BABY'S OWN TABLETS A HELP TO MOTHERS

There is no other medicine of as great a help to young mothers as Baby's Own Tablets. These Tablets are a mild but thorough laxative which regulate the bowels; sweeten the stomach; correct constipation and indigestion; break up colds and simple fevers and make the cutting of teeth painless.

Mothers who keep a box of the Tablets in the house always feel safe from the sudden attacks of ilness that seize their little ones. If baby's Own Tablets are given on the first sign of illness the baby will soon be right again. Concerning the Tablets Mrs. B. G. Carver, Lyndale, P.E.I., writes:—"I always keep Baby's Own Tablets in the house and find them a wonderful help in keeping my baby well."

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.

Agreement at Last

Capetown Argus: Mr. Havenga's announcement that the Union has achieved a Customs Agreement with the two Rhodesias will be welcomed with profound relief on all sides. . . . Time was when the Nationalist Party resented the bare idea of Rhodesia joining the Union. Only seven years ago General Smuts was attacked with the utmost violence for daring so much as to offer terms which might lead to such a result. Mr. Havenga's statement marks the definite abandonment of that little South Africa attitude, and perhaps we may hope that the effect of the new orientation will not be lost in the north. Rhodesians will at any rate know henceforth that any approaches they feel able to make will be welcomed by all parties in the Union and not merely by one.

A luxurious clubroom for you, this Tourist Third Cabin Smoke Room on the Antonia—typical of the accommodation in this popular class on all the Cunard "A" ships. You will be surprised at the size and comfort of the Tourist Third Cabin Public Rooms when you travel Cunard. You will enjoy the service for which all Cunarders are famous.

Weekly sailings from Montreal (and Quebec) from April 26th.

Book through The Cunard Line, Corner of Bay and Wellington Streets, Toronto, (Tel. Elgin 3471), or any steamship agent

CUNARD

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RU-5

"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.

Austria to Build Scenic Highways in Work Program

Vienna—The Austrian Economic Council, representative of all branches of trade, industry, commerce and agriculture, recently established by the Government to advise regarding the best means of overcoming the present economic crisis, has put forward a number of definite schemes of development which the Chancellor, Dr. Johann Schober, declares will be acted on forthwith.

To alleviate unemployment several new important roads will be built. One of these is through the Wachau along the Danube from Melk to Krems, which is one of the favorite tourist resorts in lower Austria. Another new route is from Gratz to Klagenfurt, known as the Packerstrasse, which will be an important link between Italy and Hungary.

The third is known as Glackner-strasse along the slopes of Austria's highest mountain in Salzkammergut which will considerably reduce the distance for automobiles between Bavaria and north Italy and open up a scenic area of unusual attractiveness. Further development of waterpower plants in the "Hohe Tauern" mountains in Salzkammergut and west Tyrol are planned. When these works are completed Austria will have large stores of electrical power for export, an item which it is hoped will compensate in its trade balance for the coal it lacks. The large sums required for these schemes must come principally from the new international loan Austria expects to float soon.

Clover a Honey Maker

Clover and honey have always been intimately associated and with good reason. Figures supplied by the Lennoxville Experimental Station of the Dominion Department of Agriculture show that clover leads as a source of nectar supplying the honey flow during the year for 40 days; fruit blooms supply nectar 26 days of the year, the dandelion for 23 days, the raspberry and goldenrod each for 20 days, with pussy willow starting the season with a 13 day supply.

ANY SEASON
Is Vacation Time
In Atlantic City

ANY VACATION
Is An Assured Success
If You Stay at the

ST. CHARLES

With the Finest Location
and the Longest Porch
on the Boardwalk

Offering the ultimate in Service
with Unexcelled Cuisine

Nurse Gains 7 lbs. in 2 Weeks with Yeast and Iron

"I am a nurse at the hospital," writes Miss Martha Burns, "and I want to let you know that I am glad to recommend your Ironized Yeast.

"It gave me a good appetite. I got strong and gained 7 pounds in 2 weeks. I could write all day about how much good Ironized Yeast did me. You would be surprised at the strength I gained in 3 or 4 days."

People everywhere are amazed at the wonderful benefits of Ironized Yeast. Many write they were doubtful when they started. But after taking it regularly for only 3 or 4 weeks they gained 5 to 15 pounds. Ugly hollows fill out. Skinny limbs become gracefully rounded. Blemished skin gets clear and beautiful.

