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World's Best Wheat



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Aspirin

Nothing Else is Aspirin—say "Bayer"

Warning! Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances? Accept only an unbroken "Bayer" package which contains directions worked out by physicians during 21 years and proved safe by millions for Colds, Headaches, Earache, Toothache, Neuralgia, Rheumatism, Neuritis, Lumbago, and Pain. Made in Canada.

All druggists sell Bayer Tablets of Aspirin in handy tin boxes of 12 tablets, and in bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

To Save the Children



A group of Russia's starving children such as are being saved from death by Canadian contributions.

Russia's government may have sinned; but her little children have not. Russia's people, a vast horde, but dimly conscious, if at all, of social responsibility other than that which each man felt for his own immediate family, may have brought added trouble and disorganization to a war-shattered world. Her little children had nothing to do with it, and yet it is the little children of Russia that are faced with the hideous, over-powering brunt of it all. They are not facing it; it is too great for them. In millions they are tottering to the ground to end their short lives of unrelieved horror in one last agonized spasm.

In the famine-stricken provinces of Russia there are, or were, 33,000,000 people. Millions already have died of starvation; Nansen says ten millions more must die. That includes men and women, patient, humble peasants who have had no hand, no thought, in the making of the unspeakable conditions that have swept over their once happy land. These know they must die, are almost content to die, finding in death the end of suffering and the cessation of horror.

But their children—the parents are human beings; if they were mere animals the long protracted death agonies of their little ones would still be unbearable. To most of them there comes no help. The task of feeding their children first and then themselves is too great; they die and look.

Again, if they were animals it would be different, and easier. Instinctively they would know how to wrest a living from Mother Nature. But little children must be fed. They must have food found for them, and in Russia there is none, so they must die. Death is not the worst of it. If a peaceful death were all they suffered, it would not be so bad. It is the hideous horror of the drawn-out struggle, and it is helpless little children that are suffering. They are suffering to-day and must continue to suffer to death, unless—

Unless the civilized well-fed people of the world hear their awful cry for help, and give that help quickly, it will be too late for countless thousands of children. The call has come to Canada with evidence far too horrible to print. The photographs reproduced herewith merely suggest others, more dreadful, that cannot be published.

Will Canada, land of happy, healthy children, heed the call? The appeal is being made in the belief that she will. The "Save the Children Fund" has opened an office in the Elgin Building, Ottawa, and the Canadian people are urged to send their subscriptions now to Sir George Burn, treasurer of the fund at that address. One dollar will feed a child for one month; \$500 will feed one hundred children until next harvest.

"He gives twice who gives quickly."



This little chap, left alone in the world, crawled into a deserted cottage to die. Their children are alone to wander about the country in quest of something, anything to devour. Little claws that should be the pretty hands of children dig in the ground for roots, except when the ground is frozen, and misshapen little creatures crawl from refuse heap to ruined cottage to see if one small, eatable fragment may not be over-



Saved from death by the humanity of those who have already contributed to this fund.

HONOR ROLL OF ST. MARY'S ACADEMY

Report of St. Mary's Academy School Standing for Month of February

Senior Dept.

Gertrude Kilfoil, Elizabeth Munroe, Helen Black, Florence Kilfoil, Regina Brennan, Patricia Harquail, Margaret Connors, Rosaline Landry, Alice Esson, Agne Marie Landry, Aloro Salterio, Nellie McKay, Margaret Hartery, Georgina Dolan, Bella Dunn, Lauretta A'Hern, Florence Gollien.

Pupils of this dept. who made 70 per cent in examinations during month are:

Elizabeth Munroe 98; Gertrude Kilfoil 98; Helen Black 90.5; Regina Brennan 86.7; Florence Kilfoil 82.7; Patricia Harquail 80.8

Rosaline Landry 91.9; Margaret Connors 90.6; Alice Esson 89.8; Anne Marie Landry 87.9; Nellie McKay 82.4; Alora Salterio 77.7; Margaret Hartery 93.7; Georgina Dolan 86.3; Bella Dunn 83.8; Lauretta A'Hern 82.1; Laura Black 75.3.

Pupils making 75% in French are: Anne Marie Landry, Rosaline Landry, Elizabeth Munroe, Helen Black, Adora Salterio.

Margaret Hartery, Lauretta A'Hern, Nellie McKay, Bella Dunn, Georgina Dolan, Florence McEvoy

Sub-Senior Dept.

