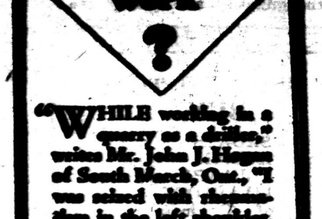
Does rheumatism hinder your work?

"WHILE working in a quarry as a driller," writes Mr. John J. Hogan of South March, Ont., "I was seized with rheumatism in the left shoulder. I followed treatments for some time without relief. I had heard so much concerning Dr. Williams' Pink Pills that I decided to give them a trial. They were certainly the medicine that I needed for it was not long before I was as well as ever. Now I take them every Spring as a tonic."

This is one of hundreds of cases in which these blood-enriching pills have proved effective in eradicating rheumatism. Buy Dr. Williams' Pink Pills now at your druggist's or any dealer in medicine, or by mail, 50 cents, postpaid, from The Dr. Williams Medicine Co., Brockville, Ont.

S-30



Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN SO COUNTRIES"

Trade Discrimination

Vancouver Sun (Lib.): If the British people are sincere in their efforts to promote business between the various units of the Empire, they can accomplish that promotion in a more effective way than by the display and ostentation of a cut-and-dried shopping week. They could, for instance, prevent the occurrence of such incidents as happened in Vancouver this week when a British ship, brought into a Vancouver drydock for an $80,000 repair job, was, on orders from London, moved to an American drydock for those repairs. And this happened in spite of the fact that the tender of the Vancouver drydock was appreciably lower than any others. How does Britain expect Canadians to enter, with any degree of enthusiasm, into a celebration to promote inter-Empire trade when a British firm discriminates so flagrantly against Canadian institutions in favor of American ones?

OWL-LAFFS

WHY NOT?

"Your wife is talking of going to Europe this summer. Have you any objections?"

"No, certainly not. Let her talk."

Oh progress, how much grafting is done in they name!

Rock-a-bye baby, on the tree top
When you grow up, we'll make you a cop.

Some of our modern wives are more skillful in spending rolls than in baking them.

When duty calls a lot of folks suddenly become hard of hearing.

BUILD A LITTLE FENCE

Build a little fence of trust
Around to-day,
Fill the space with loving work
And therein stay,
Look not between it's shel'tring
Bars upon to-morrow,
But take whatever comes to thee
Of joy ad sonrrow.

The world may owe every man a living but it often defaults in the payment of it.

In a village everybody belongs to the church except the local millionaire. He doesn't belong to it; it belongs to him.

The boss never asks you to worry and fret. That's your own idea.

A friend is one who can forgive you for everything except climbing above his level.

When a man is born people say: "Poor mother". When he marries they say: "Poor bride". When he dies they say: "Poor widow."

House-owner (looking over fence): "Is this your ball?"

Anxious Golfer: "Er-any windows broken?"

House-owner. "No."

Golfer: "That's my ball, then."

Anybody can make a house but it takes a woman, a baby and a puppy to make a home.

Ruth. "I noticed your husband was frothing at the mouth this morning. He must have a terrible temper."

Winie: "It's not that. I fed him Lux this morning by mistake, instead of corn flakes."

When you say Bill can't stand prosperity, you mean he is spending money the way you would if you had it.

Smiles pay dividends on the dullest days.

A LITTLE CHILD SHALL LEAD

A little child had faith in me
And trusted me when others scoffed,
How soft his little hand in mine
What music when he laughed!

Could I destroy that faithful trust,
Or ever bear his scorn to see?
"O make me over, God," I cried,
"O make him proud of me."

He: Let me kiss you under the mistletoe.

She: Say, I wouldn't let you kiss me under an anaesthetic.

Woman Plowing

She being married to the Soil
So long, has never known
A lover whow uold give her bread
To eat, instead of stone.

Day after day she wonders, as
She plows with low-bowed head,
Why furrows make an endless grave
For all her dreams, born dead.

O she would gladly lie with Death
And yield him blood and bone—
But he'd return her to the Soil,
Forever as his own.

—Robert Liddell Lowe in The World To-morrow.

The old-time girl was usually a clinging vine. The modern girl is usually a rambler.—Louisville Times.

Americans touring Brazil were chased by some wild men who sang, shouted and danced. Has the Florida real-estate boom moved farther south?—Kay Features.

