NEGLECTED ANAEMIA

Often Leads to the Most Serious Consequences.

In no disorder is delay or neglect more dangerous than in anaemia. Usually the first noticeable signs are pale lips and cheeks, dark rims under the eyes and a feeling of weariness. Then follow headaches, backaches, palpitation and breathlessness. The only way that anaemia can be overcome is to enrich the blood, and it is because of their wonderful blood-enriching and blood-making properties that Dr. Williams' Pink Pills have won such great success in the treatment of this often most stubborn disease.

Thousands of young girls who were in an anaemic condition owe their present good health to Dr. Williams' Pink Pills. One of these, Miss Katie McEachern, Port Hood, N.S., says:—"I praise the day I began the use of Dr. Williams' Pink Pills. I had not been feeling well for some time. I was very pale, had severe headaches, dizzy spells, and occasional fainting spells. The least exertion would leave me tired and breathless. In this condition I began taking Dr. Williams' Pink Pills. I continued their use until I had taken six boxes, by which time I was again enjoying good health. I hope my experience will lead other sufferers to give this medicine a fair trial."

If you are at all run-down, or weak, you should begin at once to take Dr. Williams' Pink Pills and you will soon be well and strong. These pills are sold by medicine dealers or will be sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

Need of Forest Policy

Few people realize the urgent need which exists for a forest policy in Canada. The economic facts are that the forest is second only to agriculture in production of commodity values, and it contributes to-day one-quarter of Canada's total export trade. Therefore, continued depletion of raw materials essential to the well-being of the forest industries is a direct menace to our national prosperity.

YES OR NO

A parliamentary candidate in a rural district made the following remark in the course of his address: "There is no question in the world which I cannot answer with just 'yes' or 'no'."

An old farm laborer jumped up and said: "Please, maister, might I ask 'e a question?"

"Certainly, my good fellow," said the candidate.

"Well, then, maister," said the old farm hand, "what's the time?"

The influx of Mexican peons into the United States would indicate that there is one border of that country that needs hemming.

In the days of Cromwell fine quality tea cost as much as thirty dollars a pound. To-day, you only pay a few cents more for Red Rose Orange Pekoe than for ordinary tea, but you get the highest quality and greatest value. Put up in clean, bright aluminum packages.

Cute in a Baby—Awful at Three —and it's Dangerous

by Ruth Brittain

Thumb sucking does look sweet in a baby, but it is disgusting in the three-year-old and sometimes it hangs on until fifteen or sixteen! The habit may cause an ill-formed mouth or induce adenoids; and it always interferes with digestion. Pinning the sleeve over the hand; attaching mittens, or putting on cardboard cuffs, which prevent bending the arms at the elbows, are some of the ways to stop the habit.

Another bad habit—irregularity in bowel action—is responsible for weak bowels and constiuation in babies. Give the tiny bowels an opportunity to act at regular periods each day. If they don't act at first, a little Fletcher's Castoria will soon regulate them. Every mother should keep a bottle of it handy to use in case of colic, cholera, diarrhea, gas on stomach and bowels, constipation, loss of sleep, or when baby is cross and feverish. Its gentle influence over baby's system enables him to get full nourishment from his food, helps him gain, strengthens his bowels.

Castoria is purely vegetable and harmless—the recipe is on the wrapper. Physicians have prescribed it for over 30 years. With each package, you get a valuable book on Motherhood. Look for Chas. H. Fletcher's signature on the wrapper so you'll get the genuine.

Must Develop Empire Markets

Empty Spaces of Dominions Need More British People

EMIGRATION

London Paper Says Prosperity of Workers Depends on Policy

London.—The first tangible results of the post-war trend will be seen in four or five years' time," says the London Daily Express, "when the recruitment of labor will be considerably decreased. At the same time, the new scheme of pensions at sixty-five means an inevitable cutting down in numbers at the other end of the labor scale.

The immediate result wil be a taking up of the slack in the unemployment line and a sense of well-being throughout the ranks of he employed.

Unfortunately the situation will not be allowed to rest there. Under the pressure of the birth control campaign, unless it is checked, the birth rate will continue to fall. Fanciful as it may seem, we might eventually come to a labor shortage—a consummation to be hoped for only until the full consequences are seen. Even the prospect of imported labor is not beyond the realm of probability.

But in the years ahead the prosperity of the country, and particularly of the industrial workers, depends supremely on one factor—the power to develop and hold the Empire markets. To do that the vast empty spaces of the Dominions must be populated by a preponderance of the British race.

