

## UNSIGHTLY PIMPLES AND FACE ERUPTIONS

In the Spring Most People Need a Tonic Medicine.

One of the surest signs that the blood is out of order is the pimples, unsightly eruptions and eczema that come frequently with the change from winter to spring. These prove that the long indoor life of winter has had its effect upon the blood, and that a tonic medicine is needed to put it right. Indeed, there are few people who do not need a tonic at this season. Bad blood does not merely show itself in disfiguring eruptions. To this same condition is due attacks of rheumatism and lumbago; the sharp stabbing pains of sciatica and neuralgia; poor appetite and a desire to avoid exertion. You cannot get rid of these troubles by the use of purgative medicines—you need a tonic, and a tonic only, and among all medicines there is none can equal Dr. Williams' Pink Pills for their tonic, blood-improving, nerve-restoring powers. Every dose of this medicine helps make new, rich blood which drives out impurities, stimulates every organ and brings a feeling of new health and energy to weak, tired, ailing men, women and children. If you are out of sorts give this medicine a trial and see how quickly it will restore the appetite, revive drooping spirits and fill your veins with new, health-giving blood.

You can get these Pink Pills in 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.

Minard's Liniment for Dandruff.

## With The BOY Scouts

Five Boy Scout Heroes.

Scout Alex Campbell of the 1st Perth Troop was crossing the bridge at Perth when he saw a little girl named Beattie struggling in the water and trying to hang on to the edge of the broken ice. He immediately ran down the steps, walked out on the thin ice, which gave way under his weight, and although wearing wearing his overcoat, managed to swim towards the child and push her on to the ice, but it continued to break away under the weight. Finally a little boy, seeing their plight, came along and with a hockey stick outstretched managed to aid Campbell in effecting the rescue. Scout Campbell is in danger of being carried under the ice and of being dragged down under from the weight of his clothes, there being a strong current at the place and he was heavily dressed. The Chief Scout for Canada, Elton Byng of Vimy, has approved of the recommendation of the medal board that Scout Campbell be awarded the Silver Cross.

During a juvenile swimming party at Sea Cliff Park, Leamington, Ont., Scout Douglas Vaughan of the 1st Essex Troop noticed Billy Jones, aged six, one of the party, fall face down 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 than twelve years of age. His promptness and skill are, therefore, worthy of great praise. He has been awarded the Gold Cross.

A child fell out of a row boat some distance from shore and Scout Arthur Minty of the 50th 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 can do:

- He can shout so loud the air turns blue.
- He can make all sounds of beast or bird.
- And a thousand more they never heard.
- He can crow or cackle, chirp or cluck. Till he fools the rooster, hen or duck. He can bark the dog or cat or cow. And the cat herself can't beat his mew-ow!
- He has sounds that are ruffled, striped, or plain.
- He can thunder by like a railway train.
- Stop at the stations a breath, and then Apply the steam and be off again.
- He has all his powers in such command.
- He can turn right into a full brass band.
- With all of the instruments ever played.
- And march away as a street parade.
- You can tell that a boy is very ill if he's wide awake and is keeping still.
- But earth would be—God bless their noise!
- A dull old place if there were no boys.

## Health Education

BY DR. J. J. MIDDLETON  
Provincial Board of Health, Ontario  
Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

To educate the young in health habits is one of the most important features of Public Health work to-day. It is all very well to tell adults what to do in matters of personal as well as community hygiene, but wrong habits acquired are hard to break. It is to the child that our hopes and activities are chiefly aimed, because their young elastic minds easily receive impressions which if directed along right lines make for good citizens in after years.

One of the most effective ways for disseminating this information to the young is by the aid of pictures and stories, thus conveying the impressions both by the eye, the ear and the mind. The Child Hygiene Section of the Canadian Public Health Association is tackling this problem of diffusing useful hints on health by publishing a series of posters dealing with two children, Joan and Tom. These are just ordinary youngsters whose parents and teachers are taking steps to guide them along the road that leads to health and happiness in days to come.

Seven o'clock is the hour that Joan and Tom have arranged to get up at in the morning. After rising they take a sponge bath or a good wash. They use their own towels and their own wash cloths. They each drink a glass of water after brushing their teeth. After washing in their own rooms they finish dressing. They each use a clean brush and comb and an orange wood stick for their nails. Breakfast, they eat slowly. They chew their food well. They do not eat fried foods or fresh breads. They do not drink tea or coffee. After breakfast they do not use toothpicks. They brush their teeth and rinse their mouths with clean water. They wear plain, broad-tipped shoes with low heels. They walk with their shoulders down and back.

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TORONTO WOMAN SAYS SHE WAS LEFT ALMOST HELPLESS.

