A TIRED FEELING IN SPRINGTIME

Not Sick, But Not Up to the Mark—You Need the Help of That Sterling Tonic, Dr. Williams' Pink Pills—They Give New Vitality.

With the passing of winter many people feel weak, depres e. and easily tired. The body lacks the vital force and energy pure blood alone can give. In a word, while not exactly sick, the indoor life of winter has left its mark upon them. A blood-building, nerve-restoring tonic is needed to give renewed health and energy. Dr. Williams' Pink Pills are an all-year-round blood builder and nerve tonic, but are especially useful in the spring. Every dose helps to make new, rich, red blood and with this new blood returning strength, cheerfulness and good health quickly follow.

If you are pale, easily tired, or breathle: at the least exertion, if your complexion is poor or you are troubled with pimples or eruptions, Dr. Williams' Pink Pills are just what you need to put you right. If you have twinges of rheumatism, are subject to headaches and backaches, if you are irritable and nervous, if your sleep does not refresh you, or your appetite is poor, you need the treatment Dr. Williams' Pink Pills alone can give—you need the new blood, new strength and new energy this medicine always brings. Mr. A. Marcotte, North Ham, Que., writes:—"I have found great benefit from the use of Dr. Williams' Pink Pills. Before I began using them I was in a badly run-down condition, and at times felt scarcely able to work. Dr. Williams' Pink Pills have changed all this and since taking them I am enjoying the best of health. Every man who feels run-down and easily tired should give this great medicine a fair trial."

Try Dr. Williams' Pink Pills for anaemia, rheumatism, neuralgia, indigestion or nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong. You can get these pills through any medicine dealer or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"KNOW THYSELF"

Sound thy heart to the bottom, and try it nicely, to be thoroughly satisfied of thy sincerity. Let no day pass without an account taken of thy life, and be sure to observe very diligently what ground you gain and lose, what alternation appears in your temper, behaviour, affection, desires; what resemblance or degeneracy from God; how near approaches you make, or to what distances you are cast. Above all other subjects, study your own self; for he who is thoroughly acquainted with himself hath attained to a more valuable sort of learning than if the course and position of the stars, the virtues of plants, the nature of al sorts of animals, etc., had employed his thoughts.

PHILOSOPHY

Philosophy is the art and law of Life, and it teaches us what to do in all cases, and, like good Marksmen, to hit the white at any distance.—Senaca.

True dyes are easiest to use!

Dresses, drapes or lingerie look *new* when they're re-dyed with Diamond Dyes. No spotting or streaking; never a trace of that re-dyed look. Just rich, even, bright colors that hold amazingly through wear and washing.

Diamond Dyes are the highest quality dyes you can buy *because they're so rich in pure anilines.* That's what makes them so easy to use. That's what they've been famous for 50 years. 15 cent packages—all drug stores.

Diamond Dyes

Highest Quality for 50 Years

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,
Dist. Supt. Colonization
Canadian Pacific Railway, Toronto
BRITISH
RE-UNION ASSOCIATION

"CONSTIPATION COMPLETELY GONE"

writes Mrs. W. Walker. Thousands say constipation, indigestion, gas end overnight with "Fruit-a-tives". Complexion clears like magic. Nerves, heart quiet. Get "Fruit-a-tives" from druggist today.

Optimism In England

"That Industry is Healthy in this Country is Manifest if We Look at Volume Rather than Value"

"There is a mean attempt by some people to exploit the situation. (I am referring to a prominent old-established city firm who can issue a circular which is being printed in foreign countries suggesting not only that this country is down and out, but that there is no hope of recovery, and advising their people immediately to transfer their money from this country abroad Anyone guilty of that conduct ought himself to leave the country."—The Rt. Hon. J. H. Thomas, in the House of Commons.

"What causes surprise is the frankness with which the writer of the circular puts himself in the forefront of Britain's ultra-pessimists. He says that in his opinion 'the industrial prosperity of the country is much more than temporarily depressed, and that we are some way down the road of a long decline, at the end of which we shall find our relative industrial position entirely different from what it was in the nineteenth century.'"—The Scotsman.

The Scotsman has a reassuring article on the statement made in a circular by a Stock Exchange firm that British investors should re-invest their money in American and Canadian securities.

Well-Worn Arguments

"The writer of the circular," says the Scotsman, "sets out briefly the well-worn arguments in support of this view—the progress of industrial development abroad, whereby other nations, who used to buy certain things from us, notably cotton goods, have set up machinery of their own, very often purchased from us, and are more self-sufficing. So they are; but is not the whole history of progress one of continual decline of older industries and the growth of new?

