

### Why Lack of Iron Keeps Women Weak, Nervous, Fretful and Run-Down



While Plenty of Red Blood Rich in Iron Helps Make Them Strong, Healthy and Beautiful.

How Organic Iron—Nuxated Iron—helps Solve Problem of Supplying Iron Deficiency, Thereby Increasing the Strength and Endurance of Delicate Care-worn Women in Two Weeks Time in Many Instances.

Many a woman who ought still to be young in feeling is losing the old-time vim and energy that makes life worth living simply because her blood is thinning out and possibly starving through lack of iron. It is through iron in the red coloring matter of the blood that life-sustaining oxygen enters the body and enables the blood to change food into living tissue, muscle and brain.

In commenting upon the alarming iron deficiency in the blood of the average woman of today, Dr. George H. Baker, formerly Physician and Surgeon Monmouth Memorial Hospital of New Jersey said: "What women need to put roses in their cheeks and the springtime of life into their eyes is not cosmetics or stimulating drugs, but plenty of rich pure red blood. Without it no woman can do credit to herself or to her work. Iron is one of the greatest of all strength and blood builders and I have found nothing in my experience so effective for helping to make strong, healthy, red blooded women as Nuxated Iron. From a careful examination of the formula and my own tests of Nuxated Iron I feel convinced that it is a preparation which any physician can take himself or prescribe for his patients with the utmost confidence of obtaining highly beneficial and satisfactory results." Dr. Ferdinand King, a New York Physician and Medical Author says: "I have gained

### ACHIEVEMENTS OF CANADIAN FORCES

Sir Edward Kemp Declares in Report That Wherever the Fight Was Hardest Canadian Troops Were in the Forefront.

OTTAWA, May 17.—Sir Edward Kemp, overseas Minister of Militia, who has just returned from England, met the members of the parliamentary press gallery and briefly explained the report of the overseas military forces of Canada, which is contained in a large volume plentifully illustrated. The volume contains a fairly exhaustive account almost up to date of the activities of the Canadian forces during the war.

In the course of the preface to the report, Sir Edward says: "I welcome this opportunity of expressing to the forces who have served in all theatres and in all capacities my heartfelt appreciation of their magnificent achievement. Wherever a stern or difficult task had to be performed, wherever the fight was hardest, Canadian troops were in the forefront, by their valor, patience and skill, upholding and increasing a renown which will endure for all time.

### Citizen Soldiers' Bravery

"Further, I would express my thanks to those in charge of the administration and training of our forces, in France and in England. By their efficiency and whole-hearted endeavor our victories were made possible, and they conclusively proved to the world that the citizen soldier, imbued with the spirit of loyalty and self-denial, could be the equal of those who had made war a lifelong study."

A considerable portion of the volume is taken up with a description of the various military operations in which the Canadian forces were engaged during the four years of conflict, with accompanying maps and explanatory notes. Dealing with the Canadians in the Royal Air Force, the report says that it will no doubt be a matter of surprise to many to hear that over 8000 Canadians have held commissions in the air forces.

An interesting table is given showing the comparative strength of the Imperial and Canadian railway construction forces on the western front at the close of the various years of the war. On Dec. 31, 1914, Imperial railway construction troops numbered 1475 but the situation had so changed on Armistice Day that Canadian construction troops numbering 14,855 were in the field, while Imperial troops on the same class numbered only 7340. In addition there were four Canadian railway troops operating companies with a strength of 1087 on Nov. 11, 1918, and 3364 Canadian railway troops in England. During their career at the front the personnel of the corps of Canadian troops were awarded 489 honors and decorations.

### Strength of Forest Corps

The report also shows that on Armistice Day the total strength of the Canadian forestry corps was 31,447, including 13 companies of prisoners of war, numbering 5021. At the time the armistice was signed, over 70 per cent of the total timber used by the allied armies on the western front was supplied by the Canadian forestry corps.

The number of Canadian officers attached or seconded to the Imperial troops or other forces outside the military forces of Canada was 1281 at the date of the armistice. Of these 824 were seconded or attached to the Royal Air Force, also on Nov. 11, 1918, 334 officers were seconded to the War Office for military duty.

"It is gratifying to record," said the report, "that since the overseas military forces of Canada first went into action they have been awarded upward of 1700 medals, honors and awards, including 53 Victoria crosses, 1185 military crosses, 19 distinguished flying crosses, 1204 distinguished conduct medals, and 6610 military medals."

"The discipline of the overseas military forces of Canada for the year 1918," states the report, "was distinctly satisfactory, and this was largely due to the efficient administration and discipline by commanding officers and to the esprit de corps which has been nourished and developed among all ranks of the Canadian forces."

Sir Edward Kemp is expected to make a statement in the House in about 10 days' time.

During the war the British airmen were supplied with electrically heated suits, for it was found that in the terrible cold at 15,000 feet and higher, even the thickest of woolen clothes fail to keep the pilots from becoming frozen. The electric suit consists of coat, boots, socks and gloves. They are fitted with electric wires worked into the material, and these wires become heated when a current passes through them, so that a pilot wearing this suit is, as it were, sitting in a warm atmosphere all the time.

