In the Spring Most People Need a Tonic Medicine.

One of the surest signs that the blood is cut of order is the pimples. unsightly eruptions and eczema that come frequently with the change from the long indoor life of winter has had its effect upon the blood, and that a the broken ice. He immediately ran leaning on the ice and treading water, tonic medicine is needed to put it right. Indeed, there are few people loe, which gave way under his weight, struggling boys. First of all he helped son. Bad blood does not merely show overcoat, managed to swim towards after Jackett, who by this time was itself in disfiguring eruptions. To this the child and push her on to the ice. same condition is due attacks of rheu-but it continued to break away under to safety he told them to run home as pains of sciation and neuralgia; ing their plight, came along and with pecially difficult rescue and Patterson exertion. You cannot get rid of these to aid Campbell in effecting the restroubles by the use of purgative medicue. Scout Campbell was in danger cires-you need a tenic, and a tonic of being carried under the ice and of lantry. only, and among all medicines there being dragged down under from the norve restoring powers. Every dose heavily dressed. The Chief Scout for of this medicine helps make new, rich Canada, Barch Byng of Vimy, has ap-blood which drives out impurities, proved of the recommendation of the panions in difficulty. This second boy feeting of new health and energy to awarded the Silver Cross. weak, tired, ailing men, women and | During a juvenile swimming party children. If you are out of sorts give at Sea Cliff Park, Leamington, Ont. this medicine a trial and see how Scout Douglas Vaughan of the 1st quickly it will restore the appetite, Essex Troop noticed Billy Jones, aged revive drooping spirits and fill your veins with new, health-giving blood.

You can get these Pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville. Ont.

land last year produced an income ness and skill are, therefore, worthy nearly as great as that from the combined fish and dairy business of the ed the Gilt Cross. island. The increase in young foxes from about 3,000 pairs of adults was 7,500. Pelts brought about \$200 each, and the ordinary price for a pair of breeders was \$600.

Minard's Liniment for Dandruff.

Crescent, Toronto.

It is all very well to tell adults what

ceive impressions which if directed

ciation is tackling this problem of

with two children, Joan and Tom.

publishing a series of posters dealing the bottom.

zens in after years.

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HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Dr. Middleton will-be glad to answer questions on Public Health mas-

ters through this column, Address him at Spadina House, Spadina

the mind. The Child Hygiene Section warm tub-bath or a good wash and

of the Canadian Public Health Asso- a foot-bath. They get ten hours sleep

diffusing useful hints on health by down down from the top and up from

with their shoulders down and back, right living from the very start.

The

Five Boy Scout Heroes. Scout Alex Campbell of the Perth Troop was crossing the bridge attract the attention of anyone else ening of the breathing and an exhilarat Perth when he saw a little girl winter to spring. These prove that named Beadle struggling in the water and trying to hang on to the edge of down the steps, walked cut on the thin Finally he managed to reach the two who do not need a tonic at this sea and although wearing wearing his Townley to shore and then went back matism and lumbago; the sharp stab- the weight. Finally a little boy, seeoor appetite and a desire to avoid a hockey stick outstretched managed is none can equal Dr. Williams' Pink | weight of his clothes, there being a Pills for their tonic, blood-improving, strong current at the place and he was panions off the breakwater at Kingsstimulates every organ and brings a medal board that Scout Campbell be

six, one of the party, fail face downwards into the water, which was beyond his depth. Scout Vaughan went into the water and swam-out after the smaller boy and after a struggle managed to effect a rescue. Scout Vaughan at the time was only a Tenderfoot Scout and just a little more Fox farming on Prince Edward Is-, than twelve years of age. His promptof great praise. He has been award-

A child fell out of a row hoat some distance from shore and Scout Arthur Minty of the 56th Toronto Troop, seeing the accident, immediately swam out to the place where the child disappeared and managed to rescue it. There seems to be no doubt that the

