

GROWTH OF MANITOBA

Manitoba has a population of 639,056, according to a preliminary statement of the census of the province conducted during the past summer. This shows an increase of 273,368 over that of 1906. In twenty years the province's population has increased by nearly seventy-five per cent. According to the latest figures, 360,861 of the people of the province are classed as rural and 278,195 as urban, rural dwellers representing over 50 per cent. of the total inhabitants. Rural population in the five years shows an increase of 12,359 and urban of 16,579. In twenty years, Manitoba rural population has increased by 135,305, or over 37 per cent.

Of the four cities in Manitoba three show substantial increases. The population of Winnipeg is placed at 191,998, an increase of 12,911 compared with 1921, and of 99,598 compared with 1906. In twenty years the population of the Gateway of the West has more than doubled. Brandon, with a population of 16,443, has added 1,046 citizens in five years, and St. Boniface, with 14,187 of a population, has taken on 1,366 souls in the period. While many of the thirty towns show declines in the past five years, Deloraine, Killarney, Morden, Neepawa, The Pas, Virden, Beausejour, Birtle, Carberry, Hartney and Minnedoua show increases. Increases are shown in the population of practically all of the twenty incorporated villages.

PROGRESS IN AGRICULTURE.
Though the first settled and developed of the provinces of Western Canada, the progress in Manitoba's agriculture in recent years has been notable. This growth has been achieved in what has been a depressing period for farming in all parts of the continent. In the new and brighter era opening up for the industry in Western Canada, it is impossible to make any estimate of the growth the next five years will bring. That there is still opportunity for wide expansion is disclosed in the recent survey of the Manitoba Government, which revealed that there are 4,349,289 acres of unused land in the province, of which 42.7 per cent. is owned by the Dominion Government and the rest held by local owners, foreign owners, the municipalities, the Hudson's Bay Company, and the Soldier Settlement Board.

YIELD HIGHER COST PRODUCTION LIMIT.
The advantages of farming in Manitoba have likewise been the subject of some study in connection with the survey, in the reported statement by Prof. H. C. Grant, Economics Department, Manitoba Agricultural College, that the Manitoba farmer is more favorably situated than his neighbor to the south mainly on account of higher yields per acre. In wheat, for instance, the net cost of producing an acre was \$10.76 in 1923 in North Dakota and Minnesota and \$10.63 in Manitoba. The yield per acre, however, in the two states was 10.03 bushels and in the province 12.3 bushels. The cost of producing a bushel of wheat in North Dakota and Minnesota was \$1.20 and in Manitoba only 81 cents.

The Old Road.

You know that road that tiptoes through the fern
And runs so fast around the rocky fern
As if it had a charming tryst to keep
On some far, hidden hill where gentians sleep?
You know the hollow where it dips, to stay
A moment by the birch-rimmed pond
Where weary winds, the alders and the reeds?
To eager winds, the alders and the reeds?
We always wonder where that old road leads,
It is so long since any feet but ours
Have followed its faint track through grass and flowers
And dreaming larches, out beyond the pool
Through green and shadowed dimness. Always cool
On hot days, its magic leads us still
From one turn to the next.
To-day the hill
Beyond the frozen pond was loud with song
That caroled joy, though April still is long
Away, and February greys the skies.
I heard the warm, glad notes of blue-birds rise
I found a dandelion's early gold,
And saw the snowy fragrant spikes unfold
Where saxifrages stirred the rocks.
The breeze
Blew soft across my face. Among the trees
I caught the glimmer of a bright moth's wing—
And knew this was the Secret Road to Spring!
—Ruth Aughtlree in Christian Science Monitor.

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Canadian Farmer Tells His Experience

"Les" Booth, widely known Ontario farmer, and a sick man for 20 years, suffered daily, only half alive. Now strong, robust, vigorous, credits new found health to Tanlac

Though popularly known as "Les," Mr. Booth's correct first name is George. His home is at 271 Perth St., Brockville. For the past three years he has enjoyed vigorous health but what he endured before then is best told in his own words. "For twenty years my arms, shoulders, back and hips, ached with rheumatism," said Mr. Booth. "Often I had to quit work entirely and I remember one bad spell that kept me in bed for six months. 'My case got to be so chronic that the help ran the farm. I was practically helpless. Even my wrists and hands would swell up so that I couldn't write my name. I dreaded bedtime, for I got no rest, but lay there in agony, waiting for morning. Nervous spells would seize me and I would tremble all over like a leaf. I couldn't get any benefit from my food and had to force myself to eat. My weight was far below normal."



