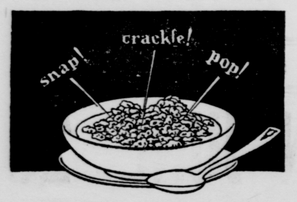
THEY SPEAK FOR THEMSELVES



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Listen!— get hungry



GOLF CLUB MEETS

PLANS FOR COMING SEASON ARE DISCUSSED

Plans for the coming season were discussed at a largely attended meeting of the shareholders of the Woodstock Golf Club held at the clubhouse Thursday meeting. It was announced that the course had come through the winter in good condition, and that little or no grass had been killed by the frost. Little is planned in the way of new construction work this year, but some of the greens will be reseeded, rolling of the course will be carried on in the next few days, and the course is expected to be in perfect condition for the highlight of the local season, which will be the Maritime Ladies' Tournament, to be played here early in July. Fred Tompkins has been re-appointed green-keeper and Davis Phillips caddy-master.

WEDDING

PRICE—SMITH

A quiet wedding was solemnized at the residence of the officiating clergy, Elder T. W. McAffee, on April 28, at 2 p. m., when Miss Mary Ellen Smith, daughter of Mr. and Mrs. Henry Smith of Northampton, and James Allan Price, son of Mrs. Ella and the late Robert Price of East Newbridge were united in marriage, in the presence of friends and relatives. Mr. and Mrs. Price will reside at East Newbridge, N. B.

CATCHES BIRD AND FISH ON SAME HOOK

Killing two birds with one stone is tame sport compared to catching a bird and a fish on the same hook, according to a Canadian National Steamships officer who tells how Walter Johnson, Bermuda fisherman hooked a mullet, a hungry seagull pouncing on it and swallowing it. With a great deal of difficulty he drew the fish and its would-be captor to his boat. There another struggle ensued, the bird flapping wildly about as he tried to release it from the hook. When the gull was finally freed, it flew away none the worse for being hooked on the wing.

Sciatica, apply Minard's.

DECISION LATER

AUTOMOBILE CASE HEARD IN CIRCUIT COURT

The case of David C. Waugh vs. J. Clark & Son, Ltd., was heard in the Carleton Circuit Court Friday before Mr. Justice C. D. Richards, without a jury. The plantiff claimed damages for the alleged conversion of a car seized by the defendant from the plaintiff's brother under an execution, the plaintiff asserting that the car belonged to him. The plaintiff gave evidence in his own behalf, as did his brother, William W. Waugh and Clyde Bell. For the defence the witnesses were C. R. DeWitt, local manager of the defendant company, and Ernest Foster. J. Frank Frauley appeared for the plaintiff and C. J. Jones for the defence.

Judgment was reserved and the court adjourned until May 29 when the jury cases on the civil docket will be taken up.

HEALTH by Dr. Grenfell

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

SPRING

Spring more than any of the other four seasons calls forth a kindly feeling, if we are to judge by the many familiar quotations which describe spring as "gentle" or "sweet" and associating this particular season with "thoughts of love".

The housewife's feelings may still be romantic but necessity has given to her a practical view of life. Spring time to the housewife is a time for cleaning but spring cleaning is not what it was in the old days—thank goodness for that!

When floors were entirely covered with carpets, well tacked down, when heavy drapes adorned the windows and furniture and when vacuum cleaners were unknown, the "storm troops" were called in when rooms were to be given a real cleaning. Now that homes are differently furnished, and we have facilities for regular cleaning, the home can be kept clean at all time, and spring cleaning is just an extra polish in keeping with the spirit of the season

Just as houses used to be smothered in heavy carpets and hangings, so the human body was laden with heavy woolens, the women encasing themselves in corsets under stuffed dresses. The house was kept tightly sealed against the cold and so the people of those "good old days" felt half-dead when spring came and quite naturally they thought that they needed sulphur and molasses to free them of the winter's evils and sarsaparilla to purify their blood. Spring would not have been complete for them without some decotion which could be called a spring tonic.

Many people still live in the past. They cling to the idea that health can be found in a bottle of medicine, that a "tonic" takes the place of fresh air, sunshine, exercise and proper foods. Sunlight and fresh air are the real spring tonic and they cost nothing.

With the coming spring, as much time as possible should be spent in the open air and sunshine. Start to walk all or part of the way to work; take a stroll outside at lunch time and in this way get exercise, fresh air and sunshine.

