HIS NERVES NOW STRONG AS EVER

How An Ontario Teacher Regained Good Health.

"I am a school teacher by profession," says Mr. James R. Thomson, R. R. No. 1, Centralia, Ont., "yet when I started school teaching I was in very poor health. I suffered a nervous breakdown, brought on by over work and no relaxation. I was unable to think, to act, or even to eat properly. Queer little prickly sensations were continually running up and down my back, my arms and my legs like so many needles, seeming at times to fairly paralyze me, and often my heart was thumping like a trip-hammer. I determined to consult our family doctor, and he immediately put me under orders. I had to give up my school and return home in order to recuperate my lost health. Milk was his chief remedy and I drank quarts of it; yet, though it helped me, it did not build me up to my normal condition—something was missing; something my system was calling for, better blood. One day, when I picked up a newspaper, I came across an advertisement of Dr. Williams' Pink Pills suggesting just what was needed in my case—new, rich, red blood. I immediately sent for a box, and when the doctor visited me, I told him I had decided to try Dr. Williams' Pink Pills and he seemed satisfied. By the time my box was nearly done, and I determined to get another, by the time I had finishe this I was gradually coning back to normal. My strength was returning, I could sit and walk without strain. For the next few weeks I continued to take the pills, and they were working wonders with me. My head was becoming clearer, my memory better, and my nerves were becoming steadier. I began to go out frequently, enjoying myself. My appetite improved and was even better than before I had my break-down. I was myself again. I got back my school, and to this day I have had no return of the troubles, and now when anyone comes to me with nervous trouble, I instantly suggest Dr. Williams' Pink Pills as a remedy, as I believe that what they did in my case they will do for others."

Dr. Williams' Pink Pills can be obtained from any dealer in medicine, or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

EASILY GUESSED

Bluffington—"I had a misunderstanding with my rich uncle last night."

Callem—"What was the trouble? Did you lose the pawnticket?"

FRASER COMPANIES LIMITED

The right way to treat a deflation year like 1921 is illustrated by the annual statement of Fraser Companies, Ltd. The Company started 1921 with a surplus of $2,276,781.53 Its net profit from trading for twelve months to December 31st, 1921, amounted to $1,001,459.78 or $468,359.64 after bond and other interests had been substracted. That gave a total surplus of $2,745,141.17. In view of the decline in the replacement value of logs and manufactured lumber, pulpwood and supplies, one million dollars of this surplus was used to write the Company's inventories down to the current market value. This was in addition to $445,572 charged to depreciation, $235,464 charged to depletion, $31,500 for annual proportion of discount in securities sold, and $249,463 for payment of Dominion Government taxes for previous years. That left $783,143 to the credit of the surplus account.

In the face of unsatisfactory demand and declining prices the Company operated its sawmills at full time, and for the most part its pulp mills produced to capacity as well, thus carrying out the process of liquidation of high-priced inventories. Its working capital at $2,504,407 is slightly larger than last year During the year the Company sold two million dollars worth par value 8 per cent twenty-year general mortgage bonds and redeemed $250,000 of its First Mortgage 6 per cent bonds.

The Directors reported that business had improved since January 1st The pulp mills have been running on full time, and the woods operations were being conducted at a scale of cost that would permit of the delivery at the mills in the spring of a large quantity of logs at low prices. All of these factors together convince the President, Archibald Fraser, that there will be a satisfactory showing for 1922.

New Brunswick's Call For Tenders

FDEDERICTON, April 27—New Brunswick has issued a call for alternative tenders for debentures amounting in value to $2,300,000. Of this total amount $1,500,000 are seventeen year coupon debentures, date May 15, 1922, bearing interest at five or five and one-half per cent per year, payable half yearly, and are for the purpose of refunding the three-year issue of the $1,000,000 for permanent roads and bridges, due May 15, the remaining $500,000 of this issue to cover permanent bridges.

The remainder of the issue, amounting to $800,000, are serial coupon debentures dated May 15, payable in one to forty years at the rate of $20,000 per year, bearing interest at the rate of five or five and one-half per cent, payable half yearly. These debentures are for floating indebtedness. Tenders will close on May 6.

For Successful Baking
BEAVER FLOUR

Unexcelled for Flavor and Baking Qualities
Sold by your Grocer
T.H.TAYLOR CO. LIMITED CHATHAM, ONT.

2 IN 1 Shoe Polishes
More and Better Shines to the Box

THE MINISTRY A MAN'S JOB

The Ministry is a man's job because it involves the application of continuous time and effort to the most important concern in man's life

What are the most important concerns in man's life. They might be narrowed to six and set down as follows: Religion, love, patriotism, conventionalty, thinking and imagination.

