Reduced Prices

RED ROSE TEA

RED ROSE Red Label Tea — 1-lb. 60c. ½-lb. 30c

RED ROSE Japan Green Tea — 1-lb. 70c ½-lb. 35c

RED ROSE Orange Pekoe — 1-lb. 85c ½-lb. 43c

You can now buy from your grocer at the reduced prices the Red Rose Tea he has in stock. We refund to the grocer the drop in the price, we bear the loss.

T. H. ESTABROOKS CO. LIMITED
Toronto, Ontario

Rare Lungfish From Africa Live In Bricks Here

Zoologists Study Hibernation of Descendants of First Land Animal

Sleepy progeny of the Devonian lungfish of 450,000,000 years ago is under laboratory treatment to-day, affording science an opportunity to study evolution at first hand, according to The Associated Press.

These close relatives of the Devonian creatures which were the first to walk on dry land are the most ancient survivors—except the shark—in the long cycles of evolution, and, stand as live specimens of the past.

They are African lungfish under observation at Bellevue Medical College of New York University in a series of experiments made possible by the John Simon Guggenheim Memorial Foundation.

Buried Alive 17 Months

One specimen lives in the water in a glass bowl where it was placed four months ago after being removed from a lump of dry mud almost as hard as a rock. It had been in this mud brick thirteen months. There are fifteen others in hard mud on the laboratory shelf.

These creatures of catfish grey color, a foot or so long, and looking like a cross between a catfish and an eel have been there buried alive for seventeen months.

They were brought here nearly two years ago by Dr. Homer W. Smith, professor of Physiology, from Kisimu on Lake Victoria, where they grow six feet long and are considered good eating.

They have real lungs and rise to the surface once in about fifteen minutes to breathe. In the dry season they bury themselves, breathing through a hole in the earth.

Kidney Functions Studied

Dr. Smith estimates they can live in the mud five years. They do not eat while in mud, but live on their own tissues, and accumulate waste products in their own bodies. No other animal is known which can so dispose of waste.

Dr Smith is studying secrets of astonishing kidney functions which no other animals seem to possess. These functions appear to have some relation to the lungfish's ability to live in a state of suspended animation.

Sleep Likened to Hypnotism

The fish curl up in the mud. The "sleep" which follows has been compared to hypnosis caused by maintaining an unchanged posture, and it seems to be a nervous function.

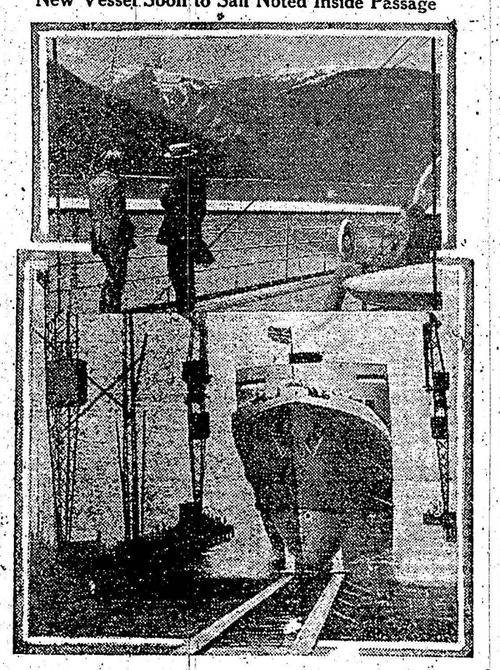
The Guggenheim Foundation is sending Dr. Smith this summer to Siam, the Malay States and Borneo to study fresh water sharks and terrestrial fish and to Africa to get more lungfish.

Crying Babies Are Sickly Babies

The well child does not cry — it is only the sickly baby who cries. The well child is laughing and happy. Baby's cry of distress is his way of telling the mother or nurse that he is ill. Therefore, if your baby cries do not delay in looking for the trouble.

