So SKINNY Ashamed in Bathing Suit Gained 15 lbs

—Faith Lansingham writes. Thousands gain 5 to 15 lbs. in 3 weeks with new Ironized Yeast. Skin clears like magic. Nerves, constipation vanish overnight. Get Ironized Yeast tablets from druggist today.

THE SECRETARY BIRD.

Curious Long-Legged, Ground-Keeping Cousin of Hawk.

"Once after nightfall I happened upon a pair of secretary birds which had gone to roost in the top of a large thorn tree," writes James P. Chapin, who has been studying African birds in their native haunts, and finds none more curious than this long-legged, ground-keeping cousin of our hawks. "They might have been mistaken for vultures save for their long tails, black-banded as seen from below. But these long-legged birds of prey are at their best by day. Even the ostrich is less stately than the secretary, with his martial bearing and deliberate, measured stride, as he stalks alertly over the short-grass plains, or come to drink at some pool.

"Despite his reputation as a snake hunter—and no doubt some serpents are killed—the greater part of the secretary's fare, in the cases we studied, consisted of large grasshoppers and lizards of several kinds, with only an occasional rat. June in the Kidong Valley must mark the beginning of their breeding season, and we were fortunate enough to find three nests with the old birds sitting on their eggs. They build broad flattish structures of dry sticks and grass tufts torn up by the roots, which are placed on the tops of small isolated clumps of high bushes. Wary in the extreme when on the ground, moving off with such speed that it is almost hopeless to run after them, the secretary birds behave very differently while incubating. Mathews and I found one nest with more than a dozen of weaver-birds' nests swinging from the boughs about it."

It is said that the secretary bird destroys snakes because of the long feathers which, if one will use a little imagination, look like quill pens behind a clerk's ear.

Goes to United States

L. H. GURTON

has been appointed Manager of the Land Settlement and Development Service of the Canadian National Railways in the United States with headquarters at St. Paul, Minn. Mr. Gurton, who came from England as an immigrant to Canada and was a farm worker, construction worker and homesteader, entered the employ of the National System in the land department, Winnipeg, in 1923, and became Eastern Manager of Colonization at Montreal in 1927.

WHY VILLAINS ARE DARK.

Europe Should Be Taught to Look on Foreigners as Friends.

[illegible] are [illegible] to [illegible] of color prejudice [illegible] people the villain is [illegible] with dark hair and [illegible] Not. At present, a film [illegible] a brave-eyed, fair-haired [illegible] be doomed to failure [illegible] Kirkbrooke Williams, [illegible] of Patuda State, in [illegible] that very whole civilization [illegible] overcoming [illegible] Indian Sign [illegible] Englishmen and Indians to [illegible] perfect [illegible] the slightest [illegible] antagonism [illegible] world disappear if [illegible] children to look [illegible] friends and not [illegible] It is related that every [illegible] children of two or six [illegible] approach a colored [illegible] he is the "bogey" [illegible] parents are to blame.

Expressive.

[illegible] been up in Alaska in [illegible] at one point of his journey [illegible] several trails crossed, he [illegible] out with a dog team, [illegible] and talked some time. "What was your road like?" the [illegible] asked.

[illegible] broke into violent abuse [illegible] describing it in terms of [illegible] complicated profanity [illegible] up with the question, "[illegible] kind of trail did you have?"

[illegible] who had listened in [illegible] the miner's remarks, remarked [illegible] feelingly, "Same as yours!"

Children's Aid Society.

Applications for children	4
Children returned to parents (not wards)	1
Complaints received	7
Investigations at homes of children	11
Mail received	82
Mail sent out	92
Office interviews	20
Court attendance	3
Foster homes heard from	8
Wards placed out	1
Wards returned to shelter	1
Warnings given	3
Phone calls	40
Adoptions completed	1
Children involved	15

G. F. THOMPSON, Inspector.

Cook's Regulating Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, $1; No. 2, $3, No. 3, $5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address:—THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor)

Here and There

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A revelation of the wide range and high quality of manufactured products centering in the twin cities of Fort William and Port Arthur was commented on by visitors to the "Home Industry Exhibition," held at the former city recently. The Exhibit was open only to bona fide manufacturers of the two cities and one hundred entrants had displays in which there was practically no duplication of products.