"The flu a year ago is what broke my health down," she stated. "I had pneumonia following the flu and was down in bed seven weeks and was left almost a wreck. For some time I was unable to get around as I was so weak I 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 well 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 quieted down and by the time I finished my sixth bottle I was in just splendid health. Tanlac is a grand medicine. It certainly proved to be a 'friend in need' in my case."

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## BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first trial convinces her there is nothing else so good for her children. The Tablets are a mild but thorough laxative which regulates the bowels and sweetens the stomach, thus driving out constipation and indigestion, colic and simple fevers and making teething easier. Concerning them, Mrs. Saluste Pelletier, St. Dunas, Que., writes: "I have used Baby's Own Tablets for the past ten years and never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## What's in a Name?

Inspector (to the little girl in front row): "What is your name?" Little Girl: "Ford." Inspector: "No, your surname?" Little Girl: "Please, sir, I would rather not tell you." Inspector: "Come, come, you need not be afraid of me." Little Girl: "Are you sure you won't laugh?" Inspector: "Quite. Of course I won't laugh." Little Girl: "Please, sir, it's Ford."

## TELLS DYSPEPTICS WHAT TO EAT

Avoid Indigestion, Sour Acid Stomach, Heartburn, Gas On Stomach, Etc. Indigestion and practically all forms of stomach trouble, say medical authorities, are due to the acids of the stomach. Choking acid stomach is exceedingly dangerous and sufferers should do either one of two things: Either they can go on a limited and often disagreeable avoiding foods diet that disagrees with them, that irritates the stomach and lead to excess acid secretion or they can eat as they please in reason and make it a practice to counteract the effect of the harmful acid and prevent the formation of gas, sourness, or premature fermentation by the use of a little Bisurated Magnesia at their meals. There is probably no better, safer or more reliable stomach antacid than Bisurated Magnesia and it is widely used for this purpose. It has no direct action on the stomach and is not a diuretic. But a teaspoonful of the powder or a couple of five grain tablets 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 peppin pills or artificial digestants.

Get a few ounces of Bisurated Magnesia from any reliable druggist. Ask for either powder or tablets. It never comes as a liquid, milk or strata and in the bisurated form is not a laxative. Try this plan and eat what you want at your next meal and see if this isn't the best advice you ever had on "what to eat."

## Characteristics of a Good Container.

In connection with the effort made by the carriers to bring to the attention of shippers the necessity for improvements in packages the Forest Products Laboratories of Canada, Department of the Interior, point out that strength and lightness are the two important characteristics of an efficient container. In the strength of a container there are three main factors: first, the strength of the material used; second, the holding power of that material (when nails are used); and, third, the strength due to the design of the container. An efficient barrel, box or other container can only be constructed by the application of accurate information concerning these three factors. With regard to the first, the Forest Products Laboratories of Canada are able to supply valuable data, the result of some forty thousand tests they have already made on the strength of Canadian woods of commercial importance. To secure information as to the holding power, a series of tests was begun at the Laboratories recently, and will cover all woods which could be used in the manufacture of containers. No comprehensive and systematic tests of the strength of containers as affected by design have been made in Canada. The Forest Products Laboratories of Canada have under consideration the making of such tests, and will be glad to co-operate with manufacturers and users of wooden and fibre containers.

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### The Boy Who Started to Town With a Hundred Dollars

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, and it's free from any disturbing 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 tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, 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 Canadian Postum Cereal Co., Limited, Windsor, Ont.

### COARSE SALT LAND SALT

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

### REDUCE & FOURS A MONTH

Price by Lb. \$1.00  
Price by Tonne \$1.00  
Box following the Growtox Dist.  
Sold by all druggists, or by mail,  
ROSS MEDICINE COMPANY  
75 Jarvis Street, Toronto

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### IMPERIAL MICA AXLE GREASE

The ground mica in Imperial Mica Axle Grease smooths the spindle by filling the minute cracks in the steel. Over this the grease works easily, affording friction, heat and wear. It keeps the strain on horses and harness. It goes twice as far and lasts twice as long as other greases.

### IMPERIAL OIL LIMITED

Canadian Company Canadian Capitalist Canadian Workmen

### Genuine BAYER Aspirin

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

Accept only an "unbroken package" of Bayer Tablets of Aspirin, which contains directions and dose worked out by physicians during 22 years and proved safe.

Cold, Headache, Rheumatism, Toothache, Neuralgia, Neuritis, Earache, Lumbago, Pain, Pain.

Handy "Bayer" boxes of 12 tablets—Also bottles of Aspirin in the trade mark (registered in Canada) of Bayer, the manufacturer of Aspirin and other medicinal products. The Bayer name will be stamped with each general name with the Bayer cross.