WAS RUN DOWN AND VERY WEAK

Too Little Blood the Trouble and Tonic Treatment Restored Health

"I am writing to tell you," says Mrs. James A. Haughn, Bridgewater, N.S., "the great health benefit I received through the use of Dr. Williams' Pink Pills. I had become badly run down and very weak; so much so that I could only with difficulty do my housework. I suffered from headaches, and had very little desire for meals. The trouble affected my nerves, and as a result I did not sleep well at night; and would often awake with a choking sensation, and would have to sit up in bed. I was taking treatment, but it did not help me and I was losing courage, when I saw an advertisement of a case which seemed much like my own, which had been relieved by the use of Dr. Williams' Pink Pills. I decided to give this medicine a trial and got two boxes. Before these were all gone there was an improvement in my appetite, which seemed a hopeful sign. I procured a further supply of the pills and found a steady improvement in my health. I could eat well, sleep soundly at night, and my housework was no longer a task beyond my strength. From my own experience I would advise weak, run-down people to give Dr. Williams' Pink Pills a fair trial, feeling that what they have done for me, they will just as readily do in other similar cases."

If you will send your name and address to the Dr. Williams' Medicine Co., Brockville, Ont., a little book, "Building Up the Blood," will be mailed you prepaid. This little book contains many useful health hints.

You can get these pills through any medicine dealer or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Prayer to St. Francis

O saint! who talketh with all the birds
In ancient woodlands dim,
Care for the fledgling sparrow perched
On yonder leafless limb.
When winds are cold, and snows are deep
And dark clouds overhead,
Lead the belated robin where
He finds a bit of bread.

Speak to the hearts of those who sit
In houses snug and warm,
And bid them scatter crumbs about
After a freezing storm;
And when the icy crust is hard,
And bitter northers blow,
See that the snowbird's tall seed grass
Still stands above the snow.
—Minna Irving in the New York Sun.

Chemistry Professor—"What are some of the uses of hot air?"

Student—"In orating it is said to be especially useful in warming the audience up to the subject.

"Mr. Edison doesn't like dancing, bridge or golf; he thinks the latter invented for men who eat too much."—Mrs. Thomas Edison.

"I think radio broadcasting one of the greatest developments culturally that the world has ever seen."—Mme. Schumann-Heink.

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

BOILS GO OVERNIGHT
"Many Boils on neck. Doctor said lance. Tried 'Sootha-Salva' first; boils vanished overnight." C. T. Scott. "Sootha-Salva" stops pain in 1 minute; boils go in few hours. At all druggists.

Owl Laffs

Easy Street is reached by Hard Luck Alley.

Hazel—"Where are you going, Helen?"

Helen—"Down to the drug store to buy a package of dog biscuits. Where are you going?"

Hazel—"Over to the grocery to buy a box of Aspirin."

A subscriber writes to ask why some people have electricity in their hair? Of course we are not speaking from personal experience, but it may be because such people have something shocking on their mind.

Electricity in the Home

Everything electric is an ad. you often see,
Let us check up on its uses,
Everyone will soon agree
Curls your hair and washes dishes,
Toasts your bread so brown and nice,
Rings the door bell, sends best wishes
In summer time it makes your ice,
Cools the house and cleans the carpets,
In a trice it starts your car,
Turn a switch and as you listen,
Yes, 'tis music from afar.
In the honeymooner's kitchen
Not a moment need they waste,
The percolator on the table
Has the coffee just to taste,
Eggs are cooked. Just press a button,
Hens lay eggs by day or night.
Oh! what a useful little witch
Merry little Kilowatt!
Every job just needs a switch.

First—"Did you read about the man who swallowed the teaspoon?".

Second—"No, what happened to him?"

First—"He can't stir."

The modern wife doesn't know where her husband goes in the evenings, says a critic. She should try staying at home one evening; she might find him there.

It was necessary for taxation purposes to decide which side of the Canadian and United States border a farm, which an old lady had just purchased, actually lay. Surveyors finally announced that the farm was just on the American side of the border. The old lady smiled with relief. "I'm so glad to know that," she said. "I've heard that winters in Canada are terribly severe."

Cheer up and let the dentists do all the looking down in the mouth.

