

AFTER EVERY MEAL

WRIGLEY'S NIPS

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It's a DOUBLE treat—Peppermint Jacket over Peppermint gum.

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Candy jacket just "melts in your mouth" then you get the delectable gum center.

And with Wrigley's three old standbys also affording friendly aid to teeth, throat, breath, appetite and digestion.

Soothing, thirst-quenching. Making the next cigar taste better.

THE FLAVOR LASTS

AFTER EVERY MEAL

BRITISH EMPIRE SETTLEMENT PLAN

CO-OPERATION OF IMPERIAL AND OVERSEAS DOMINIONS.

Provides Funds for Settlers and Thus Removes All Canada's Objections.

The Empire Settlement Bill has passed the British House of Commons without division, making available three million pounds sterling of the money of the taxpayers of Great Britain, annually for fifteen years, for schemes of settlement in the overseas Dominions of the British Empire. The bill aims at the close co-operation of the Imperial and overseas Dominions in evolving schemes which will be to the best mutual interests of the settlers and the Dominions, as being most vitally interested, practically a free hand in the matter of actual settlement. The ultimate success of the general project, as far as Canada is concerned, lies in the manner in which the Dominion will exert herself to take advantage of the measure and develop the best arrangements to receive and locate settlers.

The scheme is designed to work to the greatest benefit of both the Motherland and the Dominions of the Empire, and should accomplish what each has been attempting individually to achieve since the conclusion of the war. It is calculated to effect a considerable amelioration in the acute unemployment situation of the British

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Isles whilst giving to the Dominions emigrants of good British stock which certain of them have felt constrained to refuse in their own unsatisfactory economic conditions.

The war brought to the point of culmination the urgent need of redistribution of the population of the British Empire, for the return of the armies resulted in an overstocked British Isles. Normal emigration to the Dominions during the war period would have been over two millions; actual emigration was less than one-sixth of this total. Even allowing for nearly 750,000 who fell in the war, there was an excess of one million over the normal increase of population for the period. To accentuate the acuteness of the situation, the country was plunged into an economic maelstrom with an inability to find work for even the normal population; and where relief might have been found, certain of the Dominions, undergoing their own trials in the period, were disinclined to burden themselves with men to whom they could give no positive assurance of regular employment.

Many Would Come to Canada.

Whilst Canada has looked upon her millions of acres of virgin agricultural land that lacked the men to turn the soil, England has been paying out an annual sum in excess of \$500,000,000 to unemployed without effecting any material relief of a permanent nature. These unemployed, it must be realized, are not in this condition through any fault of their own; they are the sport of circumstances, an excess of population in a period of serious economic stress. Many, could they do so, and the Dominion were willing to accept them, would come to Canada. Canada has been eager to welcome them, but able to absorb only those with sufficient funds to establish themselves and give a guarantee against possible destitution.

Keenly alive to the benefits of assisted and state-aided immigration, Canada has been largely held back by financial stringency, although after an expenditure of \$164,000,000 in re-establishing her own soldiers, she co-operated up to a certain point in settling on Canadian lands numbers of Imperial veterans. In this existing state of things the natural line to follow was that of using a large part of the money spent in unemployment doles in effecting a permanent redress of the situation, by establishing men in places where they would work out their own prosperity and were at the same time a national need.

Scheme Opens Great Possibilities.

In the preliminary conference between the British and overseas governments, it was the general understanding that of the sum available about one-half should be devoted to assisted passages and other forms of actual migration, this to be by way of a loan and not a free grant, the cost to be borne equally between the British government and the Dominion concerned. The other half was to be devoted to advances to settlers on the land, reckoned at a maximum of \$1,500 per settler, made by the overseas government. In all probability it is on these bases that the various Dominions will develop their settlement schemes.

The scheme opens up great possibilities for Canadian colonization, which provided the Dominion goes energetically into the matter of developing schemes to extract the greatest benefit from the elaborate project. It is an understood thing between the Imperial and overseas governments that settlement on the land, is the key to the whole problem as well as meeting the social and outstanding need of the Empire outside the Motherland. The bill removes all the objections Canada has had since the war to a large volume of British immigration to not having the necessary funds for immediate settlement and rapid producing.

