

Irritable Nerves Restored and Health Regained in a Simple Way

The man or woman who is run-down, not feeling up to the mark, perhaps irritable, nervous or sleepless can well afford to learn about the wonderful results the newly discovered blood-food is giving to folks that use it.

There is wonderful power in this new blood-food, and every weak, pallid person can be quickly nourished back to health that uses it as directed.

After each meal, with a sip or two of water, you simply take two little chocolate-coated tablets, sold in all drug stores under the name of "FERROZONE."

The effect is noticeable at once. You feel happier, brighter, more contented. That old-time feeling of weariness departs—you forget your "nerves" and no longer get irritable or cross over trifling annoyances.

There is a reason for this change and that reason consists of the fact that Ferrozone contains blood-making materials you can get in no other way.

Ferrozone makes the blood tingle and sing with new vitality. This ensures lots of nourishment and strength being supplied to every part of the body.

No wonder the eyes brighten and the cheeks radiate color and happiness. With abundance of strength, a keen appetite, good digestion and plenty of sound sleep—all the result of Ferrozone—you quickly feel as if life held new charms and pleasures.

PRONOUNCING ENGLISH NAMES

The Girl Scouts who had the privilege of meeting Sir Robert and Lady Baden-Powell on Friday were not only immensely pleased, but doubtless, some of them also aided to their store of information. They learned how to pronounce the name worn by the distinguished visitors—Bahden-Pole. You never can be quite sure of these English names. There's Cholmond-ley for instance, pronounced "Chum-ley," as nearly everyone knows. But everyone may not know the story of the frascable nobleman of that family who presented the frequent mispronunciation of his name. Lord Chum-ley, walking in his garden one day was approached by a caller, who asked:

INDUSTRIAL COMMISSION MEETING AT TORONTO

Important Evidence by Mr. T. A. Russell, of the Russell Motor Car Company—Says Organized Labor Must Have Some Constructive Plan Which Would Avoid the Limitation of Production—The Cause of Unrest.

Toronto, Ont., May 28—"Work creates work, that's the point the men in the shop don't get," said the T. A. Russell, of the Russell Motor Car Company, to the Industrial Commission today. He declared that organized labor must bring some constructive plan which would avoid the limitation of production before they would be welcomed with open arms by the employer to get the bottom of the labor difficulties. In his opinion the unrest was due in part to a laudable desire of everyone to improve his position. During the war there had been universal employment at high wages. There was now unemployment among unskilled labor. His company had employed 6000 hands on munition work. They now had 350 on bicycle work and 250 on motor work, or 600 altogether. By the end of the year they should have 10000 or 15000 on motor work.

"If I enter into an agreement with my men," he said "I have the right to expect that they will remain at work unless they have a grievance." Neither employers nor employees had been without blame in the past. The employers had paid attention too closely to keeping down wages and employees on getting them up, without an eye to the vital matter of production. The present strike, he thought, would set back the relations between employers and employed for years. It was not called on account of any grievance of urgency of the men working in the shops.

ed: "Is Lord Chol-mon-de-ley at home?" "No," snapped milord "nor any of his pee-o-ple."

but was an outside matter."

Fear of Old Age

John Diggett, secretary of the Industrial Council of Building Trades declared the unrest to be due to the worker's fear of old age for which there was no provision and to the way profiteers had run wild in Canada.

"The workers are losing hope in the present system of society," he added. "What was wanted was co-operation and co-ordination."

Mr. Diggett, accused employers of a lack of interest of technical training.

"As long as they could get merchandise in England, he said they did not bother about making merchandise in Canada."

"When men cannot get by legislation what they desire then their minds are turned into the channel that they will get it by force" declared Mr. Diggett.

The unrest he found due in part to insecurity of employment and the abrogation of civil bodies, and the interference with the right of speech and of public assemblies by orders-in-council. Another cause was the petty tyrannies of foremen. Recognition of unions, removal of the uncertainties of employment and social insurances were things that would help to overcome unrest.

There never could be any peace terms that would make a picking feel good.

The war finally put over the wrist watch, but it did not undertake to make the world safe for sport shirts—that may require another war.

