## SLEEP UMAN BODY

**IMPORTANT** FOOD.

acts Regarding ng On During consciousness.

coms has always by, but few people hought to the con-

ep to be able to day-dreams-and enjoy has an efwe experience. closely associated

ut light sleep, in conscious of what us, produces visicams. The readmber an instance ation on awakensome feature in sion in his dream door banging as

it is interesting es affected in our

els "sleepy" the is blood passes . It remains at I sleep actually a further fall. ng Bodies.

ht, bowever, as our blood presil it rises to a normal. It is ir own accord h;" and at the re is a share sure, and our y and well. ulon the tem fulls with the

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Canada From Coast to Coast

St. oJhns, Nfid.—In order to assort ern lands has reached here. Nearly Whe development of the herring fighery, two hundred settlers from the Canthe creation of a Newfound and Figh- adian Pacific steamship "Montcalm" ing Board, non-political, and having arrived during the week bound for functions and powers similar to the western points. Friberies Board of Scot'and, is being Portage La Prairie, Man.-Fifteen selvocated by the St. Johns Board of thousand tocks of flour, the gift of Trade. This Board would encourage Western Canadian farmers, to the the more general adoption of the Armenians through the Relief Asso-"Scotch cure" and other "improved ciation, left this point for New Orleans methods" of preserving fish and would for shipment to Convantinople. Apsee that herrings exported were of a peals for aid for Armenia found a

Summerside, P.E.I.—It has been Saskatchewan farmers, donations beestimated that local fur farmers have ing from two to five bushels per load. earned \$250,000 in the past three Regina, Sask.—The total output of months. Farmers are coming in an creamery butter from the 58 creamincreasing extent to realize the profit; erios operating in Saskatchewan durof fox farming as a side line, and, sup- ing 1921 was 7,085,562 pounds, valued plementing the larger ranches, the at \$2,609,410. The total value of all breeding of a few foxes is becoming dairy products was \$18,774,445. This an adjunct to other agricultural activi- is the first year in the history of the ties. This is having a beneficial effect province that the value of the creamon the trade of the town which now ery output has reached the seven milhas a population of 3,000.

Halifax, N.S.—In order to encourage the province in the past year. reforestation in Nova Scotia, Frank J. D. Barnum, of Annapolis Royal, N. thousand farmers attended the Alberta spring of 1922. No one farmer is to be paid a bonus on more than 100 acres, so as to distribute the plantings as widely as possible over the province. Location and method of plantment forester of Nova Scotia, if one deinty, by Alberta veterans of the old three of her brothers. The Princess is wearing a sailor hat. The photo-

Fredericton, N.B.—The dairy pro- park at Wainwright, Alta. ducts of the Province of New Brungwick in 1921 were valued at \$927.064, worth of products were shipped from according to the official statistics, worth of products were smpped from

Production included 1 000 202 named this port to the United States alone

Prof. R. W. Angus, of the Faculty will bring the university into closer Thrift Week. 633 American cities collaborated this Thrift Week the daily Production included 1,000,303 pounds during 1921. Among the commodities of Applied Science and Engineering, contact with the men who are responsely to the Control of the C

Montreal, Que.—A report from print, coal, lime, platinum, gold, silver gineers are speaking, between Febru- Advocate Sending Woman Novoissisk, Russia, states that three ore, nitrate of socia, subphate of am- ary 27th and March 6th, on the utilizahave been received there from Canada Kaslo, B.C.—Picking, packing and ada. Lewis F. Moody of Philadelphia, A despatch from Ottawa says:—

The chinning the largest facility of the largest facility of

General Motors Corporation is being over 1920, valued at \$360,000. Straw- in water-power development and con- up with the Canadian Government. It puts a premium on discontent. The organized in Canada, and will be berries also show a 100 per cent. inservation at the present time, and has was decided, after consideration of the taste for luxurious foods and drinks is known as the Oakland Motor Car crease, with an estimated value of done so for many years, numbering letter, to act on the suggestion. Ont., and operations are expected to Prince Rupert, B.C.-An additional commence in March. The company unit, sufficient to produce thirty tons already has on its books some large of ice daily, will be added to the plant orders for export. The Canadian of the Canadian Fish and Cold Storage branch of General Motors, located at Company here at a cost of \$25,000. The Oshawa, is now turning out more cars additional capacity is urgently needed than at any other time in its history, as there has been an ice shortage \$1.581/2. of Brotish emigrants bound for west- season.

