Always Tired, Sluggish

Mrs. Hartwell's Run-Down Health Restored by Dr. Williams' Pink Pills, She States.

Feels Fine Now

"I have derived great benefit from Dr. Williams' Pink Pills," writes Mrs. Lorne Hartwell, Osnabruck Centre, Ont. "My health got poor; indigestion followed, and I was nervous and irritable. My heart was also bad. I got up in the morning more tired than when I went to bed. My weight was reduced, my ambition shattered, my memory uncertain. I was unable to do my housework and I was so discouraged that life was a burden. A friend advised me to try Dr. Williams' Pink Pills. While taking the first box my appetite revived. The daily use of the Pills for a time restored my health."

Dr. Williams' Pink Pills earn high praise from benefited users because they actually rebuild health by enriching the blood. Nervous, run-down conditions yield to their blood-building properties. Young girls are wonderfully helped in their growth and development. At your druggist's in the new protective glass vials. Try them. 50c package.

Five Species Supply 90% of Cut Lumber

Douglas Fir, Spruce, White Pine, Hemlock and Cedar Leaders in Production

Canadian forests rank second only to agriculture in their contribution to Dominion production, and they provide a fourth of the net production of Canadian manufactures. Five tree species are the source of over 90 per cent. of the lumber cut of the Dominion. They are Douglas fir, spruce, white pine, hemlock and cedar. There are in Canada approximately 160 different species or varieties of plants reaching tree size, of which 31 are conifers and form 80 per cent. of the standing timber. Of the 90 species of hardwood the most important are birch and maple.

The Douglas fir of the Pacific coast probably yields more lumber annually than any other single species in America. This tree is not found in Canada east of the Rocky Mountains, the greater part of the lumber being produced in the coast region of British Columbia. This is Canada's biggest tree and from it larger structural timbers can be obtained than from any other in America. It is chiefly used for structural purposes but on account of its attractive appearance it is also extensively used for interior finish. The wood is also important in Canada as a material for railway ties and mining timbers.

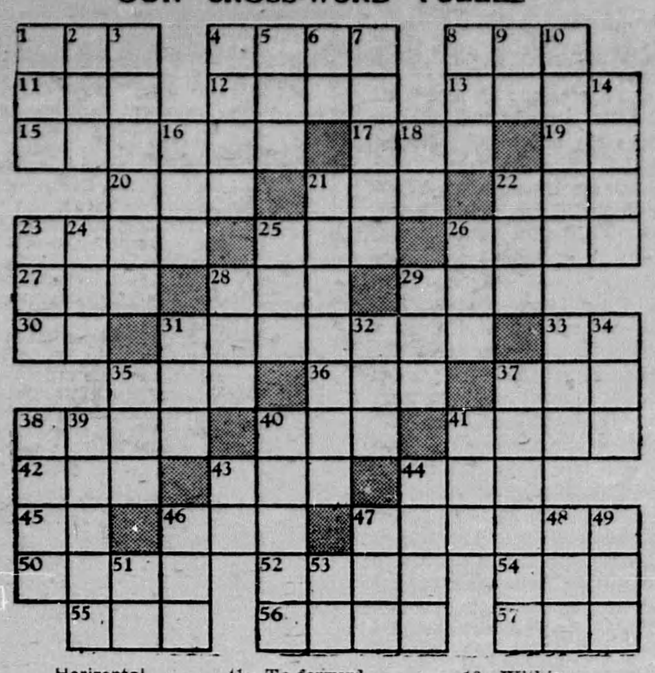
The five native spruce species are all of commercial importance, providing nearly one-third of the total production of lumber. Spruce pulpwood is used in preference to all others, and forms over two-thirds of the total quantity of pulpwood used in Canadian pulp mills and exported in the raw or unmanufactured state. Spruce is also used for railway ties, poles, cooperage and mining timbers. White spruce is the most abundant. With black spruce it ranges from Labrador to Alaska, extending northward almost to the limit of tree gowth and southward into the United States. The red spruce is confined to the Province of Quebec and the Maritime Provinces. Its wood is considered to be of greater technical value than of any other spruce species. The Western species, Engelmann and Sitka spruce, are confined to the interior and coastal regions of British Columbia respectively, and the trees attain great size in this region.