LLOYD HARRIS GIVES OUT A STATEMENT

Ottawa, May 28.—That Canada would be in the best condition of any country in the world if we could during the next three years maintain our export trade at its present high level, was the opinion expressed by Mr. Lloyd Harris, head of the Canadian Trade Mission in London, in the course of a talk with representatives of the press this evening. Mr. Harris pointed out that during the year 1914 the export trade of the Dominion amounted to \$455,000,000. In 1918, owing largely to war business, it had grown to \$1,586,000,000. While he did not think it would be possible to maintain this volume of export business, he indicated that the future success of the Dominion depends in a large measure upon our ability to take advantage of trade opportunities within the Empire, with neutral countries and with countries which participated in the war and which must now undergo a process of reconstruction.

The shortage of shipping, Mr. Harris explained, is the great problem to be overcome if the Dominion is to fully reap the opportunities presented for the development of the export trade of the Dominion. He considered that much could be accomplished if the Dominion Parliament were to pass shipping laws that would induce vessel owners to register their ships under Canadian registry. He believed that with proper shipping laws ships doing Canadian trade would be likely to transfer from the British to the Canadian register. In order to maintain our export trade, said Mr. Harris, Canada should have a shipping register of at least one million tons.

WRIGHT'S VIEW TEN YEARS AGO

(Kansas City Star.)
From an interview with Orville and Wilbur Wright, by William G. Shepherd when the Wright brothers returned from Europe ten years ago.

"How high can you go?"

"As high as I want to," but there will never be any need to go higher than one thousand feet. At that height no known gun could reach you."

"How high have you gone?"

"Three thousand feet. I passed over a balloon."

"How fast have you gone?"

"Forty miles an hour."

"How fast could a machine be made to go?"

"There's no limit that I know of; but no man, unprotected, could go faster than one hundred miles an hour and stick to his machine. The rush of air is too great."

"Do you think anybody will ever fly across the ocean in an airplane?"

"Hard to tell. Depends on whether anybody wants to."

"For what purposes will your machine be used?"

"Military operations and sport."

The British submarine H-14, which Great Britain recently presented to Canada, arrived at Halifax this week. The H-14 is a British overseas craft and not an ex-German U-boat, Sir Robert Borden recently accepting her from the British authorities.

That old ballad, "To Helen Gonne" is having a popular revival among the Bolsheviks.

Memory goes back to a simple parlor game in which this phrase was used: "What hangs over your head—fine or superfine?" Paraphrased it would apply to the Germans: "What hangs over your head—whine or super-whine?"

LEMON JUICE FOR FRECKLES

Girls! Make beauty lotion for a few cents—Try It!

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and rosy-white the skin becomes. Yes! It is harmless and never irritates.

Advertise

Tell the buying public what you have for sale.

You know your stock --- the public cannot be expected to know about it if you do not advertise.

The Mail has a large and splendid class of readers. People who pay their oils.

Get our rates.

SOLDIERS AND WORKMEN TO FORM COUNCIL

Halifax, N. S., May 28.—The Herald this morning features the following despatch from its Sydney correspondent:

"That the returned soldiers and the trades unionists of Cape Breton are about to unite in what will be virtually a workmen's and soldiers' council although far removed in sentiment, motives and methods from the organizations of similar name which have sprung up in Europe, is the significant information gleaned from the most reliable representative here."

"In pursuance of this scheme a meeting was held last week between representatives of the local veterans and members of the Sydney Trades and Labor Council and it is learned that notable progress was made. The Herald is assured that the meeting was of the most friendly character and that all united in deciding against any differences which might give capital an opportunity to play one set of organizations against the other."

"As a matter of policy, the process of amalgamation was kept more or less of a secret by those concerned, but sufficient is known to indicate the far-reaching effect which present negotiations may produce upon the future of this important organization in this region and indeed upon the whole of Canada, as there is reason to believe that the local movement is only one phase of a coming dominion-wide alliance to the War Veteran and the laborites. Whether with justice or otherwise, the impression has gained ground in some quarters that employers hoped to capitalize the supposed antagonism between returned men and those who have not been over there, with the idea of ultimately securing cheaper labor from the ranks of the demobilized army. The labor unions had already taken steps to combat any such move when the veterans themselves forecalled any attempt to use them as wage cutters by proposing an amalgamation, or rather an alliance with the unions for mutual protection and benefit."