What a Boy Can Do. These are some of the things a boy

ife can make all sounds of beast or

child would have been drowned if it the lad. The Chief Scout for Canada

son of the 1st Fenelon Falls Troop was

heard their cries. He rushed to the

lake, fired his gun off several times to

under him, but he supported himself by

fast as they could. As this was an es-

showed a great deal of common sense

in effecting it, he has been awarded

Scout Elmer Hines of the 1st Essex

ville, Ont., and while swimming across

had realized that the cross-harbor

swim was too much for him and had

turned back fowards the breakwater,

but was so exhausted when he got

there that he was unable to reach the

ladder to pull himself out. He sank

several times in the attempt and final-

ly took a severe cramp and sank out of

sight before Scout Hines could reach

him. Soon he rose to the surface

again in a very excited condition, so

that it was with difficulty that Scout

Hines was able to carry him up the

minion Medal Boards, signed a Cer-

this will be presented to him with the

congratulations of the Chief Scout in have always given the greatest satis-

the Boy Scout Silver Cross for Gal-

bunting in the neighborhood and comfort.

ley were crossing Little Lake and fell even those who, on land, are unable

thousand feet is reached.

catarrh feel any inconvenience.

prevent fatigue on long flights.

Once a mother has used Baby's Own

keeps a supply on hand, for the first

to equal them in keeping children weil.

The Tablets are a mild but thorough

laxative which regulate the bowels

and sweeten the stomach, thus driving

out constipation and indigestion, colds

never without them in the house. They

faction and I can gladly recommend

them to all mothers of little ones."

The Tablets are sold by medicine deal-

box from The Dr. Williams' Medicine

What's in a Name?

Inspector-"No, your surname."

row)-"What is your name?"

Little Girl-"lona."

ather not tell you."

not be afraid of me.'

Inspector (to the little girl in front

Little Girl-"Please, sir, I would

Inspector "Come, come, you need

Little Girl-"Are you sure you won't

Inspector - "Quite. Of course

TELLS DYSPEPTICS

Little Girl-"Please, eir, it's Ford."

Avoid Indigestion, Sour Acid Stomach.

Heartburn, Gas On Stomach, Etc.

orities, are due nine times out of ten

to an excess of hydrochloric acid in

the stomach. Chronic "acid stomach"

is exceedingly dangerous and sufferers

often disagreeable diet, avoiding foods

that disagree with them, that irritate

the stomach and lead to excess acid

secretion or they can eat as they

fermentation by the use of a little

There is probably no better, safer or

more reliable stomach antiacid than

Bisurated Magnesia and it is widely

used for this purpose. It has no direct action on the stomach and is not a di-

gestent. But a teaspoonful of the

powder or a couple of five grain tab-

lets taken in a little water with the

food will neutralize the excess acidity

which may be present and prevent its

further formation. This removes the whole cause of the trouble and the

meal digests naturally and healthfully

without need of pepsin pills or arti-

Get a few ounces of Bisurated Mag-

nesia from any reliable druggiet. Ask for either powder or tablets. It never

comes as a liquid, milk or citrate and

in the bisurated form is not a laxative.

isn't the best advice you ever had on

Characteristics of a Good

Container.

by freight carriers to bring to the at-

tention or shippers the necessity for

improvements in packages the Forest

Products Laboratories of Canada, De-

partment of the Interior, point out that

strength and lightness are the two

important characteristics of an ef-

ficient container. In the strength of

a container there are three main fac-

tors: first, the strength of the ma-

terial used; second, the nail-holding

power of that material (when hails are used); and, third, the strength due

An efficient barrel, box or other con-

tainer can only be constructed by the

application of accurate information

sult of some forty thousand tests they

To secure information as to the nail-

holding power, a series of tests was

to the design of the container.

concerning these three factors. With regard to the first, the Forest Products Laboratories of Canada are

pertance.

In connection with the effort made

ficial digestents.

"what to eat."

should do either one of two things.

Indigestion and practically all forms

stomach trouble, say medical auth-

Co., Breckville, Ont.

