

LETTER FROM MRS. WAKELIN

Tells Remarkable Story of
Sickness and Recovery.

Toronto, Ont.—"I suffered greatly from weakness, seemed to be tired all the time, and had no ambition to do anything or go any place. My nerves were in bad shape, I could not sleep at night, and then came a breakdown. I read of Lydia E. Pinkham's Vegetable Compound in the newspapers and several of my friends advised me to use it, and it surely put new life into me. Now I am quite able to do all my own work, and I would strongly advise every suffering woman to give Lydia E. Pinkham's Vegetable Compound a trial."

Mrs. CHARLES WAKELIN, 272 Christie St., Toronto, Ont.

The makers of Lydia E. Pinkham's Vegetable Compound have thousands of such letters as that above—they tell the truth, else they could not have been obtained for love or money. This medicine is no stranger—it has stood the test for more than forty years.

If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

HAS RETIRED

Rev. John Carter, son of the late Mr. and Mrs. Henry Carter of Newcastle, one of the most beloved priests in New Brunswick, who was ordained fifty-three years ago has been parish priest at Petit Rocher for thirty-seven years, and is now nearly seventy-seven years of age has retired from active service.

Minard's Liniment



USE
Minard's
Liniment
FOR
SPANISH
INFLUENZA
COLDS,
COUGHS,
SORE
THROAT,
DIPHTHERIA
ETC.

WHAT SCOUTING IS AND DOES

Scouting is character-forming, recreational educational, carried on to a large extent in the great, healthy school of the Out-of-Doors. It develops the spirit and habit of resourcefulness and of cheerfully facing difficulties. Those were qualities of the Canadian pioneers and, embodied in their descendants, have given us a large number of the great names of Canadian history.

Recalling your own boyhood, do you remember how in your reading, you loved to imagine yourself a great war hero? a discoverer and adventurer? a hunter in the jungles of Africa? a cowboy a knight, rescuing the weak and beautiful and punishing the evil-doer?

The boy of today dreams the same dreams. Especially in Canada, does he love to imagine himself a pioneer backwoodsman; an Indian, a plainsman; log-house or wigwam building, hunting, tracking, riding, bucking bronchos.

Scouting Satisfies This Love of Romance

Every normal boy must find some outlet for his superabundance of animal energy. Like the healthy puppy, he must race, and chase, and struggle with his fellows. Scouting provides the outlet, and controls it. He loves to form and play in gangs. Scouting meets this safely.

Through a curious but well-known weakness of human nature, the average boy, by preference is going to take advice and many examples of habit, speech and principle, from older boys and men outside his own family. Most men may recall how readily as boys they responded to the notice of older lads, or of some man other than their father, and accepted them as authorities and examples. Scouting meets this with the safe advice of the Scout-master the sympathetic elder brother.

At a certain stage the average boy, especially the small-town boy, is going to face the attraction of the pool-room, or some other similar always open club, with its free and easy fellowship, and its games of chance or skill and too-frequent atmosphere of disrespect for authority, for womanhood, and clean manliness. Scouting heads this off.

The normal boy is keenly, enthusiastically willing to do public service

HEALTH MESSAGE TO THE WORLD

Take "Fruit-a-lives" And
Make Yourself Well

"Fruit-a-lives", the marvellous medicine made from fruit juices and tonics, is the most beneficial medicinal agent that has ever been given to mankind.

Just as oranges, apples, figs and prunes are nature's own medicine, so "Fruit-a-lives"—made from these fruit juices—but concentrated and intensified—is the greatest Stomach and Liver Medicine, the greatest Kidney and Bladder Medicine—the greatest Blood Purifier—the greatest remedy for Headaches, Constipation, Indigestion, Nervousness and Bad Complexion—in the world.

To be well, take "Fruit-a-lives"
50c a box, 6 for \$2.50, trial size 25c.
At dealers or sent postpaid by
Fruit-a-lives Limited, Ottawa.

where it is directed, and recognized Scouting brings the opportunity a recognition.

All these ends Scouting realizes, not through a code of don'ts or a code of regulations applied from without, but by working from within by providing natural, attractive, but directed channels of activity for the boy's own impulses, in the following of which his character is shaped to wards its best possibilities in efficient manhood and citizenship.

WILD DUCK FOODS

The majority of the plants which are important as sources of food for Wild Ducks are as might be expected those which occur either in water or in marshes. A few land plants, however, find a place on the list of which the principal is Barnyard Grass (*Echinochloa crus-galli*). This is an annual species, introduced from Europe which grows well on waste ground and on the margins of lakes. It is the seed of this plant which is eaten.

Of importance also are the Smartweeds (*Polygonum*) most of which occur on wet soil and have a wide distribution in Canada.

Of the plants which grow typically in marshes, or swamps two produce edible tubers. The Chufa or Nutgrass (*Cyperus esculentus*) extends from New Brunswick to the Great Lakes while the Wapato (*Sagittaria latifolia*) extends across the whole of Canada.

