

Worry is only Fear Fear of Self—Fear of Others— Fear of the Future

AND what is the cause of worry? Lack of nerve force, energy, vigor. The man or woman who has good health and is living a full, successful life does not worry.

It is when the nervous system gets run down that worry comes to sap vitality from your body and to torment your mind.

There is not much use in advising one not to worry unless you can also offer some means of restoring the depleted nervous system.

The most rational and most successful treatment available to all is Dr. Chase's Nerve Food.

It is popular because it does not merely afford temporary relief but gradually and certainly restores vitality to the run-down nervous system.

Dr. Chase's Nerve Food can make a better human being of you, mentally, physically—everyway.

The benefits felt will be in the way of new energy, new vigor and confidence.

The futility of worry will dawn on you and you will be able to see the bright and hopeful side of the future.

You will realize that you have the reserve force necessary to withstand the strain of life's work and ward off disease and discouragement.

But do not expect this change in a day. Some perseverance is necessary on your part.

The reconstructive process is slow but certain. The depleted nerve cells must be nourished back to health.

You will soon notice signs of improvement which will encourage you to keep up this treatment until the desired results are obtained. The important part is to get the building-up process started now—to-day.

You will notice that while the price of Dr. Chase's Nerve Food has been increased to 60c. the box now contains 60 pills instead of 50 as formerly.

Likewise Dr. Chase's Kidney-Liver Pills are 35c. for 35 pills, instead of 25c. for 25 pills. Edmanson, Bates & Co., Ltd., Toronto.

DECISION OF KING GEORGE

Will Not Race His Yacht Britannia This Year

King George who is a keen yachtsman announced he has decided "with the greatest regret not to race his big yacht Britannia this year in consequence of lack of competitors in her class. He will however commission her for cruising purposes during the Cowes yachting season.

It is recalled that the King laid up the yacht in 1922 for reasons of economy but had her thoroughly overhauled in 1923 when in great racing trim she won eleven first; six seconds and one third in twenty six races. This was the Britannia's thirtieth season.

P. E. I. Service Begins May 1st.

The new schedule announced by the Canadian Government Merchant Marine states that the Prince Edward Island and Newfoundland service will be opened with the Canadian Sapper, scheduled to sail May 1 for Charlottetown and St. John's Nfld. and back to Montreal and will continue on with a regular 16 day service on that route.

Fisheries Limit To Stay 3 Miles

In the British House of Commons the Government was requested to consult with the Maritime powers with a view to extending the territorial limit for fishery purposes to 13 miles.

Premier MacDonald replied that the Government was not prepared to consider an extension beyond the three mile limit either for fisheries or for any other purposes.

You Can't Beat Tanlac Says Alberta Citizen

"The Tanlac Treatment Made Me Look And Feel Like A Different Man" Says Petro.

"The Tanlac treatment has made me look and feel like a different man is the positive statement of H.G. Petro well-known citizen of Okotoks; Alberta; Canada.

"Before taking Tanlac I was sorely troubled with indigestion; gas bloating and a tightness in my chest that made me short of breath. My appetite was gone; my circulation poor and headaches and dizzy spells would strike me most cry day. I also had a bad swell-

ing in my leg. "Three bottles of Tanlac put me in A-1 condition in every way. I have a rousing appetite; sleep like a log and am rid of all my troubles even the swelling in my leg. Incidentally I have gained so much weight that I am too big for the clothes I wore before taking Tanlac and am feeling fine. You can't beat Tanlac.

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 Million bottles sold.

Take Tanlac Vegetable Pills.

CLAIMS TO MAKE BLACK MEN WHITE

Rio de Janeiro March 23—Changing the color of black men and women to white rejuvenating the old and rendering the operation of appendicitis bloodless are among the wonders which Dr. O.F. Pedroso a Brazilian scientist claims he can perform. He explains that in changing the color of black men he withdraws blood from the left arm and places in a special apparatus where it is tested. Then after heating it he reinjects it into the right arm. His discovery is the result of years of experience principally on rats and he claims he has been able to turn black rats white in a fortnight.

Be Vacation-Minded.

It is unfortunate that every individual cannot have a real vacation away from his business. But for those who cannot, to be vacation-minded, and to keep that way as long as they possibly can, is the next best thing.