And a thousand more they never

He can crow or cackle, chirp or cluck, Till he tools the rooster, hen or duck. He can mack the dog or cat or cow, And the cat herself can't beat his

To educate the young in health with their heads erect, with their feet habits is one of the most important straight shead. They protect their features of Public Health work to-day. clothes as completely as possible, striped, or plain, He can thunder by like a railway

while out doors. They remove their to do in matters of personal as well rubbers in school. They are weighed Stop at the stations a breath, and then as community hygiene, but wrong and measured at regular intervals. Apply the steam and be off again.

habits acquired are hard to break. It They play out-of-doors as much as is to the child that our hopes and ac- possible, in yards, fields or play-He has all his powers in such comtivities are chiefly aimed, because grounds not streets. In winter they mand. their young elastic minds easily re- also spend a good deal of playtime can turn right into a full brass

out-of-doors, wearing warm, lightalong right lines make for good citi- weight clothing. They do not wear band. With all of the instruments ever One of the most effective ways for throats with heavy scarfs or furs. tight bands, nor bundle up their played.

disseminating this information to the They change their stockings at least young is by the aid of pictures and every second day. They brush and stories, thus conveying the impres- polish their shoes every night. In If he's wide awake and is keeping sions both by the eye, the ear and preparing for bed they take a full

But earth would be-God bless their dull old place if there were no boys

Nova Scotia Crop Reports.

Now these are little habits of health In his report on the Nova Scotla These are just ordinary youngsters that Joan and Tom have formed, and crop returns for 1921. Mr. Cumming, whose parents and teachers are taking they will benefit greatly by carrying Secretary for Agriculture, makes the harmful acid and prevent the formasteps to guide them along the road them out. There is no reason why statement that the fruit growers of tion of gas, sourness or premature that leads to health and happiness in every child could not be taught to fol- that province "have enjoyed one of low out these rules of life that Joan the most successful years in the his-Seven o'clock is the hour that Joan and Tom are practicing. Let every tory of the country." Exceptionally and Tom have arranged to get up at mother or father who reads this good crops were the rule, the root in the morning. After rising they take article just try out these rules on crops in most cases being considera sponge bath or a good wash. They their children and see what the re- ably above the average. Potatoes use their own towers and their own suits are. Do try them anyway, were singularly free from rot, which wash cloths. They each drink a glass mother or father, and you may be greatly increased the not yield. Sevof water after brushing their teeth. sure your children's health physique eral farms reported turnips of high After washing in their own rooms and power to study will be the better quality running from 1.200 to 1.400 they finish dressing. They each use for the little trouble it involves. Be-

a clean brush and comb and an orange sides you have a great responsibility. The apple orchards of Nova Scotia wood stick for their nails. Break- in shaping your child's destiny A set a new high figure in 1921. The fast, they eat slowly. They chew their guiding hand in the home during the best informed of the fruit growers esfood well. They do not eat fried foods early years, is best, for at school age timate the output at 1,800,000 barrels, or fresh breads. They do not drink the child has reached a stage when as against 1.162.696 barrels and 14.172 tea or coffee. After breakfast they some of its characteristics, likes and boxes in 1920. The quality was also do not use boothpicks. They brush dislikes, have already been developed above that of the previous year. their teeth and rinse their mouths with along proper lines even from the

clean water. They wear plain, broad-cradie, and that they be kept in con-Being ignorant is not so much a Try this plan and eat what you want toed shoes with low heels. They walk formity with the laws of nature and shame as being unwilling to learn, at your next meal and see if this -Benjamin Franklin.

Air That Makes Your Sing AFTER EFFECT WAS attacks all flying men, but this is not WORSE THAN FLU correct. There is far less danger of air-sickness than of sea-sickness, and

through the ice. Scout James Patter to look down from heights without TORONTO WOMAN SAYS feeling giddy, can fly with perfect SHE WAS LEFT ALMOST Up to about ten thousand feet no HELPLESS. charge is noticed except a slight deep-

who might be in the vicinity, and ation that shows itself in a desire to Digestion Ruined and Nerve then walked out on the ice. It broke sing! As a rule the effects of high flying are not noticed until fifteen Shattered She Could Find No Relief. Tanlac Again These effects are due to the fact that there is less oxygen in the air at great Proves Merit. heights. The variation in air pressure

makes little or no difference. It is "I have all the faith in the world in true that the air inside th human body Tankac for it has certainly been a joy expands, but only those suffering from and blessing to me," declared Mrs. Robert Dawson, 571 Church St., Toron-By the aid of exygen an American to, Ont.

