UNSIGHTLY PIMPLES AND FACE ERUPTIONS

In the Spring Most People Need a Tonic Medicine.

One of the surest signs that the uneightly eruptions and eczema that winter to spring. These prove that its effect upon the blood, and that a time broken fee. He immediately ran right. Indeed, there are few people ice, which gave way under his weight, son. Bad blood does not merely show overcoat, managed to swim towards itself in disfiguring eruptions. To this the child and push her on to the ice. same condition is due attacks of rhen- but it continued to break away under matism and lumbago: the sharp stabbing pains of sciatica and neuralgia; ing their plight, came along and with poor appetite and a desire to avoid a hockey stick outstretched managed 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 cines—you need a tonic, and a tonic of being carried under the ice and of only, and among all medicines there being dragged down under from the is none can equal Dr. Williams' Pink weight of his clothes, there being a 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 During a juvenile swimming party children. If you are out of sorts give at Sea Chiff Park, Leamington, Ont. this medicine a trial and see how quickly it will restore the appetite, revive drooping spirits and fill your six, one of the party, fall face downveins with new, health-giving blood. You can get these Pills from any

a box or six boxes for \$2.50 from The Dr. Willfams' Medicine Co., Brock-

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 island. The increase in young foxes 7.500. Pelts brought about \$200 each, and the ordinary price for a pair of

Minard's Liniment for Dandruff.

zens in after years.

With The BOY MODUIS

and although wearing wearing his the weight. Finally a little boy, see strong current at the place and he was teavily dressed. The Chief Scout for Canada, Baron Byng of Vimy, has apmoved of the recommendation of the medal heard that Scout Campbell he awarded the Silver Cross.

Scout Douglas Vaughan of the Tut Essex Troop noticed Billy Jones, aged wards into the water, which was beyoud his depth. Scout Vaughan went into the water and swam out after the smaller boy and after a struggle managed to effect a rescue. Segut aughan at the time was only a Tenderfoot Scout and just a little more Fex farming on Prince Edward Is- than twelve years of age. His promptof great praise. He has been awardod the Gilt Cross.

A child fell out of a row boat 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

HEALTH EDUCATION

RY DR. J. J. MIDDLETON

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

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

sions both by the eye, the ear and preparing for bed they take a full

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

ciation is tackling this problem of every night, and sleep with their win-

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

their teeth and rinse their mouths with along proper lines even from the

clean water. They wear plain, broad-cradle, and that they be kept in con-

toed shoes with low heels. They walk formity with the laws of nature and

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

publishing a series of posters dealing the bottom.

constine Little Fake and fell then walked out on the ice. It broke l'ownley to shore and then went back after Jackett, who by this time was almost exhausted. When he got both to safety he told them to run home as that as they could. As this was an esnecially difficult rescue and Patterson showed a great deal of common sense in effecting it, he has been awarded the Boy Scout Silver Cross for Gal-

Scout Elmer Hines of the lat Hases Troop was swimming with some companions off the breakwater at Kings title. Ont. and while swimming across the Harbor notified one of his rom. panions in difficulty. This second boy had realized that the cross-harbo swim was too much for him and had turned back towards the breakwater but was so exhausted when he go there that he was unable to reach the adder to pull himself out. He sank several times in the attempt and finally took a severe cramp and sank out of sight before Scout Hines could reach Soon he rose to the surface again in a very excited condition, so that it was with difficulty that Scout Himes was able to carry him up the adder on to the dock. The Chief Scout for Canada has, on the secom nendation of the Provincial and Do number Medal Roards signed a Car tificate of Merit for Scout Hines and this will be presented to him with the congratulations of the Chief Scout in

What a Boy Can Do.

the very near future.

ers or direct by mail at 25 cents a box from The Dr. Williams' Medicine can do: Co., Brockville, Ont.

He can make all sounds of heast of

And a thousand more they never

He can crow or cackle, chirp or cluck Till he fools the rooster, hen or duck He can mosk the dog or cat or cow, And the 'cat herself can't heat his

To educate the young in health with their heads erect, with their feet. He has sounde that are ruffled habits is one of the most important straight ahead. They protect their striped, or plain, features of Public Health work to-day. clothes as completely as possible, can thunder by like a railway It is all very well to tell adults what while out doors. They remove their train.

