Are you afraid to eat a hearty meal?

WHAT does meal-time mean to you? Is it the pleasure that it should be to restore the energy your work has taken from you?

Or must you pick and choose — in dread of indigestion?

Here is a remedy that has brought relief to men and women the world over. Dr. Williams' Pink Pills are taken every day in many countries, specifically for digestive troubles and stomach disorders, and have brought happiness to thousands of one-time sufferers. For, besides strengthening the digestive nerves, they invigorate and purify the entire system and lay the foundation for continued health.

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-47

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

A Military Move

Sports Put Under State Control as Jugoslavia Dissolves Clubs

Belgrade.—With a stroke of the pen the Jugoslav government has dissolved all private sports organizations and placed the physical education of the youth of the country under state control. This ends the nationalist Sokoli societies which had been built up on the old tribal principle of distinguishing between Serbs, Croats and Slovenes.

The government decree ordering the dissolution states that the Sokoli societies have fulfilled their national task. According to "The Vreme" the government is planning to form a national militia, membership in which shall be obligatory for all able-bodied youths, including the peasants and the workers. Service in the militia will earn a reduction in the term of active service in the army.

Following upon the establishment of the Banate Councils, the members of which are appointed by the central government, the creation of the militia is seen as another move towards the introduction of the Fascist system as it prevails in Italy.

SUFFERING

It is, I am sure, an element of human life, that a man should suffer precisely in that relation which makes it most painful, most unbearable to him. How he comes out of it all is the essential point.—Rahel.

"If Christendom is to be reborn the Church must be supernational."—Rev. Henry Sloan Coffin.

New Vice-President Canadian National

Robert L. Burnap Appointed in Charge of Traffic for National System

Announcement has been made at Canadian National headquarters of the appointment of Robert L. Burnap as Vice-President in Charge of Traffic, vice A. T. Weldon, the appointment being effective at once.

R. L. Burnap, who has been Assistant General Freight Traffic Manager of the Canadian National Railways with headquarters at Montreal, since 1927, has been associated with the various lines which now comprise the Canadian National Railways System during the whole of his railroad career of 36 years. He has advanced step by step through the various grades of railroad service and is widely known in the general commercial and railroad fields of both

R. L. Burnap

Canada and the United States. Following his university graduation he began his railroad career as a clerk with the Central Vermont Railway in the Transportation Department, in 1894. He became associated with the Freight Traffic Department in the following year. In 1896 Mr. Burnap went to New York to join the Freight Traffic Department there, and during the same year was appointed Travelling Freight Agent at New London, Conn. In February, 1900, Mr. Burnap became Commercial Agent at New York City, and five years later he moved to St. Albans, Vermont, as General Freight Agent. He was appointed Assistant General Freight Agent of the Grand Trunk Railway at Chicago in April, 1908, Assistant Freight Traffic Manager in 1910; Traffic Manager in 1919, and Freight Traffic Manager of that road in 1920.

In November, 1927, Mr. Burnap was appointed Assistant General Freight Manager of the Canadian National Railways with headquarters at Montreal and Freight Traffic Manager of the Central Vermont, both of which positions he has held until his present appointment as Vice-President.

He has served on various freight traffic associations and was a member of the Traffic Executives Committee of the Central Freight Association.

Mr. King on Pensions

Saskatoon Star-Phoenix (Lib.): Ex-service men and citizens generally will welcome the statement of Mr. Mackenzie King that amendments to the Pension Act, to provide for more generous treatment of certain war veterans, are included in the legislative program for 1930. Recent discussions have brought out the fact that the Act, although framed with a generous intention, does nothing for the soldier who is burned out before his prime, although he may show no evident disability. The country's obligation to these men is as clear and certain as its obligation to the maimed and the blind. Mr. King's statement shows that the Government recognizes this fact and is ready to act accordingly.

KINDNESS

Guard within yourself that treasure kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness.—George Sand.

400 NEW CANADIANS ARRIVE FROM EUROPE

Four hundred trained canaries recently trilled their way across the Atlantic from Hamburg, Germany, to a Toronto firm. The little birds made the long trip in individual wooden cages, each cage having a small feed box and a drinking cup. As the cases were unpacked and the canaries saw the light of day, they burst into a cheery chorus of song, showing no ill effects from their long journey. All these Canaries are the Roller type, having the peculiar rolling trill so popular with Canadian bird lovers, and which gives delight in thousands of Canadian homes.

HOW TO RELIEVE CHILDREN'S COLDS

Avoid Serious Results by Using Baby's Own Tablets

When a child shows the first symptoms of a cold, such as sneezing, redness of the eyes, clogged or running nose, prompt measures for relief may avert serious results. Mothers should always have on hand some simple safe and effective remedy for immediate use.

