London-The British Post-office is not infrequently the subject of mall gnant remarks; but there is one small telegraph boy, at least, who deserves nothing but commendation, for he is could only with difficulty do my houseproud of his department and a worthy upholder of its good name.

To test the efficiency of the service two men entered into a conspiracy, the outcome of which was that one and would often awake with a choking of them attempted to mail his com- sensation, and would have to sit up in rade as a postal packet.

visited the conspirators were directed age, when I saw an advertisement of to another, where such business could a case which seemed much like my be transacted.

unduly excite the phlegmatic officials, cided to give this medicine a trial-and who, with complete absence of emo- got two boxes. Before these were all tion, handled the matter with quiet gone there was an improvement in my efficiency.

Delivery Charge Paid

Au official form was filled out with er paid over twenty-five cents and the sleep soundly at night, and my house-"package" was entrusted to the tender work was no longer a task beyond my mercies of a small messenger.

The "letter," of course, was supposed to be a complete stranger to to give Dr. Williams' Pink Pills a fair London, and also ignorant of any trial, feeling that what they have done earthy language, so the friends part-'ed with a simple farewell, "Cum Caesar Rhenum transisset," to which the other replied with deep feeling "Amo. Ama. Amat."

The air of finality about these last words so impressed the boy that he grabbed his charge by the arm and contains many useful health hints. steered him into the street.

"Letter" Found Reticent Here the boy, who was a companion able youth, attempted to make conversation, but "the "letter" replied with a non-committal smile. The boy shrugged his shoulders and continued O saint! who talketh with all the birds

The greater part of the journey had to be covered by omnibus. The "letter" attempted to board several vehicles going in the wrong direction, but the youthful servant of the postoffice, with a firm grip on coat sleeve, discouraged these endeavors.

At last they boarded the right conveyance, and after a little difficulty over fare paying the journey proceeded in silence. Then the "letter," as befits a traveller in a strange city, stood up to enjoy the sights of Piccadilly Circus, but the inexorable Mercury forcibly indicated that a sitting position was desirable.

Attempt to Escape Fails

After leaving the omnibus the boy stopped to inquire the way of a taxidriver and the "letter," grasping his opportunity, disappeared in the crowd of pedestrians

But the lad was not to be thrown off so easily. Doubtless remembering recent postal thefts and losses, he tracked his charge with the relentlessness of a bloodhound, and, having secured once more a firm sleeve-grip, he did not let go until he had made delivery to the addressee in person.

"Omnis Gallia" said the man who had been steered safely across London. "Castra posuit" replied the recipient of this strange consignment. Whereupon the dimunitive representative of the Britin postal service, grasping his signed receipt, departed-another job done and an interesting tale to relate to his friends and relatives.

Stamps

Most of us, whether young or old. are interested in stamps. Sometimes we collect them from parcels and letters, sometimes we trade them with someone who has specimens that we have not, and sometimes we buy them.

At the headquarters of the League of Nations Society in Canada, Ottawa, where we receive mail from many countries, we are always interested in new stamps. The newest one we have seen is a publicity stamp, issued by the International Federation of the League of Nations Societies, whose headquarters are in Brussels, Bel-

The new stamp comes in blue, green, mauve and red, which will, no doubt, prove popular spring colors. They are about the size of our Canadian 10c stamp and have a miniature map of the world on them, encircled by a row of stars. You may buy these stamps, a sheet of twenty-four, for fifteen

Unemployment

National Review (London): The figures of unemployment mount; the uncertainties created by the present Government with regard to the Safeguarding and McKenna duties have checked the flow of capital into the protected industries. The certainty of a heavy increase of taxation in the next Budget has decreased expenditure. Mr. Snowden has nailed his colors to free imports, regardless of their effect on the working man, and profected countries.

years."-St. John Ervine.

WAS RUN DOWN AND VERY WEAK

Too Little Blood the Trouble and Tonic Treatment Restored Health . . .