Bringing East and West

Together.

the movement is one which will ob-

viously be of benefit, not only to the

guard of honor at the opening of

Parliament in the Barbadoes Islands.

seat in the British House of Commons. three months.

ready response among Manitoba and

vion pound mark. The figures also show an increase of 50,000 cows in

S., is reported to have offered a cash Government mixed farming train in bonus of \$2 an acre to the farmers the first week of its itinerary. The spruce or pine seedlings planted by types of livestock and accompanied by scientific agriculturists, is sent out by the Provincial Government for the promotion of better mixed farming methods in Alberta.

Calgary, Alta.—Buffalo steaks were ment forester of Nova Scotia, if one Royal North-West Mounted Police at three of her brothers. The Princess is wearing a saffor hat. The photois appointed, otherwise by Mr Barn-ium's forester to ensure satisfactory their annual recanion in Calgary on graph was made in 1899 on the occasion of a visit to Osborne. the Federal Government from the Developing Canada's Water-

of cheese, valued at \$304,864; 1,162.020 thipped were meats, eggs, fresh milk, University of Toronto, has arranged sible for the engineering work of the papers fully co-operating.

The recents of the United pounds of butter, valued at \$470,870; fish, hides, furs (undressed), grains, a series of special lectures on water-greatest water-powers in America, and

The people of the United States and and 154,626 gallons of ice cream, val- fruits, nuts, coffee, tea, spices, wool, power development for students and therefore the greatest in the world.

steamers Canadian Seymour and Can-history, the West Kootenay's returns of the Hydro-Electric Power Commission of the Hydro-Electric Power Commission of the League of Nations has evidently outcome of this is that we have dether the late war. action Ranger brought tanks as well from fruit alone during 1921, on the sicn, W. M. White of Milwaukee, and found favor among members of the veloped extravagant tastes. History as miscellaneous cargoes of shoes, basis of prices at point of shipment, Norman R. Gibson of Toronto will each National Council of Women Executive, has revealed the fact that when the foodstuffs and agricultural imple- will be considerably over \$500,000. deal with the phase of the subject in which has received a letter from the men and women sacrifice thrift for the love of hypers it is a day of will form. The apple crop is estimated at 350 which he specializes. The provincial Council of Great Britain asking the love of luxury, it is a day of evil fore-Toronto, Ont.—Another unit of the cars, a gain of more than 100 per cent. university is giving regular courses Canadian Council to take the matter boding, inasmuch as the love of luxury

Winnipeg, Man.—An advance party every preceding year during the fish

Reduction in British

the University of Toronto. These prepared to recommend a reduction

scholarships are open to fraduates of in the army estimates by £16,500,000

universities in Western Canada and instead of £20,000,000, as proposed in

A despatch from Ottawa says:- months. The other boys in the mine,

are to be used to pursue postyraduate the Geddes report.

# Toronto.

Manitoba oats-No. 2 CW, 611/2c; \$4; primes, \$3.75 to \$3.90. extra No. 1 feed, 58½c; No. 1 feed,

Powers.

Manitoba barley-Nominal. All the above, track, Bay ports. American corn-No. 2 yellow, 771/2c; Army Estimates No. 3 yellow, 75½c; No. 4 yellow, \$5.50. News has been received from the A despatch from London says:-Sir Canadian Pacific Railway that, at the Laming Worthington-Evans, speaking Ontario oats-No. 2 white, nominal. last meeting of the Board, three an- at Chorley on Thursday night, an-Ontario wheat-Nominal. nual scholarships were provided for nounced that the Government was

> Buckwheat-No. 2, 78 to 80c. Rye- No. 2, 86 to 88c.

1 commercial wheat, \$1.25 to \$1.30, Action of Boy

Ontario No. 3 oats, 40 to 45c, out-

The crew of the cruiser Aurora of the hearing of his action, also left their 30 to 38c; rocsters, 20 to 25c; fowl, 28 Sir Eric Geddes has resigned his ment to postpone Irish elections for geese, 20c.

