

INTERESTING NEWS FOR WORKING MEN

An Article Well Worth Your While to Read.

This is a nerve-racking age—not a man in an office or behind the counter striving hard to get on in the world, that does not feel the strain.

If nerves are in order, a man is strong, eats and sleeps well. Unstrung nerves means weakness, worry, sleeplessness and a general decay of bodily strength. They trust to luck and that kind of thing, instead of taking Ferrozone for a few weeks when they feel dull in the morning, or when they sleep poorly or lose appetite.

Ferrozone quickly brightens up the mind. It creates an appetite and improves digestion. Ferrozone makes blood, quiets the nerves, makes muscle like steel and induces refreshing sleep.

Ferrozone is a body builder, though sands have proved it. If you are sick or out of sorts, use Ferrozone and enjoy the splendid health it so surely brings.

Permanent in its results, the greatest health-giver in the world is Ferrozone. Because nourishing and perfectly harmless, all can use it, even children. Get Ferrozone today, 50c per box, at all dealers or by mail from The T. Milburn Co., Ltd., Toronto.

Well, it may be said of this spring that it has been favorable to patched pants. Overcoats are still worn.

The prediction that there will be no gasoline in 25 years means just what it says: Not a smell.

DUCKS EASY TO RAISE IF GIVEN PLENTY OF RUN

Ordinarily ducklings are more easily raised than chickens. If properly fed and cared for they can be put on the market at about ten weeks of age weighing from five to seven pounds each. If not forced they will get much of their feed from grass and other succulent plants.

Ducklings do not need feed until about thirty-six hours after hatching. Meat scrap is not usually fed until the ducklings are a week old, when about 5 per cent. is added to the ration and gradually increased to 15 per cent. Gradually increase the proportion of cornmeal and decrease the bran until the ration becomes the fattening ration given below, for those ducks which are to be marketed. Those to be saved for breeders should be fed the first mash mixture. They should be given a good range where grass and running water are available. If confined to yards considerable green feed and vegetables should be fed.

The ducklings for market should be fattened for two weeks before selling on a ration of three parts, by weight, of cornmeal, two parts middlings, one part bran one part meat scrap, 3 per cent grit and about one part green feed. If milk is available with which to mix the mash, cut the meat scraps to one-half part.

Lima Beane says the empty head is the easiest swelled.

TOMATOES GROW BEST IN SANDY SOIL

If given proper treatment, tomatoes can be grown on almost any well-drained soil, but probably a rich sandy loam is preferable to obtain well-informed early fruit. Well-rotted barnyard manure is the best fertilizer, but commercial fertilizers containing a large percentage of potash will serve as a good substitute. The ground should be plowed or dug deeply in the fall and deeply cultivated and pulverized in the spring. After planting, tomatoes need frequent and thorough cultivation. Cultivate fairly deep the first time and hill up somewhat about the plant, but all later cultivations should be shallow as the tomato is a surface feeder.

Pruning and Training.

In the home or kitchen garden the best way of growing tomatoes is to train them to stakes; and this method though requiring more labor, is practised by those market gardeners who desire to get the earliest and best fruit for table use. By this method only one stalk, or at most two, is allowed to grow; pinch off the lateral shoots as they appear, leave all leaves and flower clusters on the main stem. Drive stout stakes firmly into the ground beside each main stalk, attach the latter as it grows in height about every eight inches. To obtain the earliest and largest fruit, not more than three sets of fruit should be permitted to develop. When the plant has fully

CONSTIPATION OR COSTIVENESS

Constipation, although generally described as a disease, can never exist unless some of the organs are deranged, which is generally found to be the liver.

There is nothing more productive of general ill health than constipation of the bowels and a regular action is absolutely essential to general health. One of the most common, painful and troublesome troubles caused by constipation is piles, and unless the bowels are kept open by the use of a good laxative such as Milburn's Laxa-Liver Pills the whole system will be poisoned and many different complications of diseases arise, so if you would be well, keep your bowels regular.

