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Dreaded anaemia can be banished!

IN middle life, when vitality is not as great as it once was, and the blood stream is naturally thinned and devitalized, anaemia easily lays hold on the system. At first, just a tired feeling, it quickly results in bodily weakness that ordinary tonics cannot avail.

Dr. Williams' Pink Pills then become a wonderful aid. They supply the necessary oxygen to the blood, increase the blood count and renew waning vigor.

"I was seized with anaemia," writes Mrs. Charles Lambert of Port Hope, Ont., "and was in a very bad state. As a girl I had taken Dr. Williams' Pink Pills for a run-down condition and decided to take them once more. Again the result was marvellous. In a little while I was fully well again."

You cannot begin too early to check anaemia. Dr. Williams' Pink Pills are sold at your druggist's or by mail, postpaid, 50 cents, from The Dr. Williams Medicine Co., Brockville, Ont.

S45

50¢ PER BOX

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

When Dearth Means Prosperity

Vancouver Sun (Lib.): Wheat-growers are jubilant. The price of wheat is soaring; many farmers who had a very dark outlook are now expeting a prosperous harvest. And why? Because . . . the wheat crop is below normal. Bad weather conditions have cut down the expected yield. Hence price sare going up. Industry strives for the greatest possible production. Agriculture is compelled to point the other way. A time of plenty is apt to he a time of hardship. A time of dearth is apt to mean prosperity. Right there is a "farm problem" worthy of a good deal of attention.

The Young Plan

New York World: The Young plan is realistic if one overlooks the unrealities of French policy which are its premise. But the British, as we now can see, are striking at the unreal premises. They are insisting on an end of French diplomatic privilege in European affairs, and in this insistance they have set their feet on a path which, though difficult, dangerous and inconvenient, leads to a final liquidation o fthe war.

The correct length of the skirt for daytime wear will be three inches below the knee. For dressy afternoon and evening wear the skirt proper varies in length from 8 to 15 inches from the floor. Trailing lines are obtained by godets and flounces which often form a slight train.

LUXO
FOR THE HAIR
Ask Your Barber—He Knows

Eighteen Day Trail Ride

The remote Columbia Ice Fields, north of Lake Louise, was the objective this year of the major Trail Ride of the season. These fields are claimed to be the largest body of ice south of the Arctic circle, covering 263 square miles in area whose waters flow into three oceans. Only experienced trail riders are permitted to take this strenuous trip for which they must possess at least the silver button emblematic of 100 miles of trail riding. The trip from start to finish took eighteen days to complete. Picture shows two of the hardy trail riders, W. L. Payne, London, England, and Louis Prevost, of Montreal with Guy Thomas, Brewster's guide, on right, together with a section of the Columbia Ice Fields.

The Sealing Saga Of Newfoundland

Told By Capt. Robt. A. Bartlett in the National Graphic Gives Many A Thrill

LOST IN A STORM

On March 7, the port of St. Johns, Newfoundland, is black with men. On that day the sealing fleet sails for the annual hunt. Eight ships, with 2000 picked men, steam down the harbor. Whistles scream God speed, bells ring out, cannons fire salutes. I have been with the sealing fleet 19 times, and on almost as many Arctic expeditions with Peary and others. Sealing is certainly more dangerous than Arctic exploring.

The best sealing trip I ever made was in the Bonaventure, my first steel vessel. The details of it gan go for the other sealing trips, too. We started out against a 60 mile wind, taking waves clean over the bridge. In no time the ship was one solid block of ice.

Next day we reached calm water under the weather edge of the ice. For a while we made good progress through leads in the ice, but finally were jammed. We had to resort to all the old tricks—putting out men to break trenches in the ice with axes and dynamite, backing, and charging with our armored prow. And so at last we got through to ice where lay a great patch of seals. Imagine yourself in Central Park surrounded by thousands of sheep and new-born lambs. This is what it looked like.

I put four crews—234 men—on the ice. They began killing and panning the seals, knocking them on the heads with a gaff, removing the sulps or pelts, and hauling them to markers. Markers are colored flags, like golf flags, stuck in the ice at each pile of sculps, so that the ship can come to pick them up.

The crews killed some 8000 seals that first afternoon—all young ones, because the "white-coats" are the sealer's first choice. For three full days the work went on from daylight to dark. On the fourth day a furious gale sprang up, with blinding snow and freezing weather, and only by the greatest labor did we salvage 26,6000 of the pelts scattered on the ice pans. But that was the biggest catch, except one last year, ever brought in from the Gulf of St. Lawrence.