And Canada need have no fear in this scheme of losing out to other Dominions of the Empire. Canada, in the years before the war, received more immigrants from the British Isles than all other Dominions combined, and in the settlement of Imperial veterans Canada was found to be overwhelmingly in favor in the matter of choice of new homes. The big thing has been done in providing the necessary funds for financing the schemes. It but remains for Canada to arrange to extract a full measure of benefit.

Wireless to Venus?

Shall we soon be able to send wireless messages to the other planets?

This startling suggestion was made recently by Mr. C. G. Abbot, the assistant secretary of the Smithsonian Institute, the greatest scientific society in America.

The great drawback to this extraordinary feat would be its enormous cost. Mr. Abbot thinks that the most suitable planet for the first attempt would be Venus, which he considers is much more likely to be inhabited than any of the others.

For some time past Senators Marconi and other wireless experts have been receiving mysterious signals which it is believed may be attempts on the part of the inhabitants of Mars to get into communication with the earth.

Mr. Abbot does not agree with this theory. Mars, he considers, is almost certainly inhabited, and the so-called wireless messages have some natural cause which at present we cannot discover.

The Ocean as a Gold Mine.

Of what does the sea consist? The obvious answer, of course, is water, but the ocean contains many other things.

No fewer than thirty different chemicals have been discovered in seawater, and probably there are many more of which we know nothing. Salt, magnesium, calcium sulphate, and gold are among those which have been found. The gold exists only in very small quantities, and although a number of attempts have been made to extract it, it has cost as much as \$20 to obtain a single dollar's worth of the precious metal.

The amount of solid matter in the sea varies considerably, for while in the Atlantic there are, on an average, about eight and a half parts of solids in every hundred parts of water, in the Baltic Sea there is only half a part of solid in every hundred of liquid.

Since ordinary light rays will not penetrate water to a greater depth than 252 feet, it is always pitch-dark at forty-two fathoms below the surface. Actinic rays—the rays that affect photographic plates—can penetrate much deeper, and experiments have shown that in clear water it is possible to mark a photographic plate at a depth of fifteen hundred feet.

Water is a bad conductor of heat, and consequently the temperature of the sea is often much higher than that of land or air. In the Arctic and Antarctic the water is warmer than the land; while in the tropics it is cooler. At the Equator the temperature of the sea is never more than eighty-seven degrees, while on land a hundred and thirty degrees is quite common.

YOUR STARVED NERVES

The Cause of Neuralgia—Must be Treated Through the Blood.

Neuralgia is the cry of the nerves for more and better blood. It means that the nerves are being starved. Like every other part of the body the nerves receive their nourishment through the blood. There is therefore no doubt that Dr. Williams' Pink Pills will prove beneficial even in extreme cases of neuralgia. These pills increase and enrich the blood supply, carrying to the nerves the elements they need, thus driving away the sharp, torturing pains which nearly drive the sufferer wild. The benefit given by Dr. Williams' Pink Pills in cases of this kind is shown by the case of Miss Carrie V. Fletcher, Ravenscliffe, Ont., who says:—"As the result of a severe wetting I got white out in a rain storm. I was attacked with neuralgia, from which I suffered greatly, and which kept me awake night after night. Although the pain diminished somewhat, I began to suffer in other ways. My appetite was poor; I got thin and had no energy. Indeed, I was becoming a wreck of my former self. I was advised to try Dr. Williams' Pink Pills, and I am more than glad that I followed the advice, for they have restored me to my old time strength. I cannot recommend the pills too highly and hope other persons in poor health will give them a fair trial."

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

Make the Best of Life.

Parents too often start on the tremendously difficult enterprise of bringing up children without the slightest idea of what they are about.

The black side of parenthood could naturally never be abolished, but as surely its blackness could be mitigated.

When you are a parent, it is rather late in the day to begin training yourself to be a parent.

