WHY SHOULD HE *suffer from rheumatism like this?*

IF he would accept the advice of thousands of men and women, he would find relief by taking Dr. Williams' Pink Pills. Rheumatism is not a surface ailment that can be banished by rubbing with liniments or oils. Watery, poison-laden blood must be built up and purified before there can be any progress toward permanent recovery.

Time and again, sufferers have proved the value of Dr. Williams' Pink Pills in the treatment of rheumatism. "For some years," writes Thomas Martin, of Novar, Ontario, "I was so badly troubled with rheumatism I could hardly walk and suffered great pain. I had medical treatment but did not get much relief. After taking Dr. Williams' Pink Pills for some time the trouble disappeared and has not since shown the least sign of returning."

Start today to relieve *your* rheumatism. Buy a box of Dr. Williams' Pink Pills at your nearest druggist's or, postpaid, by mail at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ontario. S.13

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

"Snipers" to Form Union

The influx of tourists into Paris during the past summer was so great that it caused intensified competition among the persons of that city who earn a livehood by gathering discarded cigar and cigarette ends. The result was that there were many clashes among these persons and now an effort is being made to form them into a trade union.

"NO MORE STOMACH TROUBLE"

"No more stomach trouble. Can eat anything," writes Mrs. E. White. Thousands say indigestion, heartburn, gas vanish like magic with "Fruit-a-tives". Constipation, sick headaches end overnight. Nerves, heart quiet, sound sleep at once. Rheumatism flies away. Complexion clears quick. Get "Fruit-a-tives" from druggist today.

DO YOU SUFFER FROM CONSTIPATION?

Countless remedies are advertised for constipation. Many relieve for the moment but they are habit forming and must be continued. Others contain calomel and dangerous mineral drugs, which remain in the system, settle in the joints and cause aches and pains. Some are harsh purgatives which cramp and gripe and leave a depressed after effect.

Avoid lubricating oils which only grease the intestines and encourage nature's machinery to become lazy.

A purely vegetable laxative such as Carter's Little Liver Pills, gently touches the liver, bile starts to flow, the bowels move gently, the intestines are thoroughly cleansed and constipation poisons pass away. The stomach, liver and bowels are now active and the system enjoys a real tonic effect. All druggists 25c and 75c red pkgs.

Does the Worm Think?

"An inadvertent step—or shall we say motor-tire—may flatten the worm that is unwise enough to take exercise upon the public way, and next morning some passer-by, noting the tragedy, commiserates the stupidity of the little creature in exposing itself to certain obliteration," writes Mr. Douglas Gordon in the Cornhill Magazine.

"It does not perhaps occur to the casual observer that the worm may not have been as stupid as it appeared, its death being merely due to the fact that motor-cars never as much as entered into its scheme of things; or that even an earth-worm, in its own dim earthy way, is capable of considerable shrewdness. If one happens to be strolling alongside some moist, mouldy ditch or bank about four o'clock in the afternoon, one may notice a curious thing. For no obvious reason, every worm and 'creepy-crawly' thing in the neighborhood appears to be seized with a sudden consuming passion for the open air.

"Up they come, earth-worms, wire-worms, and grubs innumerable, issuing from their dark little tunnel-mouths in frantic wriggling haste, and the robin who frequently attends the loiterer beside quiet banks and hedge-rows has the time of his life. What ever, one wonders, induces them thus to expose themselves to the dangerous daylight? The passing rustic, when questioned upon the point, replies that it 'must be going to rain,' and the wonder is increased at the marvellous keenness of such an intuition in creatures so low in the animal scale.

"There are, in truth, no better weather-prophets than earth-dwellers, whether animals, insects, or reptiles. The unattractive black slug, in fear of which members of the more fastidious sex step circumspectly along the moorland paths, is one of the countryman's surest barometers. That, however, is a sense or instinct, in which the actual 'mind' of the animal plays no part.