"The cotton trade, by its very size and importance in the employment problem, evokes our sympathy and commands our earnest endeavor to mitigate its plight. But we are gradually coming to realize that it and some other great industries of the last century are unlikely at any time in the future to occupy quite the same relative place in our industrial economy as they did before other people had learnt to operate spindles and looms.

"The Sussex iron industry, the manufacture of cross-bows and farthingales were all good trades in their time, and, no doubt, there was much lament when they began to decline. But in place of these and other old trades there are hosts of new ones, and the workers of to-day enjoy far better living conditions and better wages in making motor-cars, aeroplanes, or turbo-alternators. Our forefathers never heard of these new industries, any more than we can know what will be the great industries of the country in another hundred years, or perhaps much less.

"The writer of the circular refers to that favorite term of the dry-as-dust economist, 'the Industrial Revolution,' which began with the harnessing of steam, as if it were something that gave a great impetus to industry and then expired. Of the stimluls there is no doubt, but the assumption that it was temporary, is altogether wrong.

"The Industrial Revolution was a great awakening, and its impetus grows faster; new wants arise, and all the time better and quicker ways are being discovered for meeting the growng wants. All this points to more rapid change in industry, and the greater necessity for adaptability in it. In the circular in question, however, it is not industry as a whole of which the writer is fearful, but only that of this country, and he advocates investment in the Common stocks of American and Canadian concerns, basing his view on the great possibilities of expansion across the Atlantic. Scope there certainly is, and progress has been rapid for the reason that population was growing and development proceeding.

"But this latter fact is misleading on that account. In new countries growth is proportionately greater, because it is measured against a smaller basis. Such countries are much more subject to set-backs on account of climate or decline in prices of their staple commodities—as may be seen, for example, in the case of Australia, America, Canada and Argentina also are all affected by the fall in wheat, a movement which in the long run must be beneficial to our industry.

The Signs of Industrial Health

"That industry in this country is healthy is manifest if we look at volume rather than value. In steel production last year we made a record, overtopping pre-war figures. In industry as a whole employment was 7 per cent. higher than in 1924, and in overseas trade our exports were substantially higher last year in nearly all manufactured goods other than textiles than they were five years ago.

"There is not the slightest ground for thinking that industrially, and as a whole, the country is not making up the ground lost during the war, despite the great handicaps which have held it back in some directions—the lack of mobility in labor, the slowness of some manufacturers to adopt new ideas, and a little too much complacency based upon the prosperity of the past.

"It was significant, perhaps, that during the same week that the circular appeared Bank rate was reduced, implying that money, at any rate, was not flowing away from the country. At the same time the railways recorded a further increase in the volume of their merchandise traffic, suggesting that our trade, unlike that of America at the moment is improving."

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing and spreads sunshine to the whole household. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, do not scold them. That is their way of telling you they are ill. When baby is like this give him Baby's Own Tablets and he will soon be well and happy again. The Tablets are mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation and indigestion, break up colds and simple fevers and promote healthful sleep. They are absolutely guaranteed free from opiates and other harmful drugs and may be given to the new-born babe with perfect safety and good results.

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

Building Higher And Higher

Coincident with the adoption of an important revision to her building code, New York was treated to a fictional criticism in the Saturday Evening Post of her tall buildings. The author probably was unaware that the board of aldermen had just enacted this code revision and he could not have known that Mayor Walker would give final consideration to signing the new code on the day the magazine appeared on the news stands. It is significant, however, that after thirty years New York has a new building ordinance which is calculated to make skyscrapers safer, yet more economical of construction.

Practically every city in the United States has within the last five years revised its code to a uniformity in so far as steel construction is concerned. In most instances that revision refers alone to the so-called working stress which takes cognizance of the improved quality of the material itself. This permits the use of a smaller quantity of a better steel. In the case of New York, however, the code revision goes further and includes definite restrictions upon the design of steel frame buildings, based upon the experience gained during the last forty years, or since structural steel came into use.

Now that buildings with eighty or more stories are being built, as is the case in New York, and inasmuch as designs have been filed for a 100-storey building, this question becomes of greatest importance. Only Chicago and New York boast of extremely tall buildings as yet. Chicago is planning a revision of her building code; New York set about it more than a year ago. It is asserted by structural engineers that 200-storey buildings are entirely feasible and will be economically desirable when land values increase still more in the urban centres. As yet in but a few American cities has land advanced beyond $400 a square foot in price. Therefore they are not so far confronted with the problem that is now facing New York and Chicago, where land has sold for as much as $1,000 a square foot. But of course as land values and tax revenues encourage the erection of taller and taller buildings, it becomes increasingly necessary that their design shall follow the best and safest engineering practice.

