A healthy, happy middle age!

WHAT does "after forty" mean to you? Are you less capable than you used to be? Nervous? Easily tired? Run down?

Try the effect of two or three boxes of Dr. Williams' Pink Pills, the tonic that has made hundreds of middle-aged women feel ten years younger! It will nourish and invigorate the blood, so often thinned and devitalized by advancing years, tone it up to better service, make you feel strong again, eager for life!

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 48

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

A Gentle Hint

An employer spent a great deal of money to ensure that his employees should work under the very best conditions, and he consequently expected a great output of work.

One day he called a meeting of the men and told them exactly how much he had spent on the improvements to the works, and hoped they were all satisfied.

"Further," he stated, "I want to see every man cheerfully performing his duty, and therefore I invite you to place any further suggestions in a box provided for this purpose in the foreman's office."

A week later the box was presented to the emploer, who opened it and took out a slip of paper on which was written, "Don't wear rubber soles."

Whatsoever stress some may lay upon it, a deathbed repentance is but a weak and slender plank to put our all upon.—O.. W. Holmes.

FARM HELP

BRITISH BOYS AND SINGLE MEN

Weekly Parties During Early Spring.

APPLY NOW—The Secretary, The Salvation Army Immigration:
808 Dundas Street, Woodstock, Ont.
480 Jarvis Street, Toronto, Ont.
114 Beckwith St., Smiths Falls, Ont.
1225 University St., Montreal, Que.

OPEN SORES

HEAL IN QUICKEST TIME KNOWN

"Sores on leg, ulcers, for months. Doctors failed to heal. Then 'Sootha-Salva' healed them in few days." Jules Simard. "Sootha-Salva" heals sores, ulcers, boils, burns, scalds, eczema, like magic. All druggists.

Australia's Young Farmers

Adelaide, S. Aust.—This State leads the Commonwealth in the close, systematic official attention it pays to the development of rural education. As South Australia is dependent almost wholly on the resources of the land, the education department concentrates upon a skilled nurturing of an agricultural bent among the scholars. First of all, there are the agricultural high schools, which are established in important, representative districts.

Yet, remarkably enough it is only during recent years that any distinct movement has taken place in Australia to make agriculture a subject in secondary schools. Although Victoria did take a definite step in this direction some years ago, says a departmental report, interest soon waned, and agricultural high schools exist there practically only in name. During the last three years, however, South Australia has made a decided advance. In the primary schools instruction is given in (1) elementary agriculture and horticulture; (2) home projects.

Gardens for Demonstration

The first consists of studies of an experimental nature, providing the child with the opportunity to "learn by doing." In the lower grades these experiments take the form of nature studies, which include subjects to prove that plants drink water, breathe in carbon dioxide, need sunlight, and so on. Under horticulture is embraced chiefly the practice of pruning. Experimental plots are also established, by means of which the child is enabled to put into practice some of the experiments worked indoors, and, in general, base operations upon facts disclosed in these tests. Gardens are provided for the growing of crops, which are established, and worked by the children alone.

The object of home projects is to give the child a hobby which pays when well followed. The scholar is encouraged to develop his natural desire, and must give an accurate account of work done ,expenses incurred, and time spent. Then, the object of the agricultural high school is to give the child a better insight into the more advanced study of agriculture and the different branches of the industry. The course for high schools falls into three main divisions: (1) Study of the soil; (2) study of the crop; (3) horticulture. All phases of soil analysis and working are explained, germination of seed, and cultivation of chief crops, such as wheat, potatoes, lucerne, pastures ,common weeds and rainfall. The child is also taught the fundamentals of planting methods pruning and budding fruit trees. Demonstration plots are established in which various crop rotations are tested, and grasses grown. In some places there is a small vineyard or orchard. Elementary carpentry and blacksmithing are carried on.