"In the given case of the worms, their activity is really due to an even more interesting cause. Watch the surrounding turf carefully for a few minutes, and it will not be long before some slight movement becomes apparent, a curious little convulsion at the roots of some grassy tussock, a miniature eruption of earth and stones, and the riddle is solved. A mole is going his afternoon round, and, while still yards away, his approach has been all to perceptible to the slimy, squirmy, and, one would have thought, scarcey conscious life of which he is in search.

"Even worms, it would seem, are capable of putting two and two together. The roar of an approaching engine conveys nothing to them, but that faint subterranean rumbling, the brushing of soft furry sides along the tunnelled passages, the patter of horny toes, and the infinitesimal sniffs with which the 'little black gentleman in velvet' punctuates his course, are sounds which the witless worms understand perfectly. They know, too, the best method of avoiding the danger, which they employ to such purpose that the mole, much as he dislikes the conditions above ground, is frequently compelled to come up for his dinner."

Status Quo

If woman were only lovely,
And love were only true,
There'd be some use of poesy—
And greatly less to do.

But woman is only woman,
And love is an empty shell—
And poets are only idle folk
With nothing much to tell.
—Joseph Hard in the Chicago Tribune.

If you see the world beating a well-worn track to anybody's door way back in the woods these days, it's a cinch it isn't mouse traps the fellow is making better than anybody else.

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

DO NOT LET YOUR BABY SUFFER

Baby's Own Tablets Are Just the Help He Needs.

At the cost of a few cents every mother can add to her own happiness and to her children's safety, for, while the cost of Baby's Own Tablets is small the value of these Tablets to every home where there are little ones is exceedingly great.

What mother does not suffer when her little ones are suffering—when they are undergoing the tortures of the teething period; the agonies of constipation and indigestion, or the miseries brought on by colds or simple fevers? What mother can sleep when her child does not sleep? She can banish these troubles, however, and in banishing them she is making a happy household, for the happy child makes everyone else happy.

To banish childhood suffering Baby's Own Tablets should always be kept in the home. They are recognized the world over as an absolutely safe and efficient remedy for little ones. They are a mild but thorough laxative and through their action on the stomach and bowels never fail to banish any of the minor ills of little ones. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Racial Menace In South Africa

Our Sister Colony Has a Big Problem Little Understood in Canada

COMMUNIST ACTIVITY

The native African is the most patient of all people, but imposing white civilization on him, says Gen. Jan Christian Smuts, former Premier of South Africa, can only result in bolshevizing him and making him a menace to the rest of the world.

And from another source comes word that this is actually taking place. In an address before the Natal Missionary Conference, quoted in "The South Africa Outlook," Ray E. Phillips declares that a large number of native South Africans are becoming communistically minded, and are increasingly feeling that the wrongs done them by the white man can not be righted by peaceful means alone. They are rapidly losing their faith in the Government, says Mr. Phillips, who is a missionary of the American Board, specializing in Christian social service work in South African industrial centres. "They feel that the missionary has betrayed them, or at least stood silently by while the unscrupulous white man has grabbed their land and driven them to work; they see the wide discrepancies in wages paid white and black workers for the same work; they see the utter cant and hypocrisy in the liquor laws, which grant to the white man unlimited rights, and prohibit liquor to the natives in towns."

All down the line, especially in the economic field, says this worker, the native feels that he is being unjustly discriminated against by the white invader. "Rebellion and revolt are not natural to the native people. They hesitate to join formally an organization such as the Communist party. "But," the missionary warns, "the general attitude which the Communists stand for is growing and is becoming increasingly vocal." He gives us this vivid picture:

CHRISTIAN FAILURE?