Sealing is a hard life. Men on board a sealer are jammed like sardines. Going out, every available bit of space is filled with coal, ice-fighting equipment, sealers chests and gear. If we get a quick "pick-up," many of the men are "burned out" by a big cargo of skins, which takes up their bunk space, and they've got to double up in already crowded quarters. There is some relief in the watches, when one man is out and another can use his berth.

A sealing ship carries provisions for two months and a half—potatoes, codfish, flour, meat, tea, and molasses to sweeten the tea, turnips and beans. Could some of the old sealing crews take a look at these provisions, they'd think the business was ruined by luxurious living. They had nothing but hard biscuit and tea, pork and duff, with little grease in the duff. No soft bread whatever.

On ship we have what we call Solomon Goss's birthday. He has a birthday three times a week. On these days for the noon meal we get duff. For duff, flour (a barrel to a batch) is stirred with water, currants, and molasses. With a blade like a canoe paddle, the cook mixes it into a paste and adds fat from boiled pork as shortening. The dough is then packed into smal canvas bags and boiled for two or three hours. Pork is boiled alongside the duff, and when duff and pork are ready the cook calls the roll and hands it out.

On Sunday morning the crew gets 'brose"—boiled bread and codfish with pork gravy spread over it. Butter, fresh beef, salt fish, potatoes, and turnips are whacked out to the men at different times and they prepare meals for themselves except on Solomon Goss's birthdays. When we get among young seals we boil or fry the seal meat. With onions and butter, I like it better than porterhouse steak and in the North it prevents scurvy.

Each man leaving the ship has on his back a "nunny" bag, in which he carries an orange or two to quench his thirst, some raw oatmeal mixed with sugar, a few hard biscuits, and a piece of seal or pork. This is his grub for a day on the ice.

A sealer must be quick and careful in his work. Every hole in a skin costs a man ten cents. A skillful worker can skin a seal in a minute, and a man who can kill, skin, and pan—that is, haul the pelts to a marker—120 in a day is a good hand.

One of the hardships of sealing is ice or snow blindness. Although all men carry goggles, and are lectured and threatened with punishment if they don't wear them, they are often careless. They raise their glasses, perhaps, to wipe the sweat out of their eyes and forget to pull them down again. Then, before they realize their danger, they are blind. I don't know of any worse sensation. It is like having sand thrown in the eyeballs. Water runs out of the eyes. With a good dose of it, men have almost become insane.

Then, again, there is the danger of falling into the water when a long distance from the ship. Here is a sealer who has slipped into the water. He has "gone down till his cap floated" and he is soaking wet. His "buddy" has fished him out with a gaff. A gale of wind is blowing—freezing weather and no shelter. But he has to get those wet clothes off or have them freeze on him as stiff as the pillar of Lot's wife. The two seek the biggest pinnacle of ice, and in the lee of it the wet man strips off his clothes. His buddy lends him all the clothes he can spare, while they wring out the wet ones. Then he must haul the clothes back on—an awful task.

The chance of losing his men on the ice in a fog or blizzard is a work that always besets a captain. It must be remembered that this work goes on at the worst time of year, when gales of wind and snow are the usual thing. Every morning a skipper must decide whether to put his men on the ice or not, and the decision is often fraught with anxiety. In 1914 the steamship Newfoundland put its men ashore just before a terrific blizzard. When the weather cleared next day, 77 men had been lost, frozen while they attempted to get back to the ship. On another trip the Greenland lost 48 men during a storm. Often, too, in a storm, the ship itself gets "nipped" in the ie and is sunk. Of 57 famous sealing steamers, 29 have been lost.

What do the men get out of all this hard work? The vessel may make a quick pick-up and be through in a few days; again, vessels have been out two months and returned without a seal. The only guarantee a sealer gets is food and a "crop note," an advance of $9. One-third of the net earnings is divided among the crew. Shares have run as high as $238, but the average is about $60.

When the skins reach St. Johns, the valuable fat is scraped from them and reduced to a fluid state. Later this oil is used in the American soap industry. The skins themselves are tanned and used for various leather goods. The skins of this kind of seal are not used as furs.

The next time you enter a leather goods store to buy a pinseal pocketbook, hold the article in your hands and think of this story. Think of the seals tossing on the ice pans of the Newfoundland coast in hurricane weather. Think of the hardy men who risk their lives walking on the ocean to take the pelts. Think of the strong Newfoundland vessels that bring them home to supply the world with pinseal novelties and purses for its valuables.

When Pain Comes

What many people call indigestion very often means excess acid in the stomach. The stomach nerves have been over-stimulated, and food sours. The corrective is an alkali, which neutralizes acids instantly. And the best alkali known to medical science is Phillips' Milk of Magnesia. It has remained the standard with physicians in the 50 years since its invention.

