## SUCCESS OF FISH **CULTURE IN CANADA**

PALLID CHEEKS

AND DULL EYES

How to Regain a Good Color

and Health.

#### FIFTY-TWO HATCHLRIES Tell the Story of Watery Blood-AND PONDS

Fishermen of the Great Lakes Are Therefore Able to Pur-instortune of many young girls. Their of the discharge of the set Fishermen of the Great Lakes

sue Their Calling.

pallid cheeks and dull eyes tell every-one that they are doomed to days of The conservation of natural rewretched headaches and are victims sources has always been a prominent of breathlessness and bloodlessness. thought in the Dominion mind, and The anaemic girl, if she neglects her Canada as a country entering upon health, may be a sufferer all her life; her youth, has the experiences of old-for an active happy woman cannot be the opportunity to benefit from the tive looking girl, without the help of utter destruction which follows upon new, rich, red blood. the careless depletion of a nation's Pale, weak girls should take heed.

the careless depiction of a nations natural gifts. Canada is alive to the expense of knowledge by experience; conserva-tion is a term that looms large in na-vou need most promptly is new blood and driven home by press and liter-ature. The Dominion realizes the dis-sound health and poor health to girls is the provided by the correct ature. The Dominion realizes the dis-sound health and poor health to girls is the provided by the correct ature. The Dominion realizes the dis-sound health and poor health to girls is the provided by the correct ature. The Dominion realizes the dis-sound health and poor health to girls is the provided by the correct is the provided by the provided by the provided by the provided by the istence results of depleting her forest is the provided by the provi ature. The Dominion realizes the dis-sound health and poor health to girls astrous results of depleting her forest products without replanting, of ruth-lessly shaughtering each year count-is to make new blood which reaches less fur-bearing animals without mak-ing provision for artificial propagation of depleting the total state of the total state of the total state of the total state ing provision for artificial propagation of depleting the total state of total state of

progress of settlement the lakes and "Two years ago, while studying for streams of Canada could not with stand the heavy annual toll of sports men and commercial fishermen, and to meet the situation the Government inaugurated a system of replenishing the watercourses and established fish hatcheries for the artificial- propaga work and when through was almost be work and when through was almost be reavely an entropy of the situation the government work and when through was almost be reavely an entropy of the situation the situation the government in the examinations came, I should have been in bed instead of trying them, but I went on with the situation the agridence out of a job." replied the boxe of the situation is the situation the situation the situation the situation the government is the situation the government is the situation the situa the watercourses and established has trying them, but I went on with the a gardener out of a loss terms to boy gravely. tion of fish. From a small beginning, on the verge of collapse. I thought then that a rest would help me, but I An Artful Ruse. of expansion arcse, until at the end did not regain my strength. Then the boy were throughout the Do. of 1919 there were throughout the Do-minion, forty-four hatcheries reproduc-ing young fish, replenishing the streams and lakes of the various pro-vinces as well as caring for the com-mercial fishing fields off both the Can-adian Atlantic and Pacific coasts. There are thirty-five main hatcher-ies, eleven subsidiary hatcheries, and

of the interior occupy themselves with Ont. producing fry to restock the inland commercial fishing on which is ever extending, and the rivers and smaller streams within their confines.

ever extending, and the rivers and smaller streams within their confines.
Mortality Among Fish is "Great.
Nature unaided can do but little to meshent for sha against de pletion. Mortality among fish is sog great that ouly an infinitesimal percentage reaches maturity. Against this waste in nature, as high as 90 per day in addition to non-infinammable ims and other products.
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Every effort is being made to supply the estal time for each essant the conditions, under favorable conditions, in the species and the conditiona to not-inters with Brown Label is forn for the species and the conditiona in the part of the Company, as they have tens of thousands of customers in the species and the conditiona in the part of the Company, as they have tens of thousands of customers in the species and the conditiona in the part of the Company, as they have tens of thousands of customers in the species and the reading of the species and the reading the species and the reading of the species and the reading the species and the reading the species and t

Try, 1.943,601 advanced Try, 356,385 to the Pacific. fingerlings, and 12 yearlings, or plac-ing back in Canadian waters the equivalent of 985,024,250 fish. The sense of smell.

species used in restocking the waters consisted of Atlantic, steenead, sockeye, cohoe, and pink salmon; rainbow speckled, and salmon trout; whitefish. herring and pickerel.

