn Dickinson), Robert Kirk, Marguerite Dow, Beatrice Clark, Marion Cronkite, Eula Lester, Louise Sharpe, Rowena Stairs, (Winston Leech, Margaret McDonald), Donald Hull, (Eugene Bowlin, Ruth Webb).

French;—

Kathleen Bell, Madeleine Belyea, (Helen Watson, Louise Sharpe, Marguerite Dow), Everett Black, Marion Cronkite, Rowena Stairs, Ruth Webb, Donald Tedford, Evelyn Dickinson, (Marjorie Carter, Ernestine Raymond, Ruth Taylor), (Robert Kirk, Jean DeLong), Margaret Parker.

General Science;—

Kathleen Bell, Rowena Stairs, Helen Watson, Donald Tedford, Ruth Webb, Madeleine Belyea, (Josie Mitchell, Margaret Parker), (Evelyn Dickinson, Robert Kirk), Marguerite Dow, Ruth Taylor, Florence Gibson, Marjorie Carter, Winnifred Fisher.

Geometry;—

Kathleen Bell, Marguerite Dow, Madeleine Belyea, Everett Black, Margaret Parker, (Evelyn Dickinson, Rowena Stairs), Edward McCulloch, (Thelma Cronkite, Donald Tedford, Louise Sharpe).

Latin;—

Madeleine Belyea, Kathleen Bell, Robert Kirk, Evelyn Dickinson, Ruth Webb.

HONORS LIST GRADE X.

Grammar and Composition;—

Helen Fitzsimmons, Isabelle Martin, Gerald Maguire, (Robert Stevenson, Gregory Keetch, Arthur Perkins), Dorothy Flewelling, (Donald Green, Jack Gardiner).

English Literature;—

Helen Fitzsimmons, Dorothy Flewelling, Isabelle Martin, Ruth Kirkpatrick, Donald Green, Lenore Scott, Ruth Beatty, Elizabeth Richardson, Ruth Bell.

History;—

Isabelle Martin, Alice Gartley, Robert Stevenson, Donald Green, Helen Fitzsimmons, Ruth Bell, Mary Montgomery, Frances Squires, Burns Currie, (Waldron Porter, Jack Gardiner), Gerald Maguire, Wilfred Bowlin, Arthur Perkins.

Arithmetic;—

Gerald Maguire, Jack Gardiner, Donald Green, (Helen Fitzsimmons, Frances Dunbar).

Algebra;—

Isabelle Martin, Helen Fitzsimmons, Ruth Bell, Jack Gardiner, Gerald Maguire, (Wilfred Bowlin, Donald Green), (Wallace Brown, Robert Stevenson).

Geometry;—

(Ruth Bell, Helen Fitzsimmons), (Donald Green, Jack Gardiner), Isabelle Martin.

French;—

Jack Gardiner, Helen Fitzsimmons, Isabelle Martin, Donald Green, Gerald Maguire, (Robert Stevenson, Dorothy Flewelling).

Latin;—

Helen Fitzsimmons, Isabelle Martin, Gerald Maguire, Jack Gardiner, Dorothy Flewelling, (Donald Green, Robert Stevenson), Frances Squires.

Chemistry;—

(Ruth Bell, Gerald Maguire), Donald Green, Isabelle Martin, Helen Fitzsimmons, Jack Gardiner, Dorothy Flewelling.

Averages;—

Helen Fitzsimmons, Isabelle Martin, Donald Green, Gerald Maguire, Ruth Bell, Robert Stevenson.

Grammar and Composition;—

James Bedell, Mary Leighton, John Page, Gladys Sharpe, (Madeleine Atherton, Geraldine VanDyne, Agnes Dunbar), James Marston, Jean Brown, Jennie Ives, Catherine Peabody.

English Literature;—James Bedell,

Mary Leighton, (Agnes Dunbar, Gordon Chandler), Lloyd Smith, Marguerite Craig, (John Clark, Harold Gillen).

