

CASCARETS 10¢

For Constipated Bowels, Sick Headache,
Sour Stomach, Bilious Liver

The nicest cathartic-laxative in the world to physic your liver and bowels when you have Dizzy Headache, Colds, Biliousness, Indigestion, or Upset, Acid Stomach, is candy-like "Cascarets." One or two to-night

will empty your bowels completely by morning, and you will feel splendid. "They work while you sleep." Cascarets never stir you up or gripe like Salts, Pills, Calomel, or Oil and they cost only ten cents a box. Children love Cascarets too.

When Children Ask Awkward Questions.

None but the most perfect parent in the world can hope to reply to all the questions children ask.

When a boy asks his father why the wind blows, it is more than likely that Dad would find himself puzzled.

The reason is that when air gets heated it expands, gets lighter, and rises from the earth. More air blows in to fill the vacuum and this brings about the wind.

How fast does sound travel? It is something like a quarter of a mile in a second, and although this is slow compared with light, it is more than ten times the speed of an express train.

If you watch a man hammering stakes into the ground, or if you see a gun fired at a distance, the sound reaches you some time after you have seen the action. When a storm is far away the thunder clap follows slowly after the lightning; when the storm is near the reverse is the case.

Sound travels through the air, earth or water. Most sounds reach us through the air; but on a still night the sound of galloping hoofs may be heard by placing one ear to the road, and a diver down in the sea may hear sounds around him coming through the water.

The reason why one cannot hear one's voice far off is that sound travels outwards from the lips in all directions, so the sound which reaches any particular point in the distance must be small.

If a child asks when the first clock was used, the answer is that the oldest record in England was put up in a former clocktower in Westminster in 1285; that sundials were used long ago to tell the time; and that King Alfred the Great's "clock" took the form of candles which were marked by colored rings.

Some Puzzling Questions.

Another question that a child might ask is: "How is a road paved?" It is said that the Carthaginians were the first people to use a system of road paving, but the Romans were the most famous road-makers. The name of John Macadam will always be associated with roads because he invented a form of road now known as "tarmacadam." Wood-paving was first used in Russia and introduced to Britain in 1836.

From roads the child perhaps goes to bridges. The longest bridge in the world is that over the Forth. It was commenced in 1882 and took 4,000 seven years to build. The Zambesi Bridge at Victoria Falls in Africa is the world's loftiest bridge, and the Pontoon bridge at Calcutta is probably the largest floating bridge. The Chinese built the first wooden bridge. The most interesting wonder in the world is Giant's Causeway, which stretches for four miles along the coast of County Antrim in Ireland. It is a collection of huge rocks which go down into the sea, and many reach a height of thirty feet.

The Origin of the Foundling Hospital.

Captain Thomas Coram, who originated the Foundling Hospital, was born at Lyme Regis, in Dorsetshire, in 1668, but emigrated to America, and became captain of a trading vessel. Having made a considerable sum of money, he came to London, and was living at Rotherhithe in 1730. While walking from there to the city he occasionally saw infants abandoned in the streets and the idea occurred to him that there ought to be a hospital that would take them in. For 17 years he laboured to get influential people interested in his project, and at last succeeded. In 1739 the Foundling Hospital in Guildford Street, Russell Square, was established by Royal Charter, a small hospital having been first opened in a house in Hatton Garden.

The foundations of the present building were laid on September 16, 1742, and in 1754 it was occupied by 600 children. A basket was hung at the gate in which the foundlings were soon supplied with more infants that it could support, and the conditions of admission being made much more strict. The children receive a good plain education, the girls when old enough being put out to service and the boys apprenticed to various trades. Handel the composer and Hogarth the painter, both took great interest in the hospital and did much to aid it. Handel conducted musical performances there in which the children took part. Hogarth painted Coram's portrait, which still hangs there along with other fine pictures. The chapel services are open to the public.

Captain Coram died on March 29, 1751, and was buried in the chapel of his hospital. He was a downright honest, kindhearted sailor-man, and there is no doubt his hospital has done and is doing a very useful work.

Japan Next Stage of Prince's Tour.

ONE MONTH TO BE SPENT THERE.

London (Associated Press)—The Prince of Wales is to spend nearly a month in Japan and numerous dinner parties, balls and other ceremonies and entertainments have been arranged in his honor. The programme of his stay in the Mikado's Empire, as announced here, shows that after arriving in Yokohama on the battleship Renown, April 12, he will go straight to Tokyo, where he will be entertained with dinners at the Japanese foreign office and at the Prime Minister's official residence. The British Embassy in Tokyo and the British colony in Yokohama are planning to give balls to celebrate his visit. After a week in those two cities, the Prince will go to Nikko for two days and afterward will visit Odawara and Lake Hakone, visiting Yokohama on the way to un-veil the Inter-Alleed war memorial arch, which has been erected by popular subscription on the "Bluff," the foreign residential district. Later, he will proceed by automobile to Shoji, where he will remain over night and on the following day will go to Iida, whence he will descend the Tenryu-gawa rapids as far as the railway line where he will take the train for Koto. One week will be spent in this ancient capital city of Japan in which the Prince will visit Lake Biwa and the island of Chikubushima. Next the Prince will go to Nara for two days and then to Kobe, where he will be entertained by the British colony. On May 8, he is to sail from Kobe through the Inland Sea, possibly stopping at some of its ports and, on May 9, he will leave Japan for Manila, where he will spend two days.