Baby's Own Tablets are a safe and efficient remedy for childhood ailments. They are a mild but thorough laxative which through their action on the stomach and bowels banish constipation and indigestion; break up colds and simple fevers and promote healthful sleep. They will make baby happy and keep him happy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

New Vessel Soon to Sail Noted Inside Passage



The Inside Passage along the coast of British Columbia where the ship runs north to Alaska for five hundred miles between rugged islands and a mountainous mainland has a reputation among mariners that is world wide. No coasts, they say, except those of New Zealand and some parts of Norway, known for its great fiords, match this stretch of seaboard in majesty of scenery. There is only one short gap during the whole length of the voyage where the vessel is open to the full sweep of the Pacific. The rest of the time the great islands intervene and to all intents the boat is sailing along an inland sea. It is quiet and peaceful. The shore is only a stone's throw away. The smell of fir trees in the air mingles with that of sea water.

The newest vessel to be put on this service has just been launched in England. The Prince Henry will sail through the Panama Canal to join the Canadian National Steamships' fleet in June and will make her first sailing northward on July 3. The Prince Rupert and Prince George are already on the run and are known to the thousands of tourists who make the journey from Vancouver, or Prince Rupert north to Skagway, Alaska, and the Yukon every summer. Two other new ships for the Canadian National Pacific Coast Service, the Prince Robert and the Prince David, are now under construction.

Owl Laffs

Famous Partnerships
Bill and Coo
Mom and Pop
This and That
Over and Over.

House and Lot
Slow and Sure,
Back and Forth
Ham and Eggs.

When a girl refuses to marry a fellow, she promises to be a sister to him; but when she accepts, she promises to be a mother to him.

It is estimated that 36,247 people visit the Arlington Cemetery, Washington, D.C., in one year, and that 17,839 others are just dying to go there.

When one's stomach is full his head might as well be empty so far as getting any work out of it is concerned.

Said one banker to another: "Have you any outside interests?"

Fair Young Real Estate Agent—"Could I interest you in Culver City?"
Susceptible—"Lady, you could interest me anywhere."

When a Scotchman casts his bread upon the waters he wears a bathing suit.

If a young father thinks his kid the smartest ever he may be uncommonly modest, but more probably he is a liar.

People who are always looking for a pull might do better by trying a little push of their own.

Mother—"When I was a girl, I wore petticoats."
Daughter (wearily)—"Yes, and even then boys would be boys."

There are two kinds of rum runners—those running with it and those running to get it.

Petting, we are reliably informed, is just a little light pastime that shines in the dark.

The original owner of the skeleton found with its legs wrapped around its neck must have died suddenly while trying to dress in an upper berth.

"I'm giving the little girl a big hand," said a papa as he took his daughter over his knee.

A woman's mouth is generally compared to a rosebud, but a rosebud is usually closed.

Her—"It's a cinch nowadays to get married."
Him—"What do you mean, 'cinch'?"
Her—"Well, all you got to do is find a bigger fool than yourself."
She—"Then how is it you're single?"

It was the first time the baseball player had ever played golf. He hit one straight down the fairway, then shouted, "Which way do I run?"

"It is dangerous to kiss girls who are reducing because their resistance is low," says a noted dentist. And, we might add, it is even more dangerous to kiss a girl whose resistance is high.

Teacher—"Now, Tommy, if I take a potato, cut it in half, then in quarters, and then in halves again, what shall I have?"
Tommy—"Chips, Miss Clark."

One must possess a reasonable amount of money if he is to retain possession of his own soul.

Don't expect to be slow pay unless you are well to do or your reputation will suffer as a result.

He—"Before I was married I could have kissed you to death. Now I wish I had."

He is indeed a poor fish who never knows when to keep his mouth shut.

Sisters Remember

We have walked with a high company
Of men who owned the heraldry
Of duty and of chivalry.

No narrow bound of class, or creed,
Birthplace, or knowledge, did they heed—
They were a brotherhood indeed.

When that to keep the people free
In generations yet to be,
Theirs was the strong necessity.