### COLORED MEN DID GOOD WORK

Halifax, May 17.—Lt. Col. Geo. H. Johnson, a native of Campbellton and for ten years a resident of Ottawa who wears the decoration of the Legion of Honor and is a C. B. E., received yesterday by the Royal George he was O. C. of Canadian Engineers and for most of the war was in the Alsace-Lorraine sector. He commanded not only Canadian but with them also a mixed army of Russians, Turcos and Chinese. Under him also was No. 2 Construction (colored) battalion of which he speaks very highly. The battalion was raised chiefly in Nova Scotia by Major Sutherland and drilled for some time in Fruro; and many a brave Truro colored lad was in the fight.

### SUGAR FACTORY IN JAMAICA IS STARTED

KINGSTON, Jamaica, May 19.—The first large central sugar factory to be established here is being erected at Bernard Lodge, on the plain round Spanish Town. This plain is well irrigated, and is traversed by the railway line which delivers at the port of Kingston. Engineers and tradesmen as well as hundreds of laborers, are at work, and the plant is to be ready to start making sugar next year. The factory buildings will cover more than an acre and a quarter of land. The factory chimney will be built up to a height of 130 feet, and a base circumference of 66 feet, and a base diameter of 22 feet. The wall will there be 5 1/2 feet thick. The plant will be equipped with eight huge boilers, and the capacity of the factory for turning out sugar will be 150 tons a day.

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## FARM LOANS for SOLDIERS

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EVERY returned man who wants to become a farmer and is qualified for that vocation can get real, practical help through the Soldier Settlement Board.

- The Government's programme includes:—
- (1) The securing of land.
  - (2) The loaning of capital needed to purchase equipment and live stock, and erect buildings.
  - (3) Agricultural training and farm supervision.

### The Loans Granted

Loans may be approved by the Loan Advisory Committee, according to the needs of the settler, on the following basis:—

- (1) Up to \$1,500 on the purchase of land.
- (2) Up to \$2,000 on the purchase of live stock, implements and other equipment.
- (3) Up to \$1,000 on the erection of buildings and other permanent improvements.

### To Whom Granted

To be entitled to these privileges a man must have served with an honourable record in the Canadian, Imperial, or British Colonial forces in an actual theatre of war or outside of the country in which he enlisted (service in U.S. or Bermuda not included). Others eligible are:

### A Broad Policy

All soldiers whose best interests will be served by taking up farms will be assisted. Only suitable land will be approved. That is (a) land that is near to existing railways or organized communities; (b) land that will make money for the soldier; (c) land that will provide a first-class home.

### Where to Apply

Apply to the Soldier Settlement Board in the Province in which you live. The address is given below.

Offices
<b>BRITISH COLUMBIA</b> SUPERINTENDENT, Soldier Settlement Board, Pemberton Building, VICTORIA, B.C. SUPERINTENDENT, Soldier Settlement Board, Robert Building, VANCOUVER, B.C.
<b>ALBERTA</b> SUPERINTENDENT, Soldier Settlement Board, Edmonton Public Building, EDMONTON, ALTA. SUPERINTENDENT, Soldier Settlement Board, Beverley Building, CALGARY, ALTA.
<b>SASKATCHEWAN</b> SUPERINTENDENT, Soldier Settlement Board, Whitmore Bldg., REGINA, SASK. SUPERINTENDENT, Soldier Settlement Board, Canada Building, SASKATON, SASK. SUPERINTENDENT, Soldier Settlement Board, Empress Building, FAIRBANKS, ALBERTA, SASK.
<b>MANITOBA</b> SUPERINTENDENT, Soldier Settlement Board, Empress Building, WISSENER, MAN.
<b>ONTARIO</b> SUPERINTENDENT, Soldier Settlement Board, 32 Adelaide St. E., TORONTO, ONT.
<b>QUEBEC</b> SUPERINTENDENT, Soldier Settlement Board, Drummond Building, MONTREAL, QUE. SUPERINTENDENT, Soldier Settlement Board, Sun Life Building, SUDBOROUGH, QUE.
<b>NEW BRUNSWICK</b> SUPERINTENDENT, Soldier Settlement Board, P.O. Building, ST. JOHN.
<b>NOVA SCOTIA</b> SUPERINTENDENT, Soldier Settlement Board, 227 Barrington St., HALIFAX, N.S.
<b>PRINCE EDWARD ISLAND</b> SUPERINTENDENT, Soldier Settlement Board, Rife Building, CHARLOTTETOWN, P.E.I.
<b>REPRESENTATIVE IN GREAT BRITAIN</b> Lt. Col. E. C. Benson, 7 Parliament Mansions, Orchard Street, Victoria Street (adjoining High Commissioners), LONDON, S.W.1, ENGLAND.

## The Soldier Settlement Board

(W. J. BLACK, Chairman)  
Union Bank Building, OTTAWA