She's a good mother, confides a friend. She never strikes her children except in self-defense.

Jones—"Well, old man, how are you getting along with your poultry raising? Making Expenses?"

Smith—"Not yet; but my hens have taken to eating their own eggs, so I hope they will soon become self-supporting."

People who can't write their names so anyone can read them, will often complain if they are not spelled right in the newspapers.

Something in a Name

It is said that a young lady by the name of Adeline Moore invented the postscript.

Simile: As unpitying as a loan shark.

1st Suburbanite—"We are getting up a league of nations in our suburb. Have you heard about it?"

2nd One—"No, what is it? A straw vote?"

1st One—"No, it's an agreement between those who are planning to make a garden this spring and those who are going to raise chickens.

He is one of those fellows who, if he were a singing celebrity, would spend hours listening to his own phonograph records, said a man of a friend.

"The man who succeeds in his work is the man who can keep quiet and placid when there is very severe pressure."—Charles E. Hughes.

"I am enthusiastically for everything that increases knowledge."—Michael Pupin.

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.

WORLD'S POULTRY CONGRESS

Canada's Participation

CANADA is taking a prominent part in the Fourth World's Poultry Congress, London, July 22 to 30, 1930.

National Exhibits.

Provincial Exhibits.

Commercial Exhibits.

Live Bird Exhibits.

1,000 birds—the largest exhibit from any country.

500 delegates—the most from any country except Great Britain.

Two After-Congress Tours

After the Congress—an eleven day tour of the British Isles—the Shakespeare country, North Wales—Ireland, Lakes of Killarney, Dublin, Belfast—Scotland, the Trossachs, Edinburgh—back to England, Lancashire, the English Lakes.

Then a Continental tour—Brussels, Holland, the Hague, Amsterdam, Frankfort, Munich, Oberammergau (to see the Passion Play), Switzerland, Paris.

Canadian and United States delegates and visitors sailing together from Montreal, July 12th, on the "Duchess of York."

For detailed information write to the nearest of the following:

Dr. F. N. Marcellus, Ontario Agricultural College, Guelph.

Prof. W. A. Maw, Macdonald College, P.Q.

J. D. Barbeau, Department of Agriculture, Quebec, P.Q.

J. G. Morgan, Experimental Farm, Nappan, N.S.

or

F. C. Elford,
President of the World's Poultry Science Association, Ottawa.

CANADIAN NATIONAL CONGRESS COMMITTEE
The Hon. Dr. W. R. Motherwell
Honorary Chairman
Dr. J. H. Grisdale
Honorary Vice-Chairman
H. B. Donovan—*Chairman*
President, Canadian National Poultry Council
L. F. Burrows—*Secretary*
114 Vittoria St., Ottawa E1

Mammoths' Graveyard Is Sought Along Yukon

Fort Yukon, Alaska.—Seeking antediluvian monsters with hair and skins intact, two scientist-traders have begun a leisurely journey down the frozen Yukon River in the hope of finding the burial place of mammoths in the high bluffs of the stream unapproachable during the season of open water.

East spring frost forces huge bones out of gravel beds along the river. Many valuable finds of ancient ivory were uncovered in the same manner in recent years and marketed by the two traders.

The last well preserved carcass of a mammoth was found near Dawson in 1904 and sold to an Eastern college museum for a large sum. That there are more such remains still intact in the frozen subsoil along the Yukon, where nature may do the excavating, is the opinion of the searchers. They expect to exchange dog sledges for barges early in the spring near the mouth of the Tanana River's confluence with the Yukon.

Beaverbrook's Proposal

Sydney Bulletin (Criticizing the "traiff truce" conference, which was barren of results, the Bulletin compares it with the "Empire Crusade.") The idea is some relation to newspaper millionaire Beaverbrook's demented proposition that all the British Dominions shall somehow be tricked into an arrangement for absolute Free Trade within the Empire, so that all the products of the United Kingdom and of some 350,000,000 attached niggers shall enjoy the run of the Australian market, and this Commonwealth shall throw the biggest item of its revenue into the ash-heap, and go broke immediately amid the vituperations of John Bull, its biggest creditor.

Use Minard's in the Stable.