Whatever terror the event
Held, all unswerving on they went.
Pain was their binding sacrament.

These were our brothers; and we hold
No greater honor may be told
Than in their age to be enrolled.
—Alice M. S. Lightall.

Policeman (leaping out of the way). Do you know anything about traffic rules?" Sweet Young Thing: Yes. What is it you want to know?

Heal the Sprain with Minard's.

TRUST AND STRIVE

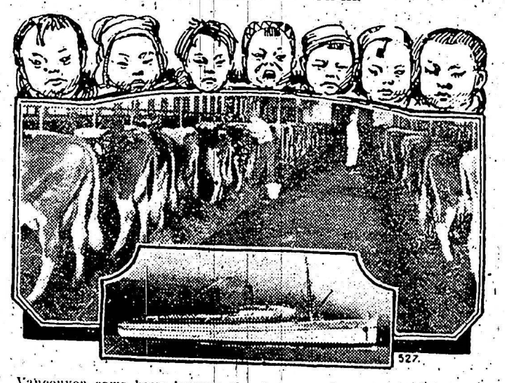
Let no man presume that he can see prospectively into the ways of Providence! His part is to contemplate them in the past, and trust in them for the future.—Southey.

Nurses Wanted

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allard Hospitals, New York City, offers a Three Year's Course of Training to Young Women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further particulars write or apply to the Superintendent.

ISSUE No. 21—'30

Saves Babies in China



Vancouver cows have become the foster mothers of children in China and Japan. Fresh certified milk is now being carried from Vancouver to the furthest ends of the earth, since New York, Montreal, Australia, South America and London, England, have already been supplied from the British Columbia port. Scientific refrigeration on the big white liners of the Canadian Pacific fleet plying between Vancouver and the Orient is half the secret of the success of this long distance delivery of fresh milk; the other half is the quality of the product from the Brooksbank Laboratories certified milk farm. Carrying milk, as fresh as when it came from the cow, from Vancouver to Shanghai, a distance of 5,419 miles, is a big job and even the speedy Empress of Canada took 14 days to turn the trick, counting in stops at Honolulu, Yokohama and Kobe en route.

W. F. Jones, manager and proprietor of the Brooksbank Laboratories, has a theory that the cow which feeds the child has a right to the same treatment and attention as the child's mother, and above lay-out will show something of the careful grooming and spotless cleanliness of stables and animals.

People "All Nerves"

What to Do if You Find Yourself in This Condition.

The sort of thing that specialists call nervous debility is the run-down condition caused by over-work and household worries. The sufferers find themselves tired, low-spirited and unable to keep their mind on anything. Any sudden noise startles and sets the heart palpitating violently. They cannot sleep well at night; their hands tremble and legs seem unable to support them. Such a condition is indeed pitiable.

Doctoring the nerves with sedatives is a terrible mistake. The only real nerve tonic is a supply of good red blood. Therefore the treatment for nervousness and run-down health is Dr. Williams' Pink Pills, which promptly build up and enrich the blood. The revived appetite, the strengthened nerves, improved spirits and new strength which come after a course of these pills will delight every sufferer.

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.

Broadleaf Trees Win In Battle of Woods

Back in those earlier days of tree life, North America looked quite different and possessed a more temperate climate. Rainfall was more abundant. The weather was warmer and there was a total absence of frost.

The Rocky Mountains had not yet been formed, writes Charles Lathrop Pack in "Forests and Mankind," and the whole continent was low and heavily wooded from coast to coast. At that time there were no regions of treeless areas like our Great Plains neither was there any abrupt difference between the forests of the East and West.

The cold, inhospitable wastes of the Arctic were warm tree-covered areas where even the heat-loving fig and palm found favorable conditions and conifers flourished. They were the highest form of plant life in it.

Time passed. Many thousands of years. The outlines of North America had meanwhile been changing. The Gulf of Mexico and the Arctic Ocean mingled their waters by means of a great inland sea that cut through the Continent. Gradually this great inland sea subsided and a large variety of tropical plants invaded the Gulf region from the South.