"Three years ago I decided to give Tanlac a good trial, for nothing else had helped me. I could scarcely believe such results were possible as those Tanlac soon showed me. The aching stopped, my appetite came back and I could eat heartily. My nights became more restful, too, and I slept soundly. I gained 15 pounds which I still retain, and I now work hard outdoors from 8 to 10 hours a day. I never have an ache. It's hardly believable if folks want to know what Tanlac can do, tell them to write to Les Booth, or to come and see me. I'll tell 'em."

Suffered For Years

Battle Creek, Mich.: "Afflicted with kidney and liver complaint for over twenty years, I was induced to try Warner's Safe Kidney and Liver Remedy, and after using it for a time was completely cured. Am now well and strong. I can unqualifiedly state this medicine without any doubt saved my life and I can conscientiously recommend it to others similarly afflicted. This testimonial is given without any solicitation and by my own free will." Name on request.

Get Warner's Safe Kidney and Liver Remedy today. Improvement begins as soon as you begin its use.

Sold by all druggists. Price \$1.25 per bottle.
Warner's Safe Remedies Co., Toronto, Ont.

THE NURSING MOTHER

Often Finds Herself Weak and Feeling Worn-Out.

The nursing mother more than any other woman needs rich blood and plenty of it. The demands upon her health are many and severe. Household duties and the care of her children exact heavy toll, while hurried meals, broken rest and indoor living tend to weaken her. No wonder she is often indisposed through weakness, headaches, backaches and nervousness. In this condition the blood will always be found weak and watery, and relief will come only through enriching the blood. For this purpose Dr. Williams' Pink Pills is the best blood-making tonic known. Through their use many weak, ailing wives and mothers have found new health and strength. As an example of this Mrs. Sarah Cortez, Ellenstown, N.H., says:—

"While nursing my baby I became run-down, very weak and nervous. My head ached all the time and I was not able to do my work. I had often read of Dr. Williams' Pink Pills and began using them, and what a blessing they proved. Before I had used a half dozen boxes I felt like a new person, and by their continued use for a while I was entirely restored to my former health and strength. I take pleasure in recommending Dr. Williams' Pink Pills to everyone suffering as I did."

You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Matter of Choice.

Which do you choose? To adhere to the disinclination of the average man and woman to discuss cancer, and refuse to learn the facts about it and not be in a position to help yourself and your friends should the need arise? Or to ascertain the few proven facts about cancer and thus help prevent yourself and your friends being listed as one of the victims?

We know very little about cancer, but one point we do know—it is curable if treated promptly. To ensure early treatment, we must know the signals which nature uses to warn us of danger. A lump on the lip of a man, an unusual discharge, a sore on the skin which will not heal, a lump on the female breast, attacks of so-called indigestion—these are all signs which we should not take the responsibility of disregarding. The only person who can say whether they may safely be overlooked is your doctor.

Just count the number of people you know who have suffered from cancer and you will realize how urgent is the need to learn all you can about it. Men who have given years to their study state that, whereas it is in their power to cure the large majority of cancers, they are only able to apply the necessary treatment in about ten per cent. Why? The same reason is given wherever you go—"I did not see the patient early enough."

Nobody knows how many cases of cancer are in Ontario at present, but everybody is aroused by the fact that this Province lost three thousand of her people from this cause in 1925.

Yet the cancer situation is not hopeless. Prevention of constipation is one means in our hands to aid the prevention of cancer. The danger signals listed above are not difficult to observe and each means "See the doctor." The powerful weapon in our hand against cancer—early diagnosis and early treatment.

Soap Used as Money.

Probably the queerest money in the world is the "soap money" used in Mexico. A traveler says that he frequently received soap in change during his visit to the interior of that country. In a certain town he bought some lines from a girl, and handed her a silver dollar. By way of change the girl gave him forty-nine pieces of soap about the size of a water-cracker. Each cake was stamped with the name of a town, with a mark indicating that the Government authorized the issue as a legal tender. Some of the cakes showed signs of having been in the wash-tub, but that was not uncommon, and made no difference, provided the stamp was not obliterated. The cakes were worth about one and a half cents each.

Minard's Liniment for rheumatism.

Time to "Come Through."

Chicago News (Henry Ford), whose total fortune is estimated at not less than \$200,000,000, has refused three separate offers of \$1,000,000,000 for his motor car company. In the last three or four decades Mr. Rockefeller has given more than \$500,000,000 to the cause of education, to the furtherance of peace and religion and for scientific research and other methods of improving the health and promoting the welfare of mankind. No one else has given so much and few have given more wisely. If Mr. Ford has been studying how best to distribute the income from his great fortune, instead of letting it accumulate as it has in the past, he has given the world no sign.