When Food Sours

About two hours after eating many people suffer from sour stomachs. They call it indigestion. It means that the stomach nerves have been over-stimulated. There is excess acid. The way to correct it is with an alkali, which neutralizes many times its volume in acid.

The right way is Phillips' Milk of Magnesia—just a tasteless dose in water. It is pleasant, efficient and harmless. It has remained the standard with physicians in the 50 years since its invention.

It is the quick method. Results come almost instantly. It is the approved method. You will never use another when you know.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

DO YOU STAMMER? [illegible] THE ARNOTT INSTITUTE BERLIN, ONT., CANADA

We Watch With Interest

All Canada Keeps An Eye On the New Steps Taken by Saskatchewan

The Western provinces are awaiting with interest the outcome of Saskatchewan's latest and greatest step in public health organization in rural and semi-rural districts.

"Full Time Health District Number One" was organized just a few weeks ago. It unites eight rural municipalities, fourteen villages and one town—Gravelburg—in a fight to prevent disease. It will be run very much like the health department in a big city, and will employ a full-time medical officer of health, a public health nurse and a sanitary inspector.

This development is quite in line with the most advanced thinking in public health circles, where it is commonly accepted that the present system of taking care of public health in rural communities especially, is, in the words of one eminent authority, "antiquated and inadequate." This new Saskatchewan unit is expected to achieve the same results as have been achieved in, for example, Quebec, where the death rate has been lowered in several communities by similar "county health units," while at the same time much sickness has been prevented.

Saskatchewan already has the lowest death rate in the British Empire, and it is felt that this forward step will be but the first of many to be taken in the near future.

Under the Public Health Act passed in 1928 the municipalities served by these units are to bear one half of the cost, while the other half, for the time being, is being divided between the provincial government and the Rockfeller Foundation.

It is estimated that the cost to the taxpayers for this first-class health protection will be only thirty-five cents per person per year!

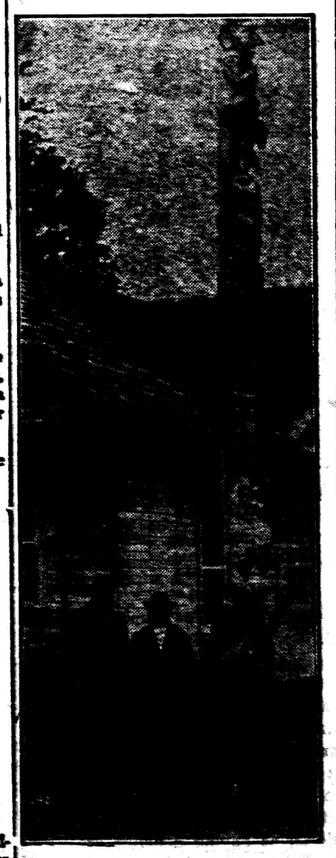
Not For Sale

Victoria Times (Lib.): Once again a member of Parliament at Ottawa has suggested that Canada should annex the West Indies. There was a suggestion some time ago that the British West Indies might be traded off to the United States as part payment of Great Britain's debt to the republic. . . . People who talk about annexing and trading countries which do not belong to them seem to forget an important point. They leave out of the question the feelings of the people who would have to be included in the transaction. When the people of the West Indies ask to be annexed by Canada or sold to the United States it will be time enough to consider the proposal seriously.

Simplicity

Purity and simplicity hold converse, at every moment, with their Creator.

"Before accepting you, ought to tell you one of my parents is in prison." "Oh, that's all right. Both of mine ought to be."



Vice Regal Totems

Their Excellaccies Lord and Lady Willingdon are photographed with "Captain Jack" who, on behalf of the Indians of Friendly Cove, presented them with the forty-foot totem pole on the occasion of their tour of the west coast of Vancouver Island on the initial voyage of the Canadian Pacific S.S. Princess Norah.

Canada and the Tariff

Ottawa Journal (Cons.): The first duty of a government, the fundamental duty, is to look after our own citizens. That is the duty to which those by the administration of the United States. And Canada has to face and check as far as possible, but chiefly by making the best of ourselves. All that Canada can do, and what she should do, is to look a little out of the book of the United States and look after Canadian affairs. There is no question at all of retaliation. Neither is there room for the slightest of bad feeling. All that the situation demands is that the Government of this country take sensible and courageous steps to meet the conditions the new United States tariff will create. That should be done, not in bitterness or anger, but promptly, intelligently and effectively.