Canada's Heavy Losses

BY GOVERNMENT OWNERSHIP.

"The government of the Dominion of Canada," says the Railway Age in its current issue, "is in serious danger of having its credit destroyed by its railroad policy. The Dominion is considering trying to float a large loan in the United States. American investors probably will consider Canada's railway policy before deciding on the desirability of buying its government securities."

These statements are made in an editorial commenting on an article by Professor W. T. Jackman of the University of Toronto, entitled "The Problem of the Government Railways in Canada," which is published in this week's Railway Age.

In its editorial the Railway Age estimates that the railways owned by the Dominion of Canada failed in 1921 by about \$20,000,000 to earn enough to pay their operating expenses. "To this should be added," it says, "about \$100,000,000 for interest on the investment which was not earned. Therefore, directly and indirectly, government ownership of the railways last year added to the burdens of the Canadian taxpayer around \$120,000,000. The deficit officially admitted by the Canadian government for 1920 was over \$70,000,000, but this did not include interest on the investment in a large part of the railways. J. L. Payne, formerly controller of statistics of the Department of Railways and Canals, estimated the total losses, direct and indirect, in 1920 at about \$138,000,000.

"The Dominion government now actually owns about 17,000 miles of railway. It is still carrying on negotiations for the acquisition of the Grand Trunk which would make the total mileage actually owned and operated by it about 22,500 miles. In view of the enormous deficits which always have been incurred by every railway owned by the Dominion government since it acquired the Intercolonial over a half century ago it would seem wise for the people of Canada to do some very hard studying and thinking before they finally take the title to the Grand Trunk. Not only the experience of Canada, but the experience of every democratic country in the world, indicates that under permanent government ownership the Grand Trunk itself would become and remain a producer of large deficits.

"Now, the railway deficit of Canada is becoming an extremely serious thing. Canada has only nine million people and the Dominion government has an annual revenue of only about \$450,000,000. It needs about \$109,000,000 a year to pay expenses due to its participation in the way, including interest, pensions, etc. Its national debt is heavy and instead of declining has been mainly or entirely due to the deficits incurred by its railways. The government will be positively inviting bankruptcy if it engages in any more railway ventures.

"Government railway deficits are not peculiar to Canada. Large deficits were incurred by the railways of the United States in 1918 and 1919 under government operation. They were not due to the official personnel, which was not much changed, but to the system of management, which was radically changed. The organization and policy always are and always must be different under government from what they are under private management, because the controlling influences are different, and these controlling influences always tend to produce deficits. Since the government guarantees to the railroads of the United States were withdrawn they have incurred losses, but the taxpayers have not had to pay them.

"Most of the government railways of Australia incurred deficits before the war. These have been increased since then. The deficits in the year ending June 30, 1921, of the Australian railways for which we have statistics were as follows: Queensland, \$7,694,000; Victoria, \$3,171,000; New South Wales, \$2,808,000; Western Australia, \$2,000,000. The total for the railways of these countries was almost \$15,000,000. The New Zealand state railways had a deficit of almost \$600,000.

"Since the war the German state railways have been incurring enormous deficits. In 1920 their deficits exceeded fifteen billion marks. Of course, this is a depreciated currency. For 1921 the deficit was estimated some time ago at seven billion marks, but we shall know better what the deficit really was when complete figures for the year's actual operations are available.

Popular Star at the Nickle for the Mid-Week Programme.

REAL ART PICTURES PRESENT

"WANDA HAWLEY"

— IN —

"Food for Scandal."

Adapted from the well known play "Beverly's Balance" by Paul Koster. A delightful social drama with a splendid cast.

"Charles Hutchinson"

in

"Double Adventure"

(Chapter Play)

OUTING CHESTER TRAVELOGUE—
CHRISTIE COMEDY REEL.

COMING—"PRISONERS OF LOVE", starring Betty Compton—7 big acts.

HAY!

OATS, HAY, BRAN,
CORN MEAL, CATTLE FEED,
CLIMAX DAIRY MEAL.

Lowest Market Prices.

JOB'S STORES, Ltd.

THE LONDON DIRECTORY

with Provincial & Foreign Sections, enables traders to communicate direct with

MANUFACTURERS & DEALERS

in London and in the Provincial Towns and Industrial Centres of the United Kingdom and the Continent of Europe. The names, addresses and other details are classified under more than 2,000 trade headings, including

EXPORT MERCHANTS

with detailed particulars of the Goods shipped and the Colonial and Foreign Markets supplied;

STEAMSHIP LINES

arranged under the Ports to which they sail, and indicating the approximate Sailing.