There is no other way. We have carved our own destiny as a nation-bearing people. We must send out from these islands not thousands but tens of thousands of our men and women every year. It is the price and opportunity and glory of Empire sitizenship.

Shorn of the Empire—and unless we can people our Dominions we will not hold them—we sink in importance and power and wealth until once more our industries will not support the population, no matter how the birth rate has reduced its numbers.

These are crude facts presented without elaboration or sentimentalism. But as a people we have never lacked the courage to think in decades rather than in days. It is that sense of the centuries, so markedly the British heritage, taht should point the human and national warning of the empty cradle.

Statistician's View.

"H.F.H.," in the first number of The Statistician, the organ of the Society of Statisticians and Accountants, writets about an overlooked "fallacy" of the birth and death statistics published from time to time. "Standardized" death-rates are those which would have been recorded if the sex and age constitution of the population had been the same as in 1901. He says:

Throughout the country, local authorities are reporting, with satisfaction, rapidly declining death rates. In England and Wales the rate (standardized), per 1,000 of the population has fallen consistently, as the following figures show:

Average: 1871-1880, 20.3; 1881-90, 18.6; 1891-1900, 18.1; 1901-10, 15.2; 1911-20, 13.5; 1921-25, 10.9; year 1926, 10.1.

Not so happy though—at least so many people believe—is the comparatively rapid fall of the birth-rate, which has declined as follows:

Average: 1871-18880, 35.4; 1881-90, 32.4; 1891-1900, 29.9; 1901-10, 27.2; 1911-20, 21.8; 1921-25, 19.9; year 1926, 17.8.

The majority of reviewers of the vital statistics find consolation in the fact that the "survival rate"—that is the births minus deaths—is still on the right side. This argument is all very well so long as the death-rate remains at the present low figure, or further declines. Here, however, lies the fallacy.

The Registrar-General's department has calculated that the average expectation of life of every child born is, according to the new life tables, 55.6 years for males and 59.8 years for females, which is some seven years longer than the experience of fifteen years before, and 12 years longer than a generation ago. Yet the death-rate is 10.1 per 1,000 of the population "standardized,' or 11.6 "crude." This gives an average age at death on the present population of 86 years on the 'crude" rate, and nearly 100 on the "standardized"!

How, then, can the expectation of life figure be reconciled with the average age at death as measured by the present death-rate? It cannot; it is only a question of time before the two figures come more nearly into agreement. The next forty years will prove this contention.

More Deaths.

The death-rate cannot remain at its present low figure; the greater longevity of the population is masking the true position, a longevity which follows a score of years of great health reforms, leaving so much less scope for similar improvement in the future. The most remarkable improvement has been made in the saving of child life; for instance, the "standardized" death-rate per 1,000 of the age-group 0 to 5 years has declined from 66.0 in 1895 and 51.2 in 1906 to 23.3 in 1926.

Even if specific cures for the principal couses of death, such as heart disease, bronchitis, pneumonia, cancer, diseases of nervous system and tuberculosis, are found, it remains nothing short of a Utopian idea to expect an average age at death to exceed three score and ten.

Eventually a "standardized" death-rate of about 14 per 1,000 (for 15 to 15 "crude" must obtain by which time the birth-rate will, in all probability, have fallen to that figure, if not below.

Unable to support properly his wife and nine children on the wages of a blast furnaceman, and discouraged by conditions in the Old Country, Thomas Booth of Scunthorpe, Lincs., looks to Canada to give him a return more commensurate with his labors. Having had considerable farm experience he decided to emigrate and he arrived in Canada this week on the White Star liner Calgaric. He will work a farm at Emo, Ont.

Gabby Gertie

"A girl who jumps at conclusions is always startled when the boy friend gives a hoop."

Value of Shelterbelts

The planting of shelterbelts on prairie farms in Western Canada has given appreciable results from an agricultural standpoint. The water-conserving power of the soil has been increased; better crops have resulted; and the protection from extremes of temperature and wind movements has enabled the introduction of the hardier fruits in many localities. Of particular importance is the additional moisture secured through the formation of snow drifts which, melting gradually in the spring, provide water after adjoining treeless areas have largely dried up.

Large Area of Forest Land

Of the total non-agricultural area of Canada about one-half can be made to produce timber crops if permanently dedicated, protected, and managed to that end. Investigation show that the only economic use for one-third of the land area is in the growing of wood.

NO MEDICINE LIKE BABY'S OWN TABLETS

For Either the Newborn Babe or the Growing Child.