Apple-tree Borer Control

The Round-headed Apple-Tree Borer is an orchard pest which is causing losses of economic importance in Quebec, and one which should be watched for wherever apples are grown. For seven years now the Entomological Branch of the Dominion Department of Agriculture have been studying this orchard pest and find it one which it is difficult to control, as the larva which does most of the boring may be at work a year or more before its presence is detected; in combating the pest woodpeckers are of some help, the mounding of young trees in nurseries is desirable, wire wrappers around the base of the trunk help, arsenic sprays are of some use, but the most practicable and effective method is to apply a paste of raw linseed oil and calcium cyanide with a brush to the parts of the tree where castings from borings are noticed. This mixture should be applied under Quebec conditions from May 25 to June 5. The mixture will not injure the trees.

"One thing this generation deeply needs to learn is that we cannot wash our line clean in dirty water."—Harry Emerson Fosdick.

Minard's Will Kill Corns.

Josephine Dunn, screen star, wears attractive frock in sheer black velvet that shows dainty traces of rare lace at cuffs, lapels and blouse.

Now Ready for Research

"I believe we are just on the threshold of a considerable development in the field of agricultural economics research," observes Dr. J. F. Booth, Commissioner, Agricultural Economics Branch, Dominion Department of Agriculture. "I think as time goes on both farmers and the general public will appreciate and value all economic research in the solution of agricultural problems." Coming, as this does, from Dr. Booth, it has particular significance. On two occasions recently, the annual meeting of the Canadian Horticultural Council and the All-Canada Agricultural Conference, keen demands for economic surveys and cost production studies were evinced. Not only does such work reveal relative profitableness of farming; it also provides a medium for finding and correcting the difficulties in existing methods.

AFFECTION

Think of life ,how short it is; how much unavoidable bitterness it possesses, how much which it is easy either to bear or to chase away; and think how the power of affection can make all things right! Tremble before the chains of selfishness; free thyself from them by a new sacrifice of love, and purify the heaven of home. Ascending clouds can easily expand into destructive tempest, or disperse and leave not a trace in the air. Oh! chase them hence with the powerful breath of love.—Miss Bremer.

"To prevent crime is a far wiser thing than merely to punish it."—Franklin D. Roosevelt.

If Skinny, Beware, Says Doctor. Gain Quick

New Ironized Yeast Adds 5 to 15 Lbs. in 3 Weeks. New Health Strong Nerves—or No Cost

"Skinny folks subject to many grave diseases," says an eminent physician. When sick they lack reserve strength and many die.

Don't run risk of dangerous disease from skinniness. New Ironized Yeast adds 5 to 15 lbs. in 3 weeks. Ends nervousness, constipation, indigestion over night. Clears skin like magic. New pep first day.

Two great tonics in one. Weight-building Malt Yeast and strengthening Iron. Far stronger than unmedicated yeast. Results in ½ time.

Get pleasant tablets of Ironized Yeast from druggist to-day.

Get new health and weight quickly. Feel great to-morrow. If not delighted manufacturer refunds your money.

Science Has New Weapon to Aid in War on Insects

Washington.—In the great war with insects man has a new and promising weapon in the form of rotenone, a crystalline material which is both a contact and stomach poison. This new insecticide is especially welcomed by scientists at this time, when they are looking for organic compounds to take the place of arsenate, which leaves an undesirable residue.

Demand for organic insecticides is much greater than the supply, according to Dr. R. C. Doark, of the Department of Agriculture. The most widely used materials in this class are flowers. Nicotine is derived only from the stems and floor sweeping of tobacco. Pyrethrum flowers are grown to a limited extent in California, but virtually all of the 11,000,000 pounds used annually in this country is imported from Japan. This plant is grown in the United States, but the cost of harvesting the flowers is a decided handicap to its production.

Rotenone has been obtained mostly from the roots of derris, a plant grown on the rubber plantations of Sumatra and the Malay Peninsula. Another promising source of rotenone is "cube," a wild plant which grows in the mountains of Bolivia. The Indians of those countries use the roots of this plant to poison fish. Small amounts of the plant thrown in streams stun the fish sufficiently for the natives to catch them with spears or nets.

