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

els when you have Dizzy Headache, Cascarets never stir you up or gripe Upset, Acid Stomach is candy-like they cost only ten cents a box. "Cascarets." One or two to-night Children love Cascarets too.

The nicest cathartic-laxative in the will empty your bowels completely world to physic your liver and bow- by morning, and you will feel splendid. "They work while you sleep."

When Children Ask Awkward Ouestions.

the world can hope to reply to all the stones at one another. questions children ask When a boy asks his father why the

wind blows, it is more than likely that Dad would find himself puzzled. rises from the earth. More air blows

in to fill the vacuum and the brings about the wind. How fast does sound travel? It is

If you watch a man hammering stakes into the ground, or if you see a gun fired at a distance, the sound A Health Saving Reminder. reaches you some time after you have seen the action's When a storm is far away the thunder clap follows slowly

near the reverse is the case. 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 Frenchmen Take any particular point in the distance must be small.

If a child asks when the first clock was used, the answer is that the old- FEDERATION COMES INTO EXISTest on record in England was put up in a former clocktower in Westminised 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 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.

world is Giant's Causeway, which for. stretches for four miles along the coast of County Antrim in Ireland. It To use up the last bit of mince the Inland Sea, possibly stopping at go down into the sea, and many reach cuit crust. Make as you would a short- will leave Japan for Manila, where .c a height of thirty feet.

Legend says that the stones were come over and fight him. Another belief is that giants hurled these huge

ment are found.

Another great natural wonder is the a second, and although this is slow cut out in the course of ages through compared with light, it is more than the soft rock by the River Colorado. over eight miles in places, and extends for a distance of 200 miles.

Don't Wait until you get the after the lightning: when the storm is near the reverse is the case. Sound travels through the air, earth Spanish Influenza

Minard's Liniment Japan Next Stage At the first sign of it. Its Healing

Qualities are Amazing. THE OLD RELIABLE.

Up Baseball.

ENCE.

ter in 1288; that sundials were used French Baseball Federation, or "La ing in Yokohama on the battleship long ago to tell the time; and that Federation Franchise de Paseball," as Renown, April 12, he will go straight King Alfred the Great's "clock" took the natives will know it, came into to Tokio, where he will be entertained the form of candles which were mark- being this month in the club rooms of with dinners at the Japanese foreign paving, but the Romans were the most other at Roubaix and a third at Tour- will visit Odawara and Lake Hakone, coing. The Ranelagh team, which visiting Yokohama on the way to unlast year competed in a contest be-From roads the child perhaps goes Frenchmen did not head the list at the where he will remain over night and to bridges. The longest bridge in the world is that over the Forth. It was commenced in 1882 and took 4,000 when it is remembered they played gawa rapids as far as the railway 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 the championship of a real French the island of Chikubushima. Next the Chinese built the first wooden bridge. League, and the honor of being the Prince will go to Nara for two days The most interesting wonder in the first champions will be keenly fought and then to Kobe, where he will be

is a collection of huge rocks which meat, make mince turnovers with bis- some of its ports and, on May 9, he cake and cut into squares.

What every mother

THE one subject nearest a

of her children. It is during

childhood that their health is

Weak, under-nourished chil-

dren seldom develop into vigor-

ous, healthy men and women.

Malnutrition produces anemic

constitutions, liable to many

diseases. Food is the most

important factor in the de-

An interesting fact to every

mother in Canada

is this: Grape-

Nuts, served with

milk or cream, is

a complete food.

Grape-Nuts is

velopment of children.

mother's heart is the welfare

should know—

most important.

The Origin of the

Captain Thomas Coram, who ginated the Foundling Hospital, was born at Lyme Regis, in Dorsetshire, in 1668, but emigrated to America, and ecame captain of a trading vessel. Having made a considerable sum of money, he came to London, and was living at Rotherhithe in 1720. While walking from there to the city he occasionally saw infants abandoned in the streets and the idea occurred to Colds, Biliousness, Indigestion, or like Salts, Pills, Calomel, or Oil and 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 1730 the Foundling Hospital in Guildford Street, Russell put in such a neatly arranged posi- Square, was established by Royal tion by an Irish giant in order to in- Charter, a small hospital having bee duce his enemy the Scots giant to first opened in a house in Hatton Gar-