Mary Flether, Aline LeBlanc, Corinne Harquail, Gladys Donavon, Helen Donavon, Alma Paulin, Hilary McConnell, Frances Burns, Dorothy Ryan, Eileen Dutcher, Kathleen Richard, Olive Robichaud, Elizabeth Bayle, Frances Ryan, Margaret Davidson, Grace Esson, Antoinette Rob-

ROYAL YEAST CAKES

RICH IN VITAMINES

MADE IN CANADA

The importance of Vitamines in food is being recognized at the present time to a greater extent than ever before. It has been conclusively demonstrated that yeast is rich in this all important element. Many people have received great benefit physically simply by taking one, two or three Royal Yeast Cakes a day. Send name and address for free copy "Royal Yeast Cakes for Better Health."

E. W. GILLE COMPANY LIMITED
WINNIPEG TORONTO CANADA MONTREAL

Railway News in Brief

Vancouver, B.C. — The Canadian Pacific Railway Company has called for tenders for the construction of a new bridge across the Coquitlam River to replace the old one washed away during the heavy floods of November. The new structure, which will be built of steel, is to be about 300 feet long with concrete piers. The concrete abutments will be placed further apart than in the former structure to make more allowance for another possible swelling of the river. The new Coquitlam bridge, when completed, will be one of the most substantial examples of bridge construction on the Canadian Pacific Railway.

Montreal. — Mr. G. D. Brophy is appointed District Passenger Agent of the Canadian Pacific Railway at Regina, Saskatchewan, succeeding Mr. J. A. McDonald, transferred, according to an official circular. Mr. Brophy entered the service of the Canadian Pacific on October 19th, 1910, as clerk in the Passenger Department, New York. Promotions following were: Sept. 1914, clerk Passenger Dept., Montreal; May, 1915, Passenger Agent on line "Metagama"; April, 1916, travelling passenger agent, Cleveland; June, 1917, travelling passenger agent, New York; July, 1918, returned to Cleveland as travelling passenger agent; January, 1919, travelling passenger agent, Montreal; June, 1919, travelling passenger agent, Banff; October, 1919, travelling passenger agent, Boston; April, 1920, district passenger agent, Banff.

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Just Swallow a Capsule

RAZ-MAH is Guaranteed to restore normal breathing, stop mucous gushings in the bronchial tubes, give long nights of quiet sleep; contains no habit-forming drug. \$1.00 at your druggist's. Trial free at our agencies or write Templetons, 148 King W., Toronto.

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Lord Lister's discovery of antiseptic surgery has saved the world a lot of lives, but it has been left to Zam-Buk to bring into millions of homes the full benefits of antiseptic healing.

Zam-Buk is the greatest antiseptic healer the world has ever known. Being of a natural vegetable origin Zam-Buk has distinct and positive advantages over old-style mineral ointments.

Zam-Buk is a compact and highly-refined herbal balm with an antiseptic power many times greater than that of any ordinary salve or ointment. Zam-Buk kills and excludes disease germs, and instantly allays pain and irritation. It first cleanses a sore place and then grows over it new healthy skin.

As a first-aid dressing for injuries, and for soothing-out such troubles as eczema, ulcers, ringworm, abscesses, poisoned wounds and piles, Zam-Buk is used the world over. It has the high endorsement of Dr. Andrew Wilson and other well-known doctors, surgeons and nurses. 50c. box, 3 for \$1.25, all dealers.

THE WORLD'S ANTI-SEPTIC HEALER

Teach Your Children the Value of Money

Open Savings Accounts for each one of your children. Insist upon regular deposits from pocket money. Thrift will gradually become a strong trait in each child's character.

There is a branch of this Bank near you and a Savings Department at every Branch.

The Royal Bank of Canada

C. E. JUBIEN
Manager

MINARD'S "KING OF PAIN" LINIMENT

Extract from a letter of a Canadian soldier in France.

To Mrs. R. D. BAMBRICK :

The Rectory, Yarmouth, N.S.

Dear Mother:—

I am keeping well, have good food and well protected from the weather, but have some difficulty keeping uninvited guests from visiting me.

Have you any patriotic druggists that would give something for a gift overseas—if so do you know something that is good for everything? I do—Old MINARD'S Liniment.

Your affectionate son,
Rob.

Manufactured by the
Minard's Liniment Co. Ltd.
Yarmouth, N.S.



Your Grocer thinks well of King Cole Tea and confidently recommends it. He has intimate knowledge of its persistently increasing sale, and his experience tells him that back of this must be genuine merit in the tea itself.

"You'll like the flavor"