

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.

Sugar Industry Is Bound To Bring Great Wealth To Pearl of the Antilles

JAMAICA, the Pearl of the Antilles, is the second oldest colonial possession of the crown. It is situated in the Western Caribbean, in close proximity to Cuba and Haiti. Jamaica, which has as dependencies the Cayman Islands to the northwest, and the Turks and Caicos Islands to the northeast 450 miles distant, is the largest of the British islands in the Caribbean. For centuries the colony has been regarded as one of the most important, if not the most important, outposts of Empire in that quarter; it has certainly increased considerably since the opening of the Panama Canal, not only from a commercial point of view, but also from the strategic side, standing as it does between Europe and America; and, with the canal 500 miles immediately to the south, Jamaica offers special advantages for trade, not only between the points mentioned above, but also to places in the Pacific.

First a Spanish colony, Jamaica in 1665 passed into British hands, the Spaniards surrendering on May 11 of that year to a force of 8,000 troops under Gen. Venables, Admiral Penn and Capt. Butler. Nelson, Rodney, Boscawen, and Hyde-Parker were closely associated with Jamaica. Boscawen is buried in the parish church

of Kingston. A statue to Rodney stands in the public square of Spanish Town, the former capital of the island. Nelson passed a portion of his career at Fort Charles, Port Royal, and on the ramparts of the old fort there is still to be seen a slab which serves to remind those who are permitted to visit the spot that "in this house the great Horatio Nelson dwelt; seek to emulate his noble example all who pass this spot in the service of the Empire."

Jamaica is a crown colony. She surrendered her political constitution in 1866, when her finances were in a parlous state. In 1884 there was a "step in advance," it being decided that the people's representatives should be in the majority in the Legislative Council; at the same time power was given the chief executive to bring in additional nominated members which would give the Government the majority, should such a step be necessary. From 1899 until the present time, the Government majority has been maintained. On the elected side there are 14 members, for Jamaica is divided into 14 parishes; on the Government side there are 15 members. On a financial question, however, the issue is decided if nine elected members vote together, for or against. The governor has a Privy Council of six or seven members, the majority being officials; not even one member of the elected side of the Legislative Council is on the Privy Council. An agitation has been started for a new constitution which will give the people a wider measure in the management of the colony's affairs, by establishing a House of Assembly and a Governor-in-Executive Committee.

The entire island of 4,450 square miles is fanned by breezes that come up from the West Caribbean, with a

temperature of between 57 and 90 degrees on some of the coastlands to 45 degrees in the mountain sections. A magnificent land-locked harbor at Kingston—one of the seven best in the world—Bogue Islands, off Montego Bay, and Navy Island at Port Antonio, add to the tropical beauty of Jamaica. With an interior famous for foliage of almost every description, and large streams and waterfalls, a scene presents itself to the traveler that is almost unsurpassed in any part of the world.

The island's population of about 900,000 includes several classes—whites, colored, blacks, East Indians, Chinese, and Assyrians. Unfortunately, adverse economic conditions within past years have caused many thousands of the inhabitants to migrate to Central America, Cuba, and North America to earn their livelihood. Thousands of Jamaicans assisted in building the Panama Canal. Thousands are still on the isthmus; others have obtained lands in the interior of Panama and are adding to the wealth of the republic by tilling the soil.

Millions of coconuts are exported annually to Europe and America; with one possible exception (the Republic of Guatemala) Jamaica produces the finest quality bananas in the New World; her luscious oranges and grapefruit are sought after; her spices have made her famous; and in this connection Jamaica is the only place in which pimento of the proper quality is grown; the coffee trade is once more expanding, and the celebrated Blue Mountain grade is bringing record prices; this year the coffee crop should realize £300,000, surpassing all previous figures in the history of the present generation. With the decline in cane years ago, vast tracts

of land were brought under banana culture, for which a profitable market obtains in Great Britain and North America.

But with the revival of the sugar industry banana lands in many districts are being used for cane culture. It is no longer a case of the majority of planters putting all their eggs into one basket. Bananas are good in their way, but the future of the colony is bound up with cane, and it is gratifying to note the strides this industry is making. Modern factories are being erected, old mills have in some directions given way to new ones, and sugar, as also its by-product rum, is again becoming the staple industry. Last year Jamaica produced about 50,000 tons of sugar; this year it is hoped that the output will be 80,000 tons, and there is no reason why the output should not exceed 120,000 tons.

