

My nerves were terrible!

"Couldn't do a tap of work... sick, nervous headaches, restless nights, made life miserable for me. After taking Milburn's Health and Nerve Pills I feel fine again." That's the daily experience of thousands of people— young and old—all over Canada. This old, reliable remedy tones up the nerves, enriches blood, rebuilds health and strength. Try it.

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MILBURN'S HEALTH AND NERVE PILLS

for Weak and Nervous People

which, if not entirely dead, had at least become a rather indifferent performer.

Geyser Rejuvenated

"It was suddenly rejuvenated and all the smaller geysers in the vicinity spouted simultaneously. Several new ones also were formed.

"One traveller describes the land in the immediate vicinity of Geyser as being infested with many tumors and boils, for in 100 places are seen the bare spots and mounds of wet clay or siliceous rock, where the hot springs bubble up, either crystal clear, or gray and heavy with mud.

"Hot springs are not, however, confined to the vicinity of Geyser, they are found throughout Iceland, seen clouds of white steam.

"According to the sagas, the island was once covered with forests, which furnished ample fuel for the comfort-loving Vikings".

Dr. Taylor Unable To Attend Sessions

ST. GEORGE, April 24—Hon. Dr. H. I. Taylor, minister of health and labor, has been confined to his home here for the last ten days, suffering from an attack of influenza and bronchitis but is making good progress toward recovery. It is expected, however, that it will be another week before he will be able to be out again. His illness has prevented him from accepting the invitation of Hon. Donald Sutherland, minister of pensions and national health, to attend a conference of provincial ministers of

SLEEP-WALKING BOY SHOOTS AND KILLS MOTHER

GREENVILLE, Texas, April 24—

The strange account of an eight-year-old boy seizing a shotgun while walking in his sleep and killing his 32 year old mother was related by the boy's father, S. P. Darden, filling station operator, to investigating officers today.

"I don't remember anything that happened," sobbed little Jackie Glenn Darden, who yesterday played "desperado" with his chums, using a wooden gun.

Darden said he was awakened by discharge of the shotgun which he had kept loaded after seeing two prowlers near the house recently.

"I jumped from bed," he related. "Jackie Glenn was standing about 18 inches from his mother's bed, with the gun in his hands. He was asleep and I shook him to awaken him. He did not know what had happened."

If you want a rest live paper with all the home community news we will mail you one each day until August 1st for one dollar.

health in Ottawa this week. Dr. Taylor has asked Dr. William Warwick, chief medical health officer, to represent New Brunswick and present the viewpoint of this province on public health matters.

Of Interest to Women

GIVE YOUR PLANTS A WARM BATH

Spirea Root Clumps Treated With Vapor Heat Have Been Known To Grow Faster

Plants as well as human beings are all the better for nice warm baths, and for a good Turkish bath once in a while according to the entomologists of the Department of Agriculture.

While the principal reason for giving plants baths is to kill destructive mites, it has also been found that these cleansings are often stimulating to growth.

Long and Mild

But the greatest care is necessary in giving plants their hot-water dips or vapor baths. Just a few shades too much heat, and not only will the insect pests be dead, but your cherished plant will have passed to the world beyond. Lengthy dips in warm rather than hot water, the Government entomologists have found, will destroy the mites without injuring such extremely delicate plants as the cyclamen, chrysanthemum, geranium, lantana, fuchsia and begonia. Most plants can stand water at 110 degrees

Fahrenheit for fifteen minutes, but the cyclamen mite (*Tarsonemus pallidus*) cannot. Still lower temperatures—108 degrees F.—lessens the danger of harming the plant and destroys the mites if the period of exposure is lengthened to twenty minutes, the recent studies showed. Longer treatments are necessary when mites occur on the plants below the soil surface. Immediately following treatment all excess water should be drained away from potted plants to avoid root injury.

Tuberous Bulb

Submerging tube rose bulbs in water at 110 degrees F. for sixty minutes, the entomologists found, destroys the common bulb mite without interfering at all with the satisfactory development of the plant.

Treating the root clumps of spirea with vapor heat at a temperature of 110 degrees Fahrenheit for one hour in another series of tests, not only killed the larvae of a destructive weevil, but also stimulated growth, so that the flower bloomed from forty to sixty days earlier than usual.

OATMEAL AND DATE BARS

1 package dates, pitted.

3-4 cup quick Quaker oats
1 teaspoon baking powder
1 cup chopped walnuts
One-quarter cup flour
One-quarter teaspoon salt.
1 cup brown sugar
3 eggs.

