

Home-happiness and Good Food

are so closely related that a proper start in the kitchen is of the greatest importance.

Beginners, as well as experienced housekeepers, to be sure of good, healthful food, should carefully study the label and use only a baking powder shown to be made of cream of tartar.

ROYAL
Baking Powder

makes the finest and most delicious food, and its use is a safeguard against baking powders made of alum and offered as substitutes simply because they cost less to make.



ON KEEPING AT IT

One step won't take you very far;
You've got to keep on walking;
One word won't tell folks what you are,
You've got to keep on talking,
One inch won't make you very tall,
You've got to keep on growing;
One little ad won't do it all,
You've got to keep 'em going.

J. A.

LET'S HOPE FOR PEACE!

"What makes you think we'll have better times when the war is over?"

"Well, for one thing, all these men who do nothing but stand around discussing the war news will have time to go back to work."

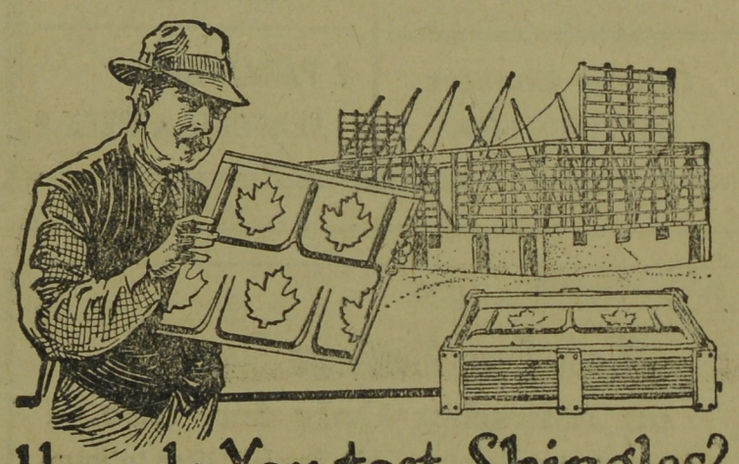
RARA AVIS

A bird in the hand is worth two in the bush,
Though gorgeous their plumage and regal;
But instead of an oriole, robin or thrush
Let that bird be a bright, golden eagle.

HIS OWN APPRAISER

Willie," said his mother on her return from a shopping expedition. "I told you if you were good while I was out you might have a piece of candy and now I find you have taken all there was in the box."

"Yes, mamma," replied Willie, but you've no idea how good I've been."



How do You test Shingles?

A roof is not a thing to be chosen lightly, You are bound to choose *metal* as sure protection from lightning and fire. But how can you tell which is best?

Let us tell you how we test PRESTON Safe-lock SHINGLES. Admit we have as much at stake as you. We think we have more. Our whole future depends on the iron we put on your and your neighbors' barns. The life of our business is the farmers' good-will. So our own test is severe. It is our own way of insuring our business against failure.

The galvanizing which forms the protection from rust and ruin, we put to the British Government tests—acid tests. This is harder on galvanizing than the storms, the wind, the heat, the frost of twenty years.

But, when we send out PRESTON Safe-Lock SHINGLES we know that they will give the best service, bring new friends and new business.

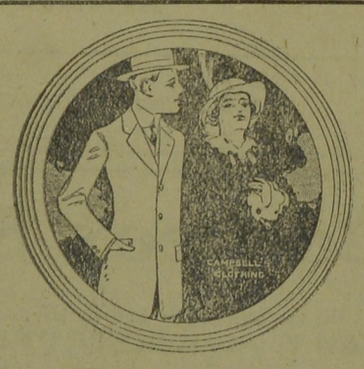
PRESTON
Safe-lock SHINGLES

Manufactured by THE METAL SHINGLE & SIDING CO., Limited, Preston.

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"Better Buildings." How to use metal to the best advantage on the farm. Don't build before you see it. Ask for a FREE copy.

D. J. Shea & Son
Agent for York County



After all----since a Suit is made to wear---the best of all Suits is that which wears the longest.

MacKinnon's Clothing

not only wears long past the average Suit is cast aside but it keeps its appearance fre and good looking all the time

J. A. MacKINNON YORK STREET
TAILOR and CLOTHIER

KHAKI ELECTION WOULD BE A WANTON DESECRATION

(Toronto Globe.)

Surely today's staggering and heart breaking reports from the battle-front will put a stop, an unmistakable and final stop, to all plotting and manoeuvring for a war election in Canada. With perhaps not less than a thousand Canadians, officers and men, in this one list when the last line of anguish is set to the report, surely the most callous man in all Canada will learn that Canadians have tasks before them far too serious, far too stupendous, to suffer intrusion and profanation from the flippancies and recriminations of an election campaign. In the sobering light of this Monday morning Premier Borden must surely see that there is but one thing to do, the official announcement must be made and made without delay, that no matter who says yea or who says nay, a general election at any time while the war is on is wholly and absolutely out of the question. Today an election campaign must seem the ghastly crime May or June would prove it to be.

Let there be no mistake; the horror-time of the war for Canada is just before us, in May and June, and the darkening months that follow, Victory, complete victory for right and freedom and peace, is surely at the end, and on to that end we must go, undaunted and resolute. But the end is not yet.

And in all the weeks that must intervene between today's list of tragedy and the last list of Canada's share in the world's blood-sacrifice, there must be no mocking of Canada's sorrow and no profanation of the solemn sanctuary of Canada's soul, by conflict and clamor over the ins and outs of Canada's political parties.

