



Childhood Constipation

Constipation—that disordered state of the digestive tract which is nearly always caused by improper feeding—can be readily regulated by the use of Baby's Own Tablets. These Tablets are a mild but thorough laxative. They are easy to take and are absolutely free from injurious drugs. Concerning them Mrs. Joseph Dion, Ste. Perpetue, Que., writes: "I have nothing but praise for Baby's Own Tablets. When my baby was three months old he was terribly constipated but the Tablets soon set him right and now at the age of fifteen months he is a big healthy boy and this good health I attribute entirely to the use of the Tablets." They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

PRACTICAL

FORESTRY

There has been so much fruitless discussion regarding the conservation of our remaining wood supply, and reforestation, and so little actually accomplished, and the situation is so alarming, owing to the tremendous devastation by the Spruce bud worm and forest fires, that I am moved by the urgency of the situation to make the following offers, applying in the Provinces of Nova Scotia, New Brunswick and Quebec.

\$1,000.00 Cash Prize—Open to any citizen of Canada:

A prize of \$1,000.00 divided as follows: \$500.00 first prize; \$250.00 second prize; \$150.00 third prize and \$100.00 fourth prize for the best essay on the regulation of the Forest Fire menace, with suggestions for the enactment of laws for the prevention of our home grown forests for our home industries. Judges to be the two Provincial Foresters of Quebec and New Brunswick, the Dean of the Faculty of Forestry of the University of Toronto, and the Director of the Dominion Forestry Branch; essays to be mailed to my address on or before June 1st, 1922, prizes to be awarded and paid July 15th, 1922. For the help and information of those who are not familiar with this particular subject, I will mail my bulletins on conservation free on application.

In the Province of Nova Scotia

A prize of \$250.00 in cash for the best municipal or town forest plantation, plantations to be made this spring and prize to be awarded September 15th, 1922, the judges to be the Commissioner of Crown Lands of Nova Scotia and Professor M. Cumming of Truro.

A prize of \$250.00 in cash to the Chief Fire Ranger whose district shows the most efficient organization and best results, and showing proportionately the least fire loss as determined by his activity in fire fighting, and application of the best preventative methods, the prize to

be awarded and the judge to be the Commissioner of Crown Lands of Nova Scotia.

A cash bonus of \$2.00 per acre to the farmers of Nova Scotia for every acre of spruce or pine seedlings planted by them on their farms the coming spring of 1922, no one farmer to be paid a bonus on more than 100 acres, so as to distribute the plantings as widely as possible over the province. Location and method of planting must be approved by Government Forester of Nova Scotia if one is appointed, otherwise, by Mr. Barnjums Forester, to insure satisfactory results.

In the Province of New Brunswick

A prize of \$250.00 in cash for the best municipal or town forest plantation, planting to be done this spring and prize to be awarded September 15th, 1922, the Judges to be the Minister of Lands and Forests of New Brunswick, the Professor of Forestry, University of New Brunswick, and the Provincial Forester, of New Brunswick.

A prize of \$250.00 in cash to the Chief Fire Ranger whose district shows the most efficient organization and best results, and showing proportionately the least fire loss as determined by his activity in fire fighting, and by the application of the best preventative methods, the

Judge to be the Provincial Forester for the Province of New Brunswick, prize to be awarded and paid on November 30th, 1922.

In the Province of Quebec

A prize of \$250.00 in cash for the best municipal plantation planting to be done this spring, and prize to be awarded September 15th, 1922 the judges to be the Minister of Lands and Forests of Quebec, the Director

of the School of Forestry, Laval University, Quebec, and the Chief Forester of Quebec.

A prize of \$250.00 in cash to the Chief or District Fire Ranger whose district shows the most efficient organization and best results and showing proportionately the least fire loss as determined by his activity in fire fighting, and by the application of the best preventative methods, the judge to be the Chief Forester of Quebec and prize to be awarded and paid on November 30th 1922.

FRANK J. D. BARNJUM,
Annapolis Royal, Nova Scotia
March 9th, 1922

Send a
**DOMINION EXPRESS
MONEY ORDER**
IN PAYMENT OF OUT-OF-TOWN ACCOUNTS
If Lost or Stolen, your money promptly refunded.
FOR SALE AT C.P.R. STATIONS AND
DOMINION EXPRESS OFFICES



Relax! Relax! Learn How to Relax!



Get your copy of this amazing new book—Learn what Mr. Edison has done to help you use the power in music

DO you know the story of Pittsburgh Phil, —the race-track plunger? His death was said to have been hastened by the self-repression he practised. Pittsburgh Phil affords an example of what happens to those who can not, or will not, relax!

The strain of modern life bears not only on those who live by gambling. Absolutely no

one escapes it. You don't. Therefore, learn how to relax. Get yourself a means of relaxation. Use it daily.

The finest kind of relaxation is that which music brings. And now that Mr. Edison has at last probed the secrets of music's effects on mind and mood, you can apply this marvelous power in a hundred practical ways.

Mr. Edison's MOOD MUSIC

3 days of Mood Music delivered FREE

Use the coupon. Get your copy of "Mood Music." Read what Mood Music is,—how it came about, what you can do with it. Learn which selections to play when you're tired, worried, or blue.

Mood Music is music which has proved its power to rescue you from unpleasant moods. It is the outcome of a two-year research into music's effects, by world-famous psychologists.

Mood Music is the music you should have in your home. It is not only beautiful and entertaining,—but useful. Learn all about it,—and what it does for you.

Bring or mail the coupon. Do it today.

Special 3-Day Offer—If you don't own a New Edison, we'll gladly loan you one for three days, so that you can try Mood Music in your own home. Absolutely no charge or obligation. Just check the coupon.

Bring or Mail This Coupon

Please give me a free copy of Mr. Edison's new book, "Mood Music".

Name _____

Address _____

If you wish 3 days of Mood Music in your own home, check here. No charge or obligation.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Dr. J. C. Williams*