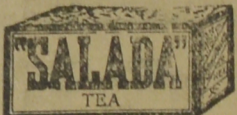


Mark Well



The full measure of honest market quality and value is put into every genuine packet, with the selling price on each.

This is the public safeguard

"SALADA"

The tea with every virtue that is worth consideration. **"Try It To-day"**

PRESIDENT CUTTEN OF ACADIA UNIVERSITY ADVOCATES THRIFT

Noted Nova Scotian Educationist Points Out the Criminal Folly of Waste and the Desirability of Economy — Living in a Land of Plenty Has Encouraged Canadians in Waste—To be Thrifty is to be Honest.

Dr. George B. Cutten, president of Acadia University, Wolfville, N. S., gives reasons for a policy of thrift in the following striking statement:

"Living in a land of plenty has its disadvantages—it cultivates waste, and waste is sin. The greatest sin is the waste of life, but in these days waste of food may be the waste of someone's life, and that is murder.

"Waste is a habit, and in Canada the habit is fixed. We waste in large and small ways. We waste our natural resources—our forests, our

fisheries, our mines; we waste in our homes, in our barns and in our stores and workshops.

"So common is waste that in our defence we think of it as a virtue and call it generosity. We speak of the wasteful man as open-handed and the thrifty man as mean. The way to hell is paved with open-handedness, but straight is the gate and narrow is the way that leads unto life.

"The only way we can lose this war is by failing to learn the lessons which it should teach us, and Canada needs

no lesson any more than that of thrift. The end of the war meant nothing to some people, except an opportunity to backslide into their old wasteful and extravagant ways—the war is lost for them—and it cost so much.

"It takes more brains to save a dollar than to spend one, and almshouses are filled with people who can tell you exactly the way to spend a million dollars. The same amount of thought on how to save a dollar would have kept many of these people from being public charges and have surrounded them with comfort in old age. 'Any fool can spend money; some fools can make it, but the fool who can make and keep it cheats folly and becomes wise.'"

"To be thrifty is to be honest, that's all. Our economic system discourages thrift, for everyone knows that if he wastes his substance he will be taken care of somehow, the somehow being by money which someone else has earned and saved. Waste never does any good, it is twice cursed, cursing both the robbed and the robber—who is the same person. Thrift is a man's kindest neighbor upon whom he can call in time of need.

"It depends upon how we look at things. We do with our money what we think most worth while, and to some persons the moving pictures are more attractive than the savings bank. That, however, is not quite the point—it is not the money spent which may give back some returns, but the money dissipated in a way that brings no returns except perhaps some injury that is wasted.

"To be thrifty is not to be mean. The spendthrift is the mean man, for he has wasted everything on himself and has nothing to give; but the thrifty man has refused to throw away wealth

Girls! Thicken and Beautify Your Hair and Stop Dandruff

Try this! Your hair gets wavy, glossy and abundant at once.

To be possessed of a head of heavy beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice, soft hair and lots of it. Just get a small bottle of Knowlton's Danderine now—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance, freshness, fluffiness and an incomparable gloss and lustre, and try as you will you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—yes—but really new hair, sprouting out all over your scalp—Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp and it never fails to stop hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this.

and when called upon has something to give and gives it; his is true generosity. He is the substantial man in the community, he is the hope of his country, he is the benefactor of mankind.

"War is waste—and we made the most of it; peace is thrift; let's take our fill of peace."

SOME POINTERS FOR THOSE WHO RAISE PULTRY

The following are pointers taken from the report of the egg laying contest at Mountain Grove Missouri:

The early bird turns the worm into profit.

High egg production is half breeding and half feeding.

The ideal hen scores high, lays many eggs and live a long time.

Hens know as well as men what and how much to eat.

Success depends half on the poultry and half on the poultryman.

Dodging rocks and sticks is not good exercise for hens.

Poultry do their part oftener than the poultryman.

Hens know the attendant as well as the attendant knows the hens.

Early moults often prove to be lazy loafers.

Nature stimulates in the spring. Man should help in the fall.

Ninety eggs pay cost. The 150-egg hen is worth six 100-egg hens.

Males in pen reduce the total egg yield for the year.

Too much sunshine is just as bad as not enough.

The trapness makes accurate pedigree records possible.

A sweet soil is just as necessary for poultry as for corn.

Medium weight hens of any variety are usually most profitable.