Religion is not Christianity or Mohammedanism or Judiasism. Religion is the method by which a man seeks to enter into communication with whatever he conceives to be the source of goodness, with God, The religious instinct in man is the deep-sown feeling which prompts him into communion or an attempt at communion with better things.

Love is divided into two parts; the instinct of self-preservation or selfishness, and the love of others. In love of self lies ambition and human progress. In love of others, in altruism, are involved all those deep amenities which make life endurable and even pleasant and compensating In the word of the old proverb, "Love makes the world go 'round."

Patriotism makes not only nationalism but internationalism a success. For it is only a man who loves his own country deeply who can appreciate what another man's country means to him.

Conventionality sometimes is seemingly senseless. It often works bitter injustice. But conventionality is the accumulated exeperience of the ages. By obedience to it man achieves a practical system of daily living.

By thinking we keep from falling prey to fear and to silly optimism Optimism is often merely the negation of fact. Courage is a much better word and a greater one to live by Courage faces the facts. Optimism frequently avoids them. By the difficult act of thinking we made intellectual progress. Without thinking and the definite application of ideas life is just a big menagerie.

Sixth, there is imagination. Imagination enables man to see things, not as they are, but as they might be. "Where there is no vision," said Isaiah, "the people perish."

We have recently been asked the question: Is the ministry a man's job? It surely is—and the job for a super-man. It is the duty of a minister of the gospel to hold men to a contemplation of those great essentials of life, to help men keep a true perspective and to help them separate the "mussy" and the incidental from the fundamental.

British Schooner With 3,000 Cases Liquor Seized

New Bedford, Mass., April 26—The two masted British auxiliary schooner Pesaquid, Nassau, B. W. I. for Miquelon, with a cargo of 3,000 cases of liquor, was towed here today by the coast guard cutter Acushnet. The manifest held by Captain B. W. Lapham, of the Pesaquid called for 3,000 cases of liquor. An inventory of her cargo by a boarding party was said to have shown this amount to be 15 cases short. The schooner was off Block Island heading toward Newport, R. I., when apprehended.

Some people are not thankful for what they have because the neighbors have more.

TREE PLANTING IN THE SPRING

In the current issue of the illustrated Canadian Forestry Magazine, published by the Canadian Forestry Association, there appears a timely article on the seasonable subject "Tree Planting" especially written by B. R. Morton, B. Sc. F., Dominion Forestry Branch, Ottawa. Some suggestions from this well-known authority herewith given should prove of assistance to intending tree planters in all parts of Canada.

It is well to remember the injunction of Dr. Fernow, lately Dean of the Faculty of Forestry of Toronto: "Transplanting a tree from one site to another is a surgical operation during which the patient needs special attention."

Spring planting should begin as soon as possible after the ground is thawed out and dried sufficiently to work the soil. It should not be attempted after the buds begin to open It may be said in general that April and early May represent the proper time for planting.

Look first for a tree that has a compact root system. The more small roots a tree has, the greater its chances of surviving the shock of transplanting, and the more rapid will be its growth. A tree with a large top and few roots will be slow to establish itself and is apt to die.

Some roots are bound to be destroyed in the transplanting process so that it is always necessary to prune about one-fifth of the branches Prune equally on all sides to retain the symmetry of the tree. All cuts should be made sharp and clean. Trim off with a smooth cut all broken and badly injured roots. Make sure, however, not to cut off the leader of main stem when pruning.

When trees are bought from a nursery they should be immediately unpacked, "puddled" and "heeled in" until ready to be taken up for planting. Puddling means dipping the roots in a mixture of clay and water about the consistency of paint. Heeling in consists in digging a trench sufficiently deep to contain the roots and then covering them in with a layer of moist earth until you are ready to plant them in their final position.

At no stage should the roots of the tree be allowed to become dry. This is highly important. Many trees are dead before they have been set in the ground for lack of such precaution. Make the hole in which the tree is to be set considerably wider and deeper than is necessary to accommodate the roots. Before placing the trees, the hole should be partly filled with good garden loam or the surplus soil which has been removed and set aside when making the hole. Do not plant too deep. Roots need air. Allow the roots to spread naturally in the hole Do not bend or crumple them up. Be sure that the earth is well packed and in contact with the roots.

In setting a tree care sould be taken from the very start to see that the stem is kept perfectly vertical. Any attempt made to straighten it after the planting is done is liable to injure the tree and loosen the soil.

PLEASANT PASTIME

Madge—Do you know anything about this radio fad?

Marjorie—It must be just lovely, dear. I understand that you can listen in.

