

"When you eat let it be the Best"



So many daily uses



In 2, 5, 10, and 20-lb. tins

As it is served in some form at every meal, and keeps indefinitely, many thrifty housewives order several cans of Crown Brand at a time. Thus they always have a supply on hand. How pleased they are to find that no emergency calling for cooking, baking or candy-making finds them unprepared. It is economical.

THE CANADA STARCH CO., LIMITED, MONTREAL

Crown Brand Syrup
"The Great Sweetener"

He Knew.

A countryman was standing on a fish pier where the day's catch was being landed. Presently a sword-fish of monstrous size was hoisted up and the old fellow stared at it in wonder and amazement. He positively could not believe his senses, and when at last he recovered himself sufficiently to speak it was only to exclaim: "The man that caught that fish is a darn liar!"

Minard's Liniment Co., Ltd.
Gentlemen:—I have used Minard's Liniment and have found it a good remedy. After the explosion I was pretty well shaken up, having quite a number of bruises and cuts, but thanks to Minard's Liniment I am my old self again. It healed the sores and bruises and gave me much relief. It is true to its name as the King of Pain, for it stopped the pain almost at once. I first noticed the ad in the Montreal Standard and decided to invest in a bottle, for which I am not sorry, but can say with truth that I am thankful for it having done all it claimed to do, and in my case much more, and a satisfied customer is the best ad. one can possibly find. That is my eye of it and I think you will agree with me too.

Yours very truly,
(Signed), ALFRED BLAIN,
184 Agricola St.,
Halifax, N. S.

What a Good Man He Was.

In the book he has written for private distribution in an attempt to show that Great Britain was responsible for the war, former Emperor William of Germany throughout speaks always of himself as the third person. He paints William II. as a man who tried for thirty years to maintain peace in Europe, but says he was foiled by the "perfidious machinations of Great Britain, France and Russia."



Healthy, Happy Boys and Girls

IS your child healthy? Is he or she up to standard weight, of good color, with plenty of rich, red blood to nourish the growing tissues?

For children who are thin, pale, anaemic, under weight, nervous, restless, sleepless, Dr. Chase's Nerve Food is of the greatest benefit imaginable.

Being mild and gentle in action, and yet wonderfully potent as a restorative, it soon makes the blood rich and builds up the feeble nerves.

50 cents a box, 6 for \$2.75, all dealers, or Edmondson, Bates & Co., Ltd., Toronto.



W. N. U. 1360

World Happenings Briefly Told

Soot is doing serious damage to London's big buildings by eating away the stone.

Milk prices in Winnipeg have been reduced one cent, the new prices being 14 cents for quarts and 8 cents for pints.

Mrs. C. Hamer-Jackson, a lady journalist of Edmonton, will be the first woman to visit Fort Norman oilfields.

Robert Reidfrier, 80 years old, Crimean War veteran, who had made his home in California for the last 20 years, is dead.

Purchase of a direct cable to the United States has been announced by H. Pike Pease, British assistant postmaster general.

Hon. W. R. Rollo, minister of labor, has brought a bill in the Ontario Legislature providing for the establishment of a fair rent court.

The British Empire producers' organizations are considering the holding of a conference in June of representatives of the Empire's agricultural societies.

Postal inspectors at Toledo, O., have announced the recovery of \$200,000 worth of the loot in the million dollar Toledo post office robbery of February 17.

Between 800 and 1,000 employees of several Minneapolis flour mills are affected by a reduction in wages of 15 per cent. for skilled and 25 per cent. for unskilled labor.

The Kingston Army and Navy Veterans have decided that May 24 would be the most convenient and appropriate day for the holding of the proposed "Warrior Day."

A Manchester dispatch to the London Times says that the leading cotton firms of that place announced a reduction of from 30 to 35 per cent. in some of the principal lines of goods.

For his rescue of two law students whose canoe, capsized during a storm on Gull Lake last summer, James C. Gibson was presented with the Royal Canadian Humane Society's medal by Mr. Justice Stuart at Calgary.

An Admiralty memorandum on naval estimates referring to the naval policy for consideration at the coming Imperial conference says that the lines on which it is proposed to proceed are towards the development of Dominion navies.

The Origin of Gall Stones

They are simply dried bile made up of Crystalline constituents of that fluid. Very common is this disease among merchants, clerical men, shop girls and those of sedentary habits. Prevention consists in maintaining correct action of the liver and bowels, and this is speedily accomplished by using Dr. Hamilton's Pills. No person using Dr. Hamilton's Pills will be subject to bilious fits. Sound digestion, good appetite, a clear color will evidence the health giving properties of Dr. Hamilton's Pills which are safe and best for general family use. When a laxative is needed, when you feel out of sorts, that's the time to use Dr. Hamilton's Pills of Mandrake and Butternut, 25c all dealers or The Cattarhose Co., Montreal.

The Bright Spot.

Brown.—I don't know but one good thing about Black.
Green.—What's that?
Brown.—His opinion of himself.—Lile.