ONE FRIEND

If but one friend have crossed thy way,
Once only, in thy mortal day;
If only once life's best surprise
Has opened on the human eyes,
Ingrate thou wert, indeed, if thou
Didst not in that rare presence bow,
And on earth's holy ground, unshod,
Speaks softlier the dear name of God.
—Lucy Larcom.

"George Bernard Shaw has taught many people to pose and to think what they really do not think."—Booth Tarkington.

OUR CROSS-WORD PUZZLE



Horizontal

1—Boring tool
4—Celebration
8—Ship tmber
11—To yelp
12—To shine
13—Habitual practices
15—Purple
17—Huge
19—Preposition
20—Facility
21—Fold
22—Pronoun
23—To summon
25—By very much
26—Precious stones
27—Unit
28—Auxiliary verb
29—To block
30—Pronoun
31—Frontiers
33—Pronoun
35—Goal
36—To what degree
37—Color
38—Style of letters
40—Youth
41—To forward
42—Number
43—Nothing
44—Male swan
45—Pronoun
46—Portuguese title
47—To cajole
50—Pipe
52—River in Egypt
54—To triffle
55—Night before
56—Worry
57—To understand

Vertical

1—Deed
2—Askew
3—Shaped like ancient harp
4—Insipid
5—Incalculable period
6—Preposition
7—Coal
8—Carpet
9—Exists
10—Mohammedan princess
14—Drunkards
16—Wrath
18—Within
21—Pertaining to Passover
22—Border
23—Rotating piece
24—Chill
25—Tree
26—Slang: fuel
28—Meat
29—Moisture
31—Glove
32—Barrow
33—Invader of Europe
34—Goal
35—Tool
37—First appearances
38—To recommend
39—To result
40—Paints
41—Heavenly body
43—Negative
44—Ball of yarn
46—Study
47—Beverage
48—Deer
49—To look over
51—Part of "to be"
53—Pronoun

Italy Goes on Building

Rome.—No sooner had the inauguration of the new edifice for the Ministry of Corporations taken place than Premier Mussolini announced a project for another great public building to serve the double purpose of housing in an imposing edifice the exposition which is now being held on the Via Nazionale in commemoration of the tenth anniversary of the Fascist regime, and at the same time provide an appropriate home for the National Directorate of the Fascist party. The building will occupy a site on the new Via Impero, which runs from the Piazza Vene ia to the Colosseum.

That the program of public works all over Italy is not going to slacken was also demonstrated at the same time by a royal decree in the Official Gazette announcing many new projects to which the State is contributing or which it is financing entirely.

The contributions will amount to 56,000,000 lire ($2,800,000) and include such things as the completion of the Palace of Justice at Salerno; of a new hospital at Perugia; of the restorations to the Cathedral of Spoleto, the Castle of Celano and the vault of the Colosseum. A total of 20,000,000 lire will go toward the execution of engineering works in north and central Italy.

NEUTRAL

A discussion had arisen in the club upon the subject of tariffs. The principal protagonists, having exhausted their arguments, appealed to the only other person present, a wealthy but not particularly well-educated member.

His tactful reply was: "No, gentlemen, I ain't going to side neither with the one nor the other. If you don't mind I'd prefer to remain quite putrid."

One of the curiosities of London is the mummy preserved in St. James' Church, Garlick Hill. It is that of a man and is over 250 years old; but there is no information as to who he was and why or how he became mummified.