VITAMINES
precious health-building elements are essential factors of growth to every child.
Scott's Emulsion
is the food-tonic of special value to children. It is rich in vitamines—builds health and promotes growth!
Scott & Bowne, Toronto, Ont. 22-1

RED ROSE TEA is good tea
GOOD! Because Its Fine Qualities Are Protected by the Sealed Packages

CANADIAN LOAN OF $100,000,000 IS OVER-SUBSCRIBED

Ottawa, April 25—In the House of Commons this afternoon, Hon. W. S Fielding, Minister of Finance, announced that the $100,000,000 loan floated through J. P. Morgan and Company, New York, had been over subscribed and the books closed.

Sir Henry Drayton asked the Minister what the commissions paid the bankers amounted to.

Mr. Fielding —"The Government received the net price of ninety-seven and a half. The bankers were free to place the loan on the market at any price, not exceeding par. They placd it at par, and that leaves the bankers and brokers concerned, 2½ per cent for their services."

Sir Henry Drayton—"That would be $2,500000 on the issue.'

Mr. Fielding replied that if Sir Henry's calculation was correct his figures were right.

Sir Henry Drayton—"In view of the very immediate success of this loan, properly mirroring as it does the extreme high standing of this country and the large amount of idle money at present locked up in New York, is my honorable friend quite sure that he has not made this loan altogether too generous in favor of the American investor."

Mr. Fielding—"I shall be glad to discuss that question at a later stage and particularly to place it in comparison with the commissions allowed on some loans placed by my honorable friend."

Sir Henry Drayton added that there was a novel provision in connection with the issue under which a subscriber who stays in the United States was not to be taxed. "I suppose this has nothing to do with any immigration policy that the Government contemplates," he remarked.

Mr. Fielding replied that the provision in the bond with respect to taxation was a copy from an issue made by Sir Henry Drayton. The Government could not tax an American citizen in United States.

Russian Famine Relief

Some American statements about the peak of the acute famine period being passed seem liable to be misunderstood in Canada. The American relief organization, supported by the financial resources of the nation to the extent of $20,000,000 is undoubtedly helping to save the situation. But it should be clearly understood that some of the worst provinces are still being cared for by British funds including Canada's growing contribution through the Canadian Committee of the Save the Children Fund.

American corn is being shipped into all the famine-stricken provinces. Temporarily, to allow the American shipments all possible facilities for inland transportation, the British relief organizations—the Save the Children Fund and the Society of Friends—have waived their claim on Russian railway service. It is especially urgent that seed should be distributed within the next few weeks to stem off another famine next autumn. But, when the immediate rush of American supplies is over, the British relief workers will still have to continue operating food kitchens, especially to feed the children until the end of August.

Sir Benjamin Robertson, the British authority on Indian famine relief, after visiting Russia in January and February of this year, with the approval of the British government, anticipated the present claims about the peak of the famine period being overcome, due to the arrival of American corn and seed. He expressed the hope that the optimism of the American relief association would prove to be correct. But, in any case, Sir Benjamin added, it did not relieve the British organizations from the task they have undertaken, to feed the famished people in certain provinces, until next harvest.

A balanced ration is necessary for the children. When they are brought in to the rescue stations, they seem to be in such a condition physically that the greatest care has to be taken in feeding them. They need something more than corn. The consignments of food from Canada, in accordance with the system established by the Save the Children Fund, allow the children to be given one nourishing meal a day, consisting possibly of cocoa, bread, and bean soup, varied with milk and rice. Under the efficient British administration, the cost of feeding a child is only 25 cents a week, including all overhead charges. Four dollars is sufficent to feed one child till the middle of August; and Sir George Burn, the venerable treasurer of the Canadian Committee, is gladdened by the arrival, in almost every mail, of substantial contributions to the fund.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of Chas. H. Fletcher

Passbook Mistake Causes Lawsuit

BOSTON, April 24—Whether the Standard Bank of Canada is liable because Hoo Sam's pass book showed a credit balance of $201 when, according to figures of the teller and ledger keepers, the correct sum should have been $1 was a question referred this morning to Judge Grant for decision.

It seems that on March 6 last Sam's pass book disclosed a balance of $745 against which he drew two cheques, one for $544 and the other of $201. The first was paid but the second was dishonored, bank officials contending that only $1 remained on deposit to Sam's credit.

Any entries in the pass book to the contrary, pleads the bank, are clerical errors for which it can not be rendered liable. Council are Mr. Harry R. Bray for Sam, the plaintiff, and Mr. F.G.T. Lucas for the bank.

"Our big reason for cussing capital" remarked the Man on the Car, "is based on the fact that we are not capitalists."

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