Forty years ago not a tree could be seen growing on expansive stretches of the virgin prairies in western Canada. To-day trees are plentiful and there is hardly an established farm house but has its shelter belt or a grove of poplars, maples or some other variety of tree. Recent reports of inspectors of Canadian Government Forestry Service show that there are 7,600 farms thus provided and to date over 100 million trees have been distributed over the prairies, with many millions more bought from nurseries and planted on farms.

Alberta led the western provinces in the number of successful farm placements made in 1929 by the Canada Colonization Association when a total of 427 families were settled on 50,803 acres, said W. R. Orr, superintendent of land settlement for the province, at a meeting in Calgary recently.

The first of the Canadian Pacific Railway broadcastings took place February 21, over CKAC from Montreal and CKGW from Toronto, and will be repeated every Friday thereafter. These stations were linked over Canadian Pacific telegraphs which allow the use of technical improvements brought into use for the first time. Running from 10 to 11 on the nights of broadcasting the concerts will be made up of light symphony orchestral pieces and renderings of light and ballad opera music. The services will be built up to the slogan of "Cheerful and Good" and the orchestra will be under the leadership of Rex Battle, a conductor whose brilliant work has won wide popularity. Sea chantey music and French-Canadian and other folk songs will also be featured.

Appointment of L. C. McOuat, one of the Dominion's leading agriculturists, as general agricultural agent of the Canadian Pacific Railway, announced recently, is further evidence of the railway's interest in the development of Canada. Mr. McOuat has had 15 years' experience in agricultural and livestock affairs and enjoys the distinction of having represented Canada on an Imperial committee to study the meat supply of the British Empire.

Shriners making the Royal York Hotel, Toronto, their Mecca next June for their Imperial Council sessions, will find a city ready built and equipped for 8,000 people at their service. The Canadian Pacific Railway are now building "Fez City" composed of railway sleeping cars and marquees to take the place of administration and service buildings. The new city will closely adjoin the Exhibition grounds where the convention is to be held. It will be divided by "The Midway" and its full length will be adorned with a motor road to be known as "Rameses Drive." Streets numbered 1st, 2nd, 3rd, etc., will radiate from "Midway".

Monument to Brigham Young.

Brigham Young has one of the most unusual monuments ever erected to the memory of man. This consists of the first letter of the surname, "Y," stamped in white upon the western slope of the Wasatch Mountains in Utah. It is located about two miles northeast of Provo, is made of rock, bedded and painted, and is 350 feet long by 200 feet from tip to tip of its arms. It is the work of students of Brigham Young University at Provo, a Mormon school founded by Young in 1873. It is situated well up on the mountain-side in a position that makes it easily visible from nearly all points of Utah Valley, an outstanding landmark.

Prehistoric Irrigation Canals.

Photographs taken from about two miles in the air plainly show the prehistoric irrigation canals the mapping of which is the objective of the Smithsonian Institution - U. S. aerial expedition at Phoenix, Ariz. Neil M. Judd, U. S. National Museum archaeologist, informed Science Service that the test photographs made on the first flight several days ago assured the success of the proposed air survey. More flights will be made as soon as the weather clears.

Moves to Montreal

J. S. McGOWAN

The appointment of J. S. McGowan as Assistant Director of Colonization and Agriculture, Canadian National Railways, with headquarters at Montreal, is announced by Dr. W. J. Black, Director of the Departments of Colonization, Agriculture and Natural Resources. Mr. McGowan has been Western Manager of Colonization and Agriculture, at Winnipeg, for the past two and a half years. Coming to Canada from Ireland to engage in farming, Mr. McGowan, after his war service, took a course in agriculture at the Manitoba Agricultural College, and was later stationed in London, Eng., in connection with the Correspondence Course in Canadian farming methods prepared by the National System for use by intending settlers from Britain.

Goes West

ROBERT ENGLAND, M.C.

It is with a wide experience in immigration matters that Robert England, who has become Western Manager of Colonization for the Canadian National Railways, with headquarters at Winnipeg, comes to Canada. Mr. England, who has for some years been Continental Superintendent of the railway in Europe, came to Canada from Ireland in his youth and graduated in Arts from Queens University. His knowledge of the immigrant peoples began when, as a teacher in Saskatchewan, he won a scholarship in connection with the Masonic Order's work among new Canadians in the West. Under this scholarship he extended his studies to Paris. After his service in the war, in which his distinguished conduct brought him the Military Cross, he joined the Canadian National Railways. He is the author of a recently published book "The Central European Immigrant in Canada."

A Toy With a Purpose.