Most women keep house amateurishly because they have never been taught, or have never taken the trouble, to learn the craft of housekeeping in a common-sense and thorough way.

In regard to housekeeping, the majority of women "pick it up" from other amateurs, and the grand result is that they themselves and the persons for whom they keep house are prevented by friction and inefficiency from living completely—complete living being a highly delicate affair that is only too easily disorganized by trifling mishaps.

The best education is self-education. Indeed, all education is tending more towards self-education.

The most important advice to be offered to the fortunate band of enthusiasts for self-education is not to begin to specialize too early.

The only thing that might reconcile me to growing young again would be the marvelous opportunity of starting quite afresh to educate myself.

In the young a feeling of intolerance and a disinclination for effort are almost always a sign that the physical organism is out of gear. Healthy young people are never indolent.

Though education has a beginning, there is no end to it. The more you know the more you want to know. Only the wisest know what fools they are.—Arnold Bennett.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic, diarrhoea and dysentery, come on so quickly that often a little one is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to banish them. No other medicine is so safe and so effective during hot weather as is Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

With The BOY Scouts

Baden-Powell Gives Advice to All Boys

London, July 14 (By Mail).

Sir Robert Baden-Powell's new book, "Rovering to Success," is full of advice and information for the young man of nineteen or twenty. It is written in the cheery style characteristic of the Chief Scout.

"Happiness is the great thing to aim for," writes Baden-Powell.

"My belief is that we were put into this world of wonders and beauty with a special ability to appreciate them, in some cases to have the fun of taking a hand in developing them, and also in being able to help other people instead of overreaching them, and through it all, to enjoy life—that is to be happy."

He then explains what he, himself, thinks is the meaning of "to be happy."

"Happiness seems to be partly passive, but largely active. Passive, because the appreciation of the beauties of nature, of the glories of the sunset, of the majesty of the mountains, of the wonders of animal life under the sun, of the content of the campfire, and the joy of a happy home, produce a sense of gratitude to the Creator that can only be satisfied by some active expression of it; the effort to be helpful to others largely supplies the want. It is the active doing of good that counts."

A joyful home coupled with ability to serve others gives the best happiness.

The Chief Scout has no love for the crowds of young men who flock to see paid players in a game or to have money on their fancy at the races.

"Take part in the games yourself," is his slogan.

One of the after effects of the war is that more people are saving money. Sir Robert also complies with this one other good effect of the war:

"Certainly there are more people who save money now—and fewer who spend. I don't know that the two points have any connection, but they just happen to be facts."

It is good to know that the post-war young men and women have a champion who believes in them:

"I believe in the rising generation of young citizens. The war has done something in opening the eyes of you to the more serious side of life."

"You have ambition. You want to be many fellows, you want to be fit to play your part successfully whether in games or in the work of life, or in the service of the community, and you see that if you mean to do it with any success you have no use for drink with its waste of time and money and health."

For the benefit of those who do not understand what a "Rover" is, the Chief Scout explains that he is a boy too old to be a Scout who nevertheless obeys the Scout Laws, wears a Scout uniform and distinctive badges, and is just an "old-boy Scout."

TORONTO WOMAN GAINS 35 POUNDS

Mrs. Lydia Pickup Says Tanlac Changed Her Whole Life.

"Tanlac has built me up from a mere frame weighing only ninety pounds to a strong woman weighing 125 pounds," said Mrs. Lydia Pickup, 12 Ramsay Lane, Toronto, Ont.

"My stomach troubled me so much my life was a perfect burden. Gas would form and nearly smother me and my heart acted so queerly that it alarmed me. I could scarcely sleep and was tired, dull and worn out all the time. My head hurt like it would burst open."

"I have taken ten bottles of Tanlac in all and now I eat anything I want. I do not have headaches or dizzy spells any more. I sleep soundly every night and feel fine and strong."

Tanlac is sold by all good druggists.

New Aeroplane Tested by British Experts.