Veals, \$11 to \$12.50; medium calves, advance in sterling exchange are sev-ber. Live poultry-Spring chickens, 22 hogs, \$14.25 to \$14.50.

amongst its graduates men who have cities in the Union, with the full cobecome noted in this field of engineer- operation of the governors of these

# Weekly Market Report

A REMINISCENT PICTURE

Manitoba wheat-No. 1 Northern, 48c; new laid, in cartons, 47 to 50c.

Maple Products-Syrup, per imp. quence. gal., \$2.50; per 5 imp. gals., \$2.35. Maple sugar, lb., 19 to 22c. Honey—60-30-lb. tins, 14½ to 15c per No.; 5-21/2-lb. tins, 17 to 18c per

better, 57 to 60c, according to freights 28c; breakfast bacon, 29 to 33c; special all the great revenue producing inbrand breakfast bacon, 35 to 37c; dustries on the continent. The kind backs, boneless, 33 to 37c. Cured meats-Long clear bacon, 16

com., \$4 to \$4.25; butcher cows, choice, \$5.50 to \$6; do, med., \$2.50 to \$4.50; students but also to the communities and which they afterwards live and that these circumstances warrant the granting of the scholarships."

A despatch from Amherst, N. S., says:—The mines at Joggins are idle Cheese—New, large, 20 to 20½c; twins, 20½ to 21c; triplets, 21 to \$40, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$5; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$5; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$5; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$5; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$5; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$5; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$5; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$5; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$5; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$5; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$5; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$50; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$50; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$50; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$50; do, fair, \$4 to \$5; stockers, good, \$5 to \$6; to \$50; do, fair, \$4 to \$5; to \$60; commanded \$60; to \$80; springers, \$70 to \$80; springers, \$70 to \$80; choice, \$12; to \$13,000,000 in January below the excess of imports over to \$60; to \$50; do, fair, \$4 to \$5; to \$60; commanded \$60; to \$80; springers, \$70 to \$80; choice, \$12; to \$10; to \$80; springers, \$70 to \$80; choice, \$12; to \$10; to \$80; springers, \$70 to \$80; choice, \$12; to \$10; to \$80; springers, \$70 to \$80; choice, \$12; to \$10; to \$80; springers, \$70 to \$80; choice, \$12; to \$10; to \$80; springers, \$70 to \$80; choice, \$10; to \$80; springers, \$70 to \$80; ch

\$10 to \$10.50; inferior, \$9 to \$9.50; eral. One is the tremendous improve— The diminished flow of exports to When the potato crop and the turnip fields show green the poorer people in

## QUESTION OF CATTLE EMBARGO AN ISSUE IN BRITISH ELECTIONS

A despatch from London cays:- It is notoweethy that many mem- How much can we stand? Bodily Despite the statement by Sir Arthur bons of Partiament, who a few strength is no measure of what mind Griffith Boscowen, Minister of Agri- months ago opposed the removal of and nerve endere. culture, that the British Government the embarge, have now changed We all know slight, frail specimens their opinions and are strongly ad- of humanity who bear up remarkably would not remove the embargo on vocaring this step. One candidate under the stress of circumstances, Concedian cattle, the fight is by no is now running in an English con- when mere brawn, in default of moral means over. Lord Boyrectecck, who stituedry with the removal of embargo courage, shrinks from the ordeal and has been the foremost in the came as the principal plank in his platform, says, "I cannot!" paign for lifting the ban, addressed Equally striking has been the change. Real trials are so great there is no five thousand members of the National of horse membersed in the part of room for the imaginary grievances. It Union of Farmers at Norwich on Sat- mong monders in the National Farm- must occur to any who monotonously urday. Sir Henry Thornton and Col. end Union. The Daily Express is revelves his own desires and troubles Hardy Mu'lins of Winnipeg, who understood to be determined to make that while he is debating others are spoke so strongly on the matter at the embargo one of the issues in the doing the work he leaves undone. the meeting of London Meat Traders coming general election, and its views We lack the imagination to realize last week, also spoke at the Norwich are supported by nearly the whole of the teeming vitality of the earth-all

### The Cost of High Living.

dards of living, the necessity for the teaching of sound economic doctrines, is absolutely essential in the interests of efficiency and prosperity. As Schwab, in a recent address expressed it, "We must build our new industrial force on the basis of economy."