Cut dates into small pieces. Mix oats, flour, salt and baking powder, and add chopped nuts and dates; beat up the eggs, add sugar and mix well. Place mixture in shallow greased 8 in. tin; bake slowly in moderate oven 325 degrees, for about 30 minutes. When cool cut into squares and roll in granulated or powdered sugar.

OATMEAL COOKIES

3-4 cup shortening
1 cup white sugar
2 cups flour
Half teaspoon salt
One-quarter teaspoon baking soda.
2 teaspoons baking powder
Half cup sour milk
2 cups quick Quaker oats.

Cream shortening thoroughly, blend in sugar gradually. Sift flour, measure and resift with salt, soda and baking powder. Add sour milk and oats alternately to the butter and sugar mixture, then gradually stir in the sifted dry ingredients to make a soft dough. Chill until very firm. This will require about 12 hours. Roll to 1-8 inch thickness, using a lightly floured board, cut out with floured cutter, and bake in a moderate oven 350 degrees F., until lightly browned (10 to 15 minutes).

OATMEAL HERMITS

2 cups quick Quaker oats
Half cup shortening
1 cup sugar
2 eggs
1 cup seedless raisins
Half cup milk.
1 1-2 cups flour
2 teaspoons baking powder
Half teaspoon salt
Half teaspoon cinnamon.

Cream shortening and add sugar gradually. Beat in eggs, add milk, oats and raisins. Mix and sift flour, salt, cinnamon, and baking powder and add to oatmeal mixture. Drop from teaspoon on well greased pan and bake in hot oven for 15 minutes. Yield—3 dozen cookies.

The Newer Thrills

The Ottawa Journal observes that: "In spite of a possible big vote to the contrary there is still something to be said for old-time customs. Not so long ago the usual admonition two certain young persons going partywards was, 'Behave like little ladies'. She thus admonished obeyed, or faced a domestic investigation. Today a similar warning might not carry much weight. Manners aren't over stressed. To youth work is just labor, thrills amusement, and according to the critics nearly everything else unessential.

A definition of "thrill" is a "tingling sensation". Apparently its attainment is the chief prize in the Treasure Hunt in which so much of the world seems engaged. Something designed to titillate the imagination—to give zest to the prosaic. Here and there they go far in search of the unknown. Out in Missouri — where one has to be shown — the fashion in thrills has become a bit extreme. A girl student seriously seeking something new has asked permission to spring the trap when a certain local murderer pays the last instalment for big mistakes. The reason? She just wants to know "how it feels" to hang a man. Can curiosity go farther?

Fortunately one swallow never yet made a Summer. Otherwise a demand might arise for the restoration of safeguards that once surrounded the young. If certain modern theories in child rearing are without error then a generous freedom of choice in all things must be allowed the adolescent. Nothing that cramps style must be permitted. Nevertheless it might be suggested that bounds be

set — for what is breath-taking today may become tomorrow's commonplace. Without being considered unduly narrow — or even a spoil sport — one may wish that putting an end to the wicked remains closed profession to youth even through deprivation in individual cases results in the emotional disturbances so distasteful to those educationists who pin their faith to self-expression — with all bars down".

New Relationship Test

Singin' Sam received a letter from a woman in Georgia who said: "I'm sure we are relatives, because I have an uncle whose speaking voice is just exactly like yours".

TIME TABLE CHANGES

Effective Sunday, April 28th

Full information now in the hands of agents

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An Announcement To Our Many Friends:-

When the better health of our area is involved we feel that we would be remiss if we did not bring to our many friends every worth while forward step accomplished in the Baking Industry.

Our new loaf, BUTTER-CUP BREAD, is an achievement. The recipe is a tested and balanced one in every way, based on the use of whole fresh milk, specially treated, plus a combination in shortening of one-half fresh Dairy Butter and one-half Shortening, which gives us in this loaf the last symbol in a nutritious body-building food.

We have purchased the Rights for this recipe. The loaf was discovered in experiments by Domestic Science teachers and with this loaf a leading baker in the United States stepped into the City of New York and established himself there as one of the leading baking concerns in an incredibly short time. Nearer home one of the best known Bakeries in Montreal use the formula almost exclusively.

Manufactured in a clean plant along identical lines with the Domestic Science teachings as taught in our Colleges and High Schools, BUTTER-CUP BREAD is an expertly proportioned, wholesome, appetizing white loaf with a delicious flavor and I can personally recommend it. It pays to serve the best, especially if there are growing children.

Packaged in a wrapper displaying the most attractive color combination on the market today, BUTTER-CUP BREAD awaits your phone call at your grocer.

Yours very truly,

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General Manager

Butter-Cup Bread

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