

## BEST MEDICINE SHE EVER USED

Dr. Williams' Pink Pills Highly Praised by a Nova Scotia Lady.

Among the well known and esteemed residents of Hemford, N.S., is Mrs. Amanda Woodworth. Some four years ago Mrs. Woodworth had the misfortune to lose her husband, and as a result of caring for him during his illness, and attending to farm duties, she became terribly run-down. The least exertion would leave her tired and breathless. She was often attacked by spells of weakness that left her almost speechless, and frequently suffered from severe headaches. The medicines she took did not help her, and she almost despaired of gaining her health. In this condition she one day read in a newspaper of a case very similar to her own, in which health was restored through the use of Dr. Williams' Pink Pills. This made her decide to give these pills a trial. After using a few boxes she found the pills were helping her, and she continued their use until her old-time health and vitality were restored. Now Mrs. Woodworth looks after a small farm of fifteen acres, besides doing all her housework, and says she never felt better or more energetic in her life. She gives credit for her present splendid health to Dr. Williams' Pink Pills, which she says are the best medicine she ever used, and strongly recommends the pills to all run-down people.

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.

### Boots and Shoes.

Big shoes, little shoes, dainty shoes and neat, Clumsy shoes for working men, and shoes for women's feet. Shoes that must be extra strong—for school-boys need them stout; And shoes of suede the finest make—when Belle goes "walking out!" But Gran'fer scans them, every one, those shoes there by the score; He doesn't find just what he wants in all that varied store!

Boots for tramping country roads, and boots to wear in town, Boots for golf and cricket boots—the shopman takes them down. Boots for gouty, weary feet, and slippers, satin-lined, But these are not the styles at all that Gran'fer has in mind. And then he spies wee things of kid, all tiny, soft and white, "I'll take a pair of those," he says, "She only came last night!" —Hillary Brown.

Owls Supplied With Eye Screen. Owls, in addition to their eyeglasses, have a screen that they draw sideways across their eyes to shut out the light, for they sleep in the daytime.

Fishing for compliments is about as useless as dangling a bent pin on a line in a pail of water.

## WE WANT CHURNING CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

**Bowes Company Limited,**  
Toronto

For references—Head Office, Toronto, Bank of Montreal, or your local banker. Established for over thirty years.



STARS MAKE TRIP THROUGH CANADA

Harold Lloyd and his wife, Mildred Davis, photographed on the Canadian Pacific steamship Princess Victoria, en route from Victoria to Vancouver during the course of their recent journey across Canada.

### Sentence Sermons.

Our Greatest Glory—Consists of our ability to make good in little things.

—Is our dependability under any circumstances.

—Lies in our ability to make new friends without losing the old.

—Appears when we refuse to allow success to spoil us.

—Never seems to impress the home folk much.

—Is not in unusual performance, but unflagging effort.

—Is won on the day we overcome our greatest difficulty.

## MOTHERS PRAISE BABY'S OWN TABLETS

Mrs. L. M. Brown, Walton, N.S., says:—"I cannot recommend Baby's Own Tablets too highly. I have found them invaluable for the ailments of little ones." Mrs. Brown's testimony is the same as that of thousands of other mothers who have used the Tablets. To use them once is a sure guarantee that they will always be kept in the home as long as there are babies or young children to be cared for. The Tablets are a laxative—mild but thorough in action—which never fail to regulate the stomach and bowels; relieve constipation and indigestion; break up colds and simple fevers and make the dreaded teething period easy. In fact they banish all the minor ills from which little ones suffer. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Inherited.

Johnny Browne was the brightest boy in his class, but was also the naughtiest. After a time the teacher's patience was exhausted. She wrote a note and gave it to Johnny for his mother, who read the following: "John Browne is the brightest boy in the class, but also the most mischievous. What shall I do?" Without a word John's mother wrote the following in the upper left-hand corner: "Do as you like. I've my hands full with his father."