There has been a wonderful awakening in this connection on this continent during the past twelve months. In the latter part of 1920, the Y.M.C.A. in the United States organized and managed a Thrift Week in thirty-two

Canada have been very prosperous for the past ten or fifteen years. The and 304 more are en route. The shipping the largest fruit crop in its Max V. Sauer and Thomas H. Hogg The sending of a woman delegate to munition factories, etc. The natural Division of the Canadian Corps during clares. None of us was put into the world to stand alone and in that in

followed by the desire for expensive garments, silks, satins, laces and jewels. These all add nothing essen-

For instance, thirty years ago, moving picture shows were scarcely known. The boys and girls of that b.; Ontario comb honey, per doz., period had for the most part to make election is planned. their own entertainment, which was Smoked meats—Hams, med., 29 to usually of a much more helpful char-32c; cooked ham, 10 to 43c; smoked acter. To-day the moving picture Barley—No. 3 extra, test 47 lbs. or rolls, 24 to 25c; cottage rolls, 26 to theatres stand fourth in the list of hood suffrage.

There has probably never been a time in the world's history when thrift self-supporting citizens, and very many difference whether we "carry on" or was more essential than at the presterially determines whether they will difference whether we "carry on" or ent reconstruction period of our na-be an asset or a liability to the coun-Theirs is the missess we sought. They



## of Indian Soldiers

According to a Reuter cable from one indefensible luxury is to be selfish. Delhi, India, King George has directed Refusal to live one's life for all it was that the monies in the King-Emperor's meant to be is to lose it altogether, tial to comfort and the story of all Patriotic Fund, subscribed during the decadent nations is practically the war, shall be used to build boarding Were Our Indians Israelites? ed and an era of luxury sets in, ex- The schools will be called "King travagance drains the nation's re- George's Royal Indian Military Tribes" has been a subject of absorb-Beans—Can. hand-picked, bushel, sources. Luxury, extravagance and Schools." The Prince of Wales will ing interest for many centuries. And vice follow each other in natural se- lay the foundation stones of the first still the question of what became of

Winnipeg reports that provincial

# scholarships is, in the words of Pres. batteries of artillery, and the equivalent of five cavalry regiments, with a graduates in Canada but also that corresponding reduction in the higher they may become better acquainted with the conditions in the East and with the conditions in the East and staffs and ancillary services. bags included: Bran, per ton, \$28 to 16½ to 17½c. Choice heavy steers, \$7.50 to \$8; to \$6.25; do, good, \$7 to \$7.50; butcher steers, to \$6.25; do, med., \$5.75 to \$7.50; butcher steers, to \$6.25; do, med., \$5 to \$5.50; do, com., \$4 to \$5; butcher heifers, choice, \$6.75 to \$7.50; butcher heifers, choice, \$6.25; do, med., \$5 to \$5.50; do, com., \$4 to \$5; butcher heifers, choice, \$6.75 to \$7.50; butcher heifers, choice, \$6.25; do, med., \$5 to \$5.50; do, com., \$4 to \$5; butcher heifers, choice, \$6.75 to \$7.50; do, good, \$7.75 to \$7. STERLING EXCHANGE AT WALL STREET

The causes of the extraordinary of \$17,215,000 compared with Decem- which many people may not have Sinn Fein conference reaches agreement to postpone Irish elections for ment to postpone Irish elections for ment to postpone Irish elections for ment to postpone Irish elections for geese, 20c.

Interpolative—Spring chickens, 22 hogs, \$14.25 to \$14.50.

Cheese—Finest westerns, 17½ to geese, 20c.

Interpolation of the postpone Irish elections for geese, 20c.

