

BACK YARD GARDENERS CAN DO GOOD SERVICE

City Dwellers Must Shoulder a Part of the Nation's Burden by Growing more food ---Over \$100,000 Worth of Vegetables Grown on Vacant Lots in Montreal last Year---Nothing Elaborate Should be Attempted.

(By Ernest B. Roberts.)

A new duty has come before the Canadian people. It may be national in its scope, but it is relentlessly personal in its responsibility. It is to shoulder a greater share of war's burden by growing more food. No other part of the Empire can be Canada's proxy, for not other part can be reached in the summer of 1918 by British shipping, depleted as it has been by the Hun submarine campaign even if other parts could really grow the needed foods.

Production in greater and still greater quantities must be the aim of our people. Things that in ordinary times would not be undertaken must be done. Effort must be directed where in peace it might have been considered a loss of time, judged only by money returns. So it comes that today the vacant lot in cities and towns, and the humble backyard garden must be utilized to the fullest.

The Canada Food Board is so cognizant of this that it has welcomed the ready offer of Mr. Frederick Abraham, who was last year's chairman of the Montreal Vacant Lot Committee, to direct its campaign for growing vegetables this summer. Last year in Montreal over \$100,000 worth of vegetables were grown on vacant lots.

Moreover, this is a paying proposition. Government-checked returns show that on what is the usual half building lot, 1,000 square feet in area, the net returns average \$25. This does not take into consideration the added benefit which such gardening brings in its train, nor the incalculable feeling of satisfaction which a man obtains from it.

Nor should anyone run away with the idea that gardening is an expensive thing to start. The first cost is trifling. All that is required is a good spade, a rake, a hoe, and possibly, a Dutch hoe of the "push" type. The rest is goodwill and a little muscle properly applied to Mother Earth.

Especially insistent is the warning of the Food Board that nothing elaborate in the growing of vegetables should be tried. The good old standards, things that man falls back upon when the appetite is cloyed with the fruits of our over-civilization, are the best to take up. What are they? Potatoes, beans, peas, beets, carrots, parsnips and lettuce are what are recommended. Fancy things should be left for other years, when peace will have returned, and the urgency of war has been taken from this problem of food. For ever and again it must be repeated that this is a war measure, made as necessary as the making of munitions was, to make the "world safe for democracy."

Lettuce, especially, is commended to the first care of the beginner. It should give him a return within six weeks of planting and will delight his family. Yet the other vegetables should be taken up as earnestly. The seed is cheap and any reliable seedsmen will supply them.

But one thing the first year man should cultivate besides his land—that is the spirit of community effort. He should join one of the local gardening or vacant lot associations. He will learn more in a week that way than by his own experience all the

SAYS A CORN ACTS LIKE ELECTRIC BELL

Tells why a corn is so painful and says cutting makes them grow.

Press an electric button and you form a contact with a live wire which rings the bell. When your shoes press against your corn it pushes its sharp roots down upon the sensitive nerve and you get a shock of pain.

Instead of trimming your corns, which merely makes them grow, just step into any drug store and ask for a quarter of an ounce of freezone. This will cost very little but is sufficient to remove every hard or soft corn or callus from one's feet. A few drops applied directly upon a tender, aching corn stops the soreness instantly, and soon the corn shrivels up so it lifts right out, root and all, without pain. This drug never inflames or even irritates the surrounding tissue or skin.

THE DOUBTFUL WISDOM IN OLD SAYINGS

Money Isn't the Root of All Evil, Nor Do Birds of a Feather Always Flock Together.

(Chicago News.)

"Many of the old sayings," observed Gangling, "are rich with wisdom. In fact, some of them are the condensed wisdom of the ages. We use them glibly without pausing to consider how much of knowledge and experience they represent. 'Money is the root of all evil,' for instance. A man might write a five foot shelf of books on the subject and not express more."

"Money isn't the root of all evil," protested Foxworthy, "most of the old sayings are bunk, and when they're not bunk they're just cheap platitudes. If you take an old saying literally, it has no significance at all. Besides, you have misquoted it horribly. What importance is there in the saying that 'birds of a feather flock together,' literally?"

"What difference does it make to anybody whether such birds flock together or roost by themselves, or mix up with birds of another feather? If I see three or four rogues in consultation I look virtuous and wise, and say that birds of a feather flock together, and feel that I have sprung something pretty apt and witty. But when the rogues separate they'll probably go into good society, and the next time I see them they may be at church or attending an uplift meeting of our best citizens, and then what becomes of my wisdom?"

"Strike while the iron is hot, is another. Nowadays, when people make up their minds to strike for higher pay, shorter hours or anything else, they don't waste time seeing whether the iron is hot. In fact, the iron has nothing to do with it."