Growth of Home Projects

There are now more than 200 home project clubs in South Australia under the direction of Arthur G. Edquist, inspector of agriculture in the Education Department. The idea was started in 1924 by the Director of Education (William T. McCoy) to introduce scholars, who wanted instruction in their various hobbies, to men who had the knowledge and were willing to teach the learners. He saw that girls were fond of growing flowers, and that boys seemed to like hobbies connected with animals. Not long ago a boy in a dairy district south of Adelaide secured a cow and, from a small beginning, built up a good milk route. The project worker chooses his, or her, own line of investigation, and the Education Department helps to secure good advice and guidance.

There was a boy recently, a home project worker, who won a sheep-judging prize against a number of competitors, most of them older than he. This boy was 13, and when the judge asked him how long he had been learning about sheep, he replied, "About seven months." Then there was the lad of 14 who beat all comers at the Royal Agricultural Show in Adelaide. He came from a country school and exhibited such ability in explaining the points of merino sheep that competent stockmen said they looked forward confidently to the time when he would be a judge at the big shows. In this competition young Weston met youths up to 21 years of age, including a student at the government agricultural college, who had to be satisfied with second award.

There were many boys and youths who were members, or ex-members, of home project clubs, who entered for various judging contests at the great spring festival of the Royal Agricultural Society. Large crowds gathered around them while they were at work under the eyes of the experts These competitions were started in 1925 when home project clubs' members were given an opportunity to judge a dairy cow. The boys showed such remarkable promise on that occasion that the educational value of the innovation was recognized, and the show officials decided, there and then, to enlarge the scope of the competitions. They added sheep, wool, poultry, sheep for wool and mutton, beef cattle and draft horses.

It was felt that opportunity should be given for the younger members of the home projet clubs to take part, in addition to those who had left school. So, the contests were divided into junior and senior and classes, but it was provided that, if a junior considered he had a chance to compete in a higher section, he might do so. Juniors are beating seniors year after year. Two prizes offered at the September Royal show for dairy cattle judging went to members of the Murray Bridge calf club which is aiming at building up pure-bred dairy herds. The Government dairy instructor in that district has been giving the boys special instruction.

In the poultry judging competition, the boys had to choose between six birds, picking out the first three, and placing them in the right order. The winner, Martin Bosisto, not only selected the best three, but also placed them exactly as the judge had done. Christian Science Monitor.

WINS GOLD MEDAL

John Johnson, chief superintendent engineer of Canadian Pacific Steamships whose paper "The Propulsion of Ships by Modern Steam Machinery" has been awarded the gold medal for 1929 by the Council of the Institution of Naval Architects.

Britain and the United States

J. L. Garvin in the London Observer (Ind.): Britain and America are finding the way to the only True Security, while reducing their material guarantees. By not only the force of moral sentiment, but by the absolute compulsion of facts, they are making war impossible between them. Impossible politically, because for different reasons, affecting the Dominions, war between this country and America would mean the certain dissolution of that British Empire which the fleet exists to preserve. Impossible financially, because in such a case, considering what are now the relations between London and New York, the crash of credit avoided in August, 1914, would occur; and the consequences would be irreparable. Impossible commercially, because the dislocation of shipping and trade would cause, at once, both as to food and raw material, a shortage of supplies and famine prices. Britain, we reiterate, will remain neutral as long as America remains neutral. No conflict will occur between them about Sea Law or anything else. Pact and parity together are making a mighty change in the practical conditions of the world.

Putting It Neatly

They were talking rather confidentially in the club.

"But surely," said Wilson, "you and your wife are as one?"

"Of course, I know we should be," said Watson, the henpecked husband, "but we are not. As a matter of fact we are ten."

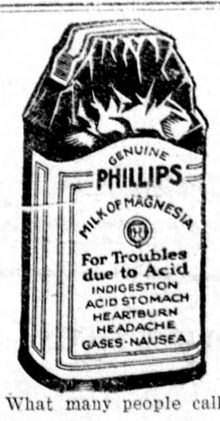
"Ten!" replied Wilson. "How do you make that out?"

"Well," said the other, dropping his voice a little, "she's the one and I'm the nought."

Carp are about the best fitted among the finny tribes to withstand the cold. A temperatre of 20 degrees below zero does not disturb them and even if frozen in ice they can still carry on, and when thawed will feel no ill effects.