KEEP THEM HAPPY BY KEEPING THEM WELL

It is natural for children to be happy, active, and full of fun. When they are fretful, fussy and disinclined to play you may be sure something is wrong. Almost invariably that something lies in the digestive tract.

It is to meet the need for an absolutely safe corrective of childhood ailments that Baby's Own Tablets have been designed. They gently regulate the stomach and bowels and thus drive out constipation and indigestion; break up colds and simple fevers and allay teething pains. Concerning them Mrs. W. E. Forsyth, Dover, N.B., writes: "I would not be without Baby's Own Tablets as I know of nothing to equal them for fretful, fussy babies who are troubled with colds or sour stomach."

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

The Opportunity Of a Lifetime

The opportunity of a lifetime is really what is offered in the post-Congress tours which have been arranged to follow the closing session of the Fourth World's Poultry Congress, to be held in Old London, July 22nd to 30th, this year.

The tours have been arranged, one following the other. The first starts July 31, and takes one through the historic, storied and scenic wonderlands of the British Isles. The Shakespeare country, North Wales, Dublin, with its Rocky Road; the Irish Free State, youngest of the British Dominions; Cork and the lovely Lakes of Killarney; the Giant's Causeway and, of course, the Blarney Stone will be on the route. Crossing again to Scotland, Glasgow and the Burns country is viewed; the Trossachs, Edinburgh, the English Lake Country, and Liverpool provide days full of wonder and amazement. This part of the tour returns to London August 10.

Then comes the visit to the continent which begins with a twenty-four hour stay at Brussels. From Brussels the quaint Holland country is visited, then the party proceed to the lovely Rhine Valley country, passing on the way up that river the historic cities of Coblenz, with its cathedral, and Bonn with its world-famous universities, both places which were held by troops of the Canadian Expeditionary Force immediately following the armistice. Frankfort and Munich are also visited, then the party proceeds to Oberammergau for Sunday, where they will be privileged to view the famous Passion Play, which exemplifies what is regarded by most of us as the greatest event of all history. Returning the party are the guests at a government reception at Munich before proceeding to Switzerland for a four-day stay, which will include a visit to Geneva, seat of the League of Nations. From Switzerland the party return to Paris, where another four days will be spent.

The Paris visit may be cut in half and those desiring to do so will be afforded an opportunity of a two-day tour of the battlefields of the Great War. To most of the party this visit to the battlefields will be the climax of what all will regard as truly the opportunity of a lifetime.

Economy and Politics

Perth Western Mail: (The Coullin Government in Australia has abolished, on the ground of economy, the Development and Migration Commission). In the interests of that very economy which the new Government would hug to itself for justification, the continued functioning of the Commission would have meant much to Australia. . . . Whatever its methods, it stood for a very necessary principle in Australian public life, preventing the dissipation of public funds in political ventures whose only relation to development was their description. Its executive death is a calamity—a calamity of peculiar concern to Western Australia, whose spaces clamour for people and production, but whose political "pull" against Eastern States' interests is weak.

"The quality of an art is in inverse ratio to the numbers who support it." Channing Pollock.

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.

A Glorious End

Fram, Ship of Polar Explorers, Equipped for Her Last Voyage

Oslo, Norway.—The battered ship Fram, which has carried Norwegian explorers to their conquests during four decades, is being equipped for her last voyage.

The Fram carried Fridjof Nansen toward the North Pole in 1893 and brought him back two years later when he reported having reached latitude 86 degrees 14 minutes, the northernmost point visited by man up to then.

The same Fram, with a few new accoutrements, carried Roald Amundsen south in 1911 and carried him back in triumph as discoverer of the South Pole, to be acclaimed at home.

Now the Fram is to proceed to Trondhjem to take part in an exhibition on the occasion of the 900th anniversary of the introduction of Christianity into Norway. When she returns she will be placed in the Arctic Museum here.

On her final voyage the Fram will be captained by Wisting, the only living man besides Rear Admiral Richard E. Byrd who has seen both poles. Wisting was with Amundsen at the South Pole in a dirigible in 1928.

The Fram's crew will be made up of old polar explorers from the Nansen, Amundsen and Sverdrup expeditions.

