ts-Hams, med., 23 to ams, 34 to 86c; smoked e; cottage rolls, 19 to bacon, 21 to 25e; spe-bacon, 28 to 30c; backs -Long clear bacon, 50

70 to 90 lbs., \$18; \$17; lightweight rolls; he wyweight rolls, \$32. tierces, 14% to 15%c; palis, 15% to 16e as: shortening tiercas. os, 13% to 14c; pails, at4, 18'2 to 17c. choice, \$7.50 to \$8 choice, \$7 to \$7.50; \$6 50; do, med., \$5 to \$4.50 · > \$4.75; butcher to \$7.50; do. 5; do, com., \$4.50 to choice, \$4.75. to \$3.5) to \$4.50; can-\$1.50 to \$2; do, com. feeding steers, choica, \$4 to \$5; stockers,

do, fair, \$3.50 to \$45 gers, choice \$70 to \$10 to \$11.50; do cont. \$5.50 \$35, \$14 to \$15.50 do, 313.50; do, culls, \$8 ewes, \$8 to \$9: 5.56; hogs, fell and 88; do, f.o.b., \$7.25 untry points, \$7 to (long haul), \$8.15 ets. \$9.50 to \$8.80.

2, 51c; de. No. 3. ra No. 1 feed, 47 to white, 44c. ig wheat pats., Ists. b), strong bakers, choice, \$5.55 to s, bag 90 lbs., \$2.90. horts, \$29.25. Mid-No. 2, per ton, pasteurized, 341/2c; it to 34c; 2nds,

NVS. 83 to \$3.25: ; do, fairly 75 to \$6: do.

ip; hot-house lambs pounds, \$12 each: and shops, \$8.25



9. Page en named winner of physics. His book, " has been selecthat sound is light: there is no gravity

ecured by oundland Fleet

n St. John's, Nfld., fleet now has close either killed on the pard their craft, acports received here. next advices from port all the ships and with sufficient ood dividend on the

ince of Wales Than Supposed

n London says: Wales has left est in Biarritz. weident, sustained chase race, which an the public was He will travel as and will remain hout ten days. All or the next two



Fine, brisk flavor! Best of all in the ORANGE PEKOE QUALITY

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario Sr. Middleton will be glad to answer questions on Public Health masters through this column. Address him at Spadina House, Spadins.

high tension is a most important the physician in attendance will precause of arterial disease.

Crescent, Toronto.

The next point to consider is what; causes the high tension. It may be the result of an inherited tendency,

to serious effects upon the heart. The like this case treatment adis run down is shown by the experisymptoms are a high tension pulse and the difficulty of removing the pulse beat even when pressure is used.

Bed-wetting in a healthy child is scrag, Sask., who says:—"I was in a badly run-down condition, and proscomposed of tissue, having the quality stricting the amount of fluid taken sleep at night, and grew so weak that during the afternoon and evening. In when I tried to move about I would be acts as a cause of the arteries giving the care of the family physician.

Arterial disease is usually an indi- way. Slight disturbances of digestion cation of advancing years and tends and attacks of dizziness are warning A GOOD SPRING TONIC to begin at forty or forty-five. The signs Eat years graningly make the signs of the sign of the sign of th to begin at forty or forty-five. The signs. Eat very sparingly under these life of the arteries varies greatly in conditions and keep the bowels active different individuals and peculiarities It is well to take a purgative. Lead One That Will Quickly Improve Strain, continual strain, is one cause and fatigue. That is about all one of their degeneration apart from the can do. Some medicines are good for age of the vessels, so that persistent lowering the blood pressure. These, scribe as the occasion demands.

or of Bright's disease, lead poisoning, symptoms of diseased tonsils. Some sleep at night. All this is the result of gout, pregnancy, constipation, excesses of these are sore throat, swollen closer in-door confinement of the winin eating and drinking, or a laborious glands of the neck. If there, is pus ter months, and shows that the blood exuding from the tonsils they are has become thin and watery. New en-Any of the arteries of the body may seriously diseased. Symptoms differ riched blood is what you need to put be affected. One effect of persistent in each case but spots on the tonsils you right, and there is no other medi-

A special and restricted diet is the appetite, nerves are strengthened and Arterial disease or atheroma, when best cure, and it should be worked at sleep is refreshing. The value of Dr. it affects the coronary arteries, leads under the guidance of your physician. Williams' Pink Pills when the system

are very elastic. The walls, largely avoidance of lying on the back, reeasily. If the arteries are diseased a some cases it is a habit, but if it does overcome with dizziness. I heard break may occur. Sneezing sometimes not stop soon, the boy should go under about Dr. Williams' Pink Pills and got

CHILDHOOD CONSTIPATION

Constipated children can find prompt relief through the use of Baby's Own Tablets. The Tablets are a thorough faxative which never fail to regulate the bowels and stomach, thus driving out constipation and indigestion; colds and simple fevers. Concerning them Mrs. Gaspard Daigle, Demain, Que., writes: "Baby's Own Tabts have been of great benefit to my ttle boy, who was suffering from constipation and indigestion. They quickly relieved him and now he is in the best of health." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Japan a Babies' Eden.