## FREE Catalogue

ELECTRIC FIXTURES at Wholesale Price

Buy direct from the manufacturer—save all the middleman's profits and put them in your pocket. Catalogue shows one of the largest and most up-to-date stocks of electric fixtures and appliances in Canada. Send for free catalogue, no obligation. Cost nothing to find out what wholesale prices are. See how much you can save. Put 50 to 100 per cent. in your pocket. 5-light living or dining room fixture with shades, complete, \$3.45. Address: Department A, DOMINION ELECTRIC SUPPLY CO., 100 Queen Street West, Toronto

### World's Timber Supply.

Canada is the principal source of softwood in the British Empire.

The forest capital of the world is decreasing at the rate of 18 billion cubic feet per annum, and if consumption continues to increase at the present rate it will be doubled in 50 years.

In Europe (as a whole) the annual consumption of wood exceeds the growth by 3 billion cubic feet. In the United States the annual cut is four times the estimated annual growth.

The forests of Russia and Siberia are of a large extent inaccessible.

Canada must therefore be prepared to meet an ever increasing demand. Our softwood supplies are already reduced to the extent of being only two-fifths the amount of softwoods in the United States, despite our much larger forest area.

Canada cannot gauge her wood requirements on the basis of her own population only. Under present methods, United States supplies are rapidly being depleted. Our exports of forest products to that country are already very large; they must inevitably increase. Only by curtailing losses, and increasing productivity of the forest, can the increase be met.

In contributing to the world's wood requirements, if Canada is to fill the place predestined by nature she cannot continue her careless treatment of the forest resource. She must capitalize her forest resources, she must protect that capital, and she must use only the amount of annual growth.

### How Can the Grading of These Cattle be Raised from Common to Good?

In a few cases it could have been done by better feeding, but in the majority of cases the feeding was alright. It was the breeding of the cattle which was at fault. In nearly every case if these cattle which graded "common" had been given the advantage of being sired by a pure bred bull they would have weighed as much and would have been as good quality as those which graded "good."

Ability to carry weight and finish is a virtue not possessed by the offspring of scrub bulls.

Over four million hoofs were required to carry the live meat supply to the public markets of the Dominion during 1919. Had the scrub bull been eliminated five years back and better feeding methods practised over the same period this meat supply could have been marketed on three million hoofs, a saving of over 25% of the feed that was required, since the most economical gains are made by good quality cattle.

The average weight per animal marketed in Canada during 1919 was 800 pounds, whereas it would have been possible to have obtained an average weight of at least ten hundred pounds per animal, which would mean the elimination of 25% of the four million hoofs referred to in the preceding paragraph.

When a better beef animal is produced there is no loss on some other way. It is a creation of new wealth which goes directly to the producer and indirectly to the country.

### The First One.

The original cross-word puzzle was the first argument between the first automobile driver and the first traffic cop.

### Minard's Liniment for Colds.

Big growers and shippers use electricity to kill insects that may lurk in bags of nuts. The sacks are run through an electric ironing machine which destroys, through heat and pressure, any insect eggs or larvae.

A tea your grocer recommends is usually good tea

# RED ROSE TEA "is good tea"

And most grocers recommend it.

### Advocates Music in Factories.

Dr. Robertson Darwin, medical officer to the Blackburn Mill Managers' Association, in England, is one of the latest advocates of music in industrial establishments. Speaking the other day to the association, he said: "Ten minutes' music an hour has a definite psychological effect upon the worker, bracing him to his task and increasing his output in quantity and quality. 'I am convinced,' he declared, 'that the introduction of music into the mills would prove a paying proposition.'"

### For Sore Throat Use Minard's Liniment

#### A Bit Catty.

She was newly engaged, says the Tattler, and was confiding in her dearest friend.

"Do you know, dear," she said, "Tom and I understand each other perfectly. He tells me everything he knows, and I tell him everything I know too."