DEALERS SEEKING AGENCIES

can be printed at a cost of 8 dollars for each trade heading under which they are inserted. Larger advertisements from 10 to 80 dollars.

A copy of the directory will be sent by parcel post for 10 dollars, net cash with order.

THE LONDON DIRECTORY CO., LTD., 25, Abchurch Lane, London, E.C.4, England.

BUSINESS ESTABLISHED 106 YEARS.

Easter CARDS

A very attractive assortment just opened; priced from 8c. to 47c. each.

GARRETT BYRNE,
Bookseller & Stationer.

SPECIAL FOR EASTER.

You will want to make your dance a musical and social success and you can do so at very small cost if you use the MAGNAYOX WONDERFUL RESULTS! SPECIAL PRICE FOR EASTER WEEK AND THE WEEK AFTER. Place your orders early and avoid disappointment. Demonstrations free. And don't forget this is headquarters for piano and player-piano, tuning, etc., of quality. You can also get some big values here in phonographs, records and accessories for same.

M. H. FINDLATER,
Ordnance Street, Phone 1361.
mar15,26, m.w.s.

Pick From This List Your Lenten Menu.

ELLIS & COY.
LIMITED,
203 WATER STREET.

French Sardines, 1/4's & 1/2's Boneless French Sardines, 1/4's.
Skipper Sardines.
Barataria Prawns.
Hors D'Oeuvres (6 tins in block).
Boneless Anchovies in Oil.
Marinated Herring.
Findon Haddock.
Clam Chowder.
Fresh Clams in tins.
Fresh Cove Oysters, 1's and 2's.
Chicken Haddies.
Royans a la Bordelaise.

Nfld. No. 1 Pack

Salmon.
Lobster.
Cod Tongues.
Cod Steak.
Mussels.

Fresh and Smoked Fish.

Fresh Cod.
Fresh Smelts.
Fresh Halibut.
Fresh Oysters.
Smoked Finnan Haddies.
Smoked Kippers.
Smoked Bloaters.
Smoked Cod Fillets.

Lazenby's Assorted Pickles.
Lazenby's Salad Oil.
Lazenby's Chef Sauce.
C. & B. Vinerars.
C. & B. Salad Sauce.
C. & B. Essence of Anchovies.
C. & B. Fish Paste.
Tomato Catsup.
Mushroom Ketchup.
Cambridge Chutney.
Mayonnaise Dressing.
Plain & Stuffed Olives.

Hartley's Marmalade.
Hartley's Strawberry Jam.
Hartley's Raspberry Jam.

Special Big Reduction in Price
Jams, Marmalade,
Assorted Canned Fruits.

Dried Apricots, 1 lb. pkts.
Dried Prunes, 1 lb. pkts.
Dried Prunes, 20/30.

Minard's Liniment for Burns, etc.

Saving money is Vogue

The laws of fashion all allow, It's stylish to save money now. —Dainty Dorothy.

And so it has come to pass that the thinking women of the country as well as serious minded men have come to the conclusion that the development of thrift is necessary to the development of national character. But if you are going to make last season's clothes do for a while it does not mean that you cannot have them dry cleaned and thoroughly refreshed, and that you must not change the shape or color of them. Our dyeing system is a perfect one.

J.J. Dooley
WE KNOW HOW
PHONE CONNECTION
COR. LINE ST. & LE MARSHAL ST.
PHONE 1488.

EAST END FEED AND PRODUCE STORE

TO THE TRADE:
100 Tons Hay

Prime No. 1 Timothy HAY

2000 Bags Heavy Canadian White Oats

Choice Canadian Table Butter

Ring 812.

jan12,12

Rub the pan in which potatoes are to be boiled with a little garlic and cook a sprig of mint with them.

MINARD'S LINIMENT FOR GARGLES IN COWS.

What every mother should know—

THE one subject nearest a mother's heart is the welfare of her children. It is during childhood that their health is most important.

Weak, under-nourished children seldom develop into vigorous, healthy men and women. Malnutrition produces anemic constitutions, liable to many diseases. Food is the most important factor in the development of children.

An interesting fact to every mother in Canada is this: Grape-Nuts, served with milk or cream, is a complete food. Grape-Nuts is

the wholesome, delicious cereal made of whole wheat flour and malted barley. It is rich in nutritive mineral salts that supply strength and nourishment to the growing body tissues. Your children will thrive on it.

Begin today to make Grape-Nuts, with milk or cream, the regular breakfast dish—not only for the children, but for you and the others as well.

Your grocer sells Grape-Nuts, the same delicious Grape-Nuts that is served in the leading hotels and restaurants of Canada.

The cost of Grape-Nuts is little—because of the large number of dishes you can serve from one package.

Grape-Nuts—the Body Builder

"There's a Reason"

Made by Canadian Postum Cereal Co., Limited, Windsor, Ont.