Elaborate layettes are unknown to vertisements of this dope are too atthe 6,000 babies born amid the ruins tractive not to give it a trial." and havoc in Japan since the earthquake. If a mother has even sufficient warmth to share with it the little newcomer is fortunate, with the dearth of clathing and sufficient bedding in the devastated region. Yet, according to

a paradise" said Miss Scott yesterday, "Old people are loved and cherished by their families and given every consideration. Seven hundred thousand people in and near Tokio and Yokohama are still living in tents and barracks. While suffering from cold and inadequate clothing is still distressingly prevalent, the people are full of fortitude and uncomplaining, even cheerful under their hardships and losses. The spirit of family love and consideration, I think, unquenchable."



Doesn't hart one bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient pring, drip, dr er com between the toes, and the foot calluses, without strengs of infitation.



Have You Found it So? Hubby-"What you taking that patent medicine for — you're well,

THE QUALITY OF BULK TEA -

Miss Jane Scott, just back from Japan, first place, being unlabelled its origin "Just in time," said Guitry. "I want "For babies and old people Japan is its goodness. In the second place, it is the unsuspecting visitor's hat and exexposed to the air and therefore very claimed, "Watch!" quickly loses its flavour and freshness. Then Guitry poured a jugful of water Even if it-were as good as "SALADA" into the hat. The owner of it got up in the first place, it would rapidly de in alarm. teriorate and in any case it would be consistently the same quality through- trick!" out the year. "SALADA" always mainsible through skillful blending.

The Sugar Maples. Lazzily lie the fields to-day, Blinking up at the sun: Steaming fences stretch away. Glorious spring's begun.

And the whispered lilt where the ice block slips, Is wafted by the breeze: Gently astir in the tingling tips Of the sugar maple trees.

Drip, drip, drip, drip, Sodden fields may lazily lie, Blinking up at the sleepy sky; There's work to be done in the fields close by, Drip, drip, drip.

Merrily flows the shining stream, Newly awakened to spring;

where the shadowy willows sway and dream. The robin sits to sing.

Sweet is the whole of the out of deors Sweet is the breath of the breeze, But sweeter still is the sap that pours From the sugar maple trees.

Erip, drip, drip, drip, weet is the breath which the breezes bring;

But sweeter the song which the maples sing first fresh some of swakened

Foretell its zouth grown sobsecheeked And in a cant na deepair withhold Its ardent bioscops from the king of

Better to bloom and perish in an hour. Better to shed its fragrance for the wind

To wast abroad and blow from field and mind Than mourn its doom and never flaunt a flower! Sweet is its day of beauty in the

bower. Sweet though it leaves no lingering scent behind! -Stanton A. Coblentz.

Your Health.

With the passing of winter many people feel weak, depressed and easily tired. No particular disease, but the system lacks tone. You find yourself Mrs. L. A. D. wants to know the tired, low-spirited, unable to get sound high tension is thickening of the walls of the arteries. After a time, the tendency is for fibrous tissue to be added to or replace muscular tissue. The result is a narrowing of the lumen of the artery, rigidity and weakening of the walls, as well as increased or decreased amount of the walls, as well as increased or decreased amount of the walls, as well as increased or decreased amount of the walls, as well as increased or decreased amount of urine passed, according to the particular form of kidney disease it is.

A special and restricted diet is the appear on short cine. can give you this new blood each of the walls, as well as increased or decreased amount of urine passed, according to the particular form of kidney disease it is.

A special and restricted diet is the appear on short cine. can give you this new blood each of the particular form of kidney disease include the particular form of kidney disease it is.

A special and restricted diet is the appear on short cine. can give you this new blood each of the particular form of kidney disease include the particular form of kidney disease it is.