Mr. A. Roder, Hastings, St. E., Vancouver, B. C., writes: "I desire to express my thanks for what Milburn's Laxa-Liver Pills have done for me. I had been suffering from constipation for two years, and also had a bad cough and headaches. I tried all sorts of cures and remedies, but got no relief until I was advised to try your pills. I got relief after the first few doses."

Get Milburn's Laxa-Liver Pills when you ask for them or send 25c. and they will be sent by return mail by The T. Milburn Co., Limited, Toronto, Ont.

developed the top blossoms should be kept pinched off, and the large side leaves should be thinned out or partly cut off.

Every grower of tomatoes should grow his own seed. By careful selection from individual plants from year to year, any variety may be improved in earliness, uniformity and productivity. Select the seed from the best tomatoes grown on the plant that produces the largest amount of the

LORD SHOLTO DOUGLAS GIVEN A DIVORCE

London May 25.—Lord Sholto Douglas, third son of the late eighth Marquis of Queensberry, has been granted a divorce. His wife, who was Loretta Audis Mooney of California, did not contest the case. Their marriage took place at San Jose, Calif., in 1895.

Lord Sholto Douglas went to Bakersfield, Calif., in 1895 to look over ranch property with a view to settling there. He saw in one of the dance halls Loretta Mooney and married her.

A honeymoon month was passed in a cottage at Alameda and later the couple returned to Los Angeles, when it was said Lord Sholto was without funds. Lady Douglas then took to the stage to earn a livelihood pending the arrival of money from England. Attention was again attracted to the couple in 1903, when Lord Sholto took out an insurance policy of \$110,000 in favor of his wife.

In the summer of 1906 Lord Sholto was taken into custody by the Portland, Me., authorities who mistook him for an American bigamist known as "Lord Douglas," who was wanted by the authorities of many States.

kind of fruit that you desire. The crown setting is always the best for seed purposes.

SHORT OF BREATH

Could Hardly Walk Without Resting.

When you go to a physician to be examined for any heart trouble one of the first questions he asks is: "Are you short of breath?"

Now when the heart becomes affected there ensues a feeling of a choking sensation, a shortness of breath, palpitation, throbbing, irregular beating, smothering sensation, dizziness and a weak, sinking, all-gone feeling of oppression and anxiety.

On the first sign of the heart becoming weakened or the nerves unstrung Milburn's Heart and Nerve Pills are just the remedy you require. They regulate and stimulate the heart and strengthen and restore the whole nerve system.

Mr. Stephen Crouse, East Clifford, N. S., writes: "I suffered for five years with heart trouble. I could hardly walk in the house, let alone the barn without resting as I used to get so short of breath. Doctors could not help me. My wife told me to get a box of Milburn's Heart and Nerve Pills and I felt better after taking them. Three boxes made me quite well. I am now helping my son to work the farm, and can truthfully say I feel like a different man."