Then came a great and important change. Following the conifers arose a class of trees that are commonly called broadleaf trees because their leaves are not needle-like, such as the leaves of the spruce and pine, but broad and flat like the maple and the hickory. They were the "moderns" of the plant world and their coming brought profound changes to all forest life. They invaded the land and as the centuries passed they have gradually taken possession of the world's most favorable portions, forcing the pine and spruce and the fir back until they occupy now the less fertile places, the high mountainous countries, the dry sandy soils and the desert's edge.

In a sense the world has become and still is an immense battle-field between the cone-bearers and the trees with broad leaves. Gradually the cone bearers are losing and being forced out. During those times of the broadleaf trees first invasions lived a few trees that exist in our forest to-day—the sequoia, the bald cypress, and the ginko. The rest—the thousands of others—have perished and been replaced by more recent species.

The Naval Conference

Saturday Review (London): The obsequies of the Naval Conference have taken place, the valedictory addresses have been delivered, and Mr. MacDonald has affixed his signature to the death certificate with a golden pen. These facts, at least, admit of no dispute, but as to the interpretation to be put upon them, there is a wide-spread diversity of opinion. The friends of the Government would have us believe that a great step forward has been taken; but whether that step is in the direction of universal disarmament, or of another war, time alone can show. Of one event, at any rate, there can be no doubt, and it is that the Conference has not achieved what was expected of it.

Prince of Wales Places Comfort First in Home

New Country House Shows No Search for Beauty Except in Room Planned by Queen

London.—The Prince of Wales's new country house near Windsor throws an interesting light on the character and tastes of its owner.

It emphasizes the fact that he is not dominated by his esthetic instincts. The house is comfortably furnished in the most modern manner, but there is no evidence of seeking after beauty in it, with the exception of the drawing room, which was arranged entirely by Queen Mary. It is to his mother the Prince of Wales owes the presence in his drawing room of some rare examples of seventeenth and eighteenth century English furniture.

Pieces From Queen's Collection

These pieces include a mahogany chest of drawers with knee-hole in the centre and a broken plinth carved with acanthus (1720) and a walnut day bed most elaborately carved (1680). These were in Queen Mary's own collection.

The color scheme of the room is green, white and gold; the walls are decorated with English colored prints of the eighteenth century. A china cabinet contains a rare and valuable collection of old English china and there is a fine grand piano.

But beyond this undeniably beautiful room, the Prince's surroundings in his new home are as plain as they are at York House. The owner aimed at having solid comfort in his new home, but nothing more, and his wishes have been gratified at a cost or perhaps little more than £2,000.

The Prince is the despair of the picture dealers. He would not walk a yard to see an old master and he makes no pretense to the contrary. What he will see on the walls in his new home are pictures of sporting subjects by modern artists which were picked up by him for anything from $50 to $250 apiece.

Will Entertain Frequently

The Prince, in his new home, will entertain frequently, or, at all events, as frequently as his engagements permit, but he will do no official entertaining such as he did at York House last year, when the King was ill.

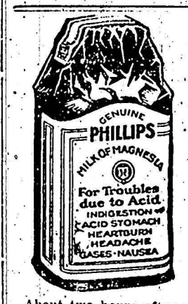
Major Metcalf will be the "unofficial" comptroller of the Prince's new home as he was of his hunting quarters, and the management of the invitation lists will be left in the major's hands—a delicate and difficult task. The Prince knows he may safely leave it in the hands of his old friend, who is one of the best sportsmen in England and one of the most tactful of men.

The most vociferous preachers are often those whose natural spirits have led them to drink the deepest of life."—Clarence Darrow.

Minard's Checks Falling Hair.

A DRAMA

Man carries under his hat a private theatre, wherein a greater drama is acted than ever performed on the mimic stage, beginning and ending in eternity.—Carlyle.



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 overstimulated. 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.

