

OUR HOME PAGE

"Exhausted Nerves and Palpitating Heart"

Mrs. L. Whiting, 202 King St. West, Brockville, Ont., writes:

"I took very sick with my nerves and stomach, and seemed to be all run down. At times my heart would flutter and palpitate so, and I would take such weak spells in the pit of my stomach that I sometimes thought I would never get better. I tried several doctors, but it seemed nothing they gave me helped. I had almost given up hope when a friend advised the use of Dr. Chase's Nerve Food. I tried it, and can say it certainly has done wonders for me. I did not stop until I had taken twenty-five boxes."

Dr. Chase's Nerve Food
60 cts. a box of 66 pills, Edmanon, Bates & Co., Ltd., Toronto

What Every Canadian Should Know about the Woollen and Knitting Mills of Canada

TRENDING IMPORTS

The importation of woollen and knit goods into Canada for calendar years and the first nine months of 1924 were as follows:

From Great Britain	1921	\$22,914,757
	1922	30,874,205
	1923	33,111,173
(9 months)	1924	24,208,681
From all countries	1921	\$23,194,612
	1922	38,108,222
	1923	40,700,508
(9 months)	1924	30,660,260

In 1921 the percentage of imports of manufactured goods under the heading of "Wool and manufactures of wool" in the trade reports of Canada, to the percentage of home production, was 35 per cent from Great Britain and 45 per cent from all countries including Great Britain. This proportion of imports to home production was too great to allow of a healthy growth and expansion, and the consequent lowering of prices due to decreased overhead, and shows that the duties even in 1921 were too low.

But after the reduction of duties the proportion of imports to Canadian production in the calendar year 1922 was 43 per cent from Great Britain and 49 per cent from all countries including Great Britain.

If the figures of imports are examined in detail, together with the production in Canada, and a knowledge of the consumer market, it will be seen that where the workers in Great Britain and on the Continent got increased business, it was taken away from the workers in Canada. The workers of Canada cannot be employed in manufacturing goods when they are imported, so the importations throw Canadians out of employment. The argument that the public may profit by the demoralized prices that prevail when an industry is being depressed is more specious than sound, for it amounts to the proposition that the community profits in the end by the ruin of its members. According to such an impossible theory, the sooner every farmer, worker, manufacturer or other producer in the country is ruined by selling goods below cost the better off the country would be as a whole. This cannot be true. What is true is that losses due to demoralization of any particular industry caused by ignorant or prejudiced legislation destroys that much of the accumulated capital of a community and is taken from the common fund which is the life blood of the economic organization of the community.

Extent of Industry
The calendar year 1922 figures for 220 establishments reporting were value of product \$70,946,375; cost of materials \$34,917,654; cost of fuel \$1,138,913; direct payment for employment of Canadian workers and Canadian capital, \$34,839,808. The employees on wages and salaries number 27,856; wages and salaries paid \$16,773,948; and miscellaneous expenses paid \$8,612,256.

These wages, salaries and miscellaneous expenses are expended in Canada to the advantage of the retailers, merchants, professional men, railways etc., and the bulk in the end is paid to the farmers.

On the other hand if production in Canada was safeguarded about twice the number of people would be employed in Canada in the woollen and knitting industry and about twice the amount of money would be put in circulation. The tremendous amounts of money which are sent out of the country and which support workers abroad are seen when in the five year period from 1919 to 1923 over \$203,167,597 in good Canadian money was sent out of the country to purchase manufactured woollen and knitted goods which could have been made equally well in Canada.

In discussing the safeguarding of the woollen and knit goods industry in Canada it must be remembered that it is not because the mills abroad are better equipped, or because the workers and managers abroad are so much smarter and more clever than Canadians, or because they can produce abroad better quality of goods—that the woollen and knitting mills in Canada need protection; but because the workers abroad accept lower wages and exist on a lower standard of comfort, have the advantages of mass production, and can dump on the Canadian market with little restraint.

If the people of Canada consider it desirable to have a large wool growing and wool working industry built up in Canada, which will profitably employ large numbers of workers in the benefit of the nation as a whole, they will find it necessary to use the methods employed by Great Britain in building up her woollen industry and the method employed today by the United States. While industries cannot be built up in a

decade, or even in one generation, these are indications that shortly the people of Canada will be seized with the importance of the wool growing and wool manufacturing industry and that the necessary steps will be taken to create a prosperous and expanding wool growing and wool manufacturing industry to the great benefit of Canada.

Value of Industry to Canada
The Canadian woollen and knitting industry is of great value to Canada and will be of greater value when safeguarded. The Canadian factories on their land and buildings, on the profits earned by them, if any, and through the wages and salaries they pay, supply taxes towards lightening the heavy burden on other Canadian taxpayers. They supply much needed raw material freight for our railways. Their shareholders, owners and employees support our Canadian retailers and professional men, our charities and churches, and provide a home market for our farmers. Their children are native born Canadians, and must be educated here and should be found suitable work with chances of advancement. Their homes are here and their interests are bound up in the future prosperity of our country.