Early maturing pullets usually make good egg producers.

Reduction of yellow in shanks indicates egg production.

Color has little or no influence on egg production.

Incubation depends on the egg, incubator, building and operator.

The baby chicks is supplied with 36 hours food when hatched.

Water is worth just as much as feed in egg production.

The price of feed does not tell its value in making eggs.

A large red comb indicates health and egg production.

Birds neither eat nor drink at night. Feed in daylight.

Feed, water and shade will keep hens in a yard.

Never sell poultry or eggs you would not use at home.

The broody hen works 24 hours per day. So do the others.

High producing hens are often wedge shape with point in front.

A hen's temperature is 106½; man's 98 3-5. Don't house them alike.

Hens go broody oftener in dark secluded nests filled with eggs.

The biggest part of the poultry business is in the egg.

Never give hens medicine unless they need it.

Guessing the disease and guessing the remedy bring uncertain results.

The loss from lice and mites is more than their weight in gold.

Half blue ointment and half lard or tallow makes a good louse killer.

WOULD SHUT ENEMY ALIENS OUT OF CANADA

Ottawa, March 4.—H. H. Stevens, of Vancouver, has given notice of the following proposed resolution:

"That in the opinion of the House the immigration laws of Canada shall be so amended as to absolutely prohibit, for a period of twenty years, entry into Canada of all persons of enemy origin, who, during the period of the war (a) have been interned in Canada, (b) have been interned in any country being one of the Allies of Canada; (c) left Canada shortly before or

BREAKS A BAD COLD IN A JIFFY! TRY IT

You can end gripe and break up a severe cold either in head, chest, body or limbs, by taking a dose of "Pape's Cold Compound" every two hours until three doses are taken. It promptly opens clogged-up nostrils and air passages in the head, stops nasty discharge or nose running, relieves sick headache, dizziness, feverishness, sore throat, sneezing, soreness and stiffness.

Don't stay stuffed-up! Quit blowing and sniffling! Ease your throbbing head—nothing else in the world gives such prompt relief as "Pape's Cold Compound," which costs only a few cents at any drug store.

after the outbreak of the war, or (d) have been guilty of conduct, whether in Canada or any other place, which has in any way jeopardized the peace, safety or well being of Canada or of the British Empire or of her Allies.

4 Labor Saving Articles for the Home 4

"WITCH" Soot Destroyer, cleans the smoke pipes without taking them down.

"PORCELLA" prepared expressly for cleaning Baths, Basins, Sinks and other enamelled ware.

"SANI-FLUSH" the only satisfactory article on the market for cleaning Closet Bowls.

"DESOLVO," by using in time, will prevent the clogging of waste pipes and remove obstructions and save plumbing bills.

D. J. SHEA

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YOU MUST HAVE MUSIC IN YOUR HOME CHRISTMAS. Why not call and look over our complete line of Machines, also COLUMBIA RECORDS? You will never make a mistake by buying at the earliest possible date.

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Music Store 560 Queen Street

Washing Machines & Wringers

We have in stock the following: CONNORS BALL BEARING, SNOWBALL, WINNER, NEW CENTURY, JR., CANADA FIRST, LOW PRESSURE WATER MOTOR WASHER, and BERBER HAND or POWER WASHER.

ROYAL CANADIAN and SUNLIGHT WINGERS. Also BENCH WRINGERS.

J. Clark & Son Ltd.

Custom Tailoring

The New Importations for the Coming Season are now on display. An early inspection will assure you of a large and varied selection to choose from.

We are also prepared to fill all orders entrusted to us for MILITARY CLOTHING at a reasonable price. We are sole agents for the Crown Tailoring Company, of Toronto, the largest Military Tailoring Company in Canada.

WALKER BROS. MERCHANT TAILORS
QUEEN STREET, WEST END

MIXED HEN FEED

Comprising Whole Corn, Whole Barley, Whole Buckwheat, and Oats.

One of the best Scratch Feeds on the Market.

Only \$3.65 a Bag.

G. W. HODGE

WRIGLEY'S

Is Sealed!

LOOK for the sealed package, but have an eye out also for the name

WRIGLEY'S

That name is your protection against inferior imitations, just as the sealed package is protection against impurity.

The Greatest Name in Goody-Land—

The Flavour Lasts

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Sealed Tight Kept Right