There is no other medicine to equal Baby's Own Tablets for little ones—whether it be for the new born babe or the growing child the Tablets always do good. They are absolutely free from opiates or other harmful drugs and the mother can always feel safe in using them.

Concerning the Tablets, Mrs. John Armour, R.R. 1, South Monaghan, Ont., says:—"We have three fine, healthy children, to whom, when a medicine is needed, we have given only Baby's Own Tablets. The Tablets are the best medicine you can keep in any home where there are young children."

Baby's Own Tablets are a mild but thorough laxative which regulate the stomach and bowels; banish constipation and indigestion; break up colds and simple fever and make teething easy. They are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

OWL LAFFS

BY O.W.L. (ON WITH LAUGHTER)

First Twin—"What's the big idea? Setting on my husband's lap and necking with him."

Second Twin—"Don't blame me, Sis. I told him I wasn't you but he wouldn't believe me."

Sweetly Mated.

A license was issued for the marriage of Ebenezer Sweet and Jane Lemon. The inquiring reporter who got hold of the copy had a rhyming as well as inquiring instinct and he wrote it up:

"Behold how great extremes do meet
In Jane and Ebenezer;
For Jane's no longer sour but sweet,
And Eb's a lemon squeezer."

The only time a horse gets scared nowadays is when he meets another horse.

"What's the difference between a Scotchman and a cocoanut?"

"You can get a drink out of a cocoanut."

A shapely girl's idea of having good taste in clothes is to have as little of herself in them as the law will allow.

With a million or more laws and ordinances on our statute books now and with all the state legislatures and other law-making bodies busy grinding out more, why not adopt the Golden Rule, and scrap about half of the others?"

There may be splinters in the ladder of success, but you aren't likely to notice them until you're sliding down.

Don't throw away your old necktie. Possibly the Missus may want to make it over into a modern skirt.

Ten-year-old Richard had rescued a pal who had fallen through the ice while skating.

"Think what would have happened, Richard, if you had not had the courage and the presence of mind to pull him out!" exclaimed the rescued lad's mother gratefully.

"Yes," replied Richard feelingly, "I'd have lost my new skates. He had 'em on."

Son—"Daddy, who was Hamlet?"

Daddy—"Aren't you ashamed of your ignorance? Bring me the Bible and I'll show you."

Over $1,500,000,000 is at present invested in the motion picture industry. Where did all that money come from From your pocket and mine, of course.

Grocer—"Who broke the window when I was out?"

Delivery Boy—"The butcher did, sir He ducked when I threw a potato at him."

Minard's Liniment for Toothache.

Ailing Men and Women Need This Tonic

Poets *sing* of Spring, but practical-minded people, everywhere, turn at this time to the Doctor and the Druggist for help to build up run-down constitutions. And no better remedy can be taken than Buckley's TRU-BLOOD.

TRU-BLOOD, as its name implies, is a true *blood* tonic and a safe, sure, powerful corrective for all blood disorders, and rheumatic conditions as well.

But "TRU-BLOOD" is more than a blood purifier—its use eradicates the outward evidences of impoverished blood, such as pimples, boils, eczema, blotches and all other skin affections.

Buckley's OINTMENT, used in conjunction with Buckley's TRU-BLOOD, heals magically and leaves the skin smooth and soft.

Especially during the adolescent age, pimples and various forms of skin eruptions are likely to appear. They mar the complexion and cause untold anguish. The combined TRU-BLOOD and Buckley's OINTMENT treatment promptly corrects the condition and leaves the skin clear, smooth and colorful.

Most druggists can supply you with these proven Buckley products.

Tones the Blood **TRU-BLOOD** Clears the Skin

Corrugated Galvanized STEEL ROOFING
Direct from Manufacturers to Consumer. WRITE FOR PRICES.
W. E. DILLON CO., Limited
189 - 191 George St. - Toronto

ISSUE No. 18—'28

RED ROSE TEA "is good tea"

Red Rose Orange Pekoe is supreme

In clean, bright Aluminum.

18

Chinese Armies Open Offensive

Yenchowfu Invested by the Nationalist Troops, Says Gen. Chiang Kai-shek

Nanking, China.—The spring offensive of the Nationalist armies, with Peking, ancient capital of the Manchus, as its goal, has got under way with a rush.

From the theatre of war stretching fro mthe southern tip of the Province of Shansi to the coast, where almost three-quarters of a million men are in arms, has come the first word of fighting—an official communique from Hsuchowfu, Nationalist headquarters, reporting the capture of two important key cities in southern Shantung.

