



As Old as his Arteries

The doctor can't help it. He knows that the man has hard arteries, high blood pressure, and beginning kidney and heart disease, due to long neglected chronic constipation. It isn't the other man's fault—directly. He's only 45—but he never realized that his constipation was a serious thing. He never knew how to treat it. He has taken bushels of pills, gallons of castor oil, mineral waters and salts, which have battered and tortured his alimentary canal from one end to the other; and he wonders why his health keeps getting worse. He doesn't know that his food waste has poisoned him, and has bred disease that is going to "get him" before his time.

Nujol is for just such a man—for every person whose bowels do not move easily and thoroughly at regular intervals—especially for those in advancing years whose body machinery will not stand rough treatment.

Nujol softens the accumulated food waste in the large intestine, and moves it gently out of the system, carrying those poisons with it, which, if allowed to remain, cause over 90% of human illness. Nujol supplies the lubrication that Nature can't supply as age begins to make itself felt.

This man might have known in time—but Nujol is new—the accepted modern treatment for constipation.

You can avoid such a misfortune as his. Get a bottle of Nujol from your druggist today and send for free booklet "Thirty Feet of Danger" expressing clearly the soundest medical authority on constipation and self-poisoning.

Warning: Nujol is sold only in sealed bottles bearing the Nujol Trade Mark. At all druggists. Insist on Nujol. You may suffer from substitutes.

Nujol Laboratories
STANDARD OIL CO. (NEW JERSEY)
50 Broadway, New York

Nujol Laboratories, Standard Oil Co. (New Jersey), 50 Broadway, New York. Please send me free booklet "Thirty Feet of Danger"—constipation and auto-intoxication in adults.

Name.....
Address.....

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KING COLE ORANGE PEKOE TEA

"A Cup of Rare Delight!"

FRAGRANT and full of flavor, the equality of KING COLE Orange Pekoe is well expressed in the phrase "The Extra in Choice Tea." Always ask for it by the full name KING COLE Orange Pekoe. Perfectly packed in bright lead foil and price marked on every package.

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Of having your Bath Room Fixtures changed or new PLUMBING INSTALLED.

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FRED H. TRAINOR
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Boer Nationalists Want Independence

Just what percentage of Afrikaners may be called Nationalists we have no means of judging, but they were sufficient to constitute a serious menace to British authority in the early days of the war, and a delegation of them is now to place before the Peace Conference the claims of South Africa to complete independence. They have no chance. It is well understood that one of the principles of the League of Nations is that there shall be no interference in the internal affairs of any nation. Only from outside aggression will the League protect its members. Under the Nationalists have agitated for the complete independence of South Africa, which appears as rather a cheeky proceeding, for they stirred up a rebellion to achieve their ends four years ago, and being beaten now, demand what they failed to secure by arms. The proper procedure would be to ask for independence, and not winning by constitutional means, to resort to force, if they were convinced that they represented the wishes of the great masses of the people.

The Old Boers

The African Nationalists, of course, are the old Boers who never acquiesced in the verdict of the South African war. Though the conquered Boers were treated with a generosity without precedent by the British; though they have better laws than ever before, the only privilege they forfeited being the right to knock about the blacks as they chose, and though they are permitted to conduct their own affairs quite as freely as Canadians conduct theirs, they have sullenly resisted every effort to make them forget the past. Their leader is Gen. J. B. M. Hertzog, a Boer leader at the time of the war, and later a preacher of sedition and a German propagandist. In any other country in the world Gen. Hertzog would be serving a long prison sentence for sedition, but in South Africa he is at large. He and his followers seized on the Wilsonian phrase concerning the rights of small nations for "self-determination," and after raising a fund of \$50,000 a band of them prepared to go to Paris. They booked on the Durham Castle in full confidence that either the Cape Town or the British authorities would intervene and forbid their trip, and were rather nonplussed when no opposition was offered to their excursion.

Comic Opera Touches

But at the last moment the crew of the ship announced that they would not ship if the Boer leaders were taken on. Then occurred the amusing spectacle of the Opposition leader of the House, accompanied by the Labor leader, appealing to the obstinate sailors to carry Hertzog and his followers in Paris. They failed. The next move was for Admiral Fitzherbert, commanding the Cape station, to offer H.M.S. Minerva for the purpose of carrying the seditionists to Europe. Some latent sense of humor in the Boers prompted them to refuse this kind offer, on the grounds that the Minerva did not have sufficient accommodation. The spectacle of a band of seditionists going to Paris to protest against the bulldozing British Empire, as the guests of the British Empire, was thus averted, and the delegation eventually shipped in a Dutch craft. It is now likely that there will be another South African delegation heading for Paris shortly, this one representing the natives of the Orange State, who are strong supporters of Great Britain, but believe they are treated inhumanly by their white masters, for the most part Boers.

