



A Ready Help For The Girl Who Needs Blood

DURING the critical period between twelve and seventeen there is a special strain on the young girl's system which often leaves her in a weak run-down condition.

She becomes anaemic or bloodless. The gums and eyelids as well as the complexion generally become very pale and there is weakness and lassitude.

Indigestion and constipation are usual. There is shortness of breath, palpitation of the heart, headaches and irregularities of the vital organs.

These symptoms are also common to chlorosis in which case the complexion assumes a greenish tinge.

More blood is needed—rich, red, invigorating blood.

Since Dr. Chase's Nerve Food is the greatest of blood builders this is the treatment indicated.

The restorative qualities of Dr. Chase's Nerve Food have never been more certainly proven than in the treatment of young girls for anaemia, chlorosis and such ailments which arise from a debilitated condition of the blood.

Since young girls seldom understand themselves at this age the responsibility rests with the mother.

The whole future health and happiness of your daughter may depend on getting through this critical period in good physical condition.

There is no question of Dr. Chase's Nerve Food being the most effective means of overcoming the anaemic condition.

It is only necessary to have a little patience and keep up the use of the Nerve Food regularly until the growing body is supplied with an abundance of rich, red, life-sustaining blood.

You will notice that while the price of Dr. Chase's Nerve Food has been increased to 60c. the box now contains 60 pills instead of 50 as formerly.

Likewise Dr. Chase's Kidney-Liver Pills are 35c. a box of 35 pills, instead of 25c. for 25 pills. Edmanson, Bates & Co., Ltd., Toronto.

WILL BE EYE WITNESSES AT THE ELECTIONS

At the invitation of the Italian Government Prime Minister MacDowald is sending two British representatives to Italy to watch the approaching elections. One of the observers Harry Snell a Labor member of Parliament already has been chosen. The second will be selected from the Trade Union Congress.

Premier Mussolini is anxious in view of frequent criticisms of the manner in which elections are conducted under the Fascist regime to have British representatives see for themselves that the Italian electorate is permitted the fullest freedom, the widest latitude in the choice of candidates regardless of political affiliations.

ABOLISHMENT OF DEATH SENTENCE

"So far as my long parliamentary experience goes there is little evidence of any general public desire to abolish the death sentence" declared Arthur Henderson home secretary to a deputation that waited on him and urged the abolition of capital punishment.

The deputation was composed of members of societies which frequently have promoted petitions for the relief of condemned persons.

Home Secretary Henderson's dictum came as a surprise to the deputation which had felt encouraged to approach him with an appeal to do away with the death sentence by the fact that in his short term of office he has exercised his prerogative of clemency in more than one case.

COURAGE

Where is your record of yesterday? Is it near the top or low? Well, what does it matter anyway? If you've watched the score and know

The biggest men in the world today began—and some jobs were meant they won because they were willing to play. The game out fair and clean.

They cared not a whit that the odds were long. For their faith in themselves was fine.

They faced the mark with a courage strong.

And headed straight for the line. It's playing the big game right that pays.

It's not what you win but how; So forget to regret the wasted days Start right on a new one NOW —Jane Bates in "Corbes"

World's Largest Arch Bridge

Sydney, N.S.—The new bridge across Sydney harbor which is to be constructed by an English engineering firm at a cost of \$21,000,000. will be by far the largest arch bridge in the world. Its principal opening will be a single arch of 1,650 feet span with heavy decorative granite towers. The total length of the arch and of the approach spans will be 3,770 feet. The height to the top of the arch will be 450 feet. The bridge will rank among the largest of any type; being exceeded only by the Forth and the Quebec cantilever bridges.

SHINGLES BY WATER

Water movement of shingles during the first eight months of 1923 an increase of nearly 1,000,000 bundles above the quantity shipped during the same period a year ago. Shipments to the United States show an increase of over 650,000 bundles during the period. The balance of the increase is accounted for in shipments to Hawaii Islands; the Orient; Australia and New Zealand.