Other important swamp plants are the Dur Reed (*Sparganium eurycarpum*), Bulrush (*Scirpus validus*), Meadow Grass (*Spartina Michauxiana*). The first three occur all over Canada while the last extends from Nova Scotia to Saskatchewan. Various other species are all important food-plants of Wild Ducks.

Occupying a foremost place among water plants Wild Rice (*Zizania aquatica*) occurs from New Brunswick to Lake Winnipeg. A full description is given of it in Bulletin 42 Second Series of the Experimental Farms Branch.

Water Celery (*Vallisneria spiralis*) extends from Nova Scotia to the Great Lakes. No less important as Duck foods are the various species of Pondweed (*Potamogeton*) most of which have a wide distribution.

Two species of the Waterlily Family namely, Water Shield (*Brasenia Schreberi*) which extends from Nova Scotia to Manitoba, and the Yellow Waterlily (*Nuphar advena*) which extends west to the Rocky Mountains are worthy of mention. The seeds only of the second species are of importance.

The Pickerel Weed (*Pontederia cordata*) is native in Eastern Canada.

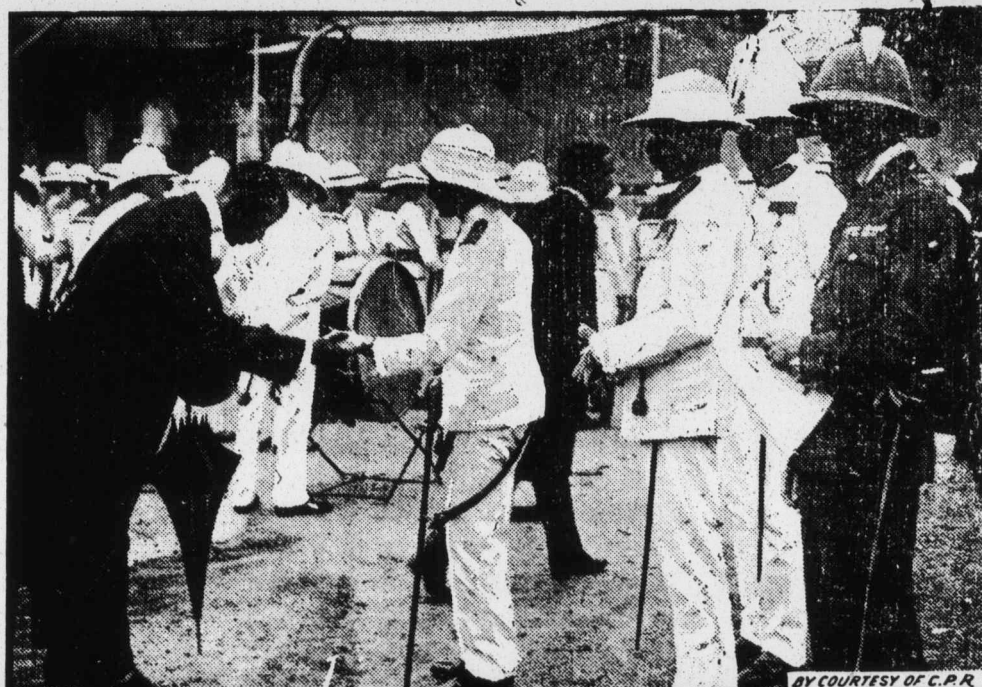
Finally, of importance in salt and brackish water are the Tassel-Pondweeds or Widgeon-Grass (*Ruppia*) and Eelgrass (*Zostera marina*) the latter of which occurs on both the Atlantic and Pacific coasts.

The Biological Survey of the United States Department of Agriculture at Washington, D. C., has issued a number of important Bulletins on this subject.—J. Adams, Botanist.

PILES

Do not wait another day with itching, bleeding, or protruding Piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and afford lasting benefit. 60c a box; all dealers, or L. H. Chase & Co., Limited, Toronto. Sample 10c free if you mention this paper and enclose 2c stamp to pay postage.