One spoonful of this harmless, tasteless alkali in water will neutralize instantly many times as much acid, and the symptoms disappear at once. You will never use rude methods when once you learn the efficiency of this. Go get a small bottle to try.

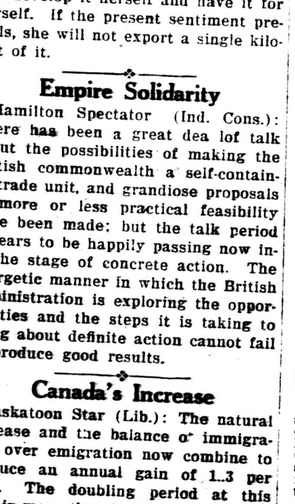
Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

Lights on Horse-drawn Vehicles

Le Canada (Lib.): There can be no doubt that if every farmer agreed to carry a light of some kind or other attached to the rear of his art when he wa son the main road, it would contribute to a greater degree of safety with evening traffic. It would be of particular assistance in certain cases of cars meeting when the headlights of an automobile coming in the opposite direction prevent, even when they are dimmed; one seeing the cart which is directly in front of one's own car, and it is seen often enough too late.

IS THERE A BABY IN YOUR HOME?

Is there a baby or young children in your home? If there is you should not be without a box of Baby's Own Tablets. Childhood ailments come quickly and mean should always be at hand to promptly fight them. Baby's Own Tablets are the ideal home remedy. They regulate the bowels; sweeten th stomach; banish constipation and indigestion; break up colds and simple fevers—in fact they relieve all the minor ills of little ones. Concerning them Mrs. Moise Cabotte, Makamik, Que., writes.. "Baby's Own Tablets are the best remedy in the world for little ones. My baby suffered terribly from indigestion and vomiting, but the Tablets soon set her right and now she is in perfect health." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



"An aviator's wife approves air pockets because one can go through them at night without a light."

The St. Lawrence Waterway

Vancouver Province (Ind. Cons.): The question of electric power is an important one. Canada will get more power out of the development than the United States, but this is because she has a great many more miles of river than her neighbor. On the international section, the power will be divided equally between the two countries. To the power on the Canadian section our Amerian friends haven't the slightest trace of a claim. Canada will develop it herself and have it for herself. If the present sentiment prevails, she will not export a single kilowat of it.

Empire Solidarity

Hamilton Spectator (Ind. Cons.): There has been a great dea lof talk about the possibilities of making the British commonwealth a self-contained trade unit, and grandiose proposals of more or less practical feasibility have been made; but the talk period appears to be happily passing now into the stage of concrete action. The energetic manner in which the British administration is exploring the opportunities and the steps it is taking to bring about definite action cannot fail to produce good results.

Canada's Increase

Saskatoon Star (Lib.): The natural increase and the balance of immigration over emigration now combine to produce an annual gain of 1..3 per cent. The doubling period at this rate is more than half a century as it was before 1900. That is to say, it will be 1980 before Canada has a population of 20,000,000 unless the rate of growth is accelerated. It probably wil be. The opening of the Hudson Bay route, the exploitation of the minerals of the north, and the growth of trade with the Orient are have that effect.

Minard's Liniment—The King of Pain.

More cups to the pound, more flavor in the cup, more tang to the taste. That's what makes Red Rose Tea so popular. Every package guaranteed. 62

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good

Rotherhithe and Its Memories

The genus loci of Rotherhithe, like that of every other part of the fascinating congeries of amphibian communities, called collectively, Thamesside, is a possession peculiar to itself. It is a thing impossible to define with any exactitude, made up as it is of so many and such various components, appealing to each and all of the senses in turn; of sights, and sounds, and smells, pleasing and unpleasing alike—of chance-see names on street corners, or over warehouses, or on the fronts of waterside inns—of scraps of old history and old association—of the crying of gulls and the wash and gurgle of the tide under the wharves, and the comings and goings of ships along the centuries. And yet—vague and elusive and indescribable as it is—there is in it, none the less for that, something entirely individual and unmistakable; so that if any one familiar with the region in general were to be suddenly dropped down in a particular corner of it he had never seen before, he would probably be able to say and at once unerringly: "This is surely Rotherithe!"

It is not, perhaps, so historical a locality as Blackwell, or even as its own near neighbor, Deptford—although, as shall presently be seen, it has associations in this sort by no means to be despised. It is not ecaly like Wapping, nor leathery like Bermondsey. . . Its predominant smell . . . so to speak—is that of lumber. . .