London Men's Clothing Sparkles With Color

Dress reformers are continually calling for drastic changes in the garb of men but, according to "The London Sunday Dispatch," men's shops are every bit as colorful as those which cater to women.

In the West End the outfitters, in fact, threaten to outdo the women's fashion shops. A Regent Street shop displays gift boxes of orange-colored shirts and lemon-yellow pyjama suits.

Silk dressing gowns, in elaborate patterned Paisley designs, are as bright hued as a summer flower garden. Rich delphinium blue, dahlia color, royal blue, claret, orange, and sapphire shades, as well as brown and vermilion, form striking patterns.

Wide girdles of heavy silk cord lavishly tasselled finish off these robes.

The newest ties for men are of dazzle and searchlight patterns and slashing shadow designs. Brown shadows, strongly defined, distinguish raspberry pink ties, and blues and reds have sharp shadows of contrasting colors. Handkerchiefs match these.

The winter sport-der will be a cheerful-looking person when he dons his skis. One of the latest jumpers for his holiday is a vivid orange one, decorated with great black clubs, and a two-color tam-o'-shanter in black and orange too.

"For decades it has been an unwritten law that no man will tolerate elastic to support any garments but his socks," said a West End outfitter. "This bogey has suddenly been swept aside.

"In the smartest men's outfitting establishments underclothing is now supported by elastic waistbands instead of by tapes.

"Pyjamas, too, are not only fitted with elastic at the hips but are made to measure and shaped so as to make a perfect fit."

The wife had been put on the budget plan. At the end of each month she and her husband would go over the accounts together. Every once in a while he would find an item, "L. O. K., $3," and a little further on, "L. O. K., $6." Finally he said, "My dear, what is this 'L. O. K.'?" "L. Only Knows," she replied.

Use Minard's for Burns

"Our problem for the future is to raise religious fervor without fanaticism, religious rancor."—A. Lawrence Lowell.

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

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.

She looks 20 years younger

"I have taken Kruschen Salts for 7 years and enclose my photo at 50, to show my opinion of my record. I have been married 30 years, have 3 sons, 23, 25, 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. 5in. in height, weight 149 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 mainly a matter of health, so are vitality and vigour. All will be yours if you pin your faith to the "little daily dose." 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.

Classified Advertising

FOR SALE

A1 BABY CHICKS—WE HATCHED 216,000 last year in four varieties. Write for free catalogue. A. H. Switzer, Granton, Ont.

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

"TRENT" MAY AND JUNE Chicks, always popular, Rocks, Wyandottes, Leghorns. Free folder "Pin Money" describes why their breeding "tells in the nest." Order early and save. Trent Electric Hatchery, Trenton, Ont.

CHICKS

20 Famous Breeds to choose from. Send for free chick catalog; it has valuable information on brooding chicks.

Essex Hatchery
"Service where for you"
Box 207-W. Essex, Ont.

FOR SALE

FIVE D.C. MOTORS

¼, 1, 1½, 4 and 8 Horsepower, all in good condition. Cheap for immediate sale. H. Watkins, 73 Adelaide Street West, Toronto.

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 50c. red pkgs.

"NERVES ALL SHOT NOW FEEL FINE"

Children Cry for Fletcher's CASTORIA
A BABY REMEDY APPROVED BY DOCTORS FOR COLIC CONSTIPATION DIARRHOEA

"After Baby came I was Weak, Skinny Gained 22 Lbs."

Ironized Yeast adds 8 to 15 lbs. in 3 weeks. Gaunt hollows fill out. Bony limbs get rounded. Muddy skin gets clear and rosy like magic. Nervousness, indigestion, constipation vanish over night. Sound sleep, new pep. Gain vigor day by day.

Tablets. Ironized Yeast Co. Ltd. Toronto.

First-Aid

For cuts and aches, foot troubles, cuts and bruises, or a burn, use Minard's Liniment. Nothing can't be beaten.

MINARD'S "KING OF PAIN" LINIMENT

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.