

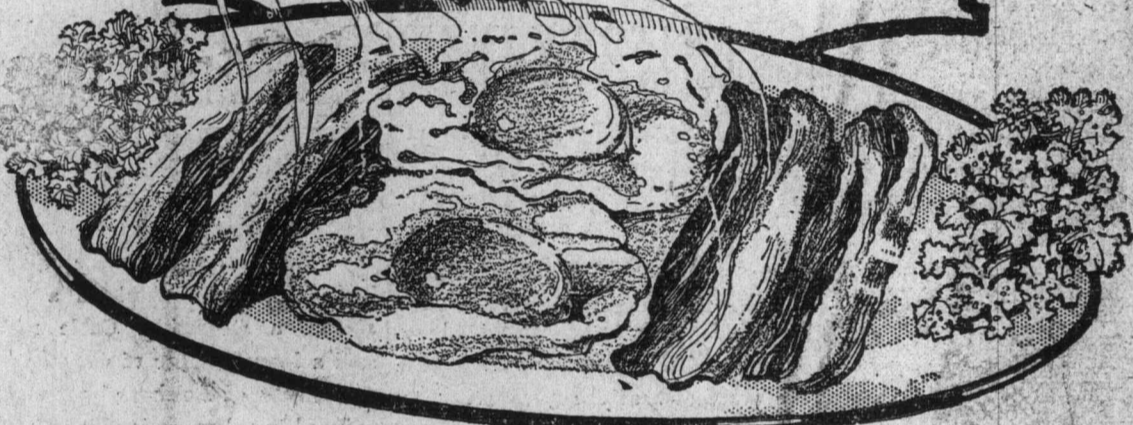
Swift's Premium Hams and Bacon

A few slices of this mild, delicately-cured ham or bacon—cooked to a tempting brown—served sizzling hot—make a meal the whole family will enjoy. For Swift's Premium is outstanding in excellence: the Ham, because of its extra mild cure and juicy tenderness; the Bacon because of its succulent fat and enticingly flavored lean; and both because of their characteristic savouriness due to the exclusive Swift process of selection and curing.

Serve Swift's Premium on your Easter breakfast table and we know you will insist on this brand in future.

Order today from your Butcher or Grocer.

Swift Canadian Co. Limited
Toronto Winnipeg Edmonton



SPRING FISHING

The season for speckled trout fishing opens May 1st, and for salmon, and lake trout it is now open and will be until, October 5th. It is expected

the ice will out of the lakes by the end of April. Algonquin Park offers attractive possibilities for the angler and the "Highland Inn" at Algonquin Park Station.

Agents for all particulars and illustrated booklet or write to N. C. Chubb, Manager, "Highland Inn," Algonquin Park Station.

A 10, 14, 24, 28

Strong Women

By Dr. Valentine Mott.



Women and men too—are just as strong and healthy as their blood. Viger and health come with good blood.

Without good red blood a woman has a weak heart and poor nerves.

In the spring is the best time to take stock of one's condition. If the blood is thin and watery, face pale or pimply, if one is tired and listless, generally weak, a Spring Tonic should be taken. An old-fashioned herbal remedy that was used by nearly everybody 50 years ago is still safe and sane because it contains no alcohol or narcotic. It is made of roots and herbs and called Dr. Pierce's Golden Medical Discovery. If druggists do not keep it in tablet form, send 50 cents for a vial to Dr. Pierce's Invalids' Hotel in Buffalo, N. Y.

PLANES TO TAKE FUNDS TO NEAR EAST WORKERS

NEW YORK, April 10.—Airplanes are to be used to carry mail and funds to American relief workers in the interior of Syria, who have not been heard from for a month, according to a cable message received here yesterday by the Near East Relief.

Miss Elizabeth Frost of Summit, N. J., Miss Kathryn Twiddle of Niagara Falls, Miss Pauline Bill of Williamantic, Conn., and Silos Hertzler of Denbigh, a., have left Syria for the United States.

