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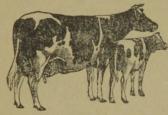
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of cod liver oil is a modern scientific remedy palatable and pleasant You can take Nyal's Emulsion. Anybody can. And everybody should who feels the need of a body builder and strength-giver particularly those who have lung trouble or are in a run-down and weak condition,

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In choosing and using a soap for your "Little Fairy" you will find no soap so mild, so neutral, so agreeable to tender skins as FAIRY SOAP.

Being made from products that you could eat, FAIRY SOAP agrees with even the tender skin of a babe.

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ACUTE PAINS IN THE BACK

Caused by Lumbago, a Form of Muscular Rneumatism

trouble is really a species of _ muscular rheumatism, and is due to poor blood and can only be cured through the blood. It is for this through the blood. It is for this reason that Dr. Williams' Pink I fils are so successful in curing the trouble and those who are afflicted by it should lose no time in giving the pills a trial. If the treatment is persisted in the disease will be driven from the system and the cure to make the property of the proper be made permanent. In substantia-tion Mrs. Alfred Derby, Erryville, Ont., says: "A few years ago I was attacked by excruciating pains in the back which the doctor called lumbago. I was not able to do a bit of work about the house and suffered readfully every time I moved about. er and used liniments, without get-ing any relief. In a thoroughly discouraged condition I began using Dr. Williams' Pink Pills. After using six boxes I was better and able to do all my own work and have not been afflicted with the trouble since. I now always recommend Dr. Williams' Pink Pills to those ailing."
These pills are sold by all medicine

lealers or may be had by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co.,

PROBLEM OF EFFICIENCY

ditions." The author, Charles Stel-zle, has brought within some two hundred pages one of the most comprehensive and interesting treatises ever issued on this all-important question, and deals with his subject in a pleasing yet authoritative manner. The book, which is published by Flem ng H. Revell Co, New York, is attracting much attention among students of sociological tolis, is bristling with statistics, hidden in raphic narrative and startling com

The real problem before the people according to Mr. Stelzle, is how to make the country population most effective, not how to increase this population. The men who are living on the farms, but who are not farmrs in any sense of the word, she go to the town or city, while those who do remain should be made most efficient in carrying on their occupation. Neither is it a que tion of cu tivating every bit of available ,and. It is really a matter of employing the best methods upon the least amount of land possible. We have scarcely begun to utilize the best methods of agricultural efficiency, as is indicated by the 4 gures showing arm production.

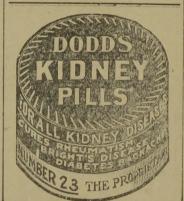
THE TENANT FARMER

"The tenant farmer," sriter, "whose lease usua nly for a single year, is not erested in keeping up the standard of effic ency upon the farm. He' robs ings in repair. An owner usually finds it cheaper to rent than to till

Unimestionably the country districts' are already suffering because of the exodus of the home-owning class. The small town on the other hand, have not been greatly henefited by the addition of the re-tired farmer, for he is often narrow in his outlook and not particularly interested in the welfare of the

SCIENCE AND CO-OPERATION

The farmer will succeed only as he lepends upon the scientist for the orking out of his farm problems. This is coming more and more to be



KINGSTON WELCOMES VICE REGAL VISITORS

Kingston, Ont., Feb. 14—The Duke of Connaught arrived in Kingston this morning and was accorded a pa-Lumbago is sudden in its attacks and is so intensely painful that the sufferer is often unable to move, even to turn in bed or rise from a chair. The trouble chiefly occurs sufferer is often unable to move, even to turn in bed or rise from a chair. The trouble chiefly occurs ed to the distinguished visitor. The chair. The trouble chiefly occurs among working men, among whom it forenoon was spent in a visit to the numbers thousands of victims. As the attacks come on quite frequent ly and are so torturing, this disease means much loss of time and money as well as the endurance of much suffering. No victim needs to be at Queen's University, where a spectoid that limiments, plasters and outward treatment will not cure the district. De upon His Royal High-disease. This kind of treatment is gree of LL. D. upon His Royal Highdisease. This kind of treatment is gree of LL. D. upon His Royal High-merely a waste of time and money. ness.

> the case, for no class of workers receives more 'scientific information through the Government and through The farmer will succeed as he learns the value of co-operation. Perhaps this will be one of the most difficult lessons to learn, for the American farmer is a strong/ individualist. His life has been lived alone He has fought his battles alone. But this is the day of socialized efforts, therefore the solidarity of he farmer must be more highly

SOLUTION FROM THE COUNTRY

'The country-life movement' must be sharply distinguished from the "back-to-the-land" agitation. The atter is primarily a city impulse, expressing the desire of the town people to escape, or of cities to find relief, or of real estate dealers to sell land. In part, it is the result of the doubtful propaganda to decreas the cost of living by sending 'more persons to the land on the mostly mistaken assumption that more products will thereby be secured for the world's markets. The movement of city men to the country offers no solution of country problems. Usually, it offers only a solution of the city problem, and how a city man more find the most property for his may find the most enjoyment for his leisure hours and his vacation. In he last analysis the country solve its own probleme. The move-ment to sand the incompetent to the The country life problem is one of many dealt with in a recent book, 'American Social and Religious Conlitions.' The author. Charles Stellings. The author. Charles Stellings and the country is a modern one. the towo.

"Farming is more and more be-coming a science requiring trained wolvers. It is no long a poor man's business. It requires capital o equip and run a farm, as well as To buy it, just as is the case in any other business.

Dr. de Van's Female Pills \$5 a box, or three for \$10. Mailed to any address.

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Used 102 Years for Internal and External Ills Gives speedy relief from coughs, colds, cramps, diarrhoea, muscular rheumatism, bruises, etc.

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And All Afflicted With Asthma, Bronchitis,
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After suffering for years with a severe throat
trouble which ran into Consumption, Rev. E. A.
Wilson wared by following plain rules of health
and using Dr. trace by words for free distribution, a full description of his trouble and the simple
means he used.

TO CONSUMPTIVES

means he used to cure himself.

WILSON'S REMEDY (Dr. Churchill's preseription) has been doing its wonderful good work
for over 40 years. It has been tried and proven,
and is a household remedy in many, many homes
to which it has brought health and happiness.

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usual will publish full reports of the proceedings. Send in your
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