When resuming regular exercise, go at it slowly. Stop before you are exhausted. Regulate your exercise according to your age. For the child and young adult, vigorous games are good; after thirty, moderation and avoidance of overstrain are desirable.

The secret of good health lies in a balanced diet, fresh air, sufficient exercise and rest. Use water freely inside and outside. Secure regular elimination. Be moderate in all things.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

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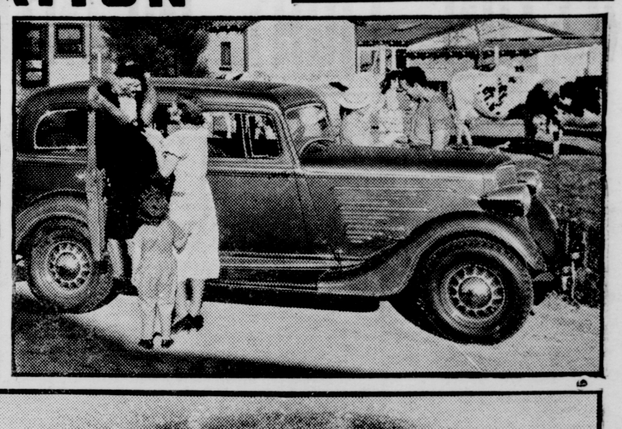
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Work of Women's Institutes Reviewed by Superintendent

(By Alma E. Weldon, Superintendent of Women's Institute)

Perhaps someone might ask—"What is a Women's Institute?" This is the answer. A Women's Institute is a group of women and girls who meet at least once a month for the purpose of discussing problems of interest to women, particularly those relating to the home. The aims of the organization are: better homes, healthy efficient people, a better community, a better and happier social life and better and more successful agriculture.

Women's Institutes are purely Canadian. The first institute was organized at Stoney Creek, Ontario, in 1897 through the influence of Mr. Erland Lee and the late Mrs. Adelaide Hoodless. Since then the movement has spread to all parts of the world. One of our Canadian women, Mrs. Alfred Watt was influential in having the first institute organized in England in 1915.

The success, happiness, health and I think I am not going too far when I say financial success of a home depends upon the mother in the home. "They talk about a woman's sphere. As though it had a limit,

There's not a place in earth or Heaven
There's not a task to mankind given.
There's not a blessing or a woe,
There's not a whispered yes or no,
There's not a life
There's not a birth
There's not a thing on this great earth
That has a feather's weight of worth
Without a woman in it."

The appearance and attractiveness of the home, the community and the province reflects the character of the people.

By means of demonstrations, papers and talks, the Institutes are endeavoring to raise the standard of our women. We have in our province one hundred and fifty-four institutes with an approximate membership of 3200. Their motto is "For Home and Country." Meetings are held monthly, interesting and instructive programmes are planned and the work is systematized under conveners dealing with the following: Public Health and Child Welfare; League of Nations; Canadianization, Canadian Industries and Nation Events; Legislation; Relief; Education; Agriculture and Home Economics.

AGRICULTURE

The basic industry of our province is agriculture and the woman's place in the farm home is an important one. Many women have to look after and feed the poultry so they must be abreast of the times and get information re culling the flock, so as to know whether or not the flock is a paying proposition. They must know how to grade the eggs so as to obtain the best prices. Killing and dressing chickens are also important items.

In many homes, butter is made for home consumption and the local market so it is necessary for the country women to know how to take care of cream so that good flavored butter may be produced.

In planning their gardens, they must know not only the best variety of beans, peas, tomatoes, etc., for summer use but they are always thinking of the welfare of their families and must consider those varieties best for canning for use during the long winter months. Their cellars must be well supplied with fruits, vegetables and greens.

At this season of the year, a popular roll call at institute meetings is an exchange of seeds and bulbs; a little later on there will be an exchange of preserving and canning recipes. In this way our institute members put into practice the old saying, "If you know a good thing, pass it along." Demonstrations in canning fruits, vegetables and meat are often given at the meeting or at a special gathering. The women of our province are also interested in flowers and shrubs. Some attempt at a flower garden is made in every home.

"A garden is our very own
When just the things we love are grown."

BUY NEW BRUNSWICK PRODUCTS

"Buy New Brunswick products" is not a new slogan to any institute members. Our convener of Canadian Industries has been advocating this

(Continued on Page Seven)

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