The Value of Restocking

The success of fish culture in Canada speaks for itself. Fishermen of the Great Lakes admit that but for the Government's restocking activities, many of them would have had to abandon their calling. The increased value of leases of salmon streams in New Brunswick and other provinces



As Per Instructions. Mistress: "Why, Bridget, what or

Riding His Bill.

A visitor at a country fair noticed one melancholy individual who, des-pite the fact that he was apparently suffering greatly, persisted in remain ing on one of the merry-go-rouads. Eventually the looker-on spoke to him and asked him if he liked it.

"No: I don't like it a bit," the man replied. The beastly thing makes me

Replenishing the linand Waters. It was early realized that with the progress of settlement the lakes and while studying for den, washed the door, did the dishwash-no. 1. Stevensville, Ont., who says: ing, waited at table, weeded the gar-"Two years ago, while studying for den, washed the dog, and a few other

There are thirty-ive main nuclei. Dr. Williams Pink Pills did for me, "How sweet of you to oner to do not six salmon retaining ponds in active op-eration. Those in British Coumbia. You can get Dr. Williams Pink Pills 'No, don't wrap them up." "No, don't wrap them up."

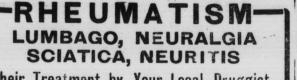
WOULD NOT LE WITHOUT

Fish are believed to have a keen medicine dealers or by mail at 25 "Well, the groom has just borrowed cents a box from The Dr. Williams 5500 from her dad. And that has made Medicine Co., Brockville, Ont. the old man feel blue I can tall you"

# Surnames and Their Origin

KAVANAGH. common usage is rapidly changing "Pape's Diapepsin" is the quickest, surest relief for Indigestion, Gases, in, Kevens, Keveney, Coen, Cohen.

McCAULEY. MacAuliff, McAwley, MacGawley, Ma-gauly, McCaulley, McCaullay, Wythe, MacCaulley. MacAuliff, McAwley, MacGawley, Ma-gauly, McCaulley, McCaulay, Wythe, MacCaulley. MacBauliff, McAwley, MacGawley, Ma-gauly McCaulley. MacBauliff, McAwley, MacBauliff, MacBauliff, McAwley, Mac



### Their Treatment by Your Local Druggist.

Your own druggist, who has known the people of his locality for years, has a pretty good idea of what remedies are giving satisfaction to his customers. No number of testimonials from far-distant persons counts half as much with him as the results he gets from sales over his own counter.

That's why hundreds of druggists from Halifax to Victoria recommend Templeton's Rheumatic Capsules. Each of these hundreds knows of cases in his vicinity where T.R.C's have brought amazing relief. Men and women of all ages find free-dom from their pain in T.R.C's. Mr. W. A. Hawley, of Campbell-ford, at the age of \$4, was entirely cured, after being helpless with Pheumatism for worths. with Rheumatism for months.

Scores of druggists write of the satisfaction given by T.R.C's. Here are the statements of three from Ontario:

G. F. Vicars, Fenelon Falls: "T.R.C.'s is the most satisfactory of any line of rheumatic remedy I have ever handled." B. J. Cook, St. Thomas: "We have never had a preparation for rheumatism and neuritis that has sold like T.R.C.s. The sale is won-derful and reports from our cus-tomers good. I figure a satisfied customer is the best advertisement."

Ross the Druggist, Midland, Ont.: "Every sale of Templeton's Rheu-matic Capsules has meant a solis-fied custome: I have yat to hear of a person hot receiving beyond from their use. In many carse the benefits have been wonderful and these long sufferers tell their friends. I have many calls for Rheumatic Capsules and I never mesitate to recommend them."

Sounds too good to be true? The explanation is that Templeton's eumatic Capsules act directly on the poisons in the system that in me persons cause rheumatism, in others lumbago, sciatica, neuritis neuralgia. Their composition is the result of thirty years of patient dy and experiment, long years of experience in the treatment of numeticm. Rhe

Get a free trial package of T.R.C's. or Raz-Mah for Asthma from your druggist or from Templetons Limited, 56 Colborne St. E., Toronto and prove these statements for yourself. These remedies are ab-solutely harnless, or our druggist-agents wouldn't advise the use of them. When your own druggist-recommends a remedy he is sure to receive your thanks or condemnation. He won't risk the loss of a good customer by recommending a remedy in which he has no confi-dence.