Few businesses are so active in the summer time that a little let-down in hours and attention will do any great harm. So why not shorten hours and let down a bit, performing only such part of the day's labors as are absolutely necessary to maintain the existence of the undertaking, and letting every other detail go? The time gained should be spent like any vacation time, in the coolest and pleasantest spots possible.

Nothing is surer than that work will be there when we get back. The Lord saw to that when he sent man forth to earn his bread in the sweat of his face.—Concord Monitor.

Tablet to Long-Eared Heroes.

A bronze tablet commemorating the services of the 243,135 horses and mules attached to the American forces during the war, 68,082 of which perished, was unveiled in the state war and navy building, Washington, recently.

The tablet, which is placed in the east wall of the building, just inside the Pennsylvania avenue entrance, was presented by Dr. W. O. Stillman, president of the American Humane association, and was received on behalf of the government by Maj. Gen. Willard Holtbrook, chief of cavalry.

New York Board of Trade Opposes St. Lawrence Scheme

The New York Board of Trade and transportation has gone on record as being opposed to a deeper water way for ocean going vessels from the Great Lakes by the Atlantic way of the St. Lawrence river. The Board decided that it could not approve the project until it had learned the probable cost of the water way and the benefits that would accrue to the United States and Canada.

Do you wish the world were better?

Let me tell you what to do. Set a watch upon your actions.

Keep them always straight and true.

Rid your mind of selfish motives.

Let your thoughts be clean and high.

You can make a little Eden.

Of the sphere you occupy—Ella Wheeler Wilcox

COLOR HEALING RULES

If you would live at peace with the world you cannot ignore the workings of color. When you want folks to treat you White you must avoid Black looks; never feel Blue; never show a Yellow streak; nor let Envy's Green shaft strike. If you want Gold and Silver keep in the Pink of content; be well read; do your work up Brown. Worry will turn you Grey; while plenty of sleep will make you look Kosy.



ASPIRIN

Beware of Imitations!