A Peril to Egypt

Cairo Sphinx: (Egypt is menaced by vast swarms of locusts in the Sinai Peninsula). At any moment, a strong east wind may drive the swarms of locusts across the narrow strip of desert and sea, but a still more serious situation may arise if the locusts succeed in breeding in Sinai. Indeed, this is more than probable. The hatching of locust eggs requires a certain amount of moisture in the soil. Normally, Sinai is too dry for this to happen, but this year's rains are without precedent, and there is a possibility that the sand will remain moist till the weather becomes warm enough for the locusts to breed. The situation is a grave one that calls for immediate action, but it is difficult to get the authorities to realize the magnitude of a danger that is at present just at their doors. The swarms can be destroyed now if a fleet of cars is employed in sufficient numbers and equipped with flame guns and trained teams.

Minard's Kills Dandruff.

Banff Park Set Aside in 1885

Banff national park in the province of Alberta is the oldest of the Dominion playgrounds, the original reservation having been set aside in 1885. It comprises an area of 3,830.5 square miles of territory. Reserved for the enjoyment of all who visit it, it is also a wild life sanctuary, evidence of which is manifest in the large number of sheep, deer and bear to be seen in the areas adjacent to the highways of the park.

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.

75% of TOTAL FARES to CANADA ADVANCED
BRITISHERS
in Canada may now bring forward their Families, Relatives and Friends on Easy Terms.
For full details apply:—
J. D. CAMERON,
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Canadian Pacific Railway, Toronto
BRITISH RE-UNION ASSOCIATION

Fletcher's CASTORIA
FOR QUICK, HARMLESS COMFORT
Children Cry for It
FOR CONSTIPATION, DIARRHEA, FEVERISHNESS

DON'T DO THIS
Deafness HEAD NOISES
RUB 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

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.

100 LATEST SONGS 10 CTS.—Words of 100 latest song hits of stage and screen sent for 10c. Factory Surplus Sales Co., C 43, Windsor, Ont.

FARMS NEAR TORONTO—WRITE for our interesting free list. Lockhart & Lockhart, 319 Bay St., Toronto.

REGISTERED HOLSTEIN BULLS ready for service. Cheap. Peter Arbogast, Mitchell, Ontario.

BABY CHICKS

SINGLE COMB WHITE LEGHORN and Barred Plymouth Rock Baby Chicks, wonderful winter layers. We have been hatching for 27 years. Delamere Poultry Farm, Stratford, Ont.

"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.

"Rheumatism GONE"
"After years of rheumatism, now in perfect health," says Mr. A. Ducharme. Thousands write rheumatic pains, neuritis, vanish like magic with "Fruit-a-tives". Constipation, indigestion end overnight. Nerves quiet. Get "Fruit-a-tives" from druggist today.

A speedy, safe, proven remedy for children and adults.
BUCKLEY'S MIXTURE
Acts Like a Flash · A SINGLE SIP PROVES IT

Boils
Dry up and disappear with Minard's. It kills the poison and draws out the inflammation.

MINARD'S "KING OF PAIN" LINIMENT

Liver—in Vancouver
"Three years ago, while in Vancouver, the house physician at the hotel advised me to use Kruschen Salts for a bad liver and constipation. I can say I never have had anything that gave me almost instant relief before, and I therefore got my chemist to order Kruschen for me—I think no less than 40 or 50 families have used it by my persuasion. Most other remedies on the market leave a bad effect in many ways, but I can safely say I haven't been as well in many years as since I have taken Kruschen."—Mrs. C. R. M., Williamsport, Pa., U.S.A.
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. 1760). Importers: McGillivray Bros., Ltd., Toronto.

READ OF A CASE LIKE HER OWN
Decided to take Lydia E. Pinkham's Vegetable Compound
Moncton, New Brunswick—"Before my last baby was born I was very weak, nervous and discouraged. I saw an advertisement in the paper about a woman who had been like me so I bought a bottle of Lydia E. Pinkham's Vegetable Compound. I took three bottles and it carried me safely through that critical time. I have three children to care for and I feel well and strong. I have told two other women about your medicine."—Mrs. Gus Arsenault, 82 Albert Street, Moncton, New Brunswick.

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