Baby's Own Tablets act quickly, contain no opiates or narcotics, are tasteless and harmless. Concerning them Mrs. Jos. Cadieux, Holyoke, Mass., says:—"I have used Baby's Own Tablets for my children and find them a very satisfactory medicine. When my little boy had a cold I gave him the Tablets at night and he was well the next day, I gave them to the children for constipation and they are always benefited. I think Baby's Own Tablets are much easier to give a child than liquid medicine. I strongly recommend all mothers who have small children to keep a box of the Tablets in the house."

Baby's Own Tablets are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Old Sport to Go?

Cattle Plague Laid to Foxes; English Farmers Ask Hunt Ban

Brighton, Eng.—One of the oldest sports of England, the hunting of the fox, may be sacrificed to scientific agriculture.

Farmers, smarting under the loss inflicted by foot-and-mouth disease, are blaming the fox for its spread from pasture to pasture. Exterminate the fox, instead of preserving him for occasional romantic hunts, they argue, and you will do away with the chief carrier of this plague.

The fight against foot-and-mouth disease has been going on for years in England. Destruction of the infected cattle is accepted by authorities as the only sure way of suppressing an outbreak, and approximately $25,000,000 has been paid to farmers as compensation for herds destroyed in the public interest.

Farmers patiently accept the inevitable when their herds are condemned, but they are demanding more drastic efforts in other directions. The government, they feel, might hasten the discovery of a cure for or vaccine against the disease by more liberal appropriations for research.

Meanwhile, they ask, why not lessen the risk of contagion by exterminating the fox?

Saskatchewan to Spend $19,000,000 for Roads

Winnipeg.—Saskatchewan plans to spend $19,000,000 on road building within the next three years. The program, as outlined by the Hon. A. C. Stewart, Minister of Highways, at the recent road convention held at Helena, Mont., calls for the construction of 2,000 miles of new gravelled highways in the next two years..

The sum of $10,000,000 will be raised for road purposes in 1930. Half of this amount will come from a bond issue and the balance from the gasoline tax and automobile license fees.

One of the three north and south all-weather highways will cross the international boundary south of Regina and will continue through Regina northward to Saskatoon, passing on through that city to Prince Albert National Park. Two additional highways are to run north and south and to points east and west of Regina.

In respect to the north and south roads, highway officials in Montana, North Dakota and Saskatchewan will co-operate with a view of securing the best connection at border points.

Maid—"While you were gone, ma'am your little Willie swallowed a bug, but don't worry. I had him take an insect powder."

The next war should be waged against the war-makers.

The jawbone of an ass is just as dangerous a weapon to-day as it was in Samson's time.

That Sore Throat Needs Minard's.

Owl Laffs

Resolution

"Boys, I've quit the hold-up game,
I'll hang around joints no more."
So with a sigh
And a faint little cry,
The garter stretched out on the floor.

He—"Do you know, only two things prevent your becoming a great dancer?"
She—"Indeed? What are they?"
He—"Your feet."

Women give and forgive
Men get and forget.

She was only a butcher's daughter, but she gave my liver to me!

Mother—"Oswald, you should never do anything which you would be ashamed for the whole world to see."
Oswald — "Hooray! I won't have to take any more baths."

It is not receiving but giving,
Not being served but serving,
Not being supported but supporting,
That brings life to the individual

Enid—"How do you mean you made a faux pas last night?"
Mabel—"Well, I told Jack I'd never been kissed before, and it appears that I was engaged to him last summer."

This baby is only an undertaker's daughter, but she's made some grave mistakes.

Father—"Dear, I am happy to announce that young Johnson has asked for your hand."
Beautiful Young Nothing — "But, papa, I don't want to leave mama."
Father—"Don't let that bother you. You can take her along."

A good night's sleep has been known to solve many a perplexing, difficult problem.

Customer—"Why don't you advertise?"
Storekeeper—"No, sir!! I tried it once and it pretty near ruined me."
Customer—"How was that?"
Storekeeper—"People came in here and bought durned near everything I had."

A fool and his money are some party.

The winters do not seem so cold as they did when we were young, no doubt because we are now living in town and don't have to go outside and thaw out the pump.

Don't worry. If he called three times while you were out, he wasn't trying to give you anything.

Grace—"They're dancers pure and simple."
Henry—"Yeah! She's pure and he's simple."

It won't be long before men will be demanding barber shops "for men only."

Patient—"Doctor, I suffer a great deal with my eyes."
"Doctor—"Be comforted, my dear lady, you would probably suffer a great deal more without them."

It's a funny thing, but the man who spends the most time with his hands in his pockets has the least in them.

YOUR HAIR NEEDS
LUXO
TO GIVE IT HEALTH AND LUSTRE
ASK YOUR BARBER

for SORE THROAT
BUCKLEY'S MIXTURE
Acts like a flash
A SINGLE SIP PROVES IT

ISSUE No. 3—'30

SHIP YOUR GRAIN
TO TORONTO

LOW INSURANCE AND STORAGE RATES
FIREPROOF ELEVATOR
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Queens Quay
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Tribute to Crime

Brandon Sun: A member of the United States intelligence service told the Women's Auxiliary of the Wayne County Medical Society in Michigan that if present conditions and trends continue, another ten years will see every banker and prominent business man in the country paying tribute to gangsters. They are doing it today, as is every other man, woman and child in the United States. Indirectly they are being tapped annually by organized and unorganized vice and crime in an amount estimated by one thoughtful and thorough student of the situation at $16,000,000,000. This sum represents what the honest element in a nation of 120,000,000 people loses each year through dishonesty and attempting to guard against it by police, courts and jails, a half million private policemen and watchmen, and insurance against theft.

