

HEART WAS SO BAD HAD TO SIT UP IN BED

Mrs. O. E. Fitzgerald, 106 Ross St., St. Thomas, Ont., writes:—"In the fall of 1921, I was taken ill with my heart, but I did not pay much attention to it. I kept on with my household duties, but seemed to become worse and worse, and finally had to call in a doctor. He said I was all run down and was a nervous wreck. I had a severe pain in my chest which would move over to my heart and it became so bad I could not lie down, as when I did I had such a smothering feeling I would have to sit up in bed till it passed away.

I tried several remedies, but with no good results. Finally, I was induced to try Milburn's Heart and Nerve Pills. I took 7 boxes, and I am now as well as I was 30 years ago, and I am now 65 years old."

Milburn's Heart and Nerve Pills are 50c. a box at all druggists or dealers, or mailed direct on receipt of price, by The T. Milburn Co., Limited, Toronto, Ont.

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Have relieved nature thousands of cases last half century, correcting cause, building up and strengthening organs, relieving DELAYED, and PAINFUL MENSTRUATION, NEURALGIA, HEADACHE, DIZZINESS, etc., and all other ailments of women. Sold only in Sealed Tin. Cover TIN BOX with our signature. Druggists everywhere, or direct by mail, plain package \$1.00. L. E. Martel, 111 E. Front St., Toronto, Can. Circular mailed on request.

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Further information from local membership agents
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General Agent, Passenger Dept., 1 King St. East, Toronto.

CANADIAN PACIFIC
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Angling associations in England stock their fishing waters yearly with baby trout, from four to ten inches in length.

JACK DAW'S ADVENTURES

Under the Circus Tent



The clown quickly grabbed Flip and set him on his feet again. Jack crawled back into the little cart. In the meantime, all the little children around the circus ringside were enjoying the fun greatly. Suddenly a little white rabbit darted out directly in front of Flip.



Before Jack knew it, his dog was racing, fast as he could, after the rabbit. The little cart swayed from side to side and every minute Jack expected to be tipped over again. Flip kept getting closer and closer to the little animal and a great cry went up from the clowns.



"Don't let your dog get the rabbit!" shouted one of them. "Make Flip stop!" yelled another. By this time Jack realized that the little rabbit was in danger and he started shouting to Flip to stop. But just then the rabbit came to a little white box and he leaped inside. (Continued.)

RURAL RECREATION.

There Is Much Need for It in Country Places.