On the other hand the factories and workers which make imported woollen and knit goods are not situated in Canada and so none of these national benefits are obtained from them. They are not vitally interested in the future of our country. If through industrial depression the population of Canada declines, and hard times cause their market in Canada to diminish, they can sell their products elsewhere.

Besides these particular aspects of the case a more general reason for raising the Canadian duties on woollen and knit goods as well as on other goods is to be found in the necessity of increasing the revenue from customs duties unless other federal taxes which are already hampering private initiative and enterprises are to be increased. It is sometimes put forward that increases in tariff decreases customs revenue, but the facts prove the contrary. Since the end of Canada's fiscal year 1919, each succeeding session has reduced the tariff, except the session of 1921. Yet in the fiscal years given the imports and revenues collected were as follows:

	Dutiable Imports	Duty Collected
1919	\$526,494,658	\$158,046,232
1924	\$591,142,607	\$124,114,835

On the other hand the year 1920 was the last year of the low Democratic tariff in the United States, while 1923 was the first full year under the higher Fordney tariff. Yet the United States figures are as follows:

	Dutiable Imports	Duty Collected
1920	\$1,985,865,155	\$325,645,565
1923	1,686,116,659	582,744,106

There is held by many people in Canada an entirely erroneous idea that Canadian mills do not use a substantial portion of the Canadian wool clip. According to Government figures, however, for the four period fiscal years ended March 31st, 1920 to 1923 inclusive, Canada retained 68 per cent of her clip and exported 32 per cent. The Canadian production in these four years was 83,774,372 lbs. of wool, there was 26,074,832 lbs. exported and 57,699,540 lbs. retained. Contrast this to Great Britain when in the calendar year 1923 she retained 43 per cent of her wool and exported 57 per cent. Her home production was 102,300,000 lbs., she exported 57,921,000 lbs., and retained 44,379,000. In this connection it must be remembered that there is a tremendous importation into Canada of classes and kinds of goods which

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could be made in Canada from Canadian wool.

The number of sheep in Canada in 1921 was 3,675,860 in 1922 3,282,626, and in 1923, 2,755,273. The production of wool in Canada was 1921, 21,251,000; 1922, 18,523,392; 1923, 15,539,416; and 1924, 13,000,000.

Concerning the reduction in the wool production of Canada Col. Robt. McEwen, of London, Ont., President of the Canadian Co-operative Wool Growers' Association, has said:

"Taking Canada as a whole, it is no experiment it has been proved, that climatic conditions are favorable for sheep raising. No devastating diseases have visited our flocks. Yet to-day we find ourselves up against the serious economic problem of consuming more wool than we are producing, and for a comparatively new and fertile agricultural country like Canada to have reached this stage of deficient supply of raw material for such an essential as clothing surely demand the serious consideration of all of us. It seems difficult to break the habit of the consumer to wear imported woollen fabrics in preference to those turned out by our own mills, and I was therefore particularly pleased to see an attractive sample of tweed suiting woven by a Canadian mill from the wool clipped on the Alberta ranch of H.R.H. the Prince of Wales, that looked good enough for the use of Royalty."

Success

Be bigger than your job if you ever expect to be promoted.

Be bigger than your opportunities if you would get the most out of them.

Do you do only what you are told to do? Then you'll never capture any of the prizes the world is always willing to bestow for initiative.

Do you do only enough to get by? Then some day you'll be surprised when you receive the go-by.

It's a strenuous, up-and-going age in which we live. Progress tramples all over the fellow who steps to look back.

Don't look back. Look ahead. Have a goal. Keep your eye on it. Sometimes the tears may blur the view, but the man worth while is not only the man who can smile but he who can keep on even though he can't see why.

We must grow or stagnate. There is really no such thing as a middle ground. Unless you're digging you're likely to be covered over. Back up or step down.—Uncle Jerry.

LABOR AND GOOD HEALTH

Toronto, Ont.—A happy occupation is one of the greatest aids to good health. Dr. Goldwin Howard told the members of Sub-division 3 of the Catholic Women's League, during an address on the value of occupational therapy.

The Four Horsemen

When asked who the Four Horsemen were, an alleged school-boy is said to have replied, according to a latest dispatch today:

"Paul Revere, Theodore Roosevelt, Jesse James and Barney Google."

HOUSEHOLD NOTES

Complexion Care in The Ten and Twelve-Months-Old Spring

The clear spring daylight has an unkind way of showing up any deficiencies in our complexions. And new clothes, especially new hats, often seem very exacting in their requirements, and refuse to "suit us" unless our noses are reasonably pale and our general appearance fresh and happy-looking. But how are we to achieve this when the wind is sharp and biting, or the day alternately brilliantly sunny or violently rain-fall?