"A stitch in time saves nine," is another slice of the obvious. Of course, it refers to the stitches made with a needle, but if a proverb is to be useful it should cover the ground thoroughly. Every time I walk a few blocks I have a stitch in my side, and I have never known it to save nine. In fact, I have found that a stitch in time generally brings on a dozen more, until I begin to feel like a sewing machine. The fact is—

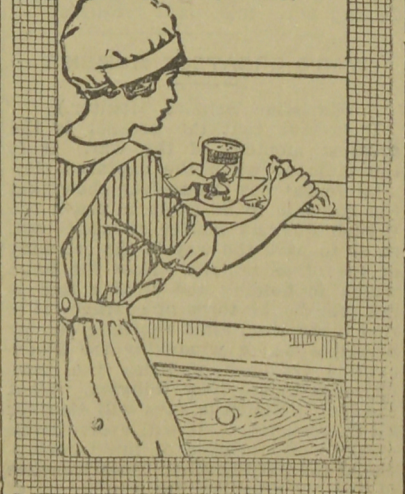
"There's no satisfaction," said Gangling, "in talking with a man of your frivolous and absurd character."

Wood's Phospholine.
The Great English Remedy.
Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price 2/6 per box, six for 15/- One will please, six will cure. Sold by all druggists or mail it, plain pkg. on receipt of price. Non-pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, CAN. (Formerly Windsor.)



Old Dutch

You Will Be Proud of your pantry if you use Old Dutch.
It keeps things clean and bright with very little labor.



MESSAGES OF HOPE TO THE OLD FOLKS

Isidore Comeau Says Dodd's Kidney Pills Cured Him.

Though Sixty-eight Years of Age, His Kidney Disease is Completely Gone and He Gives All the Credit to Dodd's Kidney Pills.

Green Point, Gloucester Co., N. L., May 13. (Special.)—"I am sixty-eight years of age, but well and hearty."

"You can tell everybody that Dodd's Kidney Pills cured me of kidney disease completely."

"I want everybody to know how thankful I am to Dodd's Kidney Pills." Thus does Mr. Isidore Comeau, well known and highly respected here, express his gratitude to the remedy to which he gives the credit of making him well. And his words are a message of hope to the men and women of Canada who are nearing the allotted span of life.

It is the kidneys that first feel the wear and tear of a long life. Theirs has been the work of keeping the blood free from those impurities that are the seeds of disease.

Nine-tenths of the ills from which the old folks suffer are directly due to weak or diseased kidneys. Ask your neighbors if Dodd's Kidney Pills are not the remedy you have been looking for.

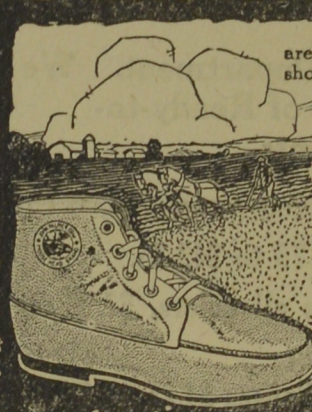
Miss M. Isabel Camber.

Miss M. Isabel Camber died Saturday evening at the home of Mr. John M. McIntosh, Lower Kingsclear, where she resided. The deceased was aged seventy-eight years. She is survived by two brothers, Dr. W. B. Camber of Woodstock, and John W. Camber of Springhill. The funeral took place this afternoon at two o'clock, Rev. A. D. McLeod conducting the service. Interment was made at the Dunphy Burying ground, Lower Kingsclear.

BARGAINS IN STOCK.

Won't interest the man who is nursing a bunch of sore corns. Give him a bottle of Putnam's Corn Extractor. It is painless, takes out the corn, cures in one day. Beware of substitutes for "Putnam's," it is the best, 25c. at all dealers.

Palmer's Summer Packs



are sometimes called plough shoes or harvest shoes because they are especially designed for wear in the ploughing and harvesting seasons.

You will not be troubled with tired, aching feet after doing a hard day's work in Palmer's Summer Packs, because they are light in weight, durable, roomy, comfortable and waterproof.

Ask your dealer for a pair of these. "Moose Head Brand" shown above is stamped on every pair.

JOHN PALMER CO., LTD.
FREDERICTON, N.B., CANADA.

Notice to Stallion Owners

Notice is hereby given to stallion owners that they must submit their stallions for inspection at the nearest inspection points named below. The following are the inspection points and dates of inspection:

YORK COUNTY.