Boers and Natives

"Wallop my nigger," is said to be a principle with the Orange State Boers, who insist upon exercising over their native servants rights that in this country are not permitted a man over his dog. Some of the delegates now Paris bound, indeed, voted in the Cape Town Parliament not long ago for a bill which, if adopted would have reduced to serfdom every native who has not come of age. There exists in the Free State a class of natives called "squatters" who

Belgium Offers Site in Ypres to Canada

(Special to The Guardian.)
PARIS, April 28.—The Belgian Government has offered Canada a site in the town of Ypres for a museum to contain souvenirs of the battles fought on the famous salient. A Canadian staff officer thus describes the scope of this memorial:—
"Canadian visitors will come to Ypres in the thousands for years. They will come to see the graves of their dead and we have thought that it would be a good plan that they should have a meeting place where they can find all the documents explaining the terrible combats fought on the salient. There will be therefore a museum, a library, models of the trenches, etc. The monument will be surrounded with a garden planted with Canadian flowers and trees only."
Baron De Vinck has already offered to the committee of organization a painting showing the Chateau of Hodge as it was before the war.

CANADA'S 50-IB. COW

Rolo Mercena Dekol, owned by J. B. Hamner, Norwich, Ont., has just completed a seven-day test, which makes her the first fifty pound cow in Canada, the second fifty pound cow in the world, and which will give even more satisfaction to Canadian Holstein breeders, she exceeded the 50-lb. mark by a sufficient margin to make her the world's greatest seven-day producer of butter fat. The following, we believe, are all world records: 51.92 lbs. of butter in seven days; 200 lbs. butter in 30 days; eight pounds butter in one day. In her best day she gave 125 lbs. of milk. It is especially worthy of note that Rolo Mercena Dekol was in thin condition at time of calving and was milked only twice a day when the supervisor arrived. The record is, therefore, in no sense an artificial one, was the case with the former title holder who had been dry a long time before the test started, was loaded with fat and went through her test in a thoroughly equipped test barn.
Farm and Dairy extends congratulations to Mr. Hamner on his wonderful achievement with Rolo Mercena Dekol. The new record gives to Canada the distinction of owing both the butter and milk champions of the breed in official tests from seven to thirty days, the milk records already being held by May Echo Sylvia. This is a record of which Canadian Holstein men may well be proud.—Farm and Dairy.

SAVING DEPOSITS IN MARCH INCREASE

OTTAWA, April 25.—Savings deposits in Canadian banks are still ahead although the increase during March was not so great as during the month previous. In March the increase was \$19,000,000, in February it was \$28,000,000, note circulation in March increased by approximately \$10,000,000 and deposits in the central gold reserve by about five millions. Call loans both in and outside Canada were in advance of the previous month.

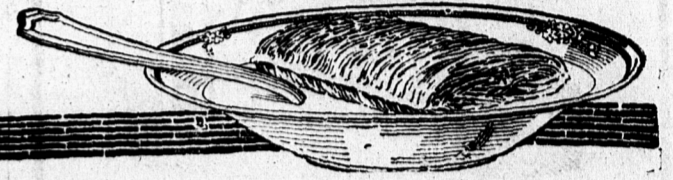
enjoy certain depasturing and plowing rights in return for services which they render the landowner; and by an old Act of the Orange Free State, which was confirmed by Union legislation, they and their children rank as "servants." They therefore fall under a very stringent Masters' and Servants' Act, under which servants may not leave their master's premises without a pass. Therefore, the children of these squatters are forbidden, during the term of their parents' contract, from working for anybody else. Nor are their nominal masters obliged to pay them.

Want to Relieve Slavery

The bill lately introduced proposes to raise the age of 16 at which these children now may go where they please, to 21, below which children cannot sell their own labor. This would, as remarked, make virtual slaves of all squatters' children in the Orange State until they had reached the age of 21. So it is representatives of these menaced natives who desire to appeal to the Peace Conference, fearing or realizing that if the Boers were to be given a free hand with them, they would be treated more unjustly than ever. The Nationalists, who sent a long and fervent cable message to President Wilson were somewhat chilled by the reply which came from a secretary "acknowledging their cordial message." The pro-German character of the Nationalists was revealed at the gathering which appointed the delegates to Paris at which resolutions were passed protesting against the "persecution" of Germans in South Africa, and referring in grateful terms to the assistance that Germans had given the Boers in their struggle against Britain.