You can rely on **SHILOH FOR COUGHS**

ISSUE No. 11—27.

VISION.

O happy Winter, with your dreams of Spring,
Your ecstasies of beauty not yet willed!
Your artist soul projects a perfect thing,
But keeps it unexpressed and unfulfilled.
Dormant, so man may call you, and they mean,
Because they find no color nor yet sound,
They cannot heed that harmony unseen,
For you to them, are bare and frozen ground.
Your visions of all loveliness to be
Of perfect trees and skies and full-blown flowers,
Though not transformed to actuality,
Still dwell within your soul in snowy hours.
Nor can one dull regret from you be wrung,
For you, O Winter, dream of Springs unstung!

—Emily C. Sowerby.

MARCH WEATHER DANGEROUS TO BABY

On Account of the Very Sudden Changes in Temperature.

Our Canadian March weather—one day bright, but sloppy, the next blizzard and cold—is extremely hard on children. Conditions make it necessary for the mother to keep the little ones indoors. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against these colds and to keep the baby well till the better, brighter days come along, a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach sweet and his bowels working regularly.

Baby's Own Tablets are a mild but thorough laxative which never fails to regulate the stomach and bowels and thus relieve colds and simple fevers and keep baby fit. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The War Debts.

Philip Dexter in the London National Review: The great majority of our citizens would undoubtedly approve of revision or cancellation if they could be induced to think about it. The difficulty is that it does not interest them. Most Americans are not merely badly informed about European affairs—they are not informed at all. In the newspapers published in at least three-fourths of the United States, inhabited by over two-thirds of the voters, European events are hardly ever mentioned. That is not merely perversity on the part of the editors; it is due to a total lack of interest on the part of their readers. Since the end of the War Europe has been to them little more than a geographical expression. They do not think about Europe.

A Slap from Germany.

Berlin Tageblatt: What is happening now is not the fault of the Government now sitting at Downing Street but of those Ministers who 12 years ago did not consider even the abandonment of the solidarity of the white race too great a risk to take when it was a case of obtaining one more tool for the fight against Germany. That was not only a betrayal of European civilization; the future will show whether they did not break loose the corner stone of the proud structure of British might.

Upset stomach, sluggish liver, and acid condition cause bad breath. Selzer's Syrup gets at the cause. Try it and have a wholesome breath. Any drugstore.

Securing Information.

Father left home for his work in the early morning one day, and when his son rose later he saw his father's dinner still lying on the table. He ran after his dad and, after sprinting for two miles, caught him up.
Tommy—"Father, you left your dinner at home."
"Eh, lad, so I have; where is it?"
Tommy—"Home, father."

Keep Minard's Liniment in the stable.

Scientist on a Stamp.

Madame Curie's likeness adorns one of the new stamps just issued by Poland. It is a delicate way of recalling that the scientist is a native of Poland, although by her marriage to Pierre Curie, she adopted the French nationality. It is a rare event for any government thus to honor any one who is not one of its citizens.

IF STOMACH IS TROUBLING YOU Instantly! End Indigestion or Stomach Misery with "Pape's Diapepsin"

As soon as you eat a tablet or two of "Pape's Diapepsin" your indigestion is gone! Heavy pain, heartburn, flatulence, gases, salivation, or any nausea from a sour, acid stomach ends. Correct your stomach and digestion for a few cents. Each package guaranteed by druggist.

Pure tea of finest quality, free of dust and packed in Aluminum.

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"is good tea"

RED ROSE ORANGE PEKOE is extra good.

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Washington.—Air mail routes in the United States have been made available to Canadians. For an extra ten cents per half ounce, letters from Canada will be carried by the coast-to-coast air mails operated under contract with the United States Government.

Letters posted in Montreal-Ottawa district in the afternoon leave New York at 11 a.m. next day and reach San Francisco at 4.30 p.m. the following day. Letters posted in the Toronto district are picked up in the Toronto train and from there transhipped to Vancouver or Victoria. A net saving in time of at least a day is sure in the latter case. Letters to United States points on the Pacific Coast are delivered at least a couple of days earlier on the average.

The announcement of the United States Post Office Department, recently issued, points out that the extra ten cents for air mail routes must be prepaid from Canada in United States postage stamps.

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Swallow some of the solution. Don't rinse the mouth. Repeat gargle every two hours if necessary.

This is an effective gargle proved safe by millions and prescribed by physicians.

Safe Accept only "Bayer" package. Look for the "Bayer Cross."

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 Mononitrobenzoic Acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin is a Bayer manufacture, to meet the public demand for the Bayer Aspirin, the Bayer Company has stamped with their general trade mark, the "Bayer Cross."

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