R. J. Bushell, writing in the Farmers' Sun, says:

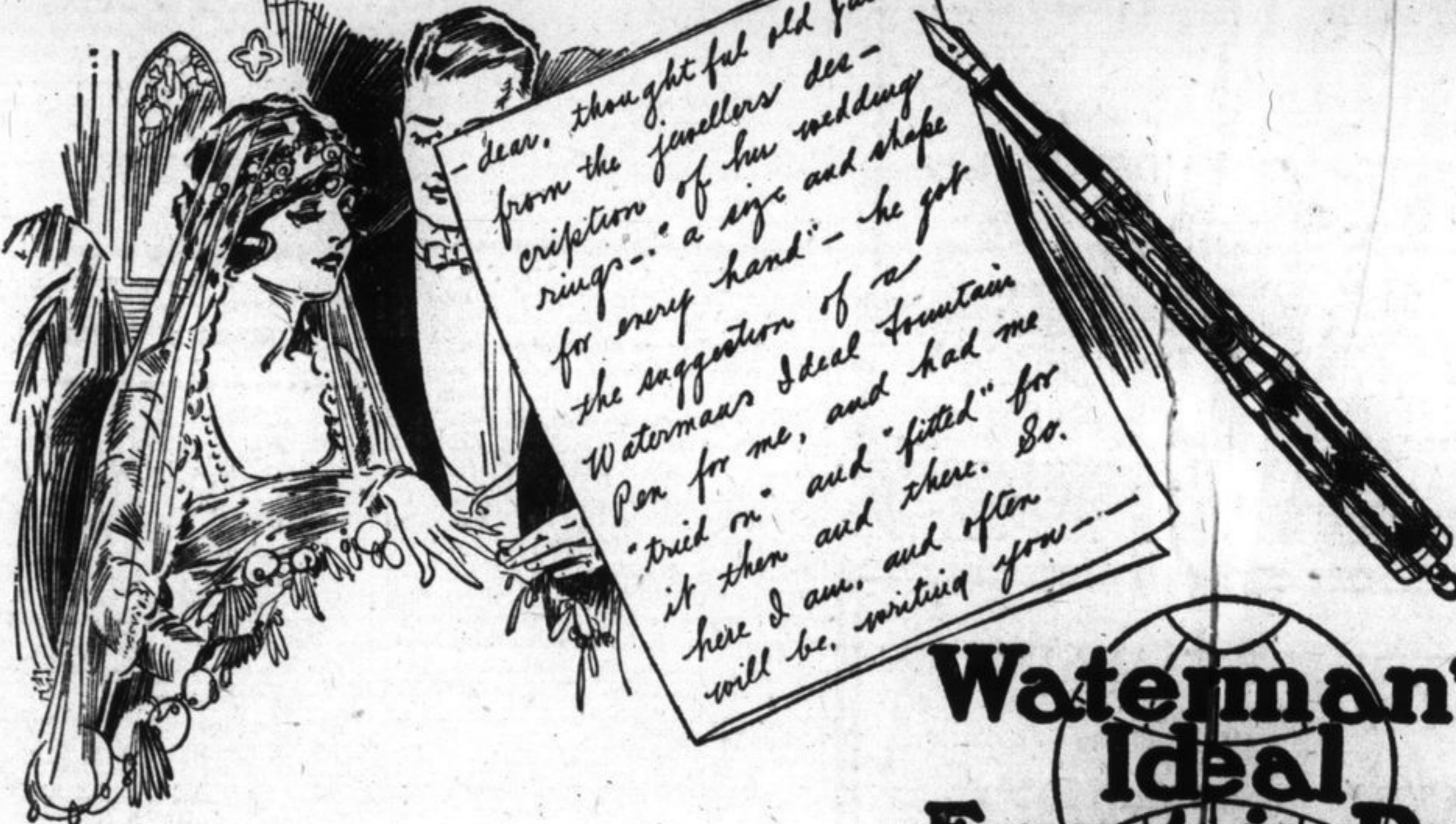
In a recent issue of your valued paper, I noted an article written by the "Sun Doctor," in which he made it quite clear that the city child had more endurance than the country child, his reason being that the city child was given more time for recreation, in the way of playgrounds. It might be said that the city child needed exercise, hence the reason, and that the country child

had all the exercise when working doing chores, etc., after school hours. Work may be termed exercise, but I submit it is not recreation. Why not let the trustees of all rural schools see that their respective school grounds are made playgrounds. I noted that reports given by the press of the recent meeting of school trustees of Ontario held in Toronto, that the urban trustees advocated strongly play grounds for their children, and no mention was made by the rural school trustees of play grounds for their children. Why not give the boys baseball and quoit-pitching, etc., and the girls

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basket ball, etc. I am a strong advocate of quoit-pitching, for many reasons. A small space of ground only is required, and quoit-pitching is regarded by authorities on the game as one of the most attractive and healthful forms of recreation, requiring nerve and good eyesight, and at the same time developing strength and muscle which go to determine endurance. Then again I submit it is also an incentive to good attendance at school.

Being elected secretary and treasurer for School Section 3, Township of Kingston, County of Frontenac, at the annual meeting of the ratepayers, I at once, with the assent of the other trustees, instituted soft-ball games for the girls and quoit games for the boys, and I find much interest taken, and am pleased to note that many trustees in our county are taking the same line of action, so many, in fact, that I have offered a silver cup to the best team in the county, cup to be contested for at the Kingston Industrial Exhibition next September the 16th to 20th.