BANK JOBS GO BEGGING.

Serious Shortage In Clerks Worrying the Managers.

Think of it, our once-exclusive banks are hanging out cards asking for clerks, just as factories do when they want help. Neat little placards in this connection are hung up near the tellers' cages. Hark to the contents of one of them:

"Employment on the staff of this bank offers an attractive future for young men. We are in a position to place a number of boys with High School education at our different branches throughout Canada.

"For particulars please refer to the manager."

Can't you imagine one of Canada's bygone general managers, pompous of mien, revisiting old haunts and nearly having an apoplectic fit at the sight of such a placard. Advertising for clerks! The very ideal Twenty Years Ago or more such an expedient would never have been dreamed of. Why, there was keen competition to get jobs in banks. In those distant days of Canada's hard times banks had waiting lists just like modern golf clubs, and picked and chose the young men who were to have the privilege of working for them. Applicants for positions approached a manager in humility and awe.

Not only good appearance, but social pull was necessary for admittance to one of the larger institutions. A boy's ancestry loomed larger with some general managers than did his penmanship. A bank job was the goal of most youths whose parents could not afford them a profession. For the post was a sure thing—banks never actually firing their clerks—and promotion, though slow, was regular up to a point, at least. Moreover—alas! that appeal to snobbishness—a bank clerk was some pumpkin socially in the city, and in the country towns he was absolutely IT. But that was twenty years ago.

Junior clerks started their career of finance in those days with as little as \$150 a year. To-day bank juniors are hard to get at \$600 and \$700 a year. And they have adding machines to do the dirty work. Twenty years ago—yes, less than fifteen years ago—branch managers with long service, several clerks under them and heavy responsibility, frequently received per annum no more than street car conductors and motormen are rejecting as insufficient to-day. Ask any senior bank man.

About fifteen years ago the native supply of bank clerks began to peter out in Canada. Better times had come with the opening up of the West, and opportunities offered in the professions and other occupations for young Canadians. The demand for clerks rose simultaneously with the shortage, as new branches were springing up on the prairie overnight, like mushrooms. One or two large banks began importing clerks from Scotland, which has since furnished Canada with hundreds of hard-head bankers.

The outbreak of war made the situation more stringent. Girls, whom banks had mostly employed as stenographers or at work which did not bring them into contact with the public, presently appeared at tasks hitherto considered unsuitable for feminine endurance. To-day they run the big deposit ledgers and in some country offices even that nerve-racking post, the cash, where she might have to use the loaded revolver lying ready at her side to defend the money from robbers. Some girls receive \$1,200 and \$1,500 a year in banks.

One Canadian bank has opened no less than 200 new branches within the past two years. Two or three of the larger institutions have from 400 to 500 branches each. All of which illustrates the growth of Canadian banking and the opportunities it offers.

CHANTRY FARM

SHORTHORN CATTLE AND
LINCOLN SHEEP

For Sale, some extra good shearing and two-year-old rams. Good selection of lambs—either sex. Must reduce stock as I have sold one farm.

ED de GEX, Kerwood P.O.

Read the Guide-Advocate "Wants."

One of Four Millions



(A Photograph Direct from the War-Stricken Area)

\$1 per Month Preserves the Life of **One Child**

Millions of war orphans in Central Europe are growing up undernourished and stunted.

Thousands of them are dying of typhus, tuberculosis and small-pox.

There is almost a complete lack of the nourishing foods growing children need, of clothing, of doctors, nurses and medical supplies. The condition of the children is pitiable in the extreme.

Upon this coming generation depends largely whether these nations will be healthy and right-minded or a hot-bed of anarchy and degeneracy—a menace to the world.

It has been found by experience that the cost of caring for a waif child is approximately three dollars per month; that of the supplies that are required by imports about one dollar is needed; and therefore the dollar that we provide, together with the local support of local governments, local municipalities, local charities and local services practically preserves the life of one child.

The British Empire War Relief Fund will be administered in Europe by the British Red Cross in co-operation with the League of Red Cross Societies. Send your contribution care of:

The Canadian Red Cross

Enclosed find { cheque
money order for \$
cash

as my contribution to the Canadian Red Cross Society for European Relief.

Name.....

Address.....

Please send your contribution to the local Red Cross Branch or to The Canadian Red Cross, 410 Sherbourne Street, Toronto.