IT WAS IVANHOE BUT CANNED

To be out about town without a pencil is almost as hopeless a situation for the Woman as not being out about town at all. Therefore, discovering the other day that she had left hers at the office, she hastened into a stationery store to buy one.

A girl of about 17 leaned against the counter convulsed with laughter. The bewildered storekeeper looked on amazed. Real, hearty laughter is so rare these days that the Woman won-

BOSTON MEN PAY \$25,000 FOR A CALF

Madison, N. J., May 26.—Florham Leader, a two months old Guernsey bull calf, was sold at auction here the other day for \$25,000, said to be a new record price for any animal of its breed. Oak Farms and Hugh Bancroft, both of Massachusetts, combined to make the purchase, paying \$10,500 above the previous record price.

Florham Leader created a furor when he was led into the auction ring. Within two minutes bidding on him had passed the \$10,000 mark. He is a son of Ne Plus Ultra, out of Langwater Nancy, a cow that produced 18,723 pounds of milk containing 1011.66 lbs. of butter fat in a year, a record that has been exceeded by only three Guernsey cows, it was announced before the sale.

dered what had caused it. "Oh, I say," said the girl, as the spasm subsided, "that was rich. I've got to tell some one." She added hastily, "It's too good to keep. I thought I could get an inexpensive copy of 'Ivanhoe' here, she said, 'as it's less than a dozen blocks from the high school. Another outburst of laughter. The Woman waited eagerly for what would follow. "I came in and asked if they had 'Ivanhoe.' The man said, 'Yes here it is.' And here it is." She picked up a tin of tobacco. "It certainly is Ivanhoe she said, but it's Ivanhoe in a can. What do you suppose Sir Walter would say?"

Then the two laughed together.

MILBURN'S LAXA-LIVER PILLS.

Act as a stimulant to the sluggish liver, clean the furred tongue, sweeten the foul, obnoxious breath, and clear away all the poisonous accumulations from the system by causing the bowels to move regularly and naturally every day, thus preventing as well as curing constipation, sick headaches, bilious headaches, water brash, heartburn, and all diseases arising from a lazy slow or torpid liver.

They are purely vegetable, small and easy to take, and there is nothing of the griping, weakening and sickening effects of the old fashioned purgatives.

Mrs. John Kadey, Chipman, N. B., writes: "I have been using Milburn's Laxa-Liver Pills for some time and can recommend them to anyone suffering from heartburn and liver trouble. I tried other remedies, but they only relieved me for a short time. I always recommend Laxa-Liver Pills to all sufferers, as I think they are a valuable remedy."

When you go to your dealer and ask for Laxa-Liver Pills, see that you get the genuine "Milburn's." Price 25c. a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

WATCH FOR IT IN THE DAILY MAIL Confessions of an Everyday Wife

(By Ida McGlone Gibson)

A Great Serial to begin in the Mail Next Week

It is a story of present day domestic life, which for sheer heart appeal has never been equalled in a daily newspaper serial—even by that master craftswoman, the author herself. Its theme, wholesome and absorbingly interesting, is packed with dramatic action, incident and episode. Back from the battlefields of France; back from months spent wholly in a man's world, back to a matriarchy—to a woman's world—comes Lieutenant Theo Symone. After the blissful days of the home-coming Theo feels the call—the irresistible longing—for the man's world. He craves the society of men and neglects his wife. Then comes the age long struggle of the sexes.

Born of conflicting temperaments and tastes, Lieut. Symone and his beautiful young wife, Margot, experience moments of tension tempered with love and happiness heightened by affection. The world-old struggle of the woman to hold her mate is told with exquisite artistry and charm. The infinite resource, the blandishments and feminine wiles of a brilliant and beautiful young woman are brought to bear with the softly compelling force which is the gift of the gods to the gentler sex.

In the end Margot wins her battle—or does she? Our readers must decide.

BE SURE AND GET THE OPENING CHAPTERS OF THIS GREAT STORY!