Growth Shows Desire To Extend Army Work

Commissioner W. J. Richards, chief of the Salvation Army in Eastern Canada, has completed his fifth year in that capacity. During that time the Army has seen one of its greatest periods of usefulness. This period takes in the "war years." The great war had been under way since August and new problems presented themselves to the organization when he assumed command. These problems required a large measure of initiative to overcome. The task of rendering the highest and most efficient service was shouldered and Canada paid tribute to the success which attended those efforts by over-subscribing the amount asked for during the Red Shield Drive.

Commissioner Richards is a forceful man. He is a man of few words. He believes in doing things. During the five years, more than 11,000 persons are recorded as having sought salvation. Notwithstanding the losses due to war, there are today nearly 2,000 more names on the Membership Roll than there were in this territory five years ago.

In July, 1915, Canada East was separated from Canada West, the dividing line being Port Arthur. Even in view of this, there are now only forty one fewer officers in active service in the Eastern territory alone than there were in the combined territories five years ago.

In the Field Report two very striking indications of financial growth are given. In 1914, the Self-Denial total for the combined territories was \$48,726. In 1919, for Canada East alone, it was \$75,591. Harvest Festival returns have been doubled.

Shows Solid Growth.

In all the various departments the record shows that as often as humanly possible every opportunity has been seized for the advancement of every branch of the organization. Inasmuch as every act of service means the welfare of somebody, the same rate of growth has been reposition which the Salvation Army

say That This Brand of Tea is of comparable Quality and Value, is to make a plain statement of Fact—that's all.

"SALADA"

Black--for Black Tea Drinkers. Natural Green--for those used to Japans.

occupies today indicates tremendously increased service to the community.

This service has been rendered under the leadership of Commissioner W. J. Richards. His five years in Canada have been five big years for the Salvation Army in Canada, and give great promise for the future.

THREATENS STRIKE 500,000 WOMEN FOR 8-HOUR DAY

ALBANY, April 10.—Threats of a strike of 500,000 women in industry to force the adoption of an eight-hour day and a minimum wage, if the legislature does not enact such laws at the present session, were

contained in a statement prepared today by representatives of the women's joint legislative conference.

The strike proposal is made by Miss Rose Schneiderman, president of the New York Women's Trade Union League, who notified the women's joint legislative assembly conference that the 75,000 trade union women in that state will no longer "dilly dally around trying to hammer bills passed by a reactionary legislature controlled by Speaker Sweeney and the manufacturing interests of the state."

"Labor," Miss Schneiderman said, "has come to realize that it cannot expect any relief through legislation."



Wood's Phosphorus
The Great English Remedy
Tones and invigorates the whole nervous system, makes the blood rich in old veins, cures nervous debility, mental and even nervous depression, loss of energy, palpitation of the heart, failing memory, loss of vitality, etc. One will please, six will cure. Sold by druggists or mailed in plain package on receipt of price. New pamphlet mailed free. THE WOODS' PHOSPHORUS CO., LONDON, ENGL.

Specialty Iron Moulders

Wanted to operate moulding machines. Light work, big pay. Average weekly hours about fifty. Steady work and employees insurance.

TAYLOR-FORBES COMPANY

GUELPH, ONT.

Mountain Grown Orange Pekoes are Best

Orange Pekoe Teas are plucked from every tea bush.

So there are poor Orange Pekoes and those of fine quality. Low price and high price.

The best Orange Pekoes are plucked from tea bushes grown from selected seed in the carefully cultivated soil of mountain side gardens, and gathered at a certain time of the year when the flavor is most fully developed in the leaves.

Naturally these command the highest price.

They are worth it, as you will agree when you taste their exquisite flavor in our Red Rose Orange Pekoe Tea---the new and higher priced tea for those who are willing to pay a little extra price for a tea of extra quality.

There are numerous packages of Orange Pekoe teas on the market. See that the one you buy has the name---Red Rose Orange Pekoe Tea---on our waxed board carton.



Mountain grown Orange Pekoes from the best plantations. A tea of extra quality at a little extra price.

T. H. Estabrooks Company, Limited

St. John Montreal Toronto Winnipeg Calgary
Edmonton St. John's, Nfld. Portland, Maine



Our well known Red Rose package, the sale of which is increasing faster than ever before. Red Rose consists chiefly of Assam teas, the richest and strongest in the world and therefore very economical. (The Red Rose Orange Pekoe package is a little different in design.)