We must take time by the forelock and "spring-clean" our faces before we shed our winter garments, and be able to defy the weather.

Steaming the face over a basinful of extremely hot water for two or three minutes, and following this by a gentle but thorough washing with a good, mild soap that we know suits our skin, will do much to freshen up a "winter complexion." Rinse off the soapy lather very thoroughly, and bathe the face well with fresh warm water. Using a soft towel, "pat" dry (do not rub), and apply a little face cream. Now, at any rate, for the moment, the skin will look delicately clean, soft, and fresh. It is best to do this when we do not need to go out in the air for some little time.

When there is a "perishing" wind blowing, it pays to protect the skin with a small quantity of face cream, well rubbed in, and a light dusting of powder. It is so much easier to keep the skin smooth than to cure roughness, and a wind-raddled complexion is almost impossible to disguise successfully.

Most people who "look nice" in all weather have good health and a good blood circulation to help them, but we lesser mortals can often avoid that "east-wind look" if we give ourselves time to start from home comfortably warm, and with our faces in going order, instead of rushing out hastily, already cold and chilled and disfigured with our appearance.

Don't despise cork socks in your shoes. Cold feet are a desperate enemy to good looks, and give that withered look we all dread.

Spinach for a ten or twelve months old child

(that is when you begin giving babies certain vegetables) should be chopped and pressed through a strainer or potato ricer. Spinach and sieved carrot are the first vegetables baby gets for his midday meal, with baked potato softened with milk, bread and milk, or a cereal (oatmeal, cream of wheat, hominy, rice), cooked for three hours and slightly salted. Apple sauce or finely chopped prunes at a year are the best fruits. Apple sauce can be given earlier. Orange juice must be continued.

Feeding Times

Feed a ten-months-old at seven, twelve (before his sleep), and five, with a bottle of milk at ten at night. Breakfast consists of milk and toast, dinner of potato, vegetable, toast, milk, and fruit, supper of oatmeal (or other cereal), milk and biscuits. The only "betweenness" allowed are boiled, but cold, water and orange juice.

After that age codded eggs come into the menu, scraped raw steak, more vegetables, more butter, more cereals, raw apples and oranges.

BOSTON BAKED BEANS

One quart beans, one-half pound salt pork, one tablespoon salt, one-half teaspoon dry mustard, two table-spoons molasses, one-quarter teaspoon pepper. Wash and soak beans over night. Bring them to a boil or till the skin cracks. Put half into bean pot; wash salt pork, slash with knife and place in centre; add remainder of beans, salt, pepper, mustard, molasses and four cups cold water; cover. Put into slow oven and bake eight hours. Add more water if needed. Mustard is a matter of taste and can be omitted.

COLD SLAW

Chop a white cabbage in the food chopper, using the medium cutter. Season with salt, pepper and sugar and moisten with vinegar. French dressing added to the chopped cabbage makes a nice relish with meats.



The Loud Speaker

A column or two for the Radio Fan: a place for his achievements and experiences; a friendly corner for the settlement of friendly arguments.

3,000 MILES ON A ONE-VALVE SET

Widening the Field of Radio Reception

The high-frequency currents which enter the aerial are so feeble that they would have to be magnified several million times before they would even cause a pocket flash-lamp to glow.

It is most important, therefore, to conserve or retain as much of these currents as possible in order to rectify them and pass them through the telephone which finally registers the variations of these currents and cause the diaphragms to vibrate.

During recent operations on short waves of about 65 metres (KDKA's new wave length) experts have had brought to their notice very forcibly the fact that in all wireless components serious losses occur during the journey of the current from the aerial to the detector, and enormous research is now in progress to devise means to obviate such losses.

The end of 1925, therefore, will undoubtedly show a marked improvement in the construction both of the components and instruments themselves. Coils, for instance, wound with covered wire on formers of absorbent cardboard will entirely disappear and give place to coils wound with bare wire and with noth-

ing but their own strength to support them.

Variable condensers must undergo a complete transformation, and the neat right-angled wiring which is adopted in most manufactured sets has also its drawbacks.

To draw a fine point in the matter of losses, it might be mentioned that a sharp-cornered nut used in a high frequency circuit permits a current to "jump off" more readily than if the corner were rounded off.

It is rather early to prophesy on the results of these improvements, but it should be an ordinary matter to obtain reliable reception 500 miles from a broadcasting station with a humble crystal set and 2,000 miles on a single valve.

HIGHEST PAID MUSICIANS

Eighty-two members of the Chicago Civic Opera Company's orchestra have become the highest paid musicians in the world, according to James Petrillo, president of the Chicago Musicians' Union. A new agreement provides for an increase of \$8 per week, bringing the minimum pay up to \$155 a week. In addition the men will receive \$5 for each rehearsal, adding \$25 per week to the wage.

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