The foundations of the present BY GOVERNMENT OWNERSHIP. building were laid on September 16, The idea that the causeway really 1742, and in 1754 it was occupied by did once extend to Scotland is 600 children. A basket was hung at strengthened by the fact that in Fin- the gate in which the foundling was its current issue, "is in serious danger gal's Cave, in the island of Staffa, off soon suppled with more infants that of having its credit destroyed by its heated it expands, gets lighter, and the Scottish coast, stones exactly it could support, and the basket plan railroad policy. The Dominion is consimilar in appearance and arrange- had to be abandoned, the conditions sidering trying to float a large loan in of admission being made much more strict. The children receive a good Grand Canyon of Colorado in the plain education, the girls when old way policy before deciding on the desomething like a quarter of a mile in United States. It is a deep gorge enough being put out to servce and the boys apprenticed to various trades. Handel the composer and Hogarth the ten times the speed of an express It has a depth of 6,000 ft., a width of 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 week's Railway Age. other fine pictures. The chapel ser

vces are open to the public. Captain Coram died on March 29 his hospital. He was a downright honest, kindhearted sailor-man, and there is no doubt his hospital has done and his doing a very useful work.

of Prince's Tour.

ONE MONTH TO BE SPENT THERE.

London (Associated Press)-The month in Japan and numerous dinner parties, balls and other ceremonies and entertainments have been arranged in his honor. The programme of indirect, in 1920 at about \$136,000,000. his stay in the Mikado's Empire, as an-Paris (Associated Fress) -- The nounced here, shows that after arrivthe American Legion in Paris, whose office and at the Prime Minister ofwalls are covered with trophies of the ficial residence. The British Embassy great war in which Americans and in Tokio and the British colony in French fought sde by sde. There are Yokohama are planning to give balls already three all-French baseball to celebrate his visit. After a week teams in France, one in Paris, known in those two cities, the Prince will go as the Ranelagh Basebell Club. an- to Nikko for two days and afterward has been playing for three sensons, veil the inter-Allied war memorial arch, which has been erected by poptween the half-dozen clubs formed of ular subscription on the "Bluff," the Americans in Paris attached to the foreign residential district. Later, he American banks here. While the will proceed by automobile to Shoji, entertained by the British colony. On May 8, he is to sail from Kobe thro who is heavy and instead of declining has are many thousands. The American will spend two days.

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made of whole wheat flour and

malted barley. It is rich in nutri-

tive mineral salts that supply

strength and nourishment to the

growing body tissues. Your

Begin today to make Grape-

Nuts, with milk or cream, the

regular breakfast dish-not only

for the children, but for you and

Your grocer sells Grape-Nuts,

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children will thrive on it.

the others as well.

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OUTING CHESTER TRAVELOGUE-

COMING-"PRISONERS OF LOVE", starring Betty

Compson—7 big acts.

CHRISTIE COMEDY REEL.

Canada's Heavy Losses

overnment of the Dominion of Canada," says the Railway Age in the United States. American investors probably will consider Canada's railsirability 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 payers of the country an unsupport-In its editorial the Railway Age

estimates that the railways owned by the Dominion of Canada failed in 1921 751, and was buried in the chapel of 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 arations: added to the burdens of the Canadian Stafford's Liniment. taxpayer around \$120,000,000. The dedeficit 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 Prince of Wales is to spend nearly a part of the railways. J. L. Payne, formerly controller of statistics of the Department of Railways and Canals, estimated the total losses, direct and

"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 mar28,tf 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 PITIFUL owned by the Dominion government since it acquired the Intercolonial over a half century ago it would seem wise fore they finally take the title to the fugees than any other city in the of Canada, but the experience of every and shattered walls are 40,000 Greek arranged under the Ports to which democratic country in the world, in- and Macedonian refugees, 20,000 they sail, and indicating the approxidicates that under permanent govern- exiles from Russia, and an uncounted ment ownership the Grand Trunk it- number of refugees from Armenia, the self would become and remain a pro- Caucasus and other oppressed coundesiring to extend their connections, ducer of large deficits.

ficits incurred by its railways. The wretched plight of the little ones. government will be positively inviting CROWDED. LIVING CONDITIONS. bankruptcy if it engages in any more railway ventures.

due to the official personnel, which of the population live in huts, tents cally changed. The organization and ters for the homeless. In front of the different under government from what its pungent odor heavenward, the boilthey are under private management, ing soup-pot and homely brazier now because the controlling influences are hold sway. Two thousand persons different, and these controlling influ- eat, sleep and have their being in a the railroads of the United States were are packed with pedestrians, merwithdrawn they have incurred losses, chants, peddlers, commercial travelbut the taxpayers have not had to pay ers, soldiers, sailors, beggars and