Being a strong advocate for the uplift of the farmer and the education of his children, I pass this on to you, Mr Editor, with the hope that it may reach the columns of your valued paper, and may be regarded by rural trustees as energy well directed.

DOES BELLEVILLE KNOW.

That Mayor Hylan of New York is Anti-British?

"Cornelia" of the Toronto Telegram has the following:

"Belleville courier reaches New York. Miss Gwendolyn Lester invites Mayor Hylan to U.E.L. celebration."

Such is a triumphant announcement which stuns that St. Lawrence city to-day.

Though certain of Belleville's citizens may think such a publicity stunt has put them on the map, others must surely blush that such an exploit shows how little their city keeps up with an outside world.

Do none of their citizens read newspapers?

Have they never heard that the Mayor Hylan to whom they have



A GOOD CHAT, ANYWAY!

William Gibbs McAdoo (right) and Senator Carlisle of Virginia are ex-secretaries of the United States treasury. And both have been mentioned in connection with the Democratic presidential nomination. Maybe they are talking of their experiences as directors of national finances. Or maps of Democratic presidential prospects.

sent an invitation to assist in celebrating the loyalty of Britons of over a hundred years ago, is the friend of New York's British-bastion Sinn Fein-ers, and that he is the mayor who refused to act as host to the son of Britain's King in 1919?

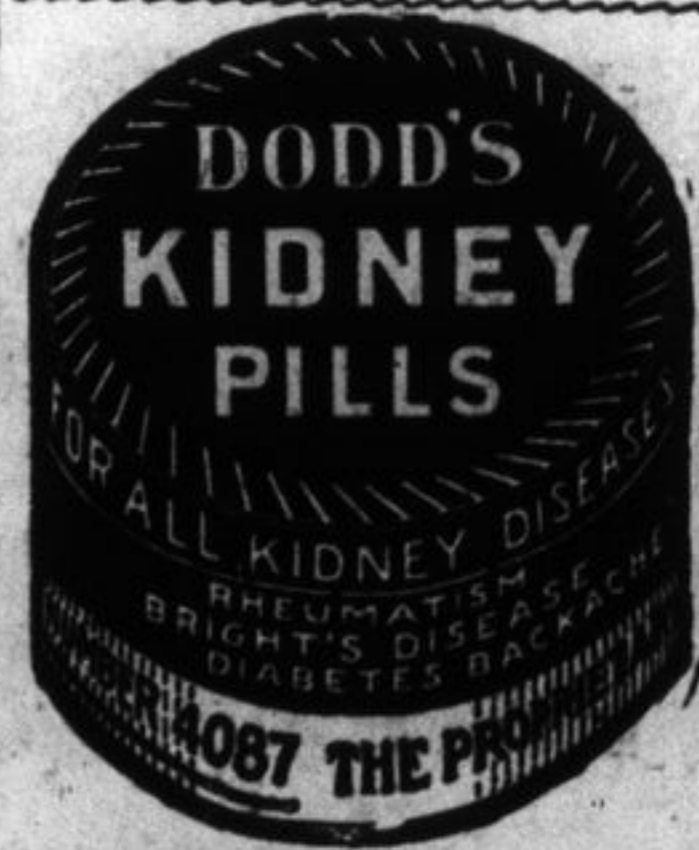
Has no one in Belleville ever heard that in order to welcome the

Prince of Wales in 1919, York had to form a citizens' committee of one hundred, headed by a friend of Britain, Rodman Waker. Though mayor at that time, Mr. Hylan was conspicuously not at New York's welcome to the British Prince?

Does Belleville depend on

crier for news, that she sends a daughter to ask W. R. Hearst's friend to come to a party to commemorate ancestors who chose a wilderness rather than renounce their British King?

Health is the soul that animates all the enjoyments of life.



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