Algebra;—

James Bedell, Catherine Peabody, Mary Leighton, (Billie Carter, Marguerite Craig), Madeleine Atherton.

History;—

Gladys Sharpe, John Page, James Bedell, Madeleine Atherton, (Jennie Ives, Elsie Montgomery, Mary Leigh-

ton), Lloyd Smith, Agnes Dunbar.

Geometry;—

Jean Brown, Catherine Peabody, Marguerite Craig, John Page, James Bedell, Helen Grant, Jennie Ives, (Agnes Dunbar, Lloyd Smith), Gladys Sharpe.

Latin;—

James Bedell, Gladys Sharpe, Mary Leighton, (Madeleine Atherton, Marguerite Craig, Agnes Dunbar), Catherine Peabody, Helen Grant.

French;—

James Bedell, Marguerite Craig, (Madeleine Atherton, Agnes Dunbar, Helen Grant), Gladys Sharpe, Mary Leighton, Elsie Montgomery, Gordon Chandler, Jennie Ives, Ruby Shaw, Harold Gillen, Catherine Peabody, Geraldine VanDyne.

Physics;—

John Page, Marguerite Craig, James Bedell, Agnes Dunbar, Jennie Ives, Catherine Peabody, (Mary Leighton, Gladys Sharpe).

Chemistry;—James Bedell, John Page, Harold Gillen, Marguerite Craig.

Honors, General Averages;—

James Bedell, Marguerite Craig, Mary Leighton, Catherine Peabody, Agnes Dunbar, John Page.

—W. H. Swan, Principal.

WAFFLES WITH HONEY

STRAWBERRY SAUCE.

Have a surprise for the family some morning and make honey date biscuits. Put out the baking powder biscuit dough. Make a paste of ½ cup honey creamed with ¼ cup butter. Add ¼ cup chopped dates, ¼ cup chopped nut meats and ¼ cup All-Bran. Spread this mixture on the biscuit dough and roll like a jelly roll. The roll can be made the night before, covered with a cloth and put in the ice box to chill. Cut into ¾ inch slices. Bake on a buttered sheet 25 minutes in a hot oven (400 degrees F.) Biscuit dough should not be mixed for a long time—just sufficient to slightly blend the materials.

Waffles may be used for the breakfast, luncheon or supper menu. They are delicious when served with a honey strawberry sauce.

There are so many bright waffle sets with which to make the breakfast table gay. The batter may be put in the pitcher and poured on the Waffle iron at the table and thus the hostess will be able to spend all of the breakfast hour with her family.

Waffles.

1½ cups flour
1 teaspoon salt
½ teaspoon sugar
4 teaspoons baking powder
¾ cup All-Bran
2 eggs
1½ cups milk
4 tablespoons melted shortening

Sift the flour, salt, sugar, and baking powder, together; add the All-Bran, the well beaten egg, milk and melted shortening. Beat in hot waffle iron.

Strawberry Sauce.

Cream two tablespoons of butter with 1 cup of honey. Add slowly ½ cup of crushed strawberries. Stir until thoroughly blended.

BABY'S OWN TABLETS

WIN GREAT PRAISE

Many Mothers Always Keep Them in the House.

Thousands of mothers state that they know of no other medicine for little ones to equal Baby's Own Tablets—that they always keep the Tablets in the home as a preventive of childhood ailments, or if sickness does suddenly grip their little ones they feel safe with such a remedy at hand.

Concerning the use of the Tablets Mrs. Donat Ploudre, Tingwick, Que., writes:—"I have nothing but praise for Baby's Own Tablets. They are the only medicine I have ever given my two little ones and I am glad to state that the Tablets have always kept them in perfect health. I feel so safe with the Tablets that I always keep a box in the house."

Baby's Own Tablets are a mild but thorough laxative. They regulate the bowels, sweeten the stomach and thus banish constipation and indigestion; break up colds and simple fever and make the cutting of teeth painless. The Tablets are absolutely safe, being guaranteed free from all injurious drugs. They are sold by all medicine dealers or by mail at 25c. a box from The Dr. Williams Medical Co., Brockville, Ont.