"Attend a meeting of natives held on the Market Square, Johannesburg. Perhaps a thousand native men are present. The speaker is a young native man who speaks perfect English. Through interpreters he enumerates the wrongs of his race in South Africa. He attacks the employers and the Government, mentions the low wages and the color bar. Then he pours scorn on the missionary and the clergyman—white and black. 'Comrades,' he cries, 'we must kick out the missionary and the clergyman. I know, because my father is a . . . clergyman. I know what I am talking about. What is the missionary doing for us? Nothing! He educates us and leaves us to starve! He points up to the sky and tells us, by and by, after you're dead, you'll have enough to eat and fine clothes to wear! That's not good enough for us! We want food to eat and clothes to wear today! Am I right?'

"Back comes a thunderous response, 'Right you are!' 'Then kick out the missionary and the missionary's God.'

"Are you happy?" asks a white speaker at another meeting, says Mr. Phillips. "Have you got all the freedom that you want?" "No," comes the answer. "We are not happy!"

"Well,' says the speaker, "if you will do what the Russian workers have done, and what the Chinese workers are doing, you will be able to secure freedom. We have got to be prepared, not merely with demonstrations, but also, if it proves to be necessary, with far more drastic action. Build up your organizations so that you can take possession of this country."

THEY SAW BUT DID NOT.

The only man in South Africa who has taken the time and energy to look carefully into the native economic situation, with its accompanying social effects, observes "The Congregationalist," is Dr. Henderson, and he states that "the situation is anxious, and there are some who fear it is passing out of our control." And so "The Congregationalist asks:

"Shall the next few years witness the wholesale desertion of the Christian Church by the native people? Shall they be forced to join the Communists, or similar organizations, to find that understanding of their great human needs, that practice of brotherhood, which they have heard so much of and seen so little practical evidence of in the Christian Church? If this occurs, a suitable epitaph to be placed over the grave of the institution which called itself the Christian Church might be the despairing words of Christ—'They said, but did not!'"

General Smuts, to return to him, would leave the native African to his own system. In speaking in New York recently on racial problems in Africa, he maintained it is wrong to make "an inferior European" of a native who is justly proud of being an African. As quoted in the New York "Times," General Smuts went on:

"There is a great deal of good in the African culture and system. For one thing, the African is a Socialist. All land is owned in common, as are most of the cattle, and each tribe is run by a council of elders and a chief. If you try to break down this system, it is very easy to do so, but it is impossible to substitute a European or any other system in its stead. By doing so you bolshevize the most docile being on the face of the earth, the African negro, and you make him a menace to the rest of the world.

"Why should we standardize humanity? That may be a fine thing in the United States. You want to make a great nation, and you are succeeding; but you can not do that with the human race. In Africa you must build on the African foundation. It has been created in hundreds and thousands of years, and I have a very high respect for any system of time, as I have for all natural facts. Let there be differences in type as long as they are ethically sound.

"Leave them their villages, their dancing and their songs. In the past we have gone astray in South Africa. There have been misguided efforts on behalf of governments and missionaries, although I do not in the least wish to condemn the latter, with whom I heartily sympathize, and we now have perhaps millions of Negroes who have lost their native contacts, and no longer belong to their old tribes.

"Our system is individualism; theirs is socialism. The result of trying to Europeanize them has caused so many to be lost to their own people."

Any change in the African cultural system, General Smuts warns, should be made without violence. He advises that the native laborers in the copper mines of Rhodesia, and other parts, be not allowed to take their womenfolk and children with them. "Let them remain in their tribal areas," he urges. "Do not bring them to be contaminated by white civilization, which, after all, is perhaps only an experiment. When we reflect a little on our own foibles, our wars, our tremendous losses of human lives, it may not be so fine. At any rate, the black soon learns the vices of white civilization, and they soon degrade him."

Minard's—The Great White Liniment

True, street widening is making sidewalks narrower and narrower, but it is also making the pedestrians fewer and fewer.

Gene Tunney is rapidly recovering from his operation. It won't be long now until the doctors can hand him back to the lawyers.

"After Baby, Was Weak, Skinny. Gained 22 Lbs."