Only when Yeast is Ironized is it more effective—for Iron is needed to bring out the weight-building and strengthening values of Yeast. Pleasant tablets in a handy bottle. Never cause gas or bloating. Safe—no harmful drugs.

Go to any druggist to-day and get a full size treatment of Ironized Yeast. If after this generous trial you are not delighted, your money back instantly from manufacturer.

When Food Sours

About two hours after eating many people suffer from sour stomachs. They call it indigestion. It means that the stomach nerves have been over-stimulated. There is excess acid. The way to correct it is with an alkali, which neutralizes many times its volume in acid.

The right way is Phillips' Milk of Magnesia — just a tasteless dose in water. It is pleasant, efficient and harmless. It has remained the standard with physicians in the 50 years since its invention.

It is the quick method. Results come almost instantly. It is the approved method. You will never use another when you know.

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.

Why the World Must Abandon Gold Coin

"Lloyds Bank Monthly Review" makes a new departure this month by publishing a contribution b a well-known economist, and announces its intention of doing so month by month. Professor Gustav Cassel writes on "The Functions of Central Banks."

* * * * *

"Ever since the war a growing scarcity of gold has threatened the world with the consequence of a continuous lowering of commodity prices," says Professor Gustav Cassel, "resulting in a general economic depression. The amount of new gold required to be provided each year for the purchasing power of gold to be maintained at a constant level increases in proportion to the rapid economic progress of the world, whereas an already insufficient production is expected to be reduced very considerably during the next two decades. The only conceivable means of preventing this calamity is a systmatic reduction of the monetary demand for gold.

"The gold-economising policy that I have advocated ever since 1920 contains two factors. Firstly, the use of gold coins as a circulating medium should be abandoned. The introduction of the new British currency not redeemable in gold coins, and India's abandonment of the idea of putting gold coins into circulation, are the chief features that mark the success of this policy. The second measure for securing economy in the use of gold consists in a reduction of the central banks' requirements of gold reserves. The Genoa Conference in 1922 recommended the co-operation of the central banks for this purpose and a certain concentration of gold reserves in some leading financial centres. Under the leadership of the Bank of England, this policy has undeniably attained very valuable results, and it seems quite certain that without such deliberate efforts the present situation would have proved very much more troublesome.

"Many people do not like to have 'a managed currency.' The fancy that it should be possible for the world to return to a 'natural state of things,' where the value of gold was determined by general market conditions and not subjected to the influence of any deliberate policy. People also oppose the idea of co-operation with other central banks, believing that national independence in monetary policy could be secured by isolated action.

"These ideas are, however, hopelessly irreconcilable with present realities. The gold policy of the leading countries has a very material influence on the value of gold, and once this fact is recognized this value will always in some way be 'managed.' The only question is whether it shall be managed in a rational or an irrational way. A rational management is possible only under an enlightened restriction of the monetary demand for gold.

"During the last year the stability of the world's price level has also been threatened by the eagerness of some central banks to increase their gold reserves. The Bank of France has accumulated a gold reserve far beyond any sum for which it could under any conceivable circumstances have a practical need. By such action the world's level of commodity prices will be forced down.

"The international gold market is, at the same time, exposed to incalculable claims arising out of the enormous foreign exchange holdings that certain central banks, and particularly the Bank of France, have accumulated. It is, no doubt, a sound policy for a central bank to keep a certain reserve of exchange on leading nancial centrse, but these reserves should never exceed what is practically needed to meet the demands that may arise.

"If they are larger they become a menace to international finance and to the stability of the world's price level. It is urgently to be desired that a substantial reduction of the present holdings of foreign exchange should take place. Countries with a large surplus in their balance of payments should return as soon as possible to the old custom of regularly investing such surpluses in long-term investments abroad. For Paris this is, of course, the true way of recovering its old position as an important financial centre of the world.

"Nevertheless, it is certain that a better insight into the duties of central banks and a fuller acknowledment of their true responsibility would have, to a great extent, prevented the ecomonic depression which we are now witnessing and which we shall endeavor in vain to overcome until we secure for the world the fundamental conditions of stable money."

THE WIND'S SONG

Only a frown! Yet it pressed a sting
Into the day which had been so glad;
The red rose turned to a scentless thing:
The bird-song ceased with discordant ring;
And a heart was heavy and sad.

Only a smile! yet it cast a spell
Over the sky which had been so gray;
The rain made music wherever it fell;
The wind sang the song of the marriage-bell;
And a heart was light and gay.

Minard's Kills Dandruff.

DO YOU FEAR A HEARTY MEAL?