A Thrilling Mountain Drive

One of the most thrilling drives in the mountains of Western Canada is along the new motor road to the top of Mount Revelstoke in Mount Revelstoke national park, a reservation of one hundred square miles in British Columbia.

Minard's Kills Dandruff.

Rayon from Black Spruce

The slow-growth black spruce of Northern Canada, on account of its consistent yield of cellulose, has proved to be the most valuable wood in the world for the manufacture of pulp used in rayon manufacture.

"People often seem thoughtless because the do not know just how to act or what to say."—Bruce Barton.

YOUR HAIR NEEDS LUXO

TO GIVE IT HEALTH AND LUSTRE
ASK YOUR BARBER

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.

Irritable, Tired? Nerves bad?

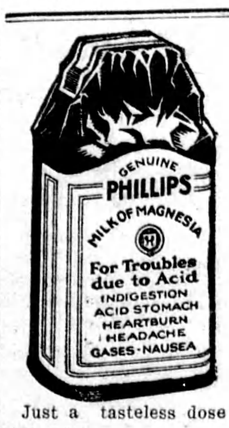
That may mean kidney or liver trouble. Warner's Safe Kidney and Liver Remedy

How can your nerves be sound if your blood is clogged with body poisons that should be thrown off? How can you keep the admiration of people if you are always cross, worn, dull?

Clean out your system with Warner's Safe Kidney and Liver Remedy, a safe herbal remedy that has won the grateful thanks of sufferers for more than 50 years. Pleasant to take, it gently stimulates liver and kidneys to do the work that Nature intended. Originally a doctor's prescription—and just as good today as it ever was.

Every druggist knows Warner's—has for years. Your health may be in better condition than that of hundreds of others, but all the more reason to take care of it while you have it. Get a bottle of Warner's Safe Kidney and Liver Remedy today. It costs little. It does much. Warner's Safe Remedies Co., Toronto, Ontario.

Warner's Safe Kidney and Liver Remedy



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 Philips' Milk of Magnesia.

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

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.

Combines Widely Used in West

In the harvest season of 1928 a total of 4,341 combines were used in Western Canada. This represents an outlay of about $2,984,300. There were 1,973 windrow harvesters and pickups used, which adds $1,578,400 to the total cost of the equipment used in this method of harvesting.

"Don't marry for money; you can borrow it cheaper."—Lord Dennison.

BOYD'S BICYCLES AT LOWER PRICES

Tires, Coaster Brakes, Wheels, Inner Tubes, Lamps, Bells, Cyclometers, Saddles, Equipment and parts of Bicycles. You can buy your supplies from us at wholesale prices. Catalogue free.

C. W. BOYD & SON 376 Notre Dame St. W. MONTREAL

PIMPLES Actually See Them Vanish

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

Aching Muscles

Experience quick relief when rubbed with Minard's. Use also for stiff joints or strained ligaments.

MINARD'S "KING OF PAIN" LINIMENT

Fletcher's CASTORIA

FOR QUICK, HARMLESS COMFORT

Children Cry for It

FOR CONSTIPATION, DIARRHEA, FEVERISHNESS

Could not Eat or Sleep after Husband's Death

Her husband's death left her very run down in health, unable to eat or sleep much. Now she is brighter in spirits and eats and sleeps well. What caused the difference? Let her answer in her own words:—

"I think Kruschen Salts are a splendid tonic. After my husband's death in December last I became very run down in health. Had terrible fits of depression and was unable to eat or sleep much. I was also troubled with rheumatism. I decided to take Kruschen Salts and have now taken the little daily dose for nearly two months, during which time my health has greatly improved. The rheumatism has completely left me. I am much brighter in spirits and both eat and sleep well."

When life begins to "get you down," when you begin to feel the results of modern artificial conditions—errors of diet, worry, overwork, lack of exercise—then you should turn to Kruschen Salts. They possess a wonderful power of giving new life and vitality to the countless millions of cells of which the human body is composed. The way to keep smiling is to take Kruschen Salts every morning—just a pinch in your first morning cup of coffee or tea.

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.

TWICE BENEFITED BY SAME REMEDY

Recommends Lydia E. Pinkham's Vegetable Compound

Cobourg, Ontario—"Years ago when I had a sick father and a nursing baby to care for, I got all run down and I took Lydia E. Pinkham's Vegetable Compound to get strength to do my work. Another time at Change of Life, I had severe headaches and felt tired all the time. I took seven bottles of the Vegetable Compound and felt like a new woman. I recommend it to any woman who is at the age when she needs building up."—MRS. T. E. SLEEMAN, R.R. 4, Cobourg, Ontario.

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