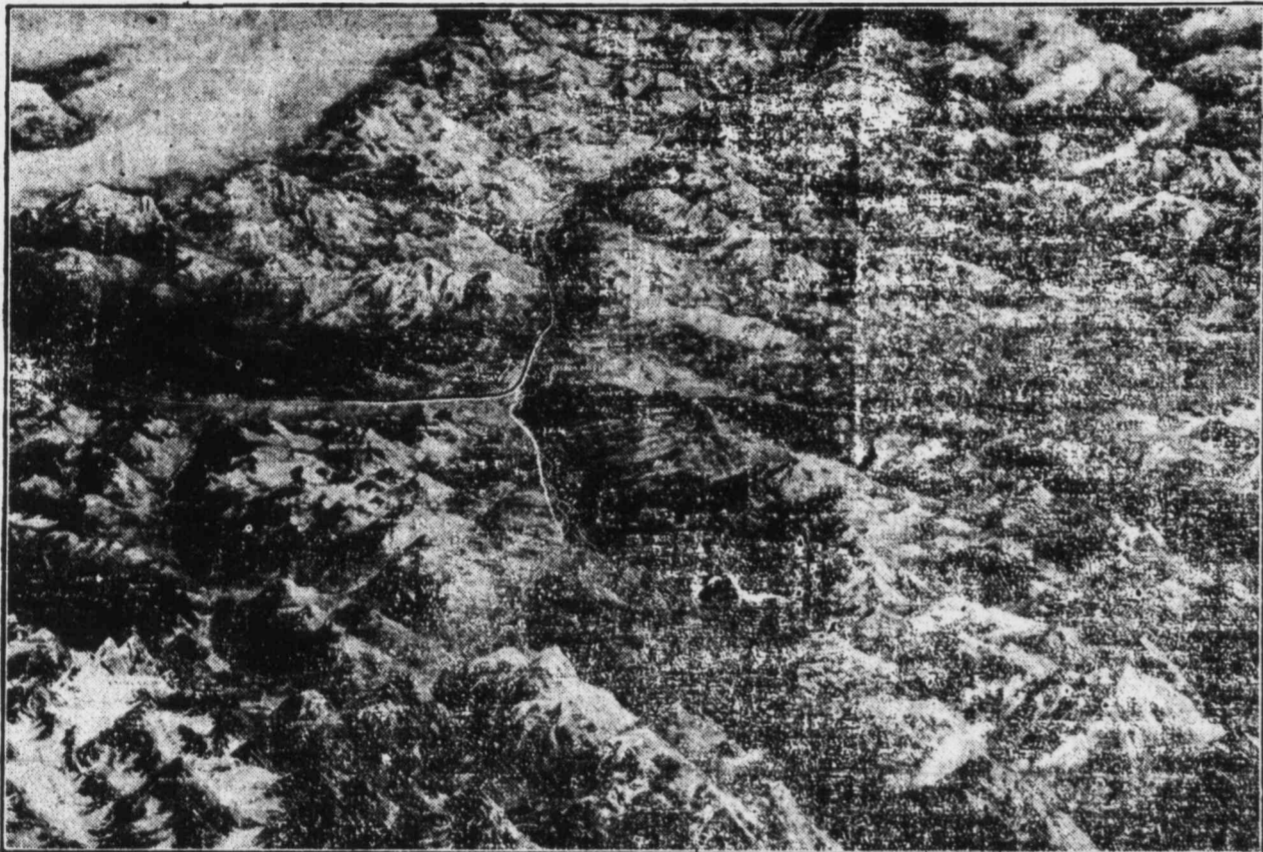


Unless you can see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for

- Colds
- Lumbago
- Toothache
- Headache
- Neuritis
- Rheumatism
- Neuralgia
- Pain; Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacid-ester 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."

American Tourists Present Canadian National Railways With Fine Map



An event, probably unique in the history of steam transportation on this continent, took place recently when Mr. and Mrs. Alvah Davison, of Brooklyn, New York, presented the Canadian National Railways with a magnificent topographical map of Jasper National Park, as a mark of appreciation for service and courteous treatment accorded them when they were passengers over the lines of the system from Montreal to Prince Rupert last summer. Mr. Davison is the president of a large publishing house in New York City.

The gift, which came as a distinct surprise to officials of the Canadian National Railways, is the finest map ever made of

Jasper National Park. Mr. and Mrs. Davison were guests for several days at Jasper Park Lodge, the summer resort operated by the Canadian National Railways in the Park, and it was there that they reached the decision to have the map made and presented to the Company. It is six feet long and four feet wide and is painted in oils by Mr. Richard Rummell, one of the outstanding artists in the United States. It shows not only the main ranges of mountains and the higher peaks, but also all the lakes, rivers, motor roads, pony trails, railway lines and the location of the town of Jasper and Jasper Park Lodge.

In making the map, Mr. Rummell

secured the co-operation of the Geological Department of the Canadian Government and the Engineering Department of the Canadian National Railways. As a result the map is said by experts to be the most accurate sketch of that great national playground in existence. The map has been framed in a gold moulding bearing a plate giving the names of the donors, and it will be hung in Jasper Park Lodge when the Lodge is opened on the 1st of June.

Jasper National Park is considered the most beautiful of all Canada's National Parks, and the hotel which the Canadian National Railways maintain there has become so popular that it has been

necessary to make extensive additions to it to meet the demand for accommodation. It is composed of a series of rustic lodges that harmonize with the surroundings, and all who have visited it have been delighted with its ideal location, its service and its novel type of architecture. Jasper Park Lodge is situated on Lac Beauvert near the foot of Mount Edith Cavell. It is three miles from the railway station, to which it is connected by a fine motor road over which the Canadian National Railways operate a fleet of motor cars to take tourists to and from the Lodge.

Colds—Croup—Catarrh—Croup
Johnson's
Ammonium Chloride
Linctus
saves Doctor Bills.

WORLD'S LARGEST ORGANIZATION
The World's Sunday School Association with a membership of thirty-one million is said to be the largest organization in the world.

"FEEL IT HEAL"
Mentholatum
COLD - CHAPPED HANDS - BURNS

KEEP YOUR MOUTH CLOSED
A health hint says "In cold weather walk with the mouth closed and breathe through the nose. That is also pretty good advice to follow when you are standing still and in any old kind of weather."

RED ROSE

TEA is good tea

Folks who want the very best use
RED ROSE ORANGE PEKOE