A special and restricted diet is the appear on short cine. can give you this new blood each of the particular form of kidney disease include the particular form of kidney disease it is. trated with nervousness. I did not

a supply. After I had taken a few boxes I began to feel better. Continuing the use of these pills my appetite improved, I slept better at night, and was soon as well as ever I had been. I have also given Dr. Williams' Pink Pills to my daughter, aged fourteen, with the best of results. I de home from school. for the great benefit I have found through the use of these pills, and te recommend them to others in need of

a blood-building medicine." You can get these pills through any dealer in medicine, or by mail, at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

How to Get Rid of a Bore.

One of the amusing and original characters in Paris is M. Sacha Guitry, who made his fame as actor and playwright, and who has increased it by the oddities of his temperament. Wifie—"Of course, I am; but the ad- He is a witty, versatile and quickminded man and is naturally inclined to be impatient with bores. Recently, say?" says the Sketch, there was one who plagued him with unnecessary calls. It was the best thing to do with it." greeted him warmly, though that The quality of Bulk Tea is always morning the appearance of the man

is unknown and there is no one who you to see a new conjuring trick I

"There now," exclaimed Guitry petuimpossible for any dealer to follow lantly, "you've made me forget my

The "trick," however, is reported to tains an unvarying high standard, pos- have worked admirably. The same visitor has not troubled M. Guitry

> Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Noblesse Oblige.

An impecunious tenant had not paid the rent of his room for several months.

"Look here," said the landlord, "I'll meet you halfway. I am ready to forget half of what you owe!" "Right. I'll meet you. I'll forget the other half!"

Ask for Minard's and take no other. A Poor Champion.

Jack-"Father, one of the boys in my class said I looked like you." Father-"What did you say?" -Jack-"Nothin'. He's a lot bigger than me."

The gross agricultural wealth of Canada in 1922 was estimated at 36.

This stunt requires a confederate but, as the confederate's aid is acknowledged, it is very effective. A spectator is asked to mention any number, not greater than 99, to the performer who agrees to concentrate on it. Another spectator, who does not know the number, calls on the phone a friend of the performer, described as a great mind reader. The "great mind reader" tells the number upon which the performer is concentrating.

The performer does not mention the name of the mind reader until the number is decided upon. This is because the name of the mind reader is the code word which tells the confederate what number has been selected. Two series of code letters must be remembered by the performer. The confederate can refer to a written list. Jack means one, Frank means two. Fred means three, Will means four, Henry means five, James means six. Daniel means seven, Albert means eight, Arthur means nine, Charles means naught. That gives the figure in the tens column. For the ant column. Stein means one, Berg means two, Miller means theree, King means four, O'Neill means five, O'Connor means six, Smith means seven, Jones means eight, Castel means nine and Waverly means naught.

If the spectator decided upon 83, the performer would say to the other spectator:

"Please call Blank 7871 on the phone, ask for Mr. Albert Miller and ask him of what number I am thinking."

The confederate, who would be ready to answer the phone, would know, when "Mr. Albert Miller" was asked for that the number was 83. Of course, the trick could not be repeated the same evening with the same spectators.

(Clip this out and paste it, with other of the series, in a scrapbook. Painful Confession.

Billy was in tears when he came the only one who could answer a ques-

tion she asked the class," he sobbed. His mother was indignant. 'Why, I'll see about that! What was the question, Billy?"

His eyes lighted reminiscently. "She wanted to know who put the glue in her ink bottle!"

Keep Minard's Liniment in the nouse. Packeted.

"What did the editor offer you for your poem?" asked Scribbles. "Fixe dollars," Jingles replied. "Why, that was no better than an

insult, said Scribbles. What did you "Nothing, I just pocketed the insult.

To explore Britain thoroughly Ly motoring over its full length of highways would take 1,773 days, travelling at one hundred miles a day.

Who will help everybody, will help nobody.

Beware of Imitations!



Cross" on package or on tablets you are not getting the genuine Bayer As-

which the Crow Hair in a Month? The Company will be stampwhich the Crow Hair in a Month? While it is well known that Aspirin gain tablets of Nusated from three times a day and the state of the sample of the sam

EASY TRICKS

The Missing Mindreader



SMOKING TOBACCO IS FOUR TIMES SEALED



to bring you the full richness

Tobacco of Quality"

Manufactured by IMPERIAL TODACCO CO. OF CANADA LIMITED

That Can-Opener. "Can I see the lady of the house?" asked the canvasser.

"Yes, you can." "Well, madam, I am selling a can opener which cannot be besten. It opens any can that can be opened with a can opener, and any can can be opened by this can opener that can be opened by any can opener. If you can show me a can I can-"

But the door was shut, and he could

Every scratch in the hand is not stab to the heart, nor does every false opinion make a heretic.

