Is your daughter enjoying life?

IT is just in her "teen age" that a girl should be getting the most fun out of life!—Yet so often it happens that girls of sixteen-to-twenty have outgrown their strength—are quickly tired, pale, nervous, generally run-down and unhappy!

These are sure signs of anaemia, a condition that results from thin, worn-out, under-nourished blood. Dr. Williams' Pink Pills have corrected this in thousands of girls. Here is the actual experience of Mrs. Ben Nicholas of Ericau, Ont.

"My daughter was in a run-down state. She was easily tired and did not wish to associate with others. As this was unnatural, I began giving her Dr. Williams' Pink Pills, and they soon made a strong healthy girl of her. Now she is as happy a girl as one would wish to see."

Start your daughter on this proven treatment now by buying Dr. Williams' Pink Pills at your druggist's or any dealer in medicine or by mail, 50 cents, postpaid, from The Dr. Williams Medicine Co., Brockville, Ont. 8-38

Dr. Williams' PINK PILLS

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"Man with 10 wives may be insane." May be?—Border Cities Star.

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The materials from which Smart's Mowers are made & the way they are made guarantee durable and satisfactory service. The keenest cutter your money can buy. Ask for a Smart's Mower by name.

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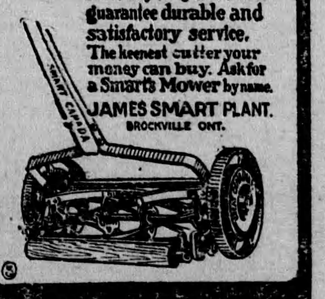

MOWERS

Extend Medical Service In North

Department of the Interior Will Establish Two More Stations in Arctic Canada

Realizing that the future development of Northern Canada depends to a large extent on the health and general well-being of the native population every effort is being put forth by the Department of the Interior to protect the Eskimos of the Far North. When the Department assumed charge of Eskimo affairs in 1927 one of the important steps taken was the decision to increase the number of medical officers among the natives. Two officers were stationed in the Arctic during 1928, one at Pangnirtung, Baffin island, and the other at Alkavik, Mackenzie River delta. This year a third post will be established at Chesterfield Inlet on the western shore of Hudson bay, and a fourth on the Arctic coast at the mouth of the Coppermine river.

Last pear Dr. L. D. Livingstone was sent North with the 1928 Canadian Arctic Expedition to the posts in the eastern islands of the Arctic archipelago and made his hearquarters at Pangnirtung on Baffin island. Later Dr. J. A. Urquhart proceede dto the western Arctic and established himself at Aklavik at the mouth of the Mackenzie river. When the 1929 Arctic Expedition leaves North Sydney, Nova Scotia, about July 20 on board the S.S. Beothic, it will include a ne wmedical officer to relieve Dr. Livingstone at Pangnirtung. The change will be made during the southern leg of the patrol and Dr. Livingstone will accompany the Beothic to Chesterfield Inlet where the materials and supplies will be landed for the new medical post. It is expected Dr. Livingstone will continue the trip on the Beothic to the home port and will submit his report to the North West Territories and Yukon Branch, at Ottawa. Later, probably in January 1930, he will set out for Chesterfield Inlet where he will remain as Departmental Medical Officer for a year or more. Plans for the establishment of the medical officer at the mouth of the Coppermine river are being formulated.

The Department of the Interior through its North West Territories and Yukon Branch, in addition is cooperating with the Department of Indian Affairs in maintaining medical officers at different points in the Northwest Territories. These officers, who are given the status of Medical Health Officers, are Dr. W. A .M. Truesdell, Simpson; Dr. C. Bourget, Resolution; and Dr. A. L. McDonald, Fort Smith, all in Mackenzie District. —Natural Resources.