Dr. Williams Pink Pills Will Tone Up Your Stomach Making Mealtime a Pleasure

Are you afraid of meal-time? Does eating distress you? Would you rather go without food? That is the condition of many due entirely to indigestion. There can be no perfect digestion—hence no enjoyment of mealtime—unless you have rich, red blood. This pure blood is necessary to tone up your stomach and make it capable of properly digesting the food.

Many so-called stomach remedies merely try to digest your food for you. That is a mistake—nature should do that work and if nature does not do it serious results are bound to follow. Tone up your stomach by driving out the poisons that are in the blood. Make new rich blood and your appetite and digestion will soon be normal—meals will once more be a pleasure.

The one sure medicine to enrich the blood, restore strength and banish stomach trouble and indigestion is Dr. Williams' Pink Pills. Concerning them Mrs. Wm. T. Thompson, Brussels, Ont., says:—"For years I suffered with indigestion, headaches and dizzy spells. I tried a great many so-called remedies without relief. As a farmer's wife, with three little girls, it was almost impossible to be idle and I just dragged myself through my work. I suffered so I was actually afraid of meal time. A friend advised the use of Dr. Williams' Pink Pills and although I had lost faith in ever being well again I purchased a supply and began taking them. Gradually the dizziness and headaches left me. My appetite improved and soon I was able to enjoy my meals. I gained in weight and my health in general is better than it has been for years. I feel I owe much to Dr. Williams' Pink Pills for they relieved me of all my misery."

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

X-Ray Cures Weak Minds

Vienna. — Wolfgang Wieser, well known physician here, said that he had discovered an X-ray treatment by which mentally defective children could be made to develop normal intelligence. He said that after a single X-ray treatment a remarkable increase in intelligence had been observed in children at an institute for imbeciles.

This had increased with further treatment until normality was reached.

Minard's—50 Year Record of Success.

DEEDS

I have learned to judge of men by their own deeds; I do not make the accident of birth the standard of their merit.—Hale.

If you retire when the night falls, you will be able to get up when the day breaks.

WHY SUFFER FROM YOUR LIVER?

Why be handicapped with unsightly blotches on the face, eyes with yellow tinge and that tired and languid feeling? This indicates a torpid liver

Headache, Dizziness and Biliousness surely follow. You must stimulate your lazy liver, start the bile flowing with Carter's Little Liver Pills.

They also act as a mild laxative, purely vegetable, free from calomel and poisonous drugs, small, easy to swallow, and not habit forming. They are not a purgative that cramps or pains, unpleasant after effect following, on the contrary a good tonic. All Druggists 25c and 75c red pkgs.

Spring Cleaning of Car Insures Summer Trips

After short and slow running under winter conditions a thorough checkup of the car is advisable at this time in order to guarantee a spring and summer of carefree operation.

Assuming that the car has come through a hard winter's service in fairly good mechanical shape the service operation should proceed in this order:

First, clean the engine, chassis and body thoroughly.

Clean and grease steering gear; check front wheel alignment, after adjusting the wheel bearings and filling the hub caps with fresh grease; see that the nuts holding the rear wheels to the axle are tight and fastened with a cotter pin.

Put a couple of handfuls of sal soda in the radiator and run the car for a few miles until it is well warmed up. The soda cleans out the scale and rust in the radiator while the kerosene will loosen and wash out the old oil in the transmission and differential.

Clean the breaker points in the distributor and set them to their proper opening. Clean the spark plugs. To clean spark plugs simply fill the lower part of the plug with alcohol and allow to stand for a few seconds, take a piece of wire covered with one thickness of cloth and rub the carbon from the insulator then wipe clean and dry thoroughly before replacing in the engine. Clean sparking points with emery cloth or a knife.

If plugs are badly sooted or points worn to any degree install a new set.

Now It's Apple Sauce

"What we can't sell we can" will soon be the slogan of the apple grower. The Dominion Department of Agriculture is now developing ways and means of extending the market for apples and apple products. Much has been done by grading, dehydration has been developed, and there is a good trade in the canned apple; now it's apple sauce. Fresh from the orchard, cooked, sweetened and flavored with spice ready for the flaky crust, it comes in cans. Already it finds favor with the pie and baking trade and the housewife will find it handy.

The only time a horse gets scared nowadays is when he meets another horse.