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. habits acquired are hard to break. It They play out-of-doors as much as Apply the steam and be off again.

is to the child that our hopes and ac- possible, in yards, fields or playtivities are chiefly aimed, because grounds—not streets. In winter they their young elastic minds easily re- also spend a good deal of playtime

ceive impressions which if directed out-of-doors, wearing warm, light-aiong right lines make for good citi- weight clothing. They do not wear With all of the instruments tight bands, nor bundle up their ways for throats with heavy scarfs or furs.

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 You can tell that a boy is very ill stories, thus conveying the impres- polish their shoes every night. In If he's wide awake and is keeping to an excess of hydroch!oric acid in

still: But earth would be—God bless their is exceedingly dangerous and sufferers should do either one of two things. noise! A dull old place if there were no boys.

Nova Scotia Crop Reports.

with two children, Joan and Tom. Now these are little habits of health In his report on the Nova Scotia 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 that leads to health and happiness in every child could not be taught to fol-that province "have enjoyed one of fermentation by the use of a little 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 towels 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 net 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- bushels per acre.

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 meal digests naturally and healthfully fast, they eat slowly. They chew their guiding hand in the home during the best informed of the fruit growers es- without need of pepsin pills or artifood 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 toothpicks. They brush dislikes, have already been developed above that of the previous year.

> Being ignorant is not so much a shame as being unwilling to learn, at your next meal and see if this -Benjamin Franklin

AFTER FEFFET WAS

TORONTO WOMAN SAYS SHE WAS LEFT ALMOST HELPLESS.

sing! As a rule the effects of high Digestion Ruined and Nerve flying are not noticed until fifteen thousand feet is reached. These effects are due to the fact that Shattered She Could Find No Relief. Tanlac Again Proves Merit.

there is loss expen in the air at great

heights. The variation in air pressur

catarri feel any inconvenience.

By the aid of oxygen an American

For high flying oxygen in

ALWAYS IN THE HOME

keeps a supply on hand, for the first.

to equal them in keeping children well.

laxative which regulate the bowele

and simple fevers and making teeth-

Tablets for the past ten years and am

never without them in the house. They

have always given the greatest satis-

them to all mothers of little ones."

The Tablets are sold by medicine deal-

What's in a Name?

Inspector-"No, your surname

Little Girl-"Are you sure you won't

Inspector -- "Quite. Of course

TELLS DYSPEPTICS

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

Avoid Indigestion, Sour Acid Stomach

of stomach trouble, say medical auth-orities, are due nine times out of ten

the stomach. Chronic "acid stomach"

Either they can go on a limited and

often disagreeable diet, avoiding foods

that disagree with them, that irritate

secretion or they can eat as they please in reason and make it a prac-

tice to counteract the effect of the

Bisurated Magnesia at their meals.

There is probably no better, safer or

Bisurated Magnesia and it is widely

used for this purpose. It has no direct

action on the stomach and is not a digestent. But a teaspoonful of the

powder or a couple of five grain tab-lets taken in a little water with the

food will n utralize the excess acidity

which may be present and prevent its

further formation. This removes the

Get a few ounces of Bisurated Mag-

nesia from any reliable druggist. Ask

for either powder or tablets. It never

omes as a liquid, milk or citrate and

in the bisurated form is not a laxative.

Try this plan and eat what you want

isn't the best advice you ever had on

Characteristics of a Good Container.

In connection with the effort made

hy freight carriers to bring to the at-

Products Laboratories of Canada. Depaytment 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 nails

are used); and, third, the strength due

An efficient barrel, box or other container can only be constructed by the

application of accurate information

able to supply valuable data, the result of some forty thousand tests they

have already made on the strength of Canadian woods of commercial im-

To secure information as to the nail-

holding power, a series of tests was

begun at the Laboratories recently.

and will cover all woods which could

he used in the manufacture of con-

to the design of the container

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

ficial digestents.

Indigestion and practically all forms

row)-"What is your name?"

Little Girt-"Iona."

ather not tell you."

not be afraid of me.

won't laugh.'