NO MEDICINE LIKE BABY'S OWN TABLETS

Once a Mother Has Used Them She Will Use Nothing Else.

To once use Baby's Own Tablets is to use them continually—that is as long as there are young children in the home. That is the testimony given us by mothers from all parts of Canada. They all say that they know of nothing to equal the Tablets, that they find them safe and efficient and at the same time pleasant to take.

Mrs. John Hollinworth, Maidstone, Ont., writes:—"I have three children, the eldest fourteen and the youngest nine months old. I have always used Baby's Own Tablets for them and have found no other medicine to equal the Tablets as a relief for the many ailments of childhood."

Baby's Own Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach. They drive out constipation and indigestion, break up colds and simple fevers and make the cutting of teeth easy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. William's Medicine Co., Brockville, Ont.

Ceyon Jungle To Raise Food As Farm Colony

Employment for Middle-Class Islanders to Be Found on Land

Colombo, Ceylon—The leasing out of blocks from 5 to 25 acres, partly with a permanent crop, probably cocoanut, partly with yams and other short life crops, as a means of providing employment for the middle classes in the country districts of Ceylon, has been arranged by the Forest Department. The land released for the purposes is low-lying jungle land in the Kalutara district.

The growing of gingili, chillies, mustard and other condiments, and of papaya and plaintain will be encouraged. In the larger allotments principal attention will be given to the growing of lucerne and fodder grasses.

The Department of Agriculture hopes to supply the required stock of superior quality and to supervise rearing conditions in all stages of growth and marketing.

Middle-class farm settlers will be given lessons in the most modern methods of poultry farming adapted to local conditions. Literature and instruction will also be available on such subjects as the preservation of products of milk, butter and cheese. Cottage industries, suitable for woman and children, will have the necessary attention at the rural agricultural school of each colony.

It is expected to draw 10 per cent. of the return in cash or kind of all allotments, which yield beyond a certain measure, as an interest upon the stocks and seeds supplied free of cost by the Department of Agriculture. Where necessary, the taxed produce will be sold at the market of the colony and a reserve fund created for the establishment of a crop and stock insurance scheme, which will be run in conjunction with a co-operative credit society.

In the manner described above, it is hoped to establish, in the healthier parts of the island, self-contained colonies of middle-class folk who would otherwise be unemployed.

1,000 Death Toll Feared In Persian Earthquakes

Askhabad, Russian Turkstan—Earthquakes which shook the vast stretches west of Samarkand, once the capital of Tamerlane's Oriental empire, were believed to have taken a heavy toll of life and property.

Unconfirmed reports said 1,000 persons perished in three Persian towns alone, while eleven were killed and forty injured in this cicinity as four successive tremors brought down houses and buildings in many villages. One person was killed in this city and twenty-six injured. Ninety houses were demolished.

The Russian Turkeston government, on request of Persian officials, rushed aid across the border into Persia where the damage and loss of life was believed greatest. Isolation of many of the affected areas accentuated the relief problem.

Use Minard's for the rub down.

People who prize the finer things of life usually demand Red Rose Orange Pekoe Tea. A money-back guarantee with every package.

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good

HELP WANTED

Many openings at $25 weekly guaranteed for men, women or older young persons. Either in our nearest branch or spare time. Light pleasant work for either sex. Illustrated booklet sent anywhere, for stamp.

Companions of the Cliff

It has cleared, and the sun is shining with a luminous warmth that makes the whole island glisten with the splendor of a gem, and fills the sea and sky with a radiance of blue light.

I have come out to lie on the rocks where I have the black edge of the north island in front of me, Galway Bay, too blue almost to look at, on my right, the Atlantic on my left, a perpendicular cliff under my ankles, and over me innumerable gulls that chase each other in a white circus of wings.

A nest of hooded crows is somewhere near me, and one of the old birds is trying to drive me away by letting itself fall like a stone every few moments, from about forty yards above me to within reach of my hand.

As I lie here hour after hour, I seem to enter into the wild pastimes of the cliff, and to become a companion of the cormorants and crows. Many of the birds display themselves before me with the vanity of barbarians, performing in strange evolutions as long as I am in sight, and returning to their ledge of rock when I am gone. Some are wonderfully expert, and cut graceful figures for an inconceivable time without a flap of their wings, growing so absorbed in their own dexterity that they often collide with one another in their flight, an incident always followed by a wild outburst of abuse. Their language is easier than Gaelic, and I seem to understand the greater part of their cries, though I am not able to answer.—J. M. Synge, in "The Aran Islands."