The Prince—Honoring the Unknown



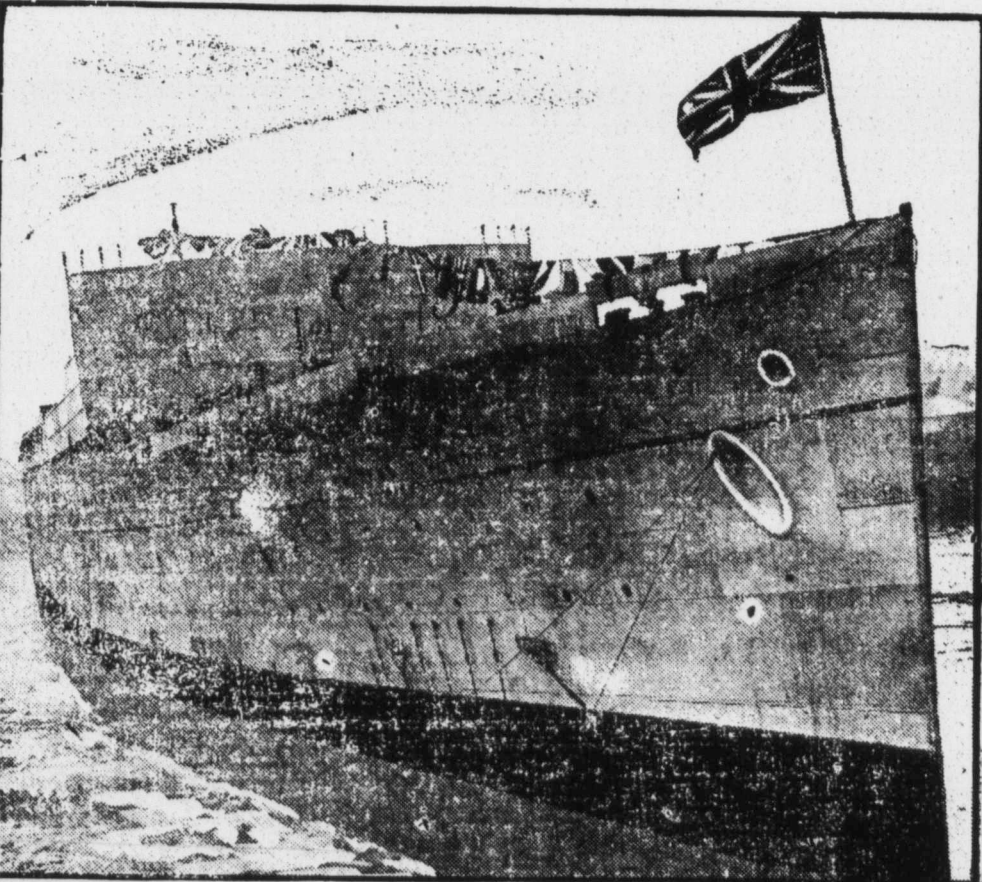
BY COURTESY OF C.P.R.



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- (1) The Prince of Wales Landing at Damerara, British Guiana.
- (2) Armistice Day—Scene as the Coffin of the Unknown Hero Was Being Borne Out Into Westminster Abbey, Escorted by Britain's Most Famous Soldiers and Sailors.

NEW C.P.O.S. LINER



THE EMPRESS OF CANADA AFTER BEING LAUNCHED.

The Empress of Canada, a twin screw geared turbine oil burning passenger liner, built to the order of the Canadian Pacific Ocean Services, Limited, especially for their trans-Pacific service, was recently launched at the yards of the Fairfield Shipbuilding & Engineering Co., Limited, Govan, Scotland.

The christening ceremony, which was performed by Mrs. G. M. Bosworth, the wife of the chairman of the Canadian Pacific Ocean Services, Limited, went through without a hitch.

The ship is 653 ft. long, 77 ft. 9 ins. wide and has a depth to the bridge deck of 53 ft. 6 ins. Her gross tonnage is about 22,000 tons, and she is arranged to carry about 490 first class, 106 second class, 238 third class passengers, and 547 of a crew. Of the cargo spaces, a large portion has been fitted for the carriage of silk. The ocean speed is about 21 knots. The vessel is built to the highest class of Lloyd's register, to full Board of Trade requirements and sub-divided in full accordance with the requirements of the Bulkhead convention.

A complete system of telephones with a central exchange is fitted to the special and private suites and various offices, etc.

The dining saloon is on the upper deck and will accommodate 325 persons, a large reception room is situated forward of the dining saloon with passenger elevator at the fore end, on this deck also is a swimming pool 30 ft. long by 13 ft. wide, and a gymnasium.

Throughout the vessel special attention is everywhere given to the fact that the Empress of Canada is to serve in a semi-tropical climate; public rooms are therefore large and airy and the ventilation amply arranged. The maiden voyage of the Empress of Canada will be a tour of the world, starting from Liverpool, March 15, 1921.

EASTERN STEAMSHIP LINES, Inc.

INTERNATIONAL LINE

Resumption of Freight and Passenger Service between St. John and Boston
S. S. GOVERNOR DINGLEY will leave St. John every Wednesday at 8 a. m. and every Saturday at 6 p. m. (Atlantic Time) for Boston.

Wednesday trips are via Eastport and Lubec, due Boston 11 a. m. Thursday Saturday trips are to Boston direct, due Sundays about 2 p. m.

RETURN—Leave Boston Mondays and Fridays at 10 a. m. (Daylight Saving Time) for Eastport, Lubec and St. John.

FARE \$10.80 STATEROOMS \$3.00 UP

Direct connection at Boston with Metropolitan Passenger and Freight Steamers to New York via Cape Cod Canal. For staterooms, rates and additional information, apply to
A. C. CURRIE, Agent. ST. JOHN, N. B.