"Most of the government railways malestrom. This is the busiest mar of Australia incurred deficits before in the East. It is also the richest Nothe war. These have been increased where in Europe is wealth at once s since then. The deficits in the year opulent nor poverty so utterly wretchending June 30, 1921, of the Australian ed. The visitor has to fight almost for railways for which we have statistics a place on the street. He battles for were as follows: Queensland, \$7,694, a foothold on the only streetcar line, 000; Victoria, \$3,171,000; New South he storms the restaurant for food Wales, \$2,808,000; Western Australia, and he has to appeal to the Governor-\$2,000.000. The total for the railways General for a room. of these countries was almost \$16,-000.000. The New Zealand state railways had a deficit of almost \$600,000. Since the war the German state railways have been incurring enorious deficits. In 1920 their deficits tea. exceeded fifteen billion marks. Of A little mixed spice is a good course, this is a depreciated currency. tion to spice. For 1921 the deficit was estimated A pinch of grated nutmeg improves some time ago at seven billion marks, boiled cabbage. but we shall know better what the A pinch of sugar improves an deficit really was when complete lette and scrambled eggs. figures for the year's actual operations

panies in Germany. It is a significant fact that between 1913 and 1120 the per cent to 96 per cent, while that of the state railways increased from 70 per cent to 179 per cent. These figures mean that in 1913 the expenses of the German state railways were 70 cents for every dollar that they earned. while in 1920 their operating expenses were \$1.79 for every dollar they earn

"The Dominion of Canada cannot af ford to operate a railway system of 22,500 miles at a chronic loss proportionate to that which has been incurred on all its railway ventures for over a half century. To do so would be to impose upon the business and the taxable burden."-Railway Age.

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Prescription "A"-small & large Phoratone Cough and Cold Cure Essence Ginger Wine. Ess. Peppermint, 1/2 and 1 oz. btls. Friar's Balsam, ½ and 1 oz. bottles. Tincture Iodine, 1/2 and 1 oz. bottles. Sweet Spirits Nitre, 1/2 & 1 oz. bottles

Camphorated Oil, 1 oz. bottles. Oil Eucalyptus, 1 oz. bottles. Brick's Tasteless Cod Liver Oil. DR. F. STAFFORD & SON. Wholesale and Retail Chemists and

Glycerine, 1 oz. bottles

A City of Refugees.

EXISTENCE OF

Saloniki (Associated Press)-Salonfor the people of Canada to do some iki with its 100,000 population and its very hard studying and thinking be- 99 minarets gives shelter to more re-Frand Trunk. Not only the experience | world. Crowded within its narrow tries. Most of them have a pitiful ex- or Trade Cards of "Now, the railway deficit of Canada istence. A crust of black bread and a is becoming an extremely serious cup of watery soup daily is all that thing. Canada has only nine million keeps them from the grave. The Greek people and the Dominion government government has not the means to care has an annual revenue of only about properly for this great host of in-\$450,000,000. It needs about \$109,000.- digents. All its money is eaten up by 000 a year to pay expenses due to its the army in Asia Minor. The charity participation in the way, including in- of America plays a large part in the terest, pensions, etc. Its national debt care of the children, of whom there been mainly or entirely due to the de- Red Cross is trying to ameliorate the

The heart of Saloniki was destroyed by fire in 1917, and most of the city "Government railway deficits are not still is a mass of crumbling walls and eculiar to Canada. Large deficits rubbish heaps. The water and sewage were incurred by the railways of the systems were almost wholly destroy-United States in 1918 and 1919 under ed. There are no hotels left. Only government operation. They were not the well-to-do have homes. The rest was not much changed, but to the sys- and in the streets. Nearly a dozen tem of management, which was radi- mosques have been turned into shelpolicy always are and always must be altars where incense was wont to send ences always tend to produce deficits. single mosque. Saloniki is no place Since the government guarantees to for a weakling. The city's streets noney-lenders, who make up a perfect

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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.

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Lobster. Cod Tongues. Cod Steak. Mussels.

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sleeves

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The laws of fashion all allow It's stylish to save money no

-Dainty Dorothy.

And so it has come to p that the thinking women of country as well as serious min ed men have come to the conclusion that the development thrift is necessary to the de velopment 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 sys tem is a perfect one.

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