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Interpolation of the postpone Irish elections for general the turning the last few general the postpone Irish elections for general the turning the last few general the postpone Irish elections for general the turning the last few general the postpone Irish elections for general the turning the last few general the postpone Irish elections for general the post

Thursday afternoon, throwing five hundred men out of employment. A 25½ to 26½c; triplets, 26 to 27c; Slog do, com, \$9 to 513.25; do, med., \$9 to 25½ to 26½c; triplets, 26 to 27c; Slog do, com, \$10; f.o.b., \$13.50 to \$13.75; do, country quotation for all time, registered in ports was reached in January, when tom still practised by numbers of their reached only \$270.215.000 n drop farmers in the North of England of they reached only \$279,215,000, a drop farmers in the North of England of

sorts of people, everywhere, doing all sorts of things. We may drop in our proper development of our boys and tracks, the abundant life of the planet girls, intellectually and physically, goes on. The soldier falls, but his

The Human Being.

the strongest mortal being gives way

to the strain the mechanical appay-

We talk of the human muchine; but

Theirs is the success we sought. They captured the prize we tried for. What is the use of ourselves?

Just because we are human beings, such thoughts rise up to plague us now and then. They are unworthy of one with "a never-dying soul to save and fit it for the sky." Scraphs and super-men, presumably, are not troubled by these doubts. We of the earth, "confined and pestered in this pinfold here," are distracted and afflicted by many trivial things that, we like to believe, do not disturb those who have climbed "higher than the sphery chime."

We are painfully conscious of the limitations that cripple us. We have few moments of supreme exultation over dulmess of mind and weakness of body. The worst that is in us says hold on the best and bids fair to throttle the life out of every nascent as-

world to stand alone and in that insulation to keep sane and cheerful and useful. We must in some way relate ourselves to what goes on around us and join hands with other human beings in the furtherance of the mair A despatch from London says: \_ task of making the world better. The

two schools on February 25 and this great mass of people is unsolved. The Ten Lost Tribes broke away from the tribes of Benjamin and Judah, and went northward, some to Samaria, cibers elsewhere.

About eight centuries before Christ Sargon, king of Assyria, swept down The Japanese Diet is debating man- upon Samaria and carried many thousands of its population into captivity, scattering the others throughout the study at the provincial university of Ontario. The purpose of the Geddes report.

This would mean a reduction of the army by 33,000 men, and the disband-bulk, seaboard, per bbl., nominal.

Pacific Railway in granting these scholarships is, in the words of Pres. batteries of artillery, and the equivalence of the cavalry regiments with a series of artillery, and the equivalence of the manner of a bank on its cover.—Sir Thomae Lipton.

Lard—Pure tierces, 14½ to 15c; pints, 15 to 15½c; pails, 15½ to 15½c; pails, 15½ to 15½c; pails, 16c; prints, 17 to 17½c. Shortening, tierces, 14½ to 15c; blaygrounds and in the winter time large on the public skating rinks, rather book with the name of a bank on its cover.—Sir Thomae Lipton.

Lard—Pure tierces, 14½ to 15c; pints, 15 to 15½c; pails, 15½ to 15½c; pails, 16c; prints, 17 to 17½c. Shortening, tierces, 14½ to 15c; blaygrounds and in the winter time large on the public skating rinks, rather book with the name of a bank on its cover.—Sir Thomae Lipton.

Lard—Pure tierces, 14½ to 15c; pints, 16c; prints, 17 to 17½c. Shortening, tierces, 16½ to 15½c; pails, 15½ to 15½c; pails, 16c; prints, 17 to 17½c. Shortening, tierces, 16½ to 17½c.

Choice heavy steers \$7.50 to \$8.

wards appear as the Anglo-Saxons? That is a likely theory, for the origin of the Anglo-Saxons is still obscure. But, then, other European nations have also been "traced" back to the

138c. Potatces—Per bag, car lots, 90c months. The foreign trade statement change offered for sale here against yards at a fixed price, taking their risk of what may be found underneath when the time is ripe for narvesting the crop.

One penny per yard is usually the price asked, and the portions chosen are then marked out with stakes, reminding one somewhat of the manner in which a gold-digger stakes his claim. It is a very poor harvest indeed when a yard of earth will not yield at least a stone of the nourishing tubers.

In many instances, where the laborers live at some distance from the planted fields, owners readily lend. their carts and horses at a nominal charge for carrying home the hamlet's

This is undoubtedly a relic of the old days of villenage, and is of great benefit to th poor in these hard times

Women are still the queens of the children, but the biggest and most troublesome child in the house, the busbard.-Bishop of Birmingham

REGLAR FEILERS -- by Gene Byrnes