"Really," exclaimed the friend. "Don't you sometimes find the silence rather oppressive?"

A dog's devotion puts human friendship to shame.



## BERMUDA

Ideal Spring Vacations Only 2 Days from New York

Go in May and June when Bermuda is ablaze with flowers—perfect days for rest or play. Palatial, Twin-Screw Steamers "FORT VICTORIA" and "FORT ST. GEORGE"

For Illustrated Booklets Write FURNESS BERMUDA LINE 34 Whitehall Street - New York City or Any Local Tourist Agent



## Cuticura Clears The Skin Of Blemishes

If you have pimples or red, rough skin you can rely on Cuticura to help you. Gently smear the affected part with Cuticura Ointment; after five minutes, wash off with Cuticura Soap and hot water. Dry without irritation.

Sample Each Free by Mail. Address: Canadian Depot, "Sunshine Ltd., Montreal. Price, Soap 25c. Ointment 25c and 50c. Talcum 25c. Cuticura Shaving Stick 25c.



# Genuine ASPIRIN

Proved safe by millions and prescribed by physicians for

Headache Neuralgia Colds Lumbago  
Pain Toothache Neuritis Rheumatism

Safe

Accept only "Bayer" package which contains proven directions.

Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monosodium Salicylate (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

### Kills Men and Bugs.

Tuba root, used by the "wild men of Borneo" as an arrow poison, is an effective insecticide.

No man can produce great things who is not thoroughly sincere in dealing with himself.—J. R. Lowell.

## RADIO

Guaranteed 201A Tubes \$1.95. Special 1 Tube Set, 1200 miles range, complete \$22.50. Express Prepaid. Write for Price List.

DANFORTH RADIO CO. 2093 DANFORTH AVE. TORONTO



## MINARD'S Relieved His Rheumatism

Here is one of many letters testifying to the relief Minard's gives in cases of rheumatism: "I have been relieved of rheumatism by your liniment. I thought I would never be free from this malady and I tried many remedies, but Minard's was the only one which gave me relief."

ALPHONSE RICHARD, St. Samuel, P. Q. Minard's is also splendid for stiffness of the joints, sprains, bruises, etc.

MINARD'S LINIMENT

## MRS. B. H. HART SICK FOR YEARS

Wants Women to Know How She Was Made Well by Lydia E. Pinkham's Vegetable Compound

Cornwall, Ontario.—"I am now giving your medicine a fair trial and it surely is doing me good and I am going to keep on taking it. I used to feel so tired in the morning that I didn't want to get up, but that feeling is leaving me now. I also sleep better and feel more like working. For seven or eight years I have had headaches, tired feelings, pains in my back and across my body. I read letters in the newspapers saying what good Lydia E. Pinkham's Vegetable Compound had done others. My husband says I quit too soon, but I am not going to stop taking the Vegetable Compound and Lydia E. Pinkham's Blood Medicine until I am better and haven't an ache or a pain. Isn't that the right way? I have great faith in your medicines. They must be good when those who take them speak so highly of them. I am recommending them to my friends and I will gladly answer letters from women asking about them."—Mrs. BURT H. HART, Box 1081, Cornwall, Ontario.

Mrs. Hart wants to help other women and is willing to answer letters from sick women asking about the Vegetable Compound.

## ONTARIO BREED BETTER STOCK LIVESTOCK Improvement Committee

### Are Your Cows Earning Their Keep? Listen!

Albert —, on the 2nd Concession in Grant Township, owned a Scrub Bull in 1911. He delivered to the cheese factory that year 44,228 pounds of milk. He bought a good Pure Bred Sire and from the first cross produced 14 of his present cows and six of his present milking heifers. From the same number of cows as in 1911, last year he delivered 152,605 pounds of milk.

Eight years of crossing with a Pure Bred Sire made a difference of 108,337 lbs. of milk in his herd.

Don't keep unprofitable producers.

BUY A GOOD BULL