What weapon does the earth most closely resemble? A revolver.

Cold in Head?

Heat Minard's and inhale. Quick relief assured. An enemy to germs.



Pimples Disappear

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Rootsdruggists call it "Mother Seigel's Curative Syrup—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. The larger bottle is more economical. At drug stores.

I First Compounded This Remedy For My Own Neighbors

Their praise of this newer form of Iron has spread so rapidly that now, after nine years, over 4,000,000 people use it annually.

Years ago I began to wonder at the great number of my own friends and neighbors who were always ailing, complaining and doctoring, without ever seeming to get any better Both A Letter from Mrs. Smith Tells How working men and their wives were frequently all tired out in the evening. and a great many were weak, nervous and run-down. One had pains in the back and thought he had kidney trouble. Another had pains around the heart, palpitations and dizziness, and was sure he was suffering from heart disease. Still others had severe headaches, floating spots before the eyes. tender spots along the spine and a great variety of alarming symptoms. For years I made a special study of this condition, consulting a great number of physicians and chemphysicians, all over the county, showed that people out of every four you meet lack 160 per

from in their blood. Lack of from in the blood the greatest of all desitalizing weaknesses. It is from in your blood that enables you to bet nourishment out of your food. Without from pirits proved safe by millions and prescribed by physicians over twenty.

The proved safe by millions and prescribed by physicians over twenty.

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The proved safe by millions and prescribed by physicians over twenty.

The proved safe by millions and prescribed by physicians daily your read and stream and when the blood stream, and when the blood stream, and when the samutoms of a great number of diseases when the real and true (upper of all your trouble is a lack of from in the broad.

The the old days people often took metally licenty which some physicians claim is not absorbed, at all Canada in 1922 was estimated at 36.4 Accept "Bayer Tablets of Aspirin"

Nauralgia Pain, Pain

Accept "Bayer Tablets of Aspirin"

Fach unbroken package constanted for proven directions. Frandy boxes agricultural revenue of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100.

How Would You Like to the strate mark (registered from which is like the box in arounding Numbed from the tente from a pounding Numbed from the sum of tron, which is like the box in arounding Numbed from the sum of tron, which is like the box in arounding Numbed from the sum of tron, which is like the box in arounding Numbed from the sum of tron, which is like the box in arounding Numbed from the sum of tron, which is like the box in arounding Numbed from the sum of tron, which is like the box in arounding Numbed from the compounding Numbed is not abspribed at any line of the like the box in arounding Numbed from the compounding Numbed from the comp

Nothing More.

Nurse-"Bobbie, you shouldn't tease your little sister." Bobbie-"I'm not. I'm just amusing

myself." **Classified Advertisements**

WOOLGROWERS COTTS AND Rejects accepted for limited time only. Apply Georgetown Woollen



Thin People

Thin, nervous, underweight people take on healthy flesh and grow sturdy and ambitious when Bitro-Phosphate s guaranteed by druggists is taken a few weeks. Price \$1 per page. Arrow Chemical Co., 25 Front St. East.

Large and Red. Itched and Burned. Cuticura Heals.

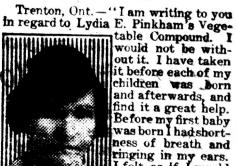
"My face was itchy and broke out with large, red pimples. They were scattered all over my face and itched and burned so that I scratched which caused them to grow larger. I could hardly sleep at night. They were a real torture and my face was a sight. "The trouble lasted about three months. I began using Cuticura Soap and Ointment and the first treatment stopped the itching and after using two cakes of Cuticura Soap and one box of Cuticura Oint-

ment I was healed." (Signed) Miss Ora Goulette, R. F. D. 4, Box 86, Barre, Vt., March 24, 1922. Use Cuticura Soap, Ointment and Talcum exclusively for every-day

toilet purposes.

MOTHERS

Lydia E. Pinkham's Vegetable Compound Helped Her



would not be without it. I have taken lit before each of my children was born and afterwards, and find it a great help. Before my first baby was born I had shortness of breath and ringing in my ears. I felt as if I would

never pull through. lone day a friend of my husband told him what the Vegeta-ble Compound had done for his wife and advised him to take a bottle home for me. After the fourth bottle I was a different woman. I have four children now, and I always find the Vegetable Compound a great help as it seems to make confinement easier. I recommend it to my friends." - Mrs. Tree H. SMITH, John St., Trenton, On

Lydia E. Pinkham's Vegetable Com-

1850E No. 14-24