"I have all the faith in the world in Taniac for it has certainly been a joy expands, but only those suffering from and blessing to me," declared Mrs. to. Ont.

nilot reached a height of forty thou-"The flu a year ago is what broke my health down," she stated. "I had pneumonia following the flu and was sand feet without suffering from any fown in had seven weeks and was left form is exerted, and in the future pilots will probably carry oxygen to almost a wreck. How some time I was anable to get around as I was so weak was almost helplass. My appetite was zone, my perves were almost shattered and my whole evatem seemed to be disordered I suffered from head solies and diszy spells, couldn't sleep well and just seemed to be troubled n one way and another all the time.

"But I'm so glad I gave Tambe trial for it was mat the thing I needed quieted down and by the time I finish ad my sixth bottle I was in fust splet did health. Tanks is a grand medicine. It certainly proved to be

and sweeten the stomach, thus driving out constipation and indigestion, colds Never leave a camp-fire, even for ing easter. Concerning them, Mrs. short time, without quenching it with writes:-"I dive 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 faction and I can gladly recommend we should find all slaves to come from princes, and all princes from slaves.'

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 Inspector (to the little girl in front Ball, states that during the summe the boys used MINARD'S LINIMENT with very beneficial results, for sore muscles, bruises and sprains. It is Little Girl-"Please, sir. I would considered by the players the best white liniment on the market. Every Inspector-"Come, come, you need 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 here's enough of for everybody."

Lift Off with Fingers



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

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

Minard's Liniment Relieves Neuralgia

Don't be a fault-finder unless von are a fault-mender.

DOG DISEASES tention of shippers the necessity for and How to Feed Mailed Free to any Ad improvements in packages the Forest dress by the Author.

E. Clay Glover Co., Inc.

129 West 24th Street.

New York, U.S.A.

COARSE SALT LANDYSALT Bulk Carlots. TORONTO SALT WORKS

C. J. CLIFF . TORONTO

BEDUCE 8 POUNDS A MONTH ROSS MEDICINE COMPANY

75 Jarvis Street,

FOR the prevention of pains stipation and other disagre-

IND CESTION no remedy is so justly famed as Mother Seigel's Syrup, the stomach and liver tonic with MOTHER-

waves, how

blown as in play

Scamper across the lawn

Peering from out their beds in glow-ing gold,

Like tiny suns, the daffodils shall The secret of a voice that The voice of spring which is the

voice of God -Elizabeth Scolla

MONEY ORDERS. nion Express Money Orders are on sale in five thousand office

Sure it is that the truth most uired is the truth least liked.

ACHES AND PAINS-SLOAN'S GETS 'EM! VOID the misery of racking pain.

A VOFD the misery of racking pant.

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 feeling of warmth through the a feeling of warmth through the aching part. Sloan's Lamiment penetrates without rubbine.

nthout 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. Made in Ginada. Sloans Liniment (Pains

Also Eruptions on Face. Very Disfiguring.

"My trouble began with small which spread and covered the top of my head. My hair became dry and life-less and fell out. Soon the trouble appeared in circles on my face. The eruptions on my face were "A friend advised Cuticura S

and Ointment. I sent for a free ear ple which helped me, so I bought more, and after using one box of Cintment, together with the Scap, I was healed." (Signed) George Brett, Jr., Pullman, Wash. Give Cuticura Soap, Ointmer

Talcum the care of your skin. PRICEITE THE UNITE OF J Comment of the Comment of t

Led Her To Tree B

FOR CONSTITUTE

Baby Chick Food

Sold everywhere on our mon

FREE. Tell us your trouble.

PRATT POOD CO. O

IMPERIAL

The ground mice in Imperial Mice Arie Commonths the spindle by filling the minute was in the steel. Over this the granes works as aliminating friction, heat and ween.

IMPERIAL

Keeps harness strong, flexible and Doubles its life and gives it a rie that lasts. On sale everywhere

IMPERIAL OIL LIMITED



WARNING! Say "Bayer" Unless you see the name "Bayer" on lables you are not getting Aspirin at all. Why take chances

Accept only an "unbroken package" of "Bayet Tab Aspirin," which contains directions and dose physicians during 22 years and proved in

Colus **Foothache** Earache_

Headache Neuralgia Lumbago

Handy "Bayer" boxes of 12 tablets Also

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,

policy for everybody.

Postum comes in two forms: Instant Postum of boiling water. Postum Cereal (in packages 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

and it's free from any disturbing

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

> No comprehensive and systematic tests on 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