Minard's Liniment for cuts and bruises.

Expectations

It is very difficult to know just how much we ought to expect from our fellow-men, but it is far better to err on the side of expecting too little than too much. It is so easy to make too little allowance for deficient training for unfavorable circumstances, for incapacity, for inexperience.

What Will you do

When your Children Cry for It

There is hardly a household that hasn't heard of Castoria! At least five million homes are never without it. If there are children in your family, there's almost daily need of its comfort. And any night may find you very thankful there's a bottle in the house. Just a few drops, and that colic or constipation is relieved; or diahhrea checked. A vegetable product ;a baby remedy meant for young folks. Castoria is about the only thing you have ever heard doctors advise giving to infants. Stronger medicines are dangerous to a tiny baby, however harmless they may be to grown-ups .Good old Castoria! Remember the name and remember to buy it. It may spare you a sleepless, anxious night. It is always ready, always safe to use; in emergencies, or for everyday ailments. Any hour of the day or night that Baby becomes fretful, or restless. Castoria was never more popular with mothers than it is to-day. Every druggist has it.

Fletcher's CASTORIA

Classified Advertisements

BABY CHICKS

SINGLE COMB WHITE LEGHORN Baby Chicks, bred for high production for 26 years. Prices for May 14c, June 12c, July and August 10c. Delamere Poultry Farm, Stratford, Ontario. Estab. 1903.

A-1 BABY CHICKS. WE HATCH four varieties, price 9c up. Write for free catalogue. A. H. Switzer, Granton, Ontario.

INTERNATIONAL MOVERS

BEST EQUIPMENT, LATEST METHODS, uniform return load prices. All goods insured. We move you when you want to move. Make your enquiries now. Pioneer distance movers. Agents in principal cities of eastern States and Canada. Bill The Mover, Hamilton and Toronto.

PEDIGREED HOGS.

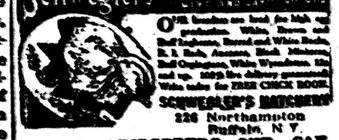
LAKEWOOD BEACH FARMS HAVE a few fine grade and registered Poland China sows bred to our LAKEWOOD SUNRAY, son of SUNRAY, the world's champion sire of 4 double-ton litters, assisted by ONTARIO KING, who is also an imported hog of excellent breeding and quality. Our prices are right. Farms located 4½ miles south and east of Amherstburg. Address all correspondence to LAKEWOOD BEACH FARMS, 530 Buhl Bldg., Detroit, Michigan, or call Amherstburg 617 Ring 12.

GRATIS—(LITTLE FRIEND TO either sex) mailed in plain envelope. Paris Specialty Co., Casier 2422, Montreal, Que.

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time. Good pay. Work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

Marrying an heiress is almost as unsatisfactory as any other get-rich-quick scheme.

Schweglers "THOROBRED" BABY CHICKS



Over [illegible] White, Brown and Buff Leghorns, Barred and White Rocks, R. I. Reds, Anconas, Black Minorcas, Buff Orpingtons, White Wyandottes. Mix and up. Ship to you C.O.D. Delivery guaranteed. Write today for FREE CHICK BOOK.

SCHWEGLER'S HATCHERY
226 Northampton
Buffalo, N. Y.
Box 878, BRIDGEBURG, ONT., CAN.

Protect your skin, scalp and [illegible] infection and assist the pores in the elimination of waste by daily use of

Cuticura Soap

25c. Everywhere

Aching Feet

Swollen and sore from a day's strenuous work can be relieved by Minard's. . . Bathe in warm water solution.

MINARD'S "KING OF PAIN" LINIMENT

Was In Bed All Summer

"I have to work in the store and do my own housework, too, and I got nervous and run-down and was in bed nearly all summer. The least noise would make me nervous. I was told to take Lydia E. Pinkham's Vegetable Compound and I have taken seven bottles. It has made me stronger and put more color into my face. I am looking after my store and housework and my four children and I am getting along nicely now." —Mrs. J. Malin, R. R. No. 5, Barton St. East, Hamilton, Ontario, Canada.

Lydia E. Pinkham's Vegetable Compound