A man seldom makes his money last, if his father made it first.

How's This?

We offer \$100.00 for any case of catarrh that cannot be relieved by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. Sold by druggists for over forty years. Price 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

New Dancing Pavilion for Banff

As Added Attraction for Canada's National Summer Resort.

A large new dancing pavilion to be known as "Cascade Hall" is now in course of erection at Banff, immediately adjoining the Alberta Hotel on Banff Avenue.

There will be a large basement, which will contain dressing rooms, and the main floor of the hall will be divided into a large central dance floor, with supporting pillars down each side, and between these pillars and the outside walls tables and chairs will be placed and light refreshments served to those desiring same. A cigar and confectionery counter will also be operated in connection with the hall.

It is expected that the building will be completed by the beginning of May.

MURINE Night and Morning. Has Clean, Healthy Eyes. If they Tingle, Itch, Smart or Burn, if Sore, Irritated, Inflamed or for YOUR EYES use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Druggists and Opticians. Write for Free Eye Book. Mailing Box 100, Chicago.

Make Up Your Mind

to preserve your health—your best asset for making life successful. Good digestion is all-important. The best way to insure it is

To Take

Beecham's Pills. When the digestive organs fail, nutrition is interfered with; blood is tainted, nerves suffer, headaches and minor ailments multiply. A reliable cleansing, corrective agent that acts quickly and with highly satisfactory results is

BEECHAM'S PILLS
Sold everywhere in Canada. In Boxes, 25c., 50c.
Largest Sale of any Medicine in the World.

Suggestive.

That of all the business failures in 1920, 84 per cent. were of firms that did not advertise their wares has been discovered by one of the greatest financial agencies in America.—New York Sun.

Epidemic of Dysentery

It affects many people more in winter than in summer—in the one case it is due to improper eating—in the other to congestion excited by cold. A small dose of good old Nervine repeated a couple of times usually removes the trouble very promptly. If there is pain, relief is almost immediate. For cramps, colic, stomach pains and the like, Nervine in sweetened water is certainly a wonder, 35c at all dealers.

A Rush for Seats.

A man should always wait for a lady to sit down before seating himself—there is only one chair in the room.

Rheumatism Relieved in 1 to 3 Days. South American Rheumatic Remedy is a wonderful medicine in the treatment of acute or inflammatory rheumatism, chronic rheumatism, lumbago, neuralgia, and all ailments due to rheumatism. It often cures in 1 to 3 days. At druggists.

Half-Price for Half-Breeds.

A full-blooded Indian was required for a massacre scene in a film studio, and the producer interviewed an undoubted brave.

"Me full blood, come from true Seneca tribe," growled the savage. "Me want hundred dollars for act real Indian."

"Fifty dollars is the price," said the producer.

The Indian stolidly refused, but, when his departing visitor had reached the door, called out:

"Wait, me play half-breed for fifty dollars."

Smuts In Hall Of Fame.

It is doubtful, despite the generous tribute of Premier Smuts to President Wilson, if the fame of the American president will greatly surpass that of the South African premier in the years to come.—Ottawa Citizen.

Wasted Energy.

A woman invariably tells a small boy to hurry back when she sends him on an errand—but what's the use?

Nervous Headaches, Dizziness

COULD NOT SLEEP

Wherever there is any weakness of the heart or nerves, flagging energy or physical breakdown the use of Milburn's Heart and Nerve Pills will soon produce a healthy strong system.

They renew lost vitality, build up the strength, increase mental activity, give nerve and brain power, improve the appetite and make rich, red blood, thus banishing nervousness, headaches, sleeplessness, nervous prostration, heart palpitation, shortness of breath, faint and dizzy spells, smothering feelings, anaemia, general debility and all troubles arising from a run down system.

Mrs. M. Dangand, Youngs Cove Road, N.B., writes: "I was bothered very much with my heart and nerves; had nervous headaches and dizziness; could not sleep nights and my appetite was all gone. It was almost on a nervous breakdown when a neighbor told me to try Milburn's Heart and Nerve Pills. This I did, and before I had the second box used I was better."

Price 50c a box at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

A Knitted Suit For Sport Wear



By Marie Belmont.

White wool is used for the fashioning of this delightful sport suit. However, its stunning effect is really attained by the introduction of black wool. This is knitted with the white to form a handsome checker-board effect on the wide turnback tuxedo collar. This striking decoration also appears on the lower parts of the sleeves and the turnback cuffs. A band of the black and white checks is knitted into the skirt, which otherwise is quite plain. A white belt is placed about the waistline. With the sport shirt of heavy white crepe a big black tie is worn.

Cattle Winter Well on Sunflower Seed

Alberta in the near future will be known as "the Sunflower province of Canada," if forecast of several leading dairymen and stockgrowers is realized.

Following a visit to the C.P.R. experimental farm at Strathmore, the delegation were enthusiastic over the way the stock had passed the winter on this diet.