Sovereignty in the Antarctic

Manchester Guardian (Lib.): If the airplane justifies itself in survey work there is every reason to hope that much more than the 4,000 miles at present known of a coast-line that is put at some 10,000 may be charted. And with a continent rapidly appearing, as it were ,out of the mist, after aeons of oblivion, it has occurred to some of the more ingenious minds in the press fo America to start a discussion on the question of annexing it. Does the fact of reaching and naming hitherto unknown iand attach it to the nation to which the explorer belongs? And if so, must be set painful, and often tragic, foot upon it as did Amundsen, Scott and Shackleton, or will it suffice to adopt the easier methods of Byrd and the moderns and bag and name fresh mountain peaks from the air with the assurance that this game of "I spy" will secure sovereign possession?

The spirit of man grows too mighty for the prison-house of suspicion and fear in which he has imprisoned himself. He cannot raise himself to the heighe of his stature while his limbs are cramped in the armour of hatred; he suffocates in the atmosphere of continual suspicion.—Maude Royden.

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

OUR breeders are bred for high egg production. White, Brown and Buff Leghorns, Barred and White Rocks, R. I. Reds, Anconas, Black Minorcas, Buff Orpingtons, White Wyandottes. 12c and up. 100% live delivery guaranteed. Write today for FREE CHICK BOOK.

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Sir Esme's Hobby Is Bookbinding

Advocates a Humble Hobby as a Means to Happiness

Princeton, N.J.—Sir Esme Howard, British Ambassador at Washington, on his retirement from the diplomatic service next year, plans to devote much of his time to bookbinding, he said in a speech recently to the literary and political societies of Princeton University.

"You young people of America, and also our young people in England, can add much to your own happiness and also the happiness of the world generally, if you will learn not only to appreciate beautiful things but also to create them within the measure of your capacity.

"There is nothing—apart from the ever-important cultivation of the spiritual values—which your country and my country need so much as the cultivation of the aesthetic values.

"Unfortunately for myself, I may say that I never learned any handicraft, and that source of creative happiness is at present denied me. But I hope to make good this defect when I retire from diplomatic life next year, and to become perhaps an enthusiastic if belated bookbinder. I should like to think I had persuaded one or two of you here present to try your hand at such humble work, and so assure to yourselves many happy hours."

Under Arctic Seas

By Submarine to the North Pole—It Sounds Like Jules Verne, But Sir Hubert Wilkins Means to Make It Actual Fact

Some wonderful voyages have been accomplished by submarine, but even the greatest of them seems a very matter-of-fact affair compared with the exploit which Sir Hubert Wilkins, the famous airman and explorer, is planning for next summer. He intends to cross the Torth Pole by submarine, sailing under the Arctic ice for 2,000 miles from Spitzbergen to the Behring Sea.

At first mention the project seems wildly impossible. But the Polar Sea is between 5,000 and 15,000 feet deep, and the average thickness of the ice is from 10 ft. to 15 ft. Sir Hubert does not think that it is thicker than 120 ft. anywhere, and Dr. Stefansson agrees that a submarine cruising at a depth of 150 ft. should have nothing to fear from ice.

There is a snag, however, which make the enterprise a dangerous one. A submarine can only travel about 200 miles when submerged. After it has travelled this distance it has to come to the surface.

Breaking Through the Ice

This might seem to dispose of the submarine idea at once ,but only to those who don't know the Arctic. The Polar Sea is not completely icebound; on an average, the submarine should come to a patch of open sea once in every twenty-five miles or so. Practically at the Pole itself explorers have found channels in the ice.

Even if these channels are not encountered, it will be possible to break through the ice by means of blasting, if the submarine retreats for about half a mile after laying the charge.

This, at any rate, is the calculation, but the risks that will be taken by an expedition of this kind are obvious. It is said, however, that this is the best way in which to obtain information regarding the depth of the Arctic Ocean and the behaviour of its currents.

It would probably be possible to get the same information by employing a powerful ice-breaker, and "breaking through" to the Pole. In the search for Amundsen and the men lost with the Italia ,the ice-breaking Krassin attained the most northerly point ever reached by a ship sailing freely, and could have gone still farther north. Her commander believes that a more powerful ice-breaker could undoubtedly reach the Pole.