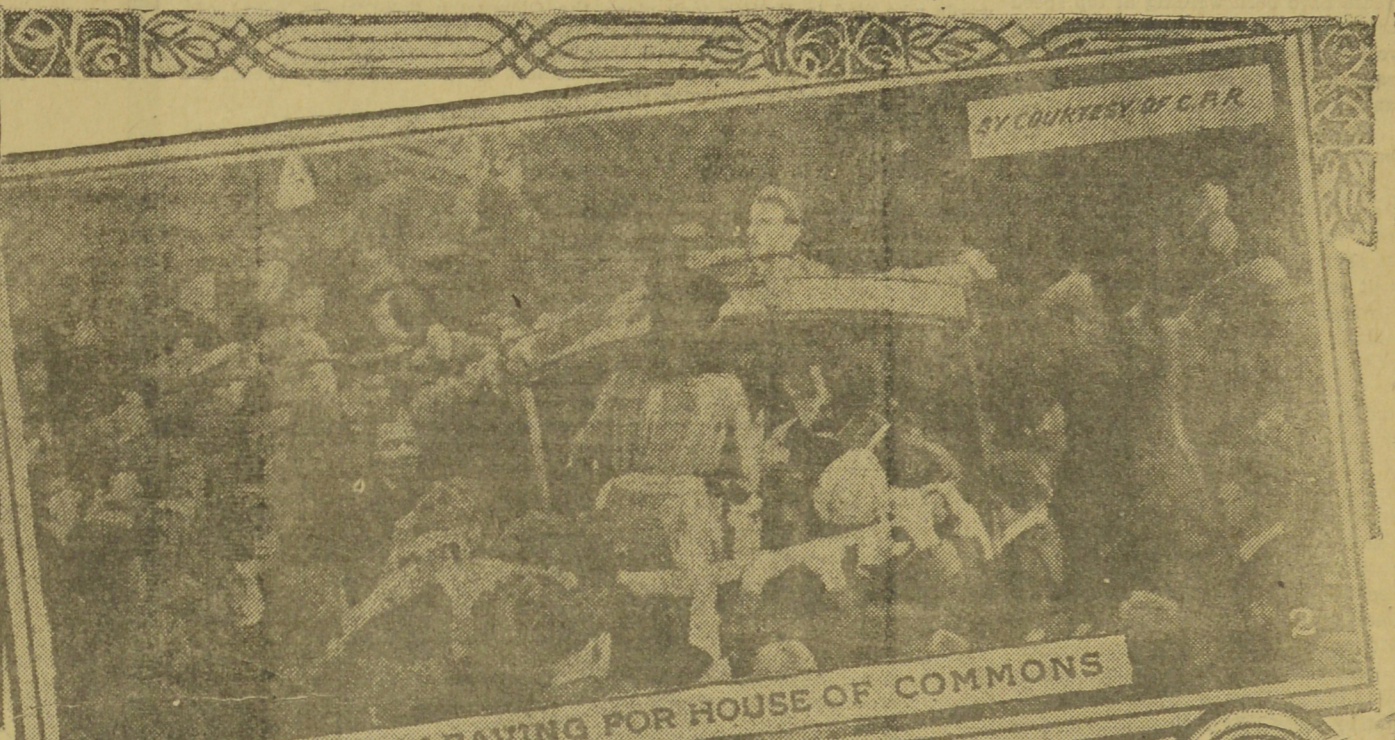
Price 50c a box at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

New Electric Company

W. L. Carr, E. R. Teed, W. J. Dibbles and J. W. Gallagher of Woodstock, H. H. Hatfield of Hartland, C. F. Gallagher of Bath and A. L. Strong of Grafton have been incorporated under Dominion Charter as the St. John Valley Electric Light and Power Company Limited. The head office is to be at Woodstock and capital stock is \$300,000.



THE KING AT FOOTBALL MATCH



MR & MRS. ASQUITH LEAVING FOR HOUSE OF COMMONS



THE QUEEN AT ROYAL INFANTS ORPHANAGE



W.A.A.C LEAVING FRANCE



RAID ON DUBLIN FACTORY

(1) The King at Football Cup play-off between Chelsea and Leicester City, at Stamford Bridge. 43,000 spectators cheered when the King shook hands with a number of wounded soldiers and each member of the teams.

(2) Mr. and Mrs. Asquith ragged by students as they leave their residence to take his seat in House of Commons.

(3) The Queen of England paid a visit to the Royal Infants' Orphanage at Snaresbrook, escorted by Boy Scouts.

(4) The last of the Women's Army Auxiliary Corps to leave France.

(5) Tanks and armoured cars with soldiers and police raid a Dublin window blind factory. The prisoners were taken away in motor trucks.

(6) Indian Hunters' Camp near Hudson's Bay.

(7) A Hudson's Bay factor in winter costume.

(8) Eskimos at the trading store at Great Whale River to barter their furs.

(9) Weasapessew, an old Indian hunter of Hudson's Bay, arrives with his winter fur catch.



FUR HUNTERS