The communique, sent from the headquarters of Chiang Kai-shek, Nationalist Commander-in-chief says that Yenchowfu on the Tientsin-Pukow Railway line and Ichowful, on the Li Ho in southeastern Shangtung, have been invested by the Nationalist armies. Yenchowfu is approximately 70 miles north of the battle line which existed at the beginning of the spring offensive on April 7, while Ichowfu is about 35 miles north of that line.

Shanghai. — With the advent of spring, the long-talked-of Nationalist offensive against the north, in which probably 750,0000 men will be engaged, has opened on a 400-mile front and is rapidly advancing.

Minard's Liniment for insect bites.

Uses Made of Our Timber

Of the total of 2,500,000,000 cubic feet of standing timber cut in Canada annually during the period, 1922-6, the proportions put to various uses were approximately as follows: fuel-wood, 35 per cent.; lumber, etc., 29.8 per cent.; pulpwood, 21 per cent; railway ties, 7 per cent.; shingles, 2.5 per cent.; posts, poles, mining lumber, logs, and square timber exported, 4.7 per cent.

Corrugated Iron
ASK FOR
WHEELER & BAIN
"Council Standard"
A thick, even, heavy spread of galvanizing over every inch of surface. Deep corrugations. Agencies still open in some localities.
Write us, stating size of barn you want to cover.
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Don't Do This—

Use
LEONARD EAR OIL
An ear oil of great benefit in cases of Catarrhal Deafness and Head Noises. Simply Insert in Nostrils and Rub in gently back of Ears. Soothing and Penetrating. On the market since 1907, and many thousands have written of the relief obtained. This treatment is recommended by Dr. John Bergeson, the eminent Ear Specialist. Price $1.25 at drug stores. Folder about "Deafness" on request.
A. O. LEONARD, INC.
70 Fifth Avenue, New York City

Classified Advertisements

MOVING AND STORAGE.

HILL THE MOVER—PIONEER DISTANCE movers of Canada. Largest speedy padded vans. New Equipment, latest methods. Two experienced men every trip. All loads insured. Beyond compare for skill and care. Before you move, write us or wire and reverse the charges. Head office Hamilton, Ontario, Canada. Hill the Mover.

AGENTS WANTED

BIG OPPORTUNITY TO MAKE good money in your spare time, selling Hosiery and Underwear. Write Paragon K & T Mills, Dept. W., Toronto 2.

GOATS FOR SALE. SEVERAL VERY fine yearling, Toggenburg, grade does, ready for breeding in the Fall. Write for price list. O. R. Hanson, Cooksville, Ont.

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.

Sir Austen Chamberlain says that war between England and America is unthinkable, oil of which may be true, but then both England and America have some of the greaters unthinkers the world has ever known.—New York Evening Post.

SCHWEGLERS "THOR-O-BRED" BABY "LIVE AND LAY" CHICKS

Our breeders are bred for high egg production. White, Brown and Buff Leghorns, Barred and White Rocks, R. I. Reds, Anconas, Buff Orpingtons, White Wyandottes. 9c and up. 100% live delivery guaranteed. Write today for FREE CHICK BOOK.
SCHWEGLER'S HATCHERY, — NORTHAMPTON, BUFFALO, N.Y.

Cuticura
Loveliness
A Clear Healthy Skin
Insured by Every-day Use of Cuticura Soap

Toothache
Fill cavity with cotton soaked in Minard's. Also bathe the face. Quick and sure relief.

MINARD'S "KING OF PAIN" LINIMENT

WOMAN SO SICK COULD NOT WORK

Helped by Taking Lydia E. Pinkham's Vegetable Compound

Grainland, Sask.—"I am glad that I heard of that good Lydia E. Pinkham's medicine and I will not be without it again. I was so sick that I could not work at all and could not sew on the machine. My aunt told me of Lydia E. Pinkham's Vegetable Compound and now I am telling all of my friends how good it is and I will answer all letters I get from women."—MRS. MARY SCHULTIES, Grainland, Sask.

Indigestion

What most people call indigestion is usually excess acid in the stomach. The food has soured. The instant remedy is an alkali which neutralizes acids. But don't use crude helps. Use what your doctor would advise.

The best help is Phillips' Milk of Magnesia. For the 50 years since its invention it has remained standard with physicians. You will find nothing else so quick in its effect, so harmless, so efficient.

One tasteless spoonful in water neutralizes many times its volume in acid. The results are immediate, with no bad after effects. Once you learn this fact, you will never deal with excess acid in the crude ways. Go learn—now—why this method is supreme.

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.