Minard's for the Ideal Rubdown.

DISCIPLINE

Everyone may learn how to be masterful and authoritative. Those who seek authority, and those who find authority thrust upon them, have an ever-present opportunity for perfecting themselves in its exercise. But many a man ignores this opportunity, and then wonders why he is not given greater command. Discipline, like charity, begins at home, and the more truly it is exercised there, the more surely will others gladly submit themselves to the man who has thus proved his right to rule.

GOOD MANNERS

Good manners is the art of making those people easy with whom we converse. Whoever makes the fewest persons uneasy is the best bred in the country.—Swift.

The man who would never walk again.

Who could imagine a more poignant story than this? A champion athlete—bedridden. Told that he could never walk again . . . . ! And then he took Kruschen.

"My doctor told my landlady that I could never walk again. I had rheumatism set in about Christmas-time, and was confined to bed for two months.

"I am nearly sixty years of age. After taking six bottles I am starting to work next week.

"Up till two years ago I had been a Champion Racing Cyclist. I have won a prize every time I have ridden. Being an athlete, but a poor scholar, it would take me a week to write the facts about Kruschen Salts." —*W. H. B.*

Original letter on file for inspection.

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 Advertising

NEWFOUNDLAND PUPPIES: choice registered stock: real guardians and companions. Lumley and Brown, Iona, Ontario.

MAKING FRIENDS

The second division of life, after death begins, is a sad business. I have been in it for some years—(did you realize I was fifty-one?) One of the saddest things in it is the impossibility, or, at least, unlikelihood, of making new friends. We discover gradually but surely that the last friend that a man makes is his wife. It is not that we meet no one to whom we are affectionately drawn: but that we hesitate to give our love with the old careless freedom. We have grown critical, and so have they. It may also involve us in too much emotion; we must be protected.—E. V. Lucas, in "Listener's Lure."

"We want the world to know that Great Britain can no longer be regarded as the milch-cow of Europe."—Philip Snowden.

"GAINED 11 Lbs. in 8 Wks And a Boy Friend." writes Susan Salino. Thousands say new Ironized Yeast adds 5 to 15 lbs. in 3 weeks. Skin clears like magic. Constipation, nerves, end. Get pleasant Ironized Yeast tablets from druggist today.

Frost Bites

Minard's restores circulation and eases the pain of cold nipped cheeks and ears.

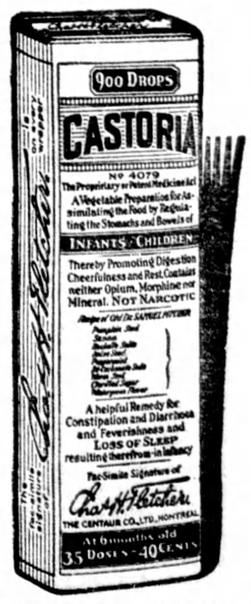
MINARD'S "KING OF PAIN" LINIMENT

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.

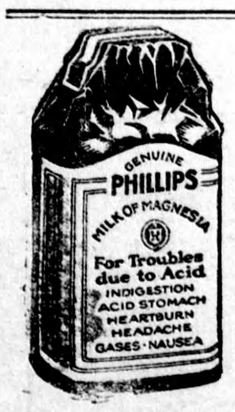
Ask Your Neighbor



When Babies CRY

Babies will cry, often for no apparent reason. You may not know what's wrong, but you can always give Castoria. This soon has your little one comforted; if not, you should call a doctor. Don't experiment with medicines intended for the stronger systems of adults! Most of those little upsets are soon soothed away by a little of this pleasant-tasting, gentle-acting children's remedy that children like.

It may be the stomach, or may be the little bowels. Or in the case of older children, a sluggish, constipated condition. Castoria is still the thing to give. It is almost certain to clear up any minor ailment, and could by no possibility do the youngest child the slightest harm. So it's the first thing to think of when a child has a coated tongue; won't play, can't sleep, is fretful or out of sorts. Get the genuine; it always has Chas. H. Fletcher's signature on the package.



Too Much ACID

Many people, two hours after eating, suffer indigestion as they call it. It is usually excess acid. Correct it with an alkali. The best way, the quick, harmless and efficient way, is Phillips' Milk of Magnesia. It has remained for 50 years the standard with physicians. One spoonful in water neutralizes many times its volume in stomach acids, and at once. The symptoms disappear in five minutes.

You will never use crude methods when you know this better method. And you will never suffer from excess acid when you prove out this easy relief. Please do that—for your own sake—now.

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.