Financial returns from Wall Street don't include any money back.—Arkansas Gazette.

Use Minard's in the Stable.



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 crude methods when once you learn the efficiency of this. Go get a small bottle to try.

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

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 newborn 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.

The "Sum" of Life

Man's life is like a sum,
That each is set to do;
The factors lie on every side,
"Ourselves" are factors, too.

But when the sum is done,
And slates are laid aside;
The truest test will be
How oft the factor "self" appeared
Upon the credit side.

Dentist (to youngster who has broken a tooth): "How did you do it?"

Motorist's Son—"It happened when I was changing gears on a bullseye."

Minard's—50 Year Record of Success.

And our final objection to a thirteen-month year is that there would be one more bill and one more book.

Hold ,and let none shake the conviction that one real factor in life is truth.—Bok.

PATENTS

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

So SKINNY Ashamed in Bathing Suit, Gained 15 lbs

—Eulah Lanningham writes. Thousands gain 5 to 15 lbs. in 3 weeks with new Ironized Yeast. Skin clears like magic. Nerves, constipation vanish overnight. Get Ironized Yeast tablets from druggist today.

DON'T DO THIS

Deafness HEAD NOISES

SUB IN BACK OF EARS—INSERT IN NOSTRILS.... **Leonard** EAR OIL

$1.25 All Druggists Descriptive folder on request
A. O. LEONARD, Inc.
70 Fifth Ave., New York City

DON'T SUFFER WITH DANGEROUS INDIGESTION

Do you suffer after meals with a belching, from sour and acid stomach? Many believe they have heart trouble and tremble with fear, expecting any minute to drop dead. This condition can be prevented, likewise relieved.

Take Carter's Little Liver Pills after meals and neutralize the gases. Sweeten the sour and acid stomach, relieve the gas and encourage digestion.

The stomach, liver and bowels will be cleansed of poison, painful and dangerous indigestion disappears and the system enjoys a tonic effect. Don't delay. Ask your druggist for a 25c pkg. of Carter's Little Liver Pills.

Sharks Earn Food

Scientists Seek Evidence of Reasoning Power in Activity

Sydney, N.S.W.—Whether fish govern their lives by reason or only by instinct is being debated by experts who are studying the habits of the killer sharks of Twofold Bay, in southern New South Wales.

The killer sharks drive whales into the bay where the whalers harpoon and capture them, afterward rewarding the killer sharks with choice morsels of food, such as liver.

Sometimes the whales thrash about the bay for days before they are killed, but the sharks never cease guarding the mouth of the bay so that the whales cannot escape. Apparently the sharks have learned that if they stick to their jobs they will be properly rewarded.

He Didn't Count

"I should have thought," said the husband, very grumpily, "that this being my birthday you might have considered my wishes and had my favorite lemon pudding for dinner."

"I'm sorry, dear," replied his wife, "but your birthday falls on the same day as the charwoman's."

"What ever has that to do with it?" he asked.

"Well, dear, you know she prefers tapioca," came the answer.

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TO GIVE IT HEALTH AND LUSTRE
ASK YOUR BARBER

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For power use, specify Simonds "all-hard" blades—

For hand use, Simonds Hard-Edge blades.

Refer your sawing and cutting problems to our nearest branch.

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ASTHMA

QUICK RELIEF established by thousands through use of Dr. J. H. Guild's Green Mountain Asthma Compound. Its pleasant smoke vapor soothes and relieves. Originated in 1869 by Dr. Guild, specialist in respiratory diseases. Also relieves 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. CC1, 286 St Paul St. West, Montreal, Can.

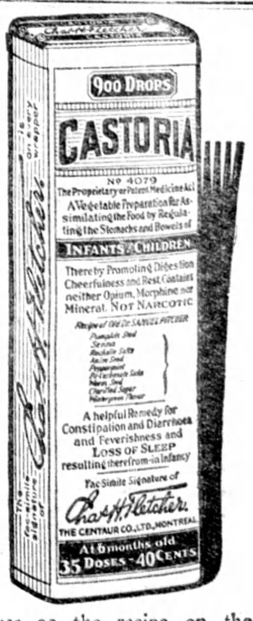
Dr. Guild's GREEN MOUNTAIN ASTHMA COMPOUND

Don't Be Bald!