Up to the present three methods of Arctic exploration have been successfully employed. Peary put his trust in dogs; Dr. Nansen employed ships and sledges in combination; Amundsen showed what aircraft could do. A voyage to the Pole either by ice-breaker or submarine would add a new chapter to the history of adventure and enterprise in the Frozen North.

Character

A good and honorable character is a safe provision for every event and every turn of fortune.—Schiller.

Courting in automobiles is dangerous ,says a police officer. Why specify automobiles?

Opportunity knocks but once. Evidently it isn't motor-driven.—Dallas News.

Minard's Liniment—good for tired feet

A Ministry of Unemployment

London Daily Express (Ind. Cons.): The time has come when a Ministry of Employment should be added to the departments of Government. Only so can all the knowledge of the causes of unemployment and all the methods of alleviating it be gathered together under a single roof and scientifically and continuously sifted and collated. When half a dozen different bureaux, committees and departments are spasmodically engaged on the same problem, that problem is firmly guaranteed against any real solution. But make it the central task of a single Ministry, with powers to take over the scattered inquiries and enterprises of all the other State organizations that are working on it, and a big advance towards order, cohesion and sustained analysis and research is registered at once.

BABY'S OWN TABLETS WIN GREAT PRAISE

Many Mothers Always Keep Them in the House.

Thousands of mothers state that they know of no other medicine for little ones to equal Baby's Own Tablets—that they always keep the Tablets in the home as a preventive of childhood ailments, or if sickness does suddenly grip their little ones they feel safe with such a remedy at hand.

Concerning the use of the Tablets Mrs. Danot Ploudre, Tingwick, Que., writes:—"I have nothing but praise for Baby's Own Tablets. They are the only medicine I have ever given my two little ones, and I am glad to state that the Tablets have always kept them in perfect health. I feel so safe with the Tablets that I always keep a box in the house."

Baby's Own Tablets are a mild but thorough laxative. They regulate the bowels, sweeten the stomach and thus banish constipation and indigestion; break up colds and simple fever and make the cutting of teeth painless. The Tablets are absolutely safe, being guaranteed free from all injurious drugs. They are sold by all medicine dealers or by mail at 25s a box from The Dr. Williams' Medicine Co., Brockville, Ont.

National Development

La Presse (Ind.): In past years the best efforts to bring French and English together in the Dominion were of little avail.) But a new spirit is abroad today. It is now better understood that our young country needs concerted action, and the frank and energetic co-operation of the different nationalities of the Dominion, to carry out the considerable and difficult task of our development. Far from wishing to put into the same mould all the racial elements which go to make up the nation, it is now our object to put them into the best possible place for their full expansion, and for their more fertile growth.

Minard's Liniment for cuts and bruises

Old Dan'l

Out of his cottage to the sun
Bent double comes old Dan'l,
His chest all over cotton wool,
His back all over flannel.

"Winter will finish him," they've said
Each winter now for ten:
But come the first warm day of spring
Old Dan'l out again.
—L. A. G. Strong in the London Spectator.

Britain and the Empire

London Evening Standard (Ind. Cons.): Mr. Baldwin will do well to let it be known that the foreign policy of Great Britain is to be conducted with a single view to British interests and to a consolidation of the Empire in preference to any other association of interests that can be imagined. We were inevitably drawn into the vortex of European affairs, but our main effort now must be, so far as we can, to escape from it, not to go further in.

Choose rather to punish your appetites than to be punished by them. —Maxim.

The Red Rose Tea guarantee means what it says. If not satisfied return the unused part in the package and the grocer will refund your money. 62

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good

Unseen Eye

The day before the battle of the Dogger Bank the Admiralty were in possession of the whole of the plans of the German Navy, and during the battle they were intercepting and solving orders in code. Similarly the battle of Jutland was watched by the unseen eye of the Admiralty.

Zeppelins on their way back from bombing raids were very loquacious, and submarines used to wireless home their "bag." It was Room 40 which decoded the message from the "U20," giving full details of the sinking of the "Lusitania."