pilot reached a height of forty thousand feet without suffering from any my health down," she stated. "I had pneumonia following the flu and was For high flying oxygen in liquid down in bed seven weeks and was left form is carried, and in the future almost a wreck. For some time I was Troop was swimming with some com- pilots will probably carry oxygen to unable to get around as I was so weak was almost helpless. My appetite was gone, my nerves were almost shattered and my whole system seemed to be disordered. I suffered from headaches and dizzy spells, couldn't sleep weil and just seemed to be troubled

in one way and another all the time. "But I'm so glad I gave Tanlac a trial for it was just the thing I needed. My appetite returned and my nerves Tablets for her little ones she always quieted down and by the time I finishtrial convinces her there is nothing did health. Tankac is a grand medied my sixth bottle I was in just splencine. It certainly proved to be a 'friend in need' in my case."

Tanlac is sold by all good druggists.

ladder on to the dock. The Chief and simple fevers and making teeth-Scout for Canada has, on the recoming easier. Concerning them, Mrs. mendation of the Provincial and Do-Saluste Pelletier, St. Dumas, Que., Never leave a camp-fire, even for a short time, without querching it with tificate of Merit for Scout Hines and Tablets for the past ten years and am writes:-"I have used Baby's Own water and then covering it with earth.

It was the saying of a great man that "if we could trace our descents we should find all slaves to come from princes, and all princes from slaves." -Seneca.

ens or direct by mail at 25 cents a Yarmouth, N.S., March 24, 1921. Mr. Joseph LeBlanc, Secretary of the Athletic Association, who were the Champions for 1920 of the South Shore League and Western Nova Scotia Base Ball, states that during the summer the boys used MINARD'S LINIMENT with very beneficial results, for sore muscles, bruises and sprains. It is considered by the players the best white liniment on the market. Every team should be supplied with this celebrated remedy.

[Signed] JOSEPH L. LeBLANC,

An old lady from the west who had for so many years longed to see the ocean, arrived on the Atlantic shore and gazed long at the vast expanse of water and said, "Well, I'm glad once in my life to see something that there's enough of for everybody."

Lift Off with Fingers



Doesn't hurt a bit! 'Freezone' on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the tce, and the calluses, without soreness or irritation.

He who begins and does not finish has lost his labor.

Minard's Liniment Relieves Neuralgia

are a fault-mender. America's Pioneer Dog Remedice

Don't be a fault-finder unless you



DOG DISEASES and How to Feed Mailed Free to any Ad-dress by the Author. E. Clay Glever Co., Inc. 129 West 24th Street New York, U.S.A.

COARSE SALT LANDSALT

Bulk Carlots TORONTO SALT WORKS C. J. CLIFF - TORONTO

BEDUCE 8 POUNDS A MONTH and following the Growton Diet. Sold by all druggists, or by mail. able to supply valuable data, the re-ROSS MEDICINE COMPANY have already made on the strength of 75 Jarvis Street, Canadian woods of commercial im-

> FOR prevention of pair INDIGESTION e remedy is so justly famed as flother Seigel's Syrup, the MOTHER 2-411

Into the garden's heart; enoth has dawned, the air is warm and

sweet, and now Mark how the withered winter Last autumn's loitering

blown as in play Scamper across the lawn and whir

Soon shall spring's quickening spirit With passing days the sunlight shall

The veiling vapors, crocuses unfold: Peering from out their beds in glowing gold, Like tiny suns, the daffedils shall tell The secret of a voice that breathes

The voice of spring which is the voice of God.

-Elizabeth Scollard.

MONEY ORDERS. Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Sure it is that the truth most re quired is the truth least liked.

Minard's Liniment for Burns, etc.

Those who don't lose their tempers

ACHES AND PAINS-SLOAN'S GETS 'EM!