"I am writing to tell you," says Mrs. James A. Haughn, Bridgewater, N.S., "the great health benefit I received through the use of Dr. Williams' Pink Pills. I had become badly run down and very weak; so much so that l work. I suffered from headaches, and had very little desire for meals. The trouble affected my nerves, and as a result I did not sleep well at night: bed. I was taking treatment, but it From the first postoffice which they did not help me and I was losing courown, which had been relieved by the Here the unusual "letter" did not use of Dr. Williams' Pink Pills. I de appetite, which seemed a hopeful sign. I procured a further supply of the pills and found a steady improvement in my health. I could eat well,

> for me, they will just as readily do in other similar cases." If you will send your name and address to the Dr. Williams' Medicine Co., Brockville, Ont., a little book, "Building Up the Blood," will be mailed you prepaid. This little book

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

A Prayer to St. Francis

In ancient woodlands dim, Care for the fledgling sparrow perched On yonder leafless limb. When winds are cold, and snows are

And dark clouds overhead, Lead the belated robin where He finds a bit of bread.

Speak to the hearts of those who si In houses snug and warm, And bid them scatter crumbs about After a freezing storm; And when the icy crust is hard,

And bitter northers blow. See that the snowbird's tall seed grass Still stands above the snow. -Minna Irving in the New York Sun.



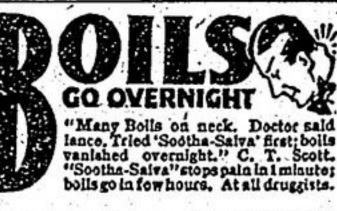
Chemistry Professor-"What are some of the uses of hot air? Student-"In orating it is said to be especially useful in warming the audience up to the subject.

"Mr. Edison doesn't like dancing, bridge or golf: he thinks the latter invented for men who eat too much."-Mrs. Thomas Edison.

"I think radio broadcasting one of the greatest developments culturally that the world has ever seen."-Mme. Schumanu-Heink.

YOUR HAIR NEEDS

TO GIVE IT HEALTH AND LUSTRE ASK YOUR BARBER



PHILLIPS=

For Troubles due to Acid

MINDIGESTION

HEADACHE

GASES-NAUSEA

ACID STOMACH

Many people, two hours after eating, 1 You will never use crude methods the only certain increases of employ- suffer indigestion as they call it. It is when you know this better method. ment are to be in the Foreign Office, usually excess acid. Correct it with And you will never suffer from excess where more attaches are to be ap- an alkali. The best way, the quick, acid when you prove out this easy repointed to try and push our goods in harmless and efficient way, is Phillips' lief. Please do that-for your own Milk of Magnesia. It has remained sake-now. for 50 years the standard with physi- Be sure to get the genuine Phillips I saw more drunken women in clans. One spoonful in water neutral- Milk of Magnesia prescribed by physisoven months in the United States izes many times its volume in stomach clans for 50 years in correcting excess than I have seen in England in seven acids, and at once. The symptoms dis- acids. Each bottle contains full direclappear in five minutes.

tions-any drugstors.

Owl Laffs

Easy Street Is reached by Hard

Helen-"Down to the drug store to buy a package of dog biscuits. Where are you going?" - .. Hazel-"Over to the grocery to buy a box of Aspirin."

A subscriber writes to ask why some people have electricity in their hair? Of course we are not speaking from personal experience, but it may be because such people have some-

thing shocking on their mind.

Electricity In the Home Everything electric is an ad. you often

Let us check up on its uses, Everyone will soon agree Curls your hair and washes dishes, Toasts your bread so brown and nice, Rings the door bell, sends best wishes In summer time it makes your ice, Cools the house and cleans the car-

In a trice it starts your car, Turn a switch and as you listen, Yes, 'tis music from afar. In the honeymooner's kitchen Not a moment need they waste, The percolator on the table Has the coffee just to taste. strength. From my own experience I Eggs are cooked. Just press a button, would advise weak, run-down people Hens lay eggs by day or night. Oh! what a useful little witch Merry little Kilowatt! Every job just needs a switch.

> First-"Did you read about the man who swallowed the teaspoon?" Second-"No, what happened to

First-"He can't stir."

The modern wife doesn't know where her husband goes in the evenings, says a critic. She should try staying at home one evening; she might find him there.

It was necessary for taxation purposes to decide which side of the Canadian and United States border a farm, which an old lady had just purchased, actually lay. Surveyors finally announced that the farm was just! on the American side of the border. The old lady smiled with relief. "I'm so glad to know that," she said, "I've heard that winters in Canada are terribly severe."

Cheer up and let the dentists do all the looking down in the mouth.

She's a good mother, confides friend. She never strikes her children except in self-defense.

Jones-"Well, old man, how are you getting along with your poultry raising? Making Expenses?"