Perhaps the most expensive "toy" in the world, and one which has certainly filled the hearts of boys of all ages with envy, was put on show at a London Underground station recently.

This was a complete model of a section of the Underground system, consisting of a miniature track with three beautifully-made model trains.

The idea of the model is to show those who travel by Underground how the safety system works. As the trains run, they switch on the red signal lights behind them. Then as they pass from one section to the next, the lights turn to green.

So the model shows quite clearly that there can never be two trains on any one section at the same time.

C. P. R. Land Sales.

Canadian Pacific farm land sales, made through the Department of National Resources, covered more than 400,000 acres in 1929, according to S. G. Porter, manager of the department. More than 200 sales were made in the company's Lacombe block, eastern section, from Calgary.

Here and There

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Smashing all known records for the 120 miles of heavy going that characterized the International Dog Sled Derby run at Quebec recently, Emile St. Goddard galloped home to his fourth victory in that event when he led Leonard Seppala to the tape by a margin of five minutes flat in eleven hours, one minute and 27 seconds for the whole distance. St. Goddard won $1,000 cash and a gold cup. There were twelve contestants in the race.

The western branch lines construction programme of the Canadian Pacific Railway for 1930, announced at Montreal, consists of the company recently will involve an expenditure of $11,000,000, said D. C. Coleman, vice-president, interviewed at Winnipeg. In addition to this sum, ten million dollars will be spent on improvements designed to increase the capacity and efficiency of lines operated in the west.

Purchase of the Algoma Eastern Railway by the Canadian Pacific Railway is announced by E. W. Beatty, chairman and president of the latter company. The property runs between Little Current and Sudbury and its purchase is subject to approval of the board of directors of the Canadian Pacific and to ratification by shareholders at the annual meeting to be held May 7 next.

For several years Canada led the world in aerial surveys and last year consolidated that leadership by applying, for the first time in any country, aerial methods to geodetic reconnaissance and transportation. Around 70,000 square miles were covered by aerial photographs last year by the Royal Canadian Air Force and the Canadian Government Department of the Interior.

Canadian investments abroad at the end of 1928 totalled $1,579,074,000, according to a recent official estimate. Of this amount $874,626,000 is invested in the United States; $131,915,000 in Great Britain; and $572,533,000 in other countries.

Available horsepower in Canada is 20,197,000 horse power under conditions of ordinary minimum flow and 33,113,000 horse power under conditions of ordinary six months flow. Only about 6,000,000 horse power has been harnessed.

The first Canadian woman Senator, Hon Cairine McKay Wilson, is the mother of eight children ranging in age from 20 to 4. Prior to the appointment there was doubt as to whether women could legally be appointed to the Senate and the question was carried to the Privy Council which held that women were persons and therefore entitled to sit.

About 13½ million meals a year are served to travellers by the Canadian Pacific—that is to say, 37,000 meals every day or 259,000 every week. This gigantic total is made up of about 4,200,000 in dining cars and station restaurants; 4,450,000 on Atlantic or Pacific steamships; 1,350,000 on inland and coastal steamers, and 3,500,000 in the company's hotels and bungalow camps.

Every Bell Telephone is a Long Distance Station

A Special Directory for "Long Distance"

Here is a new telephone convenience. We will give you a blank book in which you can make a list of the people you are likely to call by long distance. We will then fill in the NUMBERS for you and return the book.

When you call new names, not listed in your book, "long distance" will tell you the NUMBERS and you can add them to your list for future reference.

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Agents for Pool Wheat. We clean. No charge. Wheat hauled at low rates. Give us a call at our expense.

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A Clean-up Sale of Used Cars!

2—1929 Ford Tudor
1—1929 Chevrolet 1 Sedan,
1—1929 Ford Sedan
2—1927 Ford Coupes
2 New Ford Tudors
1 New Sport Coupe.

These cars are at prices that means a large saving to purchaser.

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DOMINION OF CANADA

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Are you an Employer?
Are you paying a wage or salary to anyone?
If so the law requires you to make a return on Form T4 of all such persons to whom you paid $1,000 or more during 1929.

Are you a Trustee, an Executor, or an Assignee? If so the law requires from you a report on Form T3.

Secretaries of Joint Stock Companies are required to file on Form T5 a return of dividends paid.