ANSWER TO LAST WEEK'S PUZZLE

Yorkshire Pudding

One cup milk, 1 cup flour, 2 eggs, ½ teaspoon salt. Mix salt and flour and gradually add milk, stirring to make a smooth paste. Beat whites and yolks of eggs separately and add to first mixture. Cover bottom of pan with a thick coating of beef fat tried out from roast. Heat well and pour in batter. Bake 20 minutes in a hot oven, basting after it is well risen with some of the "drippings" from the roast. Break in squares for serving.

"And did he have the dentist take an Xray of his wife's jaw?" "He tried to, but all they could get was a moving picture."

FREE TRIAL OFFER OF KRUSCHEN

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 claims 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.

Owl Laffs

Suitor (sighing)—"Well, since you don't want to marry me, perhaps you will return the ring."

Girl (snapping)—"If you must know, your jeweller has already called for it."

Andy—"How is it Harold has two caddies and you none?"

Roger—"One's mine; he keeps track of Harold's score for me."

A woman may have a mind of her own all right, but she reserves the right to change it as often as she pleases.

College Student (to professor)—"Is there a word in the English language that contains all the vowels?"

Professor—"Unquestionably."

College Student—"What is it?"

Professor—"I've just told you."

February Shorts

The trouble is that men who drink like a fish don't drink what a fish drinks. Life should be a route, not a routine. Space is about all some college students take up. A boy does as his father does, not as his father says. No man can add to his greatness by belittling others. The man with an axe to grind is never particular whose grindstone he uses. When a man asks for criticism, he is usually seeking praise. An apple caused the first downfall of man, but peaches have handled the business since that time. The less work a man has to do, the more he tires other people. It doesn't pay to fight other men's battles unless you are a lawyer.

One youth has solved the problem of what to do with Christmas cards. He saves and uses the nicest ones for book marks. The others he throws away.

Never spread an ill report about your neighbor unless you first take great pains to ascertain if it is true—and then don't do it anyway.

Let's do all the business we can honestly,
Have all the fun we can reasonably,
Do all the good we can willingly,
And save our digestions by thinking pleasantly.

The teacher had written 97.2 on the blackboard and to show the effect of multiplying by ten, rubbed out the decimal point. She then turned to the class and said:

Teacher—"Now, Alfred, where is the decimal point?"

Alfred (without hesitation) — "On the eraser."

If you must quarrel with a woman, be sure to pick a pretty one. If you quarrel with any other kind you may get angry.

We always sob while looking at a cute, pink-nosed little pig, because we know it will eventually become a big, fat, dirty old hog.

Doctor—"What is the most you ever weighed?"

New Patient—"One hundred fifty-four pounds."

Doctor—"And what is the least you ever weighed?"

New Patient—"Eight and a quarter pounds."

Weeklies Held Vital Factors

Survey Indicates They Are Gaining Prestige in Advertising Field

Truckee, Calif. — Stanley Bavier, editor and publisher of the Republican here, recently asked prominent state, civic and industrial officials of California to express their opinions as to the worthwhileness, or otherwse, of the small town newspaper of to-day.

So many and interesting were the replies received—all of them favoring the small town paper — that the United Press released a story about the survey, from Sacramento, October 13, under the by-line of Homer Roberts.

"The small town newspaper is the most powerful influence in public life to-day," ran the story.

"Instead of losing prestige, it is steadily gaining. The home town editor is the most important individual in his community.

"The country newspaper is a tremendous factor in developing business. It is one of the most effective mediums of advertising to be found anywhere.

"These and many other observations encouraging to the small town newspaper publsher were expressed to Stanley Bavier, editor and publisher of the Truckee (Calif.) Republican, in a recent survey to determine whether the community newspaper was losing its 'punch.'

"'I was curious to know just what the leaders in business and public life thought of the small town newspapers,' said Mr. Bavier. 'I wanted to know if such papers, especially the weeklies, were an important factor in our national life, or whether their influence was weakening. The replies speak for themselves'."