Smith-"Not yet; but my hens have taken to eating their own eggs, so I hope they will soon become self-supporting."

People who can't write-their names so anyone can read them, will often complain If they are not spelled right in the newspapers.

Comething in a Name It is said that a young lady by the name of Adeline Moore invented the

postscript. As unpitying as a loan

1st Suburbanite-"We are getting up a league of nations in our suburb Have you heard about it?". 2nd One-"No, what is it? A straw

1st One-"No, it's an agreement beween those who are planning to make garden this spring and those who are going to raise chickens.

He is one of those fellows who, if he were a singing celebrity, would spend hours listening to his own phonograph records, said a man of a

"The man who succeeds in his work is the man who can keep quiet and placid when there is very severe pressure."-Charles E. Hughes.

"I am enthusiastically for every- museum for a large sum. That there | States' interests is weak. thing that increases knowledge."-Michael Pupin.



fluence with the Yukon.

the frozen subsoil along the Yukon,

expect to exchange dog sledges for

barges early in the spring near the

mouth of the Tanana River's con-

Use Minard's in the Stable,

trallan market, and this Common

wealth shall throw the biggest item of

its revenue into the ash heap, and go

broke immediately amid the vitupera-

tions of John Bull, its biggest creditor.

KEEP THEM HAPPY BY KEEPING THEM WELL Fram, Ship of Polar Explorers,

It is natural for children to be happy, active, and full of fun. When they are fretful, fussy and disinclined to play you may be sure something is wrong. Almost invariably that some thing lies in the digestive tract.

It is to meet the need for an absolutely safe corrective of childhood ailments that Baby's Own Tablets have been designed. They gently regulate the stomach and bowels and thus drive out constipation and indigestion; break up colds and simple fevers | then. and allay teething pains. Concerning them Mrs. W. E. Forsyth, Dover, N.B., writes: "I would not be without Baby's Own Tablets as I know of nothing to equal them for fretful, fussy bables who are troubled with colds or sour stomach."

Canada's

Participation

CANADA is taking a prom-

World's Poultry Congress,

London, July 22 to 30, 1930.

National Exhibits.

Provincial Exhibits.

Commercial Exhibits.

Live Bird Exhibits.

hibit from any country.

Britain.

1,000 birds-the largest ex-

500 delegates-the most

from any country except Great

Two

After-Congress Tours

day tour of the British Isles-the

Shakespeare country, North Wales

-Ireland, Lakes of Killarney, Dub-

lin, Belfast - Scotland, the Tros-

sachs, Edinburgh-back to England,

Then a Continental tour-

Brussels, Holland, the Hague, Am-

sterdam, Frankfort, Munich, Ober-

ammergau (to see the Passion Play),

Canadian and United States dele-

gates and visitors sailing together

from Montreal, July 12th, on the

For detailed information write to

Dr. F. N. Marcellus, Ontario

Prof. W. A. Maw, Macdonald

J. D. Barbeau, Department of

I. G. Morgan, Experimental

the nearest of the following:

Agricultural College, Guelph.

Agriculture, Quebec, P.Q.

F. C. Elford,

President of the World's Poultry

Science Association, Ottawa.

CANADIAN NATIONAL

CONGRESS COMMITTEE

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Mammoths' Graveyard

Poultry Council

Farm, Nappan, N.S.

Lancashire, the English Lakes.

Switzerland, Paris.

"Duchess of York."

College, P.Q.

After the Congress - an eleven

inent part in the Fourth

medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Opportunity

The opportunity of a lifetime is real- South Pole in a dirigible in 1928. ly what is offered in the post-Congress follow the closing session of the Fourth World's Poultry Congress, to be held in Old London, July 22nd to

30th, this year. The tours have been arranged, one

toric cities of Coblenz, with its cathe- teams. dral, and Bonn with its world-famous universities, both places which were held by troops of the Canadian Expeditionary Force immediately following the armistice. Frankfort and Munich are also visited, then the party proceeds to Oberammergan for Sunday, where they will be privileged to view the famous Passion Play. which exemplifies what is regarded by most of us as the greatest event of all history. Returning the party are the guests at a government reception at Munich before proceeding to Switzerland for a four-day stay, which will include a visit to Geneva, seat of the League of Nations. From Switzerland the party r irn to Paris, where an-

other four days will be spent The Paris visit may be cut in half and those desiring to do so will be FARM HELF afforded an opportunity of a two-day tour of the battlefields of the Great War. To most of the party this visit to the battlefields will be the climax of what all will regard as truly the opportunity of a lifetime.