A VOID the misery of racking pain. Have a bottle of Sloan's Liniment handy and apply when you first feel the ache or pain. It quickly eases the pain and sends a feeling of warmth through the aching part. Sloan's Liniment penetrates

without rubbing.
Fine, too, for rheumatism, neuralgia. sciatica, sprains and strains, stiff joints, lame back and sore muscles. For forty years pain's enemy. Ask

your neighbor.
At all druggists—35c, 70c, \$1.40.

CUTICURA HEALS **SCALES ON HEAD** Also Eruptions on Face Very Disfiguring.

"My trouble began with small of scales upon my scale which spread and covered which spread and covered the top of my head. My hair became dry and life-less and fell out. Soon hair became dry and life-less and fell out. Soon the trouble appeared in circles on my face. The cruptions on my face were eruptions on my face wer very dissignting.
"A friend advised Cutiours Soar

and Ointment. I sent for a free cam-ple which helped me, so I bough more, and after using one box of Ointmort, together with the Soap, I was healed." (Signet) Goorge Brett, Jr., Pullman, Wash. Give Cuticura Soap, Ointm

faicum the care of your skin.

BECKEEPERS SUPPLIES
STROTH and lumbs his
furnishings, hency circular
engines and storage tanks;
stock of beskeeping results

BELTING FOR SALE ALL KINDS OF KRW AND teiting, pulleys, name cable hans pe etc., shipped subject to approved at prices in Canada, VORT SELLIN 112 YORK, STRIME, TORSES

FOR CONSTIPATION and SICK HEADACHE

sa' Kidney and Liver Pil by all draggists; or



Pratts Buttermill Baby Chick Food

Sold everywhere on our man ey back guarantee, ADVICE CANADA, LIMITED

YOUNG **MOTHER** NOW STRONG

Her Mother's Faith in Lydin Pinkham's Vegetable Comp Led Her To Try It



table Con

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oths the spindle by filling the mini he steel. Over this the gresse w

IMPERIAL

Keeps harness strong, flexible and new-looking. Doubles its life and gives it a rich, black finish that lasts. On sale everywhere in sizes pint to a barrel.

IMPERIAL OIL LIMITED Canadian Company Cam Canadian Workmen Canadian Capital

WARNING! Say "Bayer" when you buy Aspiri Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances

Accent only an "unoroken package" of "Bayer Tables of Aspirin," which contains directions and dose worker out physicians during 22 years and proved safe by millio

Colds Headache Toothache Neuralgia Earache Lumbago

Handy "Bayer" bores of 12 tablets -Also bottles of 24 and 1 Aspirin is the trade mark (registered in Canada) of a scotloacidester of Salicylicacid. While it is well known

The Boy Who Started to Town With a Hundred Dollars

every night, and sleep with their w



The advice they gave him for getting on in the world was simple and familiar enough: "Keep what you have, and build on it. Be careful what you do and it will grow into more.'

It's a safe rule—with money or health. but a good many overlook the rule with health, until they have lost what they had. Then it's hard to get a new supply.

Postum is a splendid help in saving health from the very common losses through the drug elements of tea and coffee-whose effects on the nervous system any doctor can tell you.

Thousands of people who think it wise to be as careful of their health as they are of their dollars are users of Postum. They find this famous cereal beverage a delightful drink with any meal, element.

You can begin with Postum today, with an order to your grocer. The road to health is a good road for anybody to follow. "Save what you have, and build on it," is sound policy for everybody.

Postum comes in two forms: Instant Postum (in time) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger built, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes. Sold by all grocers.

Postum for Health - "There's a Reason

Made by Canadlan Postum Ceresi Co., Limited, Windsor, Ont.

and it's free from any disturbing

begun at the Laboratories recently, and will cover all woods which could elipation and other disagree

be used in the manufacture of con-No comprehensive and systematic tests on the strength of containers as affected by design have been made in Canada. The Forest Products Labora-tories of Canada have under consideration the making of such tests, and will be glad to co-operate with manufac turers and users of wooden and fibre