For Clear-thinking and Quick-acting—

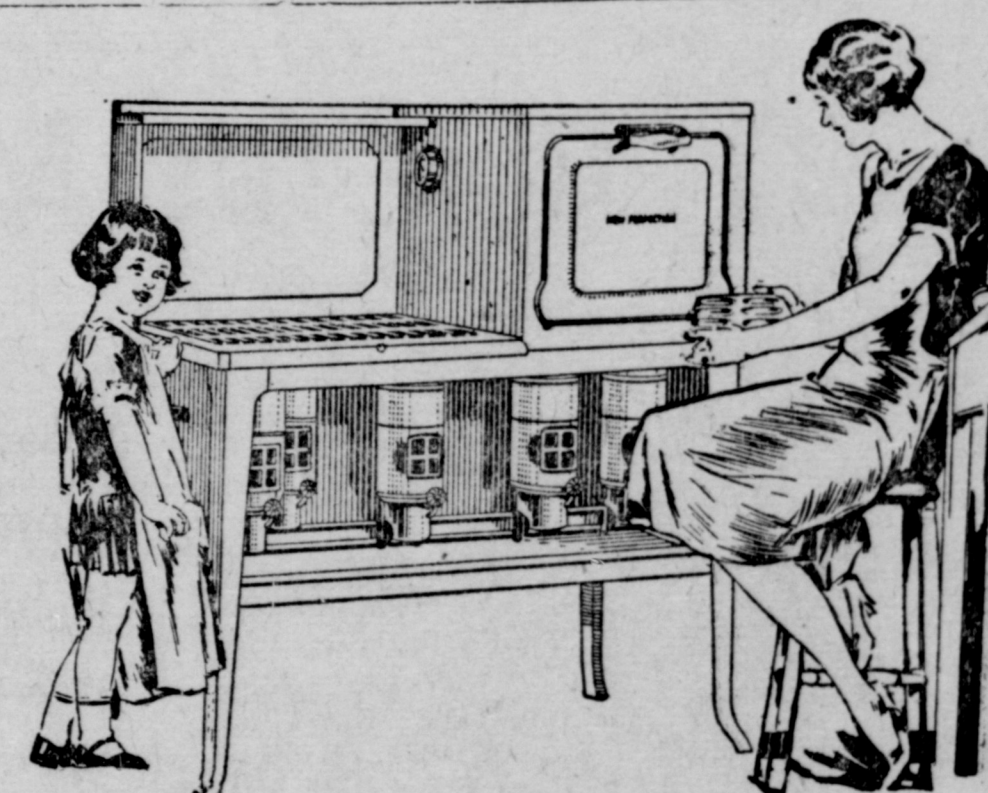
SHREDDED WHEAT



With all the bran of the whole wheat 12 full-size biscuits

Crisp oven-baked shreds of whole wheat—light, nourishing and strengthening—Delicious with milk for breakfast or luncheon. Ready cooked, ready-to-eat.

Save the paper inserts in each package.



A Pleasure to Cook on These Fast, Dependable Ranges

WOMEN who own Perfection Ranges really enjoy cooking, because there is no waiting around for a slow-poke fire. Perfection cooking is as fast as gas, far faster than coal and wood. It gives a sootless flame; no blackened pots to wash. It is safe and always dependable. Perfection Ranges are good looking. A nice assortment to choose from and moderate prices from \$9.00 to \$225.00.

PERFECTION Oil Burning Ranges

Mail TODAY. Dept. 328, General Steel Works Limited, St. John, N.B. Please send me free literature on Perfection Oil Ranges; also name of nearest store selling same.

Name: Address: Prov:

GENERAL NEWS

Asleep in her bed when lightning struck her parents' house, bringing the wreckage of the room over and around her, Madeline Gilbert, 2-year-old daughter of Mr. and Mrs. Oran Gilbert, Scotch Lake, York county, N. B., did not even suffer a scratch. She was rescued by her parents. The house caught fire from the lightning and was damaged to the extent of \$500.