Economy and Politics

Perth Western Mail; (The Cculling Is Sought Along Yukon Government in Australia has abolish-Fort Yukon, Alaska.-Seeking ante- ed, on the ground of economy, the Dediluvian monsters with hair and skins | velopment and Migration Commisintact, two scientist-traders have be- sion). In the interests of that very gun a leisurely journey down the economy which the new Government frozen Yukon River in the hope of would hug to itself for justification, finding the burial place of mammoths | the continued functioning of the Comin the high bluffs of the stream unap- mission would have meant much to proachable during the season of open Australia. . . . Whatever its methods, it stood for a very necessary prin-East spring frost forces huge bones | ciple in Australian public life, preout of gravel beds along the river. | venting the dissipation of public funds Many valuable finds of ancient ivory in political ventures whose only relawere uncovered in the same manner tion to development was their descripin recent years and marketed by the tion. Its executive death is a calamity -a calamity of peculiar concern to The last well preserved carcass of Western Australia, whose spaces claa mammoth was found near Dawson | mour for people and production, but in 1904 and sold to an Eastern college | whose political "pull" against Eastern are more such remains still intact in

"The quality of an art is in inverse where nature may do the excavating, ratio to the numbers who support it. Channing Pollock. is the opinion of the searchers. They

DO YOU SUFFER FROM **CONSTIPATION?**

Countless remedies are advertised for constipation. Many relieve for the moment but they are habit formcontain 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 75c red pkgs.

A Glorious End

Equipped for Her Last Voyage

Oslo, Norway.-The battered ship Fram, which has carried Norwegian explorers to their conquests during four decades, is being equipped for her last voyage.

The Fram carried Fridjof Nauser toward the North Pole in 1893 and brought him back two years later when he reported having reached latitude 86 degrees 14 minutes, the northhen.

The same Fram, with a few new ac
The same Fram, with a few new ac
The same Fram, with a few new acernmost point visited by man up to

coutrements, carried Roald Amundsen south in 1911 and carried him back in triumph as discoverer of the South Pole, to be acclaimed at home. Now the Fram is to proceed

Troudhjem to take part in an exhibi Baby's Own Tablets are sold by tion on the occasion of the 900th anniversary of the introduction of Christianity into Norway. When she returns she will be placed in the Arctic Museum here.

On her final voyage the Fram wi be captained by Wisting, the only living man besides Rear Admiral Rich-Of a Lifetime and E. Byrd who has seen both poles. Wisting was with Amundsen at the

The Fram's crew will be made up of tours which have been arranged to old polar explorers from the Nansen, Amundsen and Sverdrup expeditions.

A Peril to Egypt

Cairo Sphinx: (Egypt is menaced following the other. The first starts by vast swarms of locusts in the Sinai July 31, and takes one through the Peninsula). At any moment, a strong historic, storied and scenic wonder- east wind may drive the swarms of lands of the British Isles. The Shake- locusts across the narrow strip of desspeare country, North Wales, Dub ert and sea, but a still more serious lin, with its Rocky Road; the Irish situation may arise if the locusts suc-Free State, youngest of the British ceed in breeding in Sinai. Indeed, Dominions; Cork and the lovely Lakes this is more than probable. The of Killarney; the Giant's Causeway hatching of locust eggs requires a cerand, of course, the Blarney Stone will tain amount of moisture in the soil. be on the route. Crossing again to Normally, Sinai is too dry for this to Scotland, Glasgow and the Burns happen, but this year's rains are with- Boils country is viewed; the Trossachs, out precedent, and there is a possi Edinburgh, the English Lake Country, bility that the sand will remain moist and Liverpool provide days full of till the weather becomes warm wonder and amazement. This part of enough for the locusts to breed. The the tour returns to London August 10. situation is a grave one that calls for Then comes the visit to the con- immediate action, but it is difficult to Unent which begins with a twenty- get the authorities to realize the magfour hour stay at Brussels. From nitude of a danger that is at present Brussels the quaint Holland country just at their doors. The swarms can is visited, then the party proceed to be destroyed now if a fleet of cars is the lovely Rhine Valley country, pass- employed in sufficient numbers and ing on the way up that river the his- equipped with flame guns and trained

Minard's Kills Dandruff.