C. N. R. FORESTRY CONFERENCE AT MONTREAL

Officers representing every branch of forestry service in Canada met last week in Montreal to discuss with the Forest Protection Department of the Canadian National Railways co-operative and other methods that may be employed during the coming year to protect the forests of Canada from damage and destruction by fire. The meeting which has been called by the Canadian National Railways was held in Board room at Central headquarters at McGill street and although it will last only one day; during that time a number of important papers were read and a general system of co-operative effort between the National Railways and Forest Protection Associations outlined for the dangerous season.

CHAMPION DESERT APPLES

The Canadian Macintosh Red apple a native of Ontario first propagated by John Macintosh of Dundas County is the champion dessert apple in the British Empire; so the judges at the Imperial Fruit Show recently decided. They also stated that Cox's orange pippins from British Columbia are on the whole the best of the 16 exhibits from overseas.

MAIL YOUR REMITTANCE

We have rendered our subscription accounts and would respectfully request each subscriber to remit us the amount due.

THE SALMON PACK

The official figures for the salmon pack of British Columbia show a total of 626,266 cases. The bulk of the pack came from the second district comprising the Naas River; Skeena River; Rivers Inlet; Bella Coola; Kimsquit and other points in that vicinity. Of that total catch 290,901 cases were sockeye; and 251,164 cases pinks. The balance were classified as springs; bluebacks; steel heads; cohoes and chums.



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Beware of Imitations!



Unless you can see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for

Colds Lumbago
Toothache Headache
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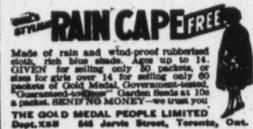
Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is 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 steel heads; cohoes and chums.

mark! the "Bayer Cross."

MAPLE SUGAR SEASON IS HERE ONCE AGAIN

The sap of the maple tree may start to flow during favorable weather, at any time during the late autumn and winter but experienced sugar makers do not tap their trees until spring is approaching at which time a more continuous flow is to be obtained. Conditions are seldom

right before March. The proper time is indicated by the condition of the weather—warm sunny days with frosty nights being favorable to a copious flow. It is advisable to have everything in readiness before hand including the sugar making utensils and a generous supply of dry mixed wood ready to use. Bulletin No. 30 of the Dominion Department of Agriculture. "The Maple Sugar Industry" recommends tapping with a three eighth seventh-sixteenth; or one-half inch bit. The hole is bored in a slightly upward direction about one and one-half inches deep in a medium sized tree and two inches deep in an older one. The point of tapping recommended is about thirty inches from the ground where the bark has a healthy look and some distance from an old tapping hole. This bulletin which is available at the Publications Branch of the Department of Agriculture Ottawa shows types of spouts and buckets to be used as well as designs and plans of a modern sugar house.



"BUY AT HOME"

This charm you can keep

Youthful radiance of complexion! Millions of women have learned this simple way.

The fresh softness, the radiance of youthful skin need not be lost as the years accumulate. Clever women guard this charm—keep it!—today.

This simple method does that for millions of women. Now you may use it—and keep that school-girl complexion.

You need only do this

Cleanse the skin regularly, authorities say, to keep your complexion lovely, radiant, youthful.

But beware of harsh cleansing methods. They injure skin.

Wash thoroughly with Palmolive Soap—each night before retiring. Rub the creamy, foamy lather well into the tiny pores. Rinse—and repeat the washing. Then rinse again.

Then—if skin is dry—apply a little cold cream. That is all. Skin so cared for is not injured by cosmetics, by wind and sun, or by dirt.

The simple, correct way

You cannot find a more effective beauty treatment. Because Palmolive Soap is blended of rare palm and olive oils—famous for mild but thorough cleansing qualities since the days of Cleopatra. And it is inexpensive.

Be sure you get Palmolive—which is never sold unwrapped. All dealers have it. For just one week try this simple method and watch results. You will be astonished, delighted!

Use Palmolive for the bath, too. Thousands do—it is so economical.



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Volume and efficiency produce 25c quality for

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