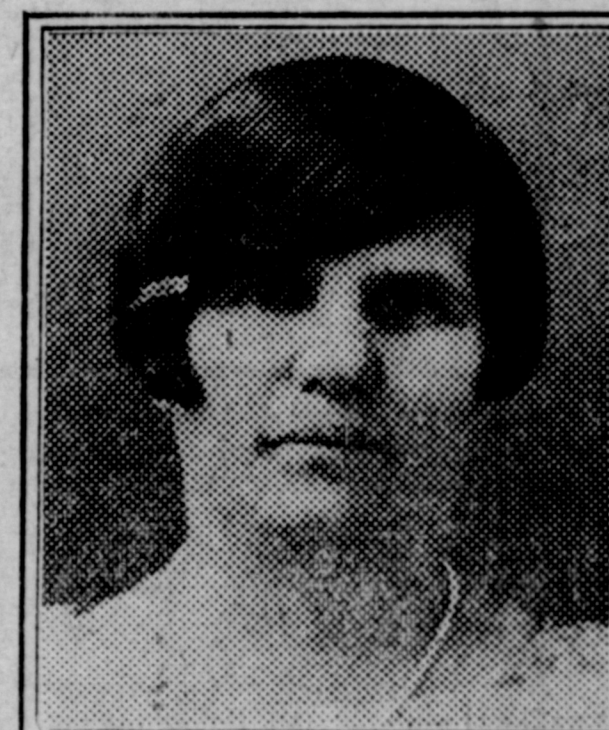
A U. S. Navy balloon was blown far off its course in an elimination race, and landed at Canavoy, P. E. I., a distance of 900 miles from Pitts burgh, where it started. It had two men in it. The distance is believed to be twice the record for a free balloon, but whether the record will be officially recognized will depend on whether the balloon touched the ground on its flight.

Gen. Sir William D. Otter is dead in Toronto. He had a distinguished military career, having risen from a private in the Canadian militia to be inspector-general of the highest military office in the Dominion. He served in the Northwest rebellion, the South African War, and the Great War, returning to duty during the latter, after retirement on account of age, to become director of internment. He was 85 years of age.

Margaret Bird, actress, and Forrest Cummings, director, were burned to death in the former's apartment, after a party in their honor in connection with the opening of a new show.

The body of Barbara Pitcher, 18-year-old McGill university student, Montreal, who has been missing for two months, was found in the Riviere des Prairies, near Montreal. The body of an unidentified man was found in the same place at the same time, but his body had not been in the water long, and there is believed to be no connection between the two drownings. Doctors expressed the opinion that Miss Pitcher's body had been in the water since the date of her disappearance. There were no marks of violence on it.

It is announced that the German airship Graf Zeppelin will cross to New York on May 15, returning to Germany four days later. She will carry mail, express and passengers, and this will be the first of regular commercial trips planned for her.



Was In Bed All Summer

"I have to work in the store and do my own housework, too, and I got nervous and run-down and was in bed nearly all summer. The least noise would make me nervous. I was told to take Lydia E. Pinkham's Vegetable Compound and I have taken seven bottles. It has made me stronger and put more color into my face. I am looking after my store and housework and my four children and I am getting along nicely now."

—Mrs. J. Mullin, R. R. No. 5, Barton St. East, Hamilton, Ontario, Canada.

Lydia E. Pinkham's Vegetable Compound

Peter Stratford, who had been in vaudeville in Hollywood, Calif., revealed that "he" was a woman before being taken to a hospital where "he" died. Beth Rowland, that she was the "wife" of the masquerader. She said the secret of her husband's sex was not revealed to her until a few months ago, after they had lived together some time—believe it or not.

Corea is the front member of the eye.

REGAL FLOUR

You may depend on it always—as being by long odds, the best.

WOODSTOCK UNITED FARMERS CO-OPERATIVE, LTD., Distributors