Ironized Yeast did it, says Mrs. Benoit. Thousands say 5 to 15 lbs. gained in 3 weeks. Nervousness, constipation vanish overnight. Skin clears like magic. Get Ironized Yeast tablets from druggist today.

Extraterritoriality in China

Singapore Free Press: Logically if the Chinese claim an abolition of the extrality they must be prepared practically, and not simply in theory, to allow aliens that freedom throughout the whole of the country which is assured to Chinese citizens who go to other countries. At present foreigners are only allowed in certain places in the country and practically on sufferance, that is to say they are not, under the old regulations, allowed the customary freedom of foreigners in any part of the country. China, if she claims to sweep away all specialized privileges, must logically be prepared to ensure all generalized privileges, and, at present at any rate, it is quite impossible for any such assurance to be given.

Minard's is Best for Grippe.

READING

If young people only knew the value of their youth!! A half-hour each day steadily given to the vanquishing of some real books in history, science, literature, is three hours a week, is more than twelve hours a month, is more than twelve solid days of twenty-four hours each, a year. What can not the business man accomplish by such seizure of fragments of his time? Oh, if the young people only knew the culture posible for them by such simple means! And for evermore it is the man who knows who gets to be the man who does, and to whom the chance for doing comes Merely frittering newspapers and novel-reading—a youthhood devoted only to that, how pitiably sad! No ships drift into harbor. No young persons drift into and achieving manhood or womanhood.—Wayland Hoyt, D.D.

Signs

A ring around the moon means rain.
As many of us know.
One round the finger of a girl—
Ah, that means reign also.

An objection has been made to the use of "damn" and "hell" in radio broadcasting. There is enough of that kind of language on the receiving end.

When you need any Circular Saw—

For wood or metal get a "SIMONDS"—the specially tempered Steel takes and holds a wonderful edge.

Ask your dealer or write our nearest branch.

THE SIMONDS CANADA SAW CO. LTD. MONTREAL TORONTO VANCOUVER ST. JOHN, N.B.

Simonds Saws

3-29

Winter Sickness

Keep Minard's handy. It has proven invaluable for many cold weather ailments.

MINARD'S "KING OF PAIN" LINIMENT

for SORE THROAT BUCKLEY'S MIXTURE

Acts like a flash

75¢ 40 DOSES — 40¢ 16 DOSES

A SINGLE SIP PROVES IT

14A

Classified Advertising

FURS WANTED.

WANTED—WHITE RACCOON. State price. Robt. Gunkelman. Medina, Ohio.

FOR SALE

100 ACRES. CLOSE TO GUELPH—Elora Highway. Farm and buildings in A1 condition; possession March 15. Write for particulars. Jones and Johnston, Limited, Guelph, Ontario.

OPPORTUNITIES FOR MEN AND WOMEN

ADVERTISING ART AND HAND-lettering apprentices wanted. We train you, supply you with work, and pay from $1.00 to $3.00 per hour without any canvassing on your part. Apply to The Art Director, 30 College Street, Toronto.

PATENTS

List of "Wanted Inventions" and Full Information Sent Free on Request.
THE RAMSAY CO., Dept. W.
273 Bank St., Ottawa Ont.

ASTHMA

FREE TRIAL PACKAGE of Dr. J. H. Guild's Green Mountain Asthma Compound sent on request. Originated in 1869 by Dr. Guild specialist in respiratory diseases. Its pleasant smoke vapor quickly soothes and relieves asthma—also catarrh. Standard remedy at druggists. 35 cents, 60 cents and $1.50, powder or cigarette form. Send for **FREE TRIAL** package of 6 cigarettes. **Canadian Distributors, Lymans, Ltd., Dept. CC2, 286 St Paul St West, Montreal, Canada.**

Dr. Guild's GREEN MOUNTAIN ASTHMA COMPOUND

PIMPLES

Actually See Them Vanish

Pimples ended so quick by "Sootha-Salva" you can actually see them dry up. Many go overnight. Get "Sootha-Salva" from druggist today. New skin beauty tomorrow morning.