Perhaps the most spectacular thing accomplished by Room 40 was the decoding of the now notorious "Zimmerman" message which brought the United States into the war. The message was the offer to Mexico by Germany of an alliance against the United States.

When the message was received it was conveyed secretly to Lord Balfour and sent to President Wilson, who had it published in the American Press. That message turned the scales and the United States entered the war on the side of the Allies.

When I talked to Sir Alfred Ewing in the book-lined library of his house in Edinburgh it was impossible to associate this silver-haired, old, quiet-mannered scholar with a soft Scots accent with the activities of feverish days and nights in Room 40 during the war.

HOW BABY SPECIALISTS TREAT CONSTIPATION

Constipation in babies and children is the cause of colic, bloating, skin disorders, etc. It weakens them, just as it does grown folks; makes them cross, feverish and fretful. But don't use grown folks' medicine with them, baby specialists advise. Ninety per cent. of them recommend just one preparation for constipation, colds and other ills of babies and children. They say Fletcher's Castoria. Millions of mothers have proved its merit during thirty years of use. Castoria is purely-vegetable, harmless and pleasant-tasting. Genuine Castoria always bears the Fletcher signature. Avoid imitations.

Those *Languid* Eyes

They quickly reflect your health and physical condition—restless eyes indicate the temperament of the stomach.

Watch the eyes . . . see that the whites are clear with a healthy bluish tinge. The minute a yellow tinge appears it betrays constipation, sluggish liver or biliousness, you need a laxative. Bring back your

Vigour, Vim, Vitality

with Beecham's Pills—the sure way to constant, joyous, bounding health.

Beecham's Pills

Try a regular daily course for a short period. Your eyes will tell the story.

A Vegetable Product

Read about Character from the Eyes in future Beecham Advertisements.

Sales Agents: Harold F. Ritchie & Co., Limited, Toronto B28

Sour Stomach

Just a tasteless dose of Phillips' Milk of Magnesia in water. That is an alkali, effective, yet harmless. It has been the standard antacid for 50 years among physicians everywhere. One spoonful will naturalize at once many times its volume in acid. It is the right way, the quick, pleasant and efficient way to kill the excess acid. The stomach becomes sweet, the pain departs. You are happy again in five minutes.

Don't depend on crude methods. Employ the best way yet evolved in all the years of searching. That is Phillips' Milk of Magnesia.

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.

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.

GRATIS—(LITTLE FRIEND TO either sex) mailed in plain envelope. Paris Specialty Co., Casier 2423, 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.

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This valuable book was compiled to advertise CARHARTT OVERALLS—the best farmer's overalls in the world. One farmer wrote that he would not take ten dollars for his book. Write for yours to-day.

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PAINS IN BACK - STOMACH TROUBLE

Liver disorders quickly relieved by "Hexophen Capsules" and all symptoms banished such as bowel trouble, pains in side or back, indigestion, gas, jaundice, dyspepsia, heartburn. Easy to take. Quick relief. Send to-day for free booklet and many testimonials of this reliable remedy.

Box 203 ANDERSON & CO. Windsor, Ontario

WHAT WILL IT DO?

Women are saying: "Pinkham's Compound keeps me fit to do my work." "I was nervous and all run down. Now I eat better and sleep better—". "It helped my thirteen year old daughter."—"I took it before and after my baby was born." —"I am gaining every day."

Lydia E. Pinkham's Vegetable Compound

Splitting Headache

Minard's will drive it away. Bathe the forehead. Also inhale.

MINARD'S "KING OF PAIN" LINIMENT

DOCTORS quite approve the quick comfort of Aspirin. For these perfectly harmless tablets will ease an aching head without penalty. Their increasing use year after year is proof that they do help and can't harm. Take them for any ache; to avoid the pain peculiar to women; many have found them marvelous at such times. The proven directions found in every package of Aspirin tell how to treat colds, sore throat, neuralgia, neuritis, etc. All druggists.

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