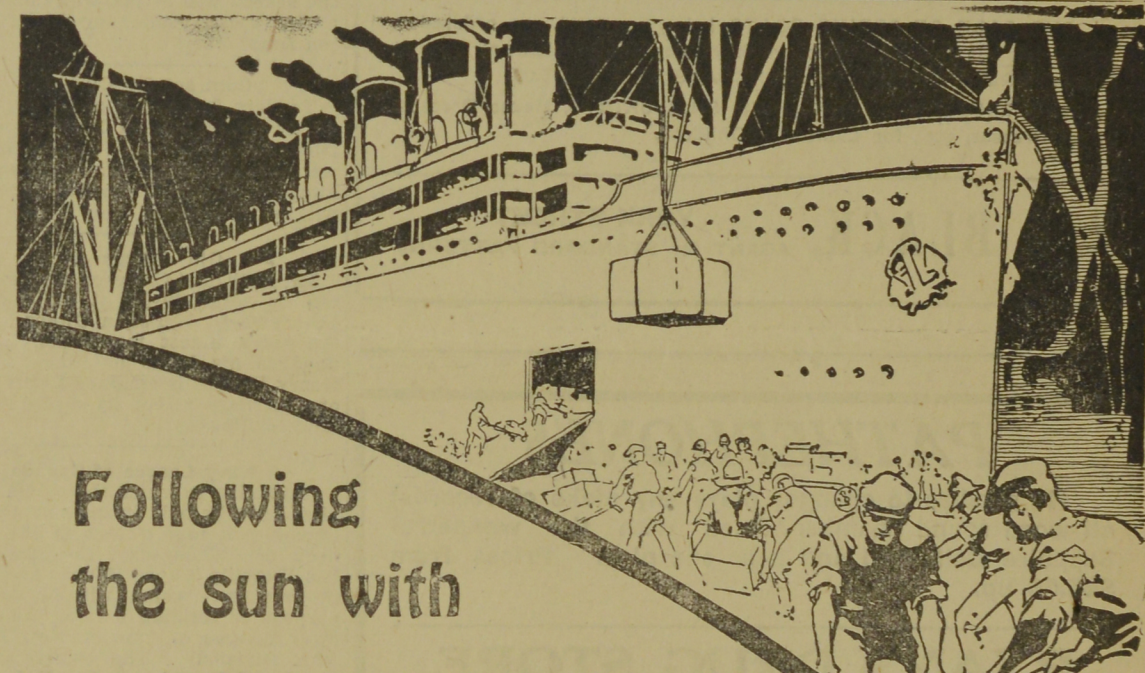
FREDERICTON.....May 6 and 7 (2 p.m.).....City Hotel
MILLVILLE.....May 7.....Hotel
CANTERBURY.....May 8.....Hotel
STANLEY.....May 9.....Hotel

SUNBURY COUNTY.

FREDERICTON JUNCTION.....May 15.....Hotel
OROMOCTO.....May 14.....Kelly's Hotel

J. F. TWEEDDALE,

New Brunswick Dept. of Agriculture,
Fredericton, N. B., 30th April, 1918.



Following
the sun with

WRIGLEY'S

Vision, for a moment, those far off ports beyond the trackless seas—

From Arctic ice, to the torrid lands beneath the Southern Cross—

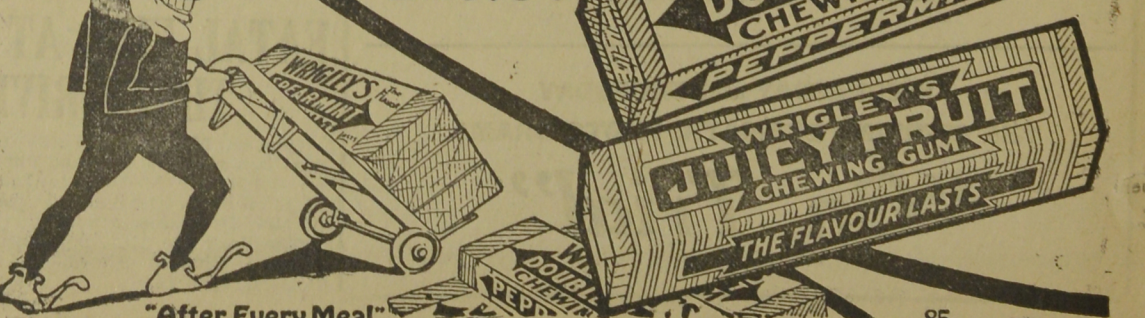
From towns tucked in the mountains, to the busy river's mouth—

WRIGLEY'S is there!

There, because men find comfort and refreshment in its continued use.

Because of its benefits and because

The Flavour Lasts!



"After Every Meal"

MADE IN CANADA

Sealed tight—

Kept right