In the lengthening shadows of this first list who cares anything about the personal ambitions and party interests of any politician who has interests to serve by the return to parliament of one set of men or by the return of the other? And any man who would crowd his impudent ambitions for office or for spoils on the minds and souls of the men in the trenches, playing the worst game of Canadian politics at its very worst into the very jaws of death itself—such a man would pollute by his presence the atmosphere even or a very Hun.

For many, many thousands of us in both political parties, for many hundreds of thousands of us as private citizens and for Canada as a nation, there are experiences ahead that would make the noblest and holiest political campaign Canada ever knew a wanton desecration. But such an election campaign as has been gathering force during the past eight months—Germany has committed no crimes against decency and humanity more profane than such an unneeded and unjustified election would be.

The Globe speaks with the utmost seriousness and sincerity that no matter how criminal the war contracts, revealed and unrevealed, may have been, no matter what the looting and what the graft, no matter anything in all the sordid and shameless exhibitions some Canadians have made of themselves, and no matter how blameworthy some of the ministers and some of the government officials have proved, we would rather a hundredfold have the ugly tale go on to its ending after the war than have the infamy of a general election, with the insult of its extension into the life-and-death struggles at the battle-front, added to the humiliations and heartbreaks of this year. We do not want votes for Liberal candidates at such a time as this, even though a half-million of them would swing to carry Laurier and Liberalism again into power. We ask rather for a half-million new recruits, from all the provinces and counties and concession lines of Canada, to enlist and to learn to shoot, against the needs of this war and of the peace negotiations that will follow.

This is Canada's business, Canada's only business. Not political speech-making, writing and electioneering. That would be trifling. That would be treason. That would be an unutterable crime.

There is one man in Canada and only one, who has the right and the power to say there shall be no war election. Premier Borden is that man. Let him speak today.

NOTES FROM THE RURAL DISTRICTS

SOUTHAMPTON

April 19th.—It has been very fair sap season, but later than usual but is done now. G. A. Grant made about thirty gallons of honey; Woodford Wright, sixty gallons; George Farnham, forty gallons; F. R. Brooks, twenty-five; A. A. Wright, twenty; R. L. Cronkhite, fifteen; Ezra Miller, eighteen.

Three sheep of Levi McEwan's flock gave birth to seven lambs inside of an hour—two pairs of twins and triplets. The lambs are all smart.

Ex-Warden and Mrs. W. L. McFarlane of Nashwaaksis spent Easter with Mrs. McFarlane's sister, Mrs. F. R. Brooks and Mrs. B. Akerley here.

The children of the U. B. Church gave a very delightful Easter concert. The collection amounted to seven dollars with which the Aladdin lamp will be purchased for the choir.

Mr. F. C. Brown our local merchant spent Easter in Montreal with his son Leigh, who is attending McGill

James T. Mastin was stricken with an attack of appendicitis recently, Dr. McIntyre of Hawkshaw was called and he brought him around without an operation. His many friends are glad to see him out again.

The night the ice ran a brow of spruce logs containing five or six hundred pieces rolled into the river and went away with the ice. They belonged to W. B. Cronkhite; and as they are all marked he hopes to get them again.

Burleigh Bates, son of Mr. Charles Bates is suffering with some ailment of the knee. Dr. McIntyre of Hawkshaw is attending him.

The death of Scott Stairs a young man right in the prime of life has cast a gloom over the neighborhood. He was the son of Mr. and Mrs. Richard Stairs and only married last September,

Stanley Wright a McGill student and son of Mr. and Mrs. Woodford Wright has just made his last visit home before going to Franee, where he has enlisted with the medical corps about fifty miles from the firing line. James Turner, son of Mr. John Turner of Waterville (this parish) has also left for the front. Both of these boys were former members in our daily school here.

Mrs. Ernest Akerley who has been confined to her home all winter suffering fromblood poisoning is able to be out again.

Wilfrid Laurier Brewer, the four-

Wilfrid Brewer, the four-year-old-son of ex-Councillor Alex Brewer of Mouth of Keswick who with his wife were here visiting Councillor Thomas Brewer at Pokiok had the unique experience of sleeping under a root pile about half a mile back of this place (Pokiok) last night. The little fellow strayed away about dusk and more than one hundred men hunted with lantern all night. The mother and father were nearly frantic. After daylight came they tracked him across a ploughed field to the root pile where he was lying asleep none the worse.

NO MORE CORNS

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PURE LARD

20lb Pails $2.65. Pure Lard (Bulk) 16clb.

BAKERS COCOA
Bulk 35clb. 1-2lb tins 23c. 1-4lb tins 12c.

MOLASSES
Faucy Barbadoes . 44c gal.

Evaporated Apples
Best Quality Ontario Apples
8c per pound

SUGAR
Fine Granulated Pure Cane Sugar
14 lbs for . . $1.00.

CANNED GOODS
Tomatoes 10c can. Corn 9c can.
Peas 9c can.

NEW PRUNES
10c lb or 3 lbs for . 27c.

Blue Banner Tea
is the Best Tea for the money.
35c lb, 3 lbs for $1.00

SNOW FLAKE AMMONIA POWDER
Is Better and Saves Soap
5c Large package, 6 pkgs 25c.

4 Rolls Toilet Paper . . 25c.

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