The undermentioned druggists and hundreds of others back T.R.C's and Raz-Mah

raig, J. A. Smith.	Cookstown, Wm. McKay
E. B. Schell.	Deseronto, W. J. Malley
on, P. A. McDiarmid & Son	Dresden, R. R. Dustin
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on, J. S. Fraleigh	Exeter, S. H. Sadler
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, S. R. Davey	Lakefield, Tanner Drug Co.
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e, W. F. Griffis	Lucknow, J. G. Armstrong
	traitment of Asthens Dog Mah

Raz-Mah is unrivalled in the treatment of Asthma. Raz-Mah restores normal breathing, stops mucus-gatherings in the bronchial tubes, and gives long nights of quiet sleep. And if Raz-Mah does not give relief, your druggist has positive instructions from Templetons Limited to give you your money back. Fair enough, don't you think?

## Snowsheds.

Alvinsto Arthur, Atwood, Barrie, Beaverti Bienhein Bobcayg Bowmar Bradfor Bridgeb Brigden, Bruce M Brussels Campbel Chesley, Clinton,

found that Jewish children have bet Ingenious plans whereby a smooth ter teeth than Gentile children, at. tributing the cause to the use of oil LP AVI IE WITHOUT BABY'S OWN TABLETS concrete auto road may be run for 33 miles through a difficult pass of the Sterra Nevada Mountains, and a great

Eminent

Better Teeth.

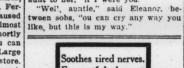
English dentists have

FRED C. R.

(Signed) FRED C. ROBINSON. P.S.-I am a farmer and intend using Minard's Linfiment on my mare for a strained tendon, and am hoping for same results. EPED C. P. the old man feel blue, I can tell you."

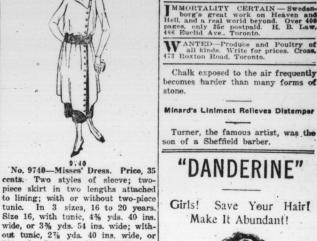
Stomach.

Her Own Way. "Pape's Diapepsin" Corrects Eleanor, aged eight, was enjoying good cry, when her aunt came in. "I wouldn't cry like that," said the unt to her. "if I were you



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night apply



out tunic, 2% yds. 40 ins. wide, or 2% yds. 54 ins. wide. Width, 1% This pattern may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, m the

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On the back of a hair brush intend ed for travellers is a mirror, which can be removed for use, while a comb slides into a recess beneath the bristles. lustre and wondrous beauty, appear

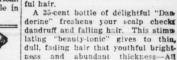
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RECRUITS WANTED-Age 21 to 30-five feet nine inches; salary: first year \$1,450, next two years \$1,650; attor third year \$1,950: subject to 7 per cent deduction for benefit fund and pension; eight hours: one day off weekly: 14 days sick: uniforms unpolled for pay when sick: uniforms unpolled for pay when Room, Police Headquarters, Toronto.

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eggs, 1,697,000 eyed eggs, 979,147,249 throughout Canada from the Atlantic fry, 1,943,601 advanced fry, 356,388 to the Pacific. fingerlings, and 12 yearlings, or plac-

Vou can get Dr. Williams Pink Pins in addition to their inland waters, to superintend the supply of fish off their coasts, whils those of the provinces of the interior occurs themselves with the interior occurs themselves with

Silk Industry in Britain. Great Britain is taking an active

less fur-bearing animals without make very organ and every nerve in the fing provision for artificial propagation, body, bringing to anaemic girls and of depleting her lakes and streams be-women new color, bright eyes, an lady, who kept very few sorvants and your their natural reproduction with-elastic step and a feeling of joy in paid them as little as possible. Number of the state step and a feeling of Dr. Williams intervent was an underfed, anong these was an underfed,

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Racial Origin Irish, also Scottish. Absolutely harmless and

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