Use Minard's. A recognized hair grower for fifty years. Apply to scalp steadily four times a week.

MINARD'S "KING OF PAIN" LINIMENT

An Ailing CHILD



Are you prepared to render first aid and quick comfort the moment your youngster has an upset of any sort? Could you do the right thing—immediately—though the emergency came without warning—perhaps tonight? Castoria is a mother's standby at such times. There is nothing like it in emergencies, and nothing better for everyday use. For a sudden attack of colic, or the gentle relief of constipation; to allay a feverish condition, or to soothe a fretful baby that can't sleep. This pure vegetable preparation is always ready to ease an ailing youngster. It is just as harmless as the recipe on the wrapper reads. If you see Chas. H. Fletcher's signature, it is genuine Castoria. It is harmless to the smallest infant; doctors will tell you so.

You can tell from the recipe on the wrapper how mild it is, and how good for little systems. But continue with Castoria until a child is grown.

Classified Advertising

FOR SALE

A1 BABY CHICKS—WE HATCHED 215,000 last year in four varieties. Write for free catalogue. A. H. Switzer, Granton, Ont.

FARM FOR SALE.

129 ACRES, NO WASTE LAND; Bosanquet Township, Lambton County, five miles from Forest. Good roads, good house and barn, 15 acres bush; well tiled, well fenced near church a school. Henry Turner, Forest, Ont.

SANITARY RUBBER GOODS FOR personal use. Write for catalogue, enclosing stamp. Verdun Laboratories, Box 2942, Montreal, Que.

MARRY — RELIABLE MATRIMONIAL paper mailed free; many Canadian people listed. Address Friendship Magazine, Medina, N.Y.

"NERVES ALL SHOT NOW FEEL FINE" "Fruit-a-tives" did it, says Mr. Alfred Gingras. Thousands write nervousness, heart flutter, dizziness, constipation, indigestion and over-night. Sound sleep at once. Get "Fruit-a-tives" from druggist today.

Cuticura Soap Shampoos

Cleanse the scalp and hair of dandruff and dust and assist in the healthy growth of hair. You will be delighted with their fragrance and efficiency. Send for trial outfit Soap and Ointment to "Cuticura," Box 2616, Montreal, Canada.

on COUGHS and COLDS "BUCKLEY'S"

A SINGLE SIP PROVES IT

BUCKLEY'S MIXTURE 16A

DADDY CAN NOW EAT ANYTHING

He dearly loved a rich tit-bit. The spirit was willing, but the flesh was weak. Whenever he ate anything rich, his boys used to say, "Poor dad, he will pay the penalty to-morrow." Read the sequel in his own words:—

"Since taking the regular dose of Kruschen Salts it is quite different, and my boys enjoy themselves seeing me eat what I dare not touch before. My eldest son was the same, but since he has taken Kruschen Salts he can eat and enjoy whatever is put in front of him."

Modern artificial conditions, errors of diet, overwork, lack of exercise, and so on, are bound to have injurious effects in the long run providing due precaution is not taken.

Kruschen Salts should be your safeguard. Besides cleansing the body of impurities gently, surely and painlessly, they possess a vital power of giving new life and vitality to the countless millions of cells of which every body is composed. That is why physicians never hesitate to recommend Kruschen.

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. 1760). Importers: Mcmillivray Bros., Ltd., Toronto.

Daughter Is Stronger Now

"My daughter Catherine is fifteen years old. She was very irregular, often sick at her stomach and had to stay in bed two or three days at a time. One of your booklets was sent to us by mail so I got her a bottle of Vegetable Compound. Catherine has been taking it regularly and she is gaining in weight and every way. I told the neighbors and four other girls are taking it with good results."—*Mrs. Clarence Jenkinson, Box 14, Thorndale, Ontario.*

Lydia E. Pinkham's Vegetable Compound

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