CHILDHOOD CONSTIPATION

Constipation is one of the most common ailments of childhood and the child suffering from it cannot thrive. To keep the children well the bowels must be kept regular and the stomach sweet. To do this nothing can equal Baby's Own Tablets. They are a mild but thorough laxative; are absolutely safe and never fail to relieve constipation and indigestion; colds and simple fever. Concerning them Mrs. Jules Faugereau, Nominique, Que., writes: "My baby was terribly constipated and suffered day and night, I was advised to give him Baby's Own Tablets and from the first they helped him and now at the age of thirteen months he is a big healthy, happy boy." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Six Floating Mines Still Missing.

Of the fourteen floating mines believed to have been laid off the entrance of Halifax harbor in 1918 by a German submarine, eight have been picked up or otherwise accounted for. The last mine recovered was a "live" one, found off Sambro ledges by two fishermen. An officer from H.M.S. Dockyards, was notified and proceeded to Sambro, where he removed the explosives. The six mines still unaccounted for are believed to have floated to midocean or beyond.

Minard's Liniment Relieves Neuralgia

Cheerfulness.

There is no greater every day virtue than cheerfulness. This quality in man among men is like sunshine to the day or gentle renewing moisture to parched herbs. The light of a cheerful face diffuses itself, and communicates the happy spirit that inspires it. The sourest temper must sweeten in the atmosphere of continuous good humor.—Carlyle.

For Scalds and Burns.—Dr.

Thomas' Electric Oil is a standard remedy for the prompt treatment of scalds and burns. Its healing power quickly soothes the pain and aids a speedy recovery from the injury. It is also an excellent remedy for all manner of cuts, bruises and sprains, as well as for relieving the pains arising from inflammation of various kinds. A bottle in the house and stable saves many a doctor's and veterinary's fee.

A man's ideal woman is generally married to some other fellow.

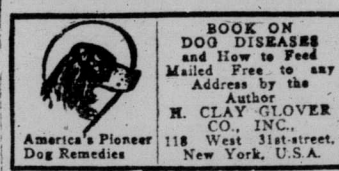
Growing Old Gracefully



Are you growing old gracefully? Who wins in the race of life? Is it the man who is thin-blooded, weak, tired all the time?

An athlete trains for every race. A man is as strong as his blood and as old as his arteries. Make your blood redder, your health better by taking that old-fashioned blood tonic—sold fifty years ago and still "good as gold"—namely, Dr. Pierce's Golden Medical Discovery. Sold by all druggists, or send 10c. to Dr. Pierce's Invalids' Hotel in Buffalo, N. Y., for a trial package.

CHATHAM, ONT.—"For many years I suffered with stomach trouble, and I tried many remedies, but they seemed to be a failure—I seemed to be getting worse instead of better. One day I came into possession of a bottle of Dr. Pierce's Golden Medical Discovery and took it, and my stomach trouble seemed completely cured. I have great faith in this medicine, and hope any sufferer that reads this will give the 'Discovery' a trial. Once tried, you will never be without it."—C. TITUS, JR., 28 Duke St.



Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, 50c; No. 2, 25c; No. 3, 12c per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor, Ont.)

Manitoba Savings.

Deposits in the Manitoba provincial savings banks now total \$1,750,000 and they will reach \$4,000,000 before the end of the present fiscal year, according to the predictions of E. A. Wier, chairman of the banks. It is expected that \$3,000,000 will be required to finance all rural credits and farm loans during the present year. Last year loans amounted to \$1,460,000.

Have Too Much Wool.

Swedish newspapers report that Scandinavian countries are overstocked with woolen goods and are cancelling foreign orders. Also that most mills in Norway and Sweden are working only half-time.

It Bids Pain Begone.—When neuralgia racks the nerves or lumbago cripples the back is the time to test the virtues of Dr. Thomas' Electric Oil. Well rubbed in it will still the pain and produce a sensation of ease and rest. A trial of it will establish faith in it.

The Gulf stream is more rapid than the Amazon, more impetuous than the Mississippi, and its volume more than 1,000 times greater. The waters are blue, and the line of junction can be easily marked by the eye.

Few men are satisfied when they get what they deserve.

OF INTEREST TO WOMEN

This is a Short Letter, But It Proves the Reliability of Lydia E. Pinkham's Vegetable Compound.

Bothwell, Ont.—"I was weak and run down, had no appetite and was nervous. The nurse who took care of me told me to try Lydia E. Pinkham's Vegetable Compound, and now I am getting strong. I recommend your medicine to my friends and you may use my testimonial."—Mrs. W. J. Brady, R. R. 2, Bothwell, Ont.



The reason why Lydia E. Pinkham's Vegetable Compound is so successful in overcoming women's ills is because it contains the tonic, strengthening properties of good old-fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, beneficial influence, and as it contains no narcotics or harmful drugs it is a safe medicine for women.

If you want special advice write Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read, and answered by women only.