Banff Park Set Aside in 1885 Banff national park in the province of Alberta.is the oldest of the Dominion playgrounds, the original reservation having been set aside in 1885. It comprises an area of 3,830.5 square miles of territory. Reserved for the enjoyment of all who visit it, it is also wild life sanctuary, evidence of which is manifest in the large number of sheep, deer and bear to be seen in the areas adjacent to the highways of the park.

BRITISH BOYS AND

SINGLE MEN Weekly Parties During Early

APPLY NOW-The Secretary, The

Salvation Army Immigration: 808 Dundas Street, Woodstock, Ont. 480 Jarvis Street, Toronto, Ont. 114 Beckwith St., Smiths Falls, Ont. 1225 University St., Montreal, Que.

% of TOTAL PFARES to CANADA ADVANCED

BRITISHERS

in Canada may now bring forward their Families, Relatives and Friends on Easy Terms. For full details apply:-

Dist. Supt. Colonization Canadian Pacific Railway, Toronto BRITISH RE-UNION ASSOCIATION

Aletchers. FOR QUICK, HARMLESS COMPORT Children Cry for It FOR CONSTRATION, DUARRHEAUTEVER/SHINESE



A. O. LEONARD, Inc.

BABY CHICKS SINGLE COMB WHITE LEGHORN and Barred Plymouth Rock Baby

Classified Advertising

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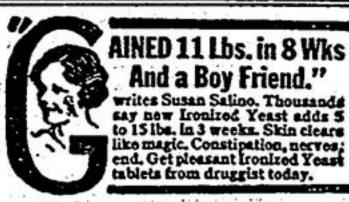
Al BABY CHICKS-WE HATCHED 215,000 last year in four varieties. Write for free catalogue. A. H. Switzer, Granton, Ont.

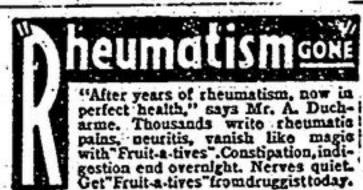
of stage and screen sent for 10c. Factory Surplus Sales Co., C 43, Windsor, Out.

for our interesting free list. Lock-hart & Lockhart, 319 Bay St., Toronto.

DEGISTERED HOLSTEIN BULLS

Arbogast, Mitchell, Ontario.







Dry up and disappear with Minard's. It kills the poison and draws out the inflammation.





Liver-in Vancouver

* Three years ago, while in Vancouver, the house physician at the hotel advised me to use Kruschen Salls for a bad liver and constipation. Kruschen Salls for a bad liver and constipation.

I can say I never have had anything that gave me almost instant relief before, and I therefore got my chemist to order Kruschen for me—I think no less than 40 or 50 families have used it by my persuasion. Blost other remedies on the market leave a bad effect in many ways, but I can safely say I haven't been as well in many years as since I have taken Kruschen."—Birs.

C. R. M., Williamsport, Pa., U.S.A.

Original tetter on the for inspection,

Kruschen Salts is obtainable at drug and department stores in Canada at 75c. a bottle. A bottle contains enough to last for 4 or 6 months-good health for half-a-cent a day.

FREE TRIAL OFFER If you have never tried Kruschen-try it now at our expense. We have distributed a great many special "GIANT" packages which make it easy for you to prove our claim for yourself. Ask your druggist for the new "GIANT" 75c.

package.
This consists of our regular 75c. bottle together with a separate trial bottle—sufficient for about one week. Open the trial bottle first, put it to one week. Open the trial bottle first, put it to the test, and then, if not entirely convinced that Kruschen does everything we claim it to do, the regular bottle is still as good as new. Take it back. Your druggist is authorised to return your 75c. immediately and without question. You have tried Kruschen free, at our expense. What could be fairer? Manufactured by R. Griffiths Hughes, Ltd., Manchester, Eng. (Estab. 1750). Importers: McGillivray Bros. Ltd., Toronto.

READ OF A CASE LIKE HER OWN

Decided to take Lydia E. Pinkham's Vegetable Compound

Moneton, New Brunswick-"Before



nervous and discouraged. I saw an advertisement in the paper about a woman who had been like me so bought a bottle of Lydia E. Pinkham's Vegetable Compound. I took three bottles and it carried me safely through that

critical time. 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.

ISSUE No. 11-30