Why experiment with unfamiliar soaps and lotions

Cuticura

has brought relief and happiness for fifty years to millions all over the world
Soap 25c. Ointment 25c. and 50c. Talcum 25c.

A Different Woman

"I have great pleasure in informing you that Kruschen Salts have worked wonders for me. I have been a great sufferer of liver and kidney trouble, and after trying one bottle I am a different woman. I had to give up my work, but thanks to Kruschen Salts I am back at work again, and I give my son a little every morning, and I don't hear of the little complaints now which a child generally gets. He is happier and brighter. I have enclosed a snap-shot of son and self. I am 43 years, boy 6 years. I shall always highly recommend Kruschen, and I would not be without them myself in a hurry." —(Mrs.) M. P.
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.

FREE TRIAL OFFER

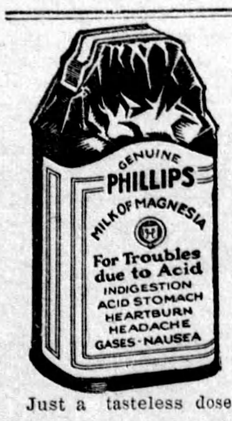
If you have never tried Kruschen—try it now at our expense. We have distributed a great many special "GIANT" packages which make it easy for you to prove our claim for yourself. Ask your druggist for the new "GIANT" 75c. package.
This consists of our regular 75c. bottle together with a separate trial bottle—sufficient for about one week. Open the trial bottle first, put it to the test, and then, if not entirely convinced that Kruschen does everything we claim it to do, the regular bottle is still as good as new. Take it back. Your druggist is authorised to return your 75c. immediately and without question. You have tried Kruschen free, at our expense. What could be fairer? Manufactured by E. Griffiths Hughes, Ltd., Manchester, Eng. (Estab. 1756). Importers: McGillivray Bros., Ltd., Toronto.

From Mother of Six

"I think Lydia E. Pinkham's Vegetable Compound is wonderful! I have had six children of which four are living and my youngest is a bonnie baby boy now eight months old who weighs 23 pounds. I have taken your medicine before each of them was born and have certainly received great benefit from it. I urge my friends to take it as I am sure they will receive the same help I did." —*Mrs. Milton McMullen, Vanessa, Ontario.*

Lydia E. Pinkham's Vegetable Compound

Lydia E. Pinkham Med. Co., Lynn, Mass. U. S. A. and Cobourg, Ontario, Canada



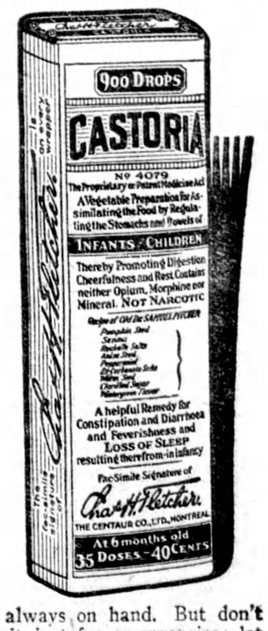
Sour Stomach

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 neutralize 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.

When BABIES are upset



Baby ills and ailments seem twice as serious at night. A sudden cry may mean colic. Or a sudden attack of diarrhea—a condition it is always important to check quickly. How would you meet this emergency—tonight? Have you a bottle of Castoria ready? There is nothing that can take the place of this harmless but effective remedy for children; nothing that acts quite the same, or has quite the same comforting effect on them.

For the protection of your wee one—for your own peace of mind—keep this old, reliable preparation always on hand. But don't keep it just for emergencies; let it be an everyday aid. Its gentle influence will ease and soothe the infant who cannot sleep. Its mild regulation will help an older child whose tongue is coated because of sluggish bowels. All druggists have Castoria; the genuine bears Chas. H. Fletcher's signature on the wrapper.