You may walk its streets all day and seldom see a black face, or a yellow, or a brown. Its romance is the world-old romance of sea-faring, and commerce, and toil. It is an honest place, a workaday place, and—for all its superficial covering of London grime—a cheerful place. . .

There are pleasant glimpses to be caught of the river and its busy traffic, or funnels of many colors and the flags of many nations, of bustling tugs, of the brown sails of barges—even, once in a way, of a square-rigger, a fair lady of old time. . . . There is a sudden vignette, perhaps, of a swan sailing, incredibly white, amazingly aloof, among the crowded shipping. There are old, rickety, leaning riverside inns whose names are the names of battles long ago, or of East Indiamen whose timbers have long been dust. There are tarry odours from dark caverns where barges have been built for generations—now, alas! given over to the construction of the dumb barges and lighters which are slowly but surely displacing the picturesque brown sails of tradition. There are ancient watermen's shops, all but deserted, yet where you may still, now and then, get a boat to put you over the water as in days gone by.—C. Fox Smith, in "Ancient Mariners."

Stop Colds with Minard's Liniment.

A GOAL

The man who conquers is the one who moves steadily, persistently, everlastingly toward his goal, unmindful whether the goal is always in sight or not.

The leading French style dictators have adopted eggshell, white, black and purple—the latter running to the dahlia shades—for normal evening wear.

She looks 20 years younger

"I have taken Kruschen Salts for 7 years, and enclose my photo at 50, to ask your opinion of my record. I have been married 30 years, have 3 sons, 29, 25, 19; also 2 grandsons, 6 and 20 months. I put down my youthful appearance to Kruschen Salts taken each morning. I should never think of starting the day without taking them.

"I am 5ft. 5in. in height, weight 119 pounds. I can assure you my husband is very proud of me." Mrs. A. R.

Original letter on file for inspection.

To preserve your youthful charm you must preserve your health. Charm and beauty are mainly a matter of health, so are vitality and vigour. All will be yours if you pin your faith in the "little daily dimeful." Start to-morrow, and you will feel years younger before you are many days older.

Kruschen Salts is obtainable at drug and department stores in Canada at 75c. a bottle. A bottle contains enough to last for 4 or 5 months—good health for half-a-cent a day.

Classified Advertisements

TWO STEAM PUMPS, IN PERFECT condition; large capacity. Watkins, Room 421, 73 Adelaide St West Toronto

HEINE STEAM BOILER, 150 H.P., very cheap, apply Watkins Room 421, 73 Adelaide Street West Toronto.

COMPASSION

There never was any heart truly great and dangerous, that was not also tender and compassional; it is this noble quality that makes all men to be of one kind; for every man would be a distinct species to himself were there no sympathy among individuals. —South.

GIRLS WANTED

HAIRDRESSING AND BEAUTY CULTURE

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WE OFFER THE MOST UP-TO-DATE COURSE IN CANADA.

Hundreds of satisfied graduates. Write for free booklet.

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Cheaper or Better
Write for Catalogue
T. W. BOYD & SON
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$30 weekly AT HOME

Women Earn up to to $30 weekly, sewing, spare time. House Frocks Home, plain easy sewing, experience unnecessary, materials ready cut, instructions furnished. Dress Specialty Co. Dep. E 445 St. F. Xavier, Montreal

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Well equipped for publishing and printing, doing good business. Must have substantial down payment. Good reason for selling.

Apply Box 8,
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Shorthand and Typing in 10 weeks home study

"Speedhand"—simplified shorthand—and typing mastered in spare time at home. Easier to learn and write. Typewriter supplied. Write for Free Lesson TODAY
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Stop Sneezing

Nip that cold in the bud with Minard's. Heat and inhale.

MINARD'S "KING OF PAIN" LINIMENT

Children Cry for Fletcher's CASTORIA
A BABY REMEDY
APPROVED BY DOCTORS
FOR COLIC CONSTIPATION, DIARRHEA

FARMER'S WIFE GETS STRENGTH

By Taking Lydia E. Pinkham's Vegetable Compound

Wilton, Ont.—"I am taking Lydia E. Pinkham's Vegetable Compound through the Change of Life. It helps me and I cannot praise it too highly. I was troubled with heat flashes and my limbs were heavy so I could hardly walk to do my farm work. I saw in the newspapers your ad about the Vegetable Compound and thought to give it a trial. The first bottle gave me relief and I have told others what it does for me. I am willing for you to use my letter if you choose."—MRS. D. B. PETERS, Wilton, Ontario.

Ask Your Neighbor