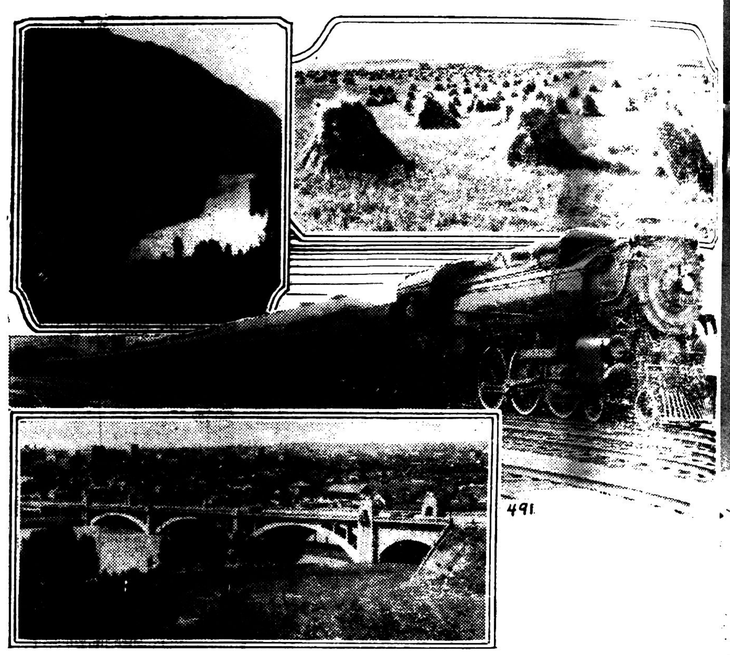
Act Promptly and Avoid Penalties

The necessary Forms can be had on application to your Postmaster

THE DEPARTMENT OF NATIONAL REVENUE

HON. W. D. EULER, *Minister of National Revenue* — Income Tax Division, OTTAWA — C. S. WALLACE, Commissioner of Income Tax

Across Canada and Back



A three week tour of Canada by Canadian Pacific train de luxe from Montreal and Toronto to Victoria and return by two routes touching at the major cities and beauty spots of the centre and west of Canada is again being brought to the attention of Canadians and others by an announcement recently issued by Dean Sinclair Laird of MacDonald College, who for the last six years has personally conducted these tours. The outward run takes in the northern shore of Lakes Huron and Superior to Port Arthur and passes thence through Winnipeg, Regina, Moose Jaw, Calgary, Banff, Windermere, Nelson, Penticton, Vancouver and Victoria. A hundred miles of this trip between Banff and Windermere is by automobile [illegible] the most magnificent scenery in the [illegible] trip is also by Canadian Pacific Ra[illegible] in the famous mountain railway [illegible] Lake Louise and Banff, thence [illegible] and by Saskatoon to Winnipeg and [illegible] From the latter city by Great Lakes [illegible] Port McNicoll which practically [illegible] continental journey.

Variety of scene and of means [illegible] is thus assured. Numerous stops are [illegible] seeing in the many noted beauty [illegible] parks, experimental farms, forestry [illegible] centres of population and provincial [illegible]

FIRST AID SCHOOL ON WHEELS

FOR the benefit of employees isolated from the larger centres, the Canadian National Railways have put into operation three travelling first-aid instruction cars. Fully equipped and in charge of competent instructors, these cars will travel to outlying points, bringing courses of instruction to engine men and train men, agents and construction and maintenance of way men who have ordinarily no means of obtaining the knowledge. One car will work in the western region of the railway, one in the central region and one in the Maritime Provinces. While their primary use is for instruction, they are, as well, travelling dressing stations ready to assist in emergency. They are the first cars of this type ever to go into service on a railroad in Canada, if not on the continent. Their Excellencies, the Governor General and Lady Willingdon, Colonel C. A. Hodgetts, Director-General, and other members of the St. John Ambulance Association, who inspected the first of the three cars, were much impressed by their value.

When your sweet tooth says CANDY
Your wisdom tooth says BARNARD'S

VOLUME 70

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LOCAL COUR

Place of Sitting	Day of Sitting	Open
Milton	Friday	[illegible]
Oakville	Tuesday	[illegible]
Georgetown	Wednesday	10:00
Campbellville	Thursday	10:00
Burlington	Saturday	10:00
Milton	Monday	10:00

[illegible] AND ADDRESSES OF CLERKS—[illegible] Thompson, Georgetown; [illegible] Somers, Burlington.

[illegible] Sessions of the Peace and Court [illegible] 8th December, on opening days [illegible] Court Sittings, without Jury, [illegible] may be required for the dispatch [illegible] Criminal Justice Accounts.