FOOD FOLLIES FILL HOSPITALS

Many disease epidemics are traced to undernourishment and improper food. Shredded Wheat is full of strength-giving nutriment, is easily digested and its daily use keeps the bowels healthy and active. Two or three Shredded Wheat Biscuits with milk and fruit make a satisfying, nourishing meal at a cost of a few cents.



MADE IN CANADA

RECEPTION AND ADDRESS TO RETURNED SOLDIER.

The home of Mr. and Mrs. Angus McBeth, Georgetown, which is always open for patriotic purposes, was the scene of a happy event on the night of March 14, when between fifty and sixty of the friends and neighbors gathered to welcome home one of the bravest of our young heroes in the late war, the first to return to this district. Pte. Howard E. Campbell.

Private Campbell, at sixteen years of age, enlisted on November 5, 1915, and after training here and at Valcartier, left for overseas in July, and crossed to France in December, 1916. He spent twenty months in France, taking part in the great battles of Vimy Ridge, Hill 70, Passchendaele, and Amiens, where on August 8th he received a bullet wound in the left arm, and after spending two months in different hospitals in England embarked for home.

Mr. Norman McDonald, the chairman, in a few chosen remarks, told the object of the meeting, calling on Mr. John McDonald to read the ad-

dress, while Mr. Garnet Moore presented him with a signet ring. Pte. Campbell replied thanking his friends for their thoughtfulness, expressing his appreciation of their gift. A very pleasing feature then followed, when the good ladies took charge in catering to the inner man, and all present did ample justice to the sumptuous banquet prepared for the occasion. Mr. and Mrs. McBeth were untiring in their efforts to make everyone feel happy and at home for which they received a hearty vote of thanks.

The following is the address:

Dear Friend.—It is with profound pleasure that we, your friends and neighbors assemble here this evening to bid you a most sincere and hearty welcome home, and to express our appreciation and gratitude in what you have done for us, and for your country, in what has been the greatest war the world has ever known. Like others you have done your part in defeating the forces of autocracy, and gaining for us a glorious victory. When we recall the fact that in 1915 when your country called for volunteers to go to the support of their

fellows-Canadians who were fighting and dying on the battlefields of France for the cause of freedom and humanity, that you although but a youth, promptly responded to that call.

We admire you for your courage in the sacrifice you have made, in leaving the comforts of a good home to go and fight for your King and country. You have fought and suffered that we at home should live secure in peace and happiness.

Further, we wish to assure you of the deep sense of gratitude we feel toward you, for what you have done for us, and now as you are about to take up a new line of work may your efforts be always crowned with success is our most sincere wish.

This reception is but a slight mark of respect and honor that we owe you, and it is our wish that you may be spared many years of prosperity and happiness.

In conclusion we now ask you to kindly accept this token as a slight recognition of your services in our behalf.

On behalf of neighbors and friends,
—G



"I Am So Afraid it is My Heart"

VERY many people live in constant dread of heart trouble when the heart is in no way diseased.

There is perhaps no organ in the human system which is worked so hard and yet the heart seldom goes wrong so long as it is supplied with plenty of rich, red blood.

In fact the heart repairs its own waste and plods on, lifting tons of blood each year and pumping it through the body.

But the heart's action is the result of the contraction and expansion of muscles and these muscles are operated by the nervous system. When the blood gets thin and watery and the nervous system is starved the action of the heart, just like that of the stomach, bowels and other organs, is slowed down.

As a result, you are easily tired out, experience shortness of breath, palpitation of the heart and general bodily weakness.

The quickest and most rational way to

overcome this condition is by the use of Dr. Chase's Nerve Food to enrich the blood and build up the exhausted nerves.

With the nerves in a run-down condition you are sure to get downhearted and discouraged and to imagine that all sorts of dreadful things are likely to happen to you.

But when you have been using the Nerve Food for a week or two you will begin to see the silver lining to the cloud and to realize that you are on the way to health, courage and happiness.

Mrs. Nellie Dertinger, Simcoe, Ont., writes: "I was a great sufferer with my nerves and with pains about the heart. I could not sleep at nights and though I tried several doctors could not get much relief. A friend advised the use of Dr. Chase's Nerve Food and I am happy to say the results have been a surprise. My health has been built up wonderfully. I have no more pains about the heart, my nerves are steady and I sleep and rest well."

Dr. Chase's Nerve Food, 50c a box, 6 for \$2.75, all dealers or Edmanson, Bates & Co., Ltd., Toronto. The portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, are on every box.

The long baking of Grape-Nuts makes it easy to digest. It's rich in nutritive values.