Among the prominent Californians quoted in the story was A. P. Giannini, head of the Bank of America, who stated: "Perhaps I can best answer you by stating that the Bank of America relies upon 320 newspapers of this state, of which, of course, the majority are in small towns, to carry its message to the people of California. Our advertising is in the newspapers week in and week out, a policy which we have pursued for over seventeen years. During the first seven months of 1932, when conditions were at their worst and many other advertisers were curtailing their expenditures, our appropriation was increased. We are more than satisfied with the results, both for ourselves and for California. We have added over $51,000,000 in deposits with 130 new depositors."

Homes for Birds Made in Liverpool Gardens

Liverpool, Eng.—Making private gardens into bird sanctuaries is becoming a popular pastime in Liverpool. A number of feeding tables and nesting boxes have been installed. The desire to protect and study wild bird life is aroused by the

MOUNT ROYAL HOTEL Montreal

Going to Montreal?

Listen to this good news! Our room rates have been lowered. The schedule shown below gives all the thrifty details. Charles Dornberger and his famous Broadcasting orchestra has made the Mount Royal Dinner and Supper Dances one of the brightest spots in the social life of Montreal.

On your next trip to Montreal, let Vernon G. Cardy, our Managing Director, be your host. Let him show you why the Mount Royal is so famous. "The Home Away From Home."

Mount Royal Hotel

New Low Rates

Single rooms with baths, $3.00 up
Double rooms with baths, $6.00 up
Suites ..... $10.00 up

V. G. CARDY, Managing Director

Classified Advertising

PATENTS.

DENNISON, H. J. S.—PATENTS, Trade Marks, Designs, Copyrights. All countries. 1007 Federal Building, Toronto.

AN OFFER TO EVERY INVENTOR. List of wanted inventions and full information sent free. **The Ramsay Company,** World Patent Attorneys, 273 Bank Street, Ottawa, Canada.

BUSINESS OPPORTUNITY

TORONTO OPPORTUNITIES—Grocery, delicatessen; beauty parlor; tobacco; bakery; tea room and beautifully furnished rooming house. Particulars, Homestead, 2 College, Toronto.

DRUG SUNDRIES AND SANITARY Supplies. Write for wholesale catalogue. Sent to adults only. National Distributors, Box 443, Dept. W., REGINA, Sask.

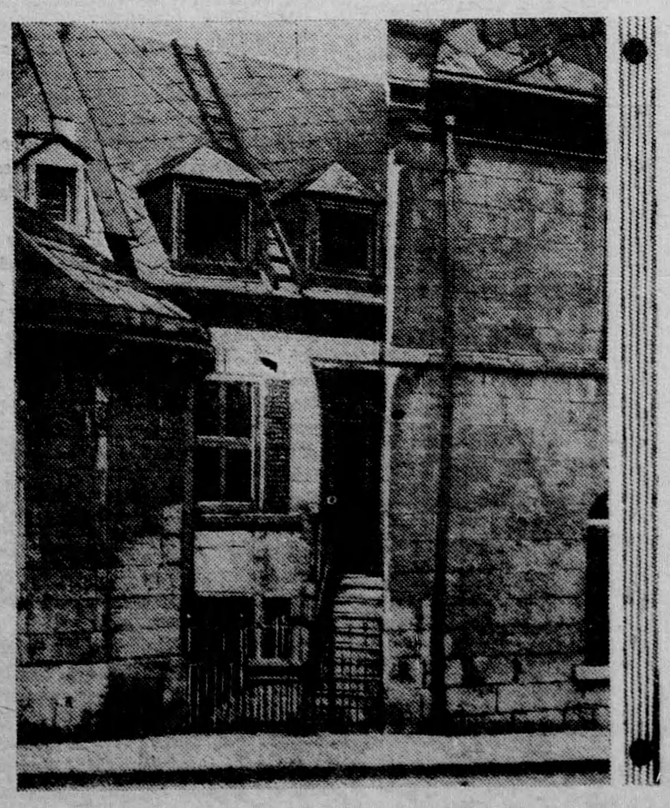
BIG MONEY GROWING MUSHROOMS from wild sterilized guaranteed bottled spawn. Right prices for dried or fresh mushrooms. Ship any distance. Information: Canadian Mushroom Producers, Regina, Sask.