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

Protect your skin, scalp and hair from infection and assist the pores in the elimination of waste by daily use of

Cuticura Soap

25c. Everywhere

Keep Kidneys Active

Health and life depend on them. Try Warner Safe Kidney and Liver Remedy

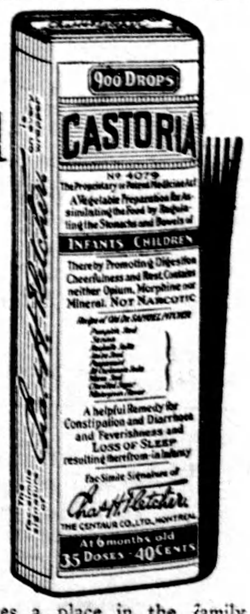
The trouble about kidney disease is that it brings no warning pain. But there are signs that you do well to watch—headache, dullness, lack of energy, bad temper, moodiness. These things don't happen if you are perfectly normal.

At the first suspicion of these symptoms you should take steps to tone up kidneys and liver. For more than 50 years thousands of families have been using Warner's Safe Kidney and Liver Remedy to their expressed satisfaction. This safe herbal remedy originally a doctor's prescription, aids to clean body poisons from the system, purify the blood, restore abounding health.

Every druggist knows Warner's Safe Kidney and Liver Remedy—has sold it for years. It is pleasant to take and costs but little. Putting it off doesn't help your kidneys. Go to your druggist now for a bottle. Note the quick improvement. Warner's Safe Remedies Co., Toronto, Ontario.

Warner's Safe Kidney and Liver Remedy

Children Cry for it



Children hate to take medicine as a rule, but every child loves the taste of Castoria. And this pure vegetable preparation is just as good as it tastes; just as bland and harmless as the recipe reads. (The wrapper tells you just what Castoria contains.)

When Baby's cry warns of colic, a few drops of Castoria has him soothed, asleep again in a jiffy. Nothing is more valuable in diarrhea. When coated tongue or bad breath tell of constipation, invoke its gentle aid to cleanse and regulate a child's bowels. In colds or children's diseases, use it to keep the system from clogging. Your doctor will tell you Castoria deserves a place in the family medicine cabinet *until your child is grown*. He knows it is safe for the tiniest baby; effective for a boy in his teens. With this special children's remedy handy, you need never risk giving a boy or girl medicine meant for grown-ups.

Castoria is sold in every drug store; the genuine always bears Chas. H. Fletcher's signature.

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.

LEISURE

Leisure for men of business, and business for men of leisure, would cure many complaints. Sorrow is the mere rust of the soul; activity will cleanse and brighten it.—Mrs. Piozzi.

LOVE

Love is "two souls with but a single thought,
Two hearts that beat as one."

TAPEWORM REMEDY

Prof. R. L. Mulveney's World Famous Tapeworm Remedy has expelled these horrid monsters in two to three hours. No starving necessary, no sickness, no trouble whatever.

Write for full information.

Dept. A, 211 Ossington Ave., Toronto

Wet Feet

Endanger the whole system. Play safe by bathing in Minard's and hot water.

MINARD'S "KING OF PAIN" LINIMENT

PILES

PAIN STOPS LIKE A FLASH!

"Piles for months. Nothing helped. Then 'Sootha-Salva' ended itching, pain in 1 minute. Piles soon gone." E. C. Arley. Instant relief. Piles vanish. Avoids knife. All druggists.

She looks 20 years younger

"I have taken Kruschen Salts for 7 years, and enclose my photo at 50, to ask your opinion of my record. I have been married 30 years, have 3 sons, 20, 23, 19; also 2 grandsons, 6 and 20 months. I put down my youthful appearance to Kruschen Salts taken each morning. I should never think of starting the day without taking them.

"I am 5ft. 3in. in height, weight 119 pounds. I can assure you my husband is very proud of me." Mrs. A. R.

Original letter on file for inspection.

To preserve your youthful charm you must preserve your health. Charm and beauty are usually a matter of health, so are vitality and vigour. All will be yours if you put your faith in the "little daily dineful." Start to-morrow, and you will feel years younger before you are many days older.

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.

Before Her Baby Came

"I have used several bottles of Lydia E. Pinkham's Vegetable Compound and find it helps me wonderfully, especially before childbirth. I have five lovely children. After my last baby came I had a miserable pain in my right side so I bought another bottle of the Compound and I feel fine now. I work outside during the fruit season in addition to my housework." — Mrs. *Charles Slingerland, R.R. #4, St. Catherines, Ontario.*

Lydia E. Pinkham's Vegetable Compound

Lydia E. Pinkham Med. Co., Lynn, Mass. U. S. A. & 2nd Robert, Ontario, Canada