While the human population of the world is estimated at 1,849,500,000, the rat population is placed at 10,000,000,000, or at the proportion of five rats to every human being.

Dragging Days *and* Restless Nights

Lack of pep is frequently caused by clogged-up systems. Feen-a-mint is thorough, dependable yet gentle in action. Effective in smaller doses because you chew it. Modern, scientific, safe, non-habit-forming

+ Do You Know? +



That the narrowest house in Canada and probably the narrowest in North America is located at No. 6 Donacona Street, Quebec City? At the top of the front steps it has a maximum width of 7 feet 9 inches. It was built in 1848 and rented for $5.00 a month. It is still occupied.

Help at Teething Time

Mother After Mother Writes in High Praise of Benefits of BABY'S OWN TABLETS

"We have not lost one night's rest through teething, as I always use my old standby, Baby's Own Tablets. They are worth their weight in gold," writes Mrs. Archie Begbie, Consecon, Ontario.

Mrs. Alton Parcher, Glenalmond, Quebec, says: "My baby has five teeth and has never been sick one day since birth, thanks to Baby's Own Tablets".

"Baby's Own Tablets are excellent at teething time," states Mrs. Hugh MacNeill, Sydney, N. S.

"Particularly helpful when the little ones are cutting their teeth," writes Mrs. A. J. Lebel, Rigaud, Quebec.

Scores of other Mothers have written in similar vein. Give YOUR child Baby's Own Tablets for teething troubles, upset stomach, simple fevers, colic, colds, constipation, sleeplessness and whenever he is cross, restless and fretful. Children take these Tablets as readily as candy. They're absolutely SAFE—see analyst's certificate in each 25-cent package. *Over 1,250,000 packages sold in 1931.* 223

DR. WILLIAMS'

BABY'S OWN TABLETS

Make and Keep Children Well—As Mothers Know

GO

We
Circular Regarding Activity in These Stocks.
Copy on Request.
A. E. OSLER & CO.,
Established 1886
11 Jordan Street, Toronto
ELgin 3461

Highest Price Paid

for dressed and live poultry and eggs. Correspondence solicited.
EASTERN FARM PRODUCTS CO.,
423 St. Paul Street East
Montreal, Que.

YOUR LIVER'S MAKING YOU FEEL OUT OF SORTS

Wake up your Liver Bile —No Calomel needed

When you feel blue, depressed, sour on the world, that's your liver which isn't pouring its daily two pounds of liquid bile into your bowels.

Digestion and elimination are being slowed up, food is accumulating and decaying inside you and making you feel wretched.

Mere bowel-movers like salts, oil, mineral water, laxative candy or chewing gum, or roughage, don't go far enough.

You need a liver stimulant. Carter's Little Liver Pills is the best one. Safe. Purely vegetable. Sure. Ask for them by name. Refuse substitutes. 25c. at all druggists. 52

ISSUE No. 6—'33

On the easily digested
SCOTT'S EMULSION
of Norwegian Cod Liver Oil

Rich in the Rickets Preventing Vitamin D
20

HELP FOR TIRED WIVES

Take Lydia E. Pinkham's Vegetable Compound

Wives get tired during these hard times. They are the ones who must bear the burdens of the family. When the husband comes home with less money in his pay envelope . . . it is the wife who must struggle along and make the best of things.

If you are tired . . . worn out . . . nervous, try Lydia E. Pinkham's Vegetable Compound. What you need is a tonic that will give you the strength to carry on.

98 out of every 100 women who report to us say that they are benefited by this medicine. Buy a bottle from your druggist today . . . and watch the results.