A model of a new aeroplane that rises vertically and hovers, says The Daily Express, was tested recently in the presence of its representative and a number of technical experts. The machine is called the heliothplane, and it is the invention of a Frenchman who has lived in England for 20 years.

The model tested was seven feet high, it fitted with a ten-horsepower engine and has four curved wings in the place of a propeller. The inventor first sent it forward along the ground for a distance of five yards, and then made it rise vertically for about a foot.

"It hovered motionless in the air for a couple of minutes," says The Daily Express.

The experts having expressed themselves satisfied it descended slowly to the ground. All the time the inventor was merely touching the controls. Had the machine risen higher than a foot the controls would have been out of reach from the ground.

The paper says that the experts were greatly impressed, one of them, Mr. Lane of the Aeronautical Research Department, declaring: "It is a solution of the helicopter problem."

The inventor has given the British Government first refusal of all rights.

The early cat-camp builders learned their architecture from the ant. The beaver taught man bridge-building.

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

DOG DISEASES

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129 West 24th Street, New York, U.S.A.

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BELTING FOR SALE

Have you shined your shoes today?

2 IN 1
Shoe Polish
Saves Your Money

PETRIE'S MACHINERY TORONTO

ITCHY ECZEMA ON HEAD AND FACE

In Pimples, Could Not Sleep, Cuticura Heals.

"For about twenty years I suffered with eczema on my head and face. At first it broke out in pimples and after a while became red and scaly. The itching and burning were so severe that I scratched and irritated the affected parts, and at night I could not sleep because of the irritation."

"I tried different ointments but nothing helped. I began using Cuticura Soap and Cuticura Ointment after using four boxes of Cuticura Soap and four boxes of Cuticura Ointment I was healed." (Signed) Mason Davis, 13 Drexel Ave., Southbridge, Mass., May 12, 1921.

Improve your skin by daily use of Cuticura Soap, Cuticura Ointment, Cuticura Cream, Cuticura Lotion.

Sample each free by mail. Address: "Cuticura," Dept. 100, P.O. Box 100, Lowell, Mass., U.S.A. Write for free literature.

QUEER FEELINGS AT MIDDLE AGE

Women Should Know How Lydia E. Pinkham's Vegetable Compound Helps at This Trying Period

Sheboygan, Wisconsin.—"I was run down, tired and nervous. I could not sleep, even in my own house, could not sleep at night and all kinds of queer thoughts would come to me. Finally I gave up going to the doctor and a friend told me of Lydia E. Pinkham's Vegetable Compound. After the first bottle I could sleep better and I have kept on improving ever since. I have taken seven bottles now and am so happy that I am all over these queer feelings."—Mrs. B. LANSER, 1630 N. 3rd St., Sheboygan, Wisconsin.

For the woman entering middle age Lydia E. Pinkham's Vegetable Compound can be of much benefit. During this time of life certain changes take place which sometimes develop into serious trouble.

Melancholia, nervousness, irritability, headache and dizziness are some of the symptoms. Lydia E. Pinkham's Vegetable Compound is a natural restorative, especially adapted to assist nature in carrying you safely past this time. Why not give it a fair trial?

When a fellow needs a friend—

EVER wake up in the morning feeling fagged and foggy?

Tired muscles and weary brains call for a breakfast of Grape-Nuts, the friendly, easily digested food, to fortify against exhaustion.

Grape-Nuts repairs the daily wear and tear on body tissue. It provides the essentials for rebuilding body and nerve cells; lime for the teeth and bones; iron for the blood.

Make this crisp and toothsome cereal a regular part of your daily diet. Made from wheat and malted barley, and partially pre-digested by 20-hours' scientific baking, Grape-Nuts with cream or milk is a complete food—satisfying, without overtaxing the digestion.

Sold by grocers everywhere!

"There's a Reason" for Grape-Nuts

Made by Canadian Postum Cereal Co., Ltd. Windsor, Ontario

The Song of Five Blackbirds.

Five blackbirds on a pretty, pretty lawn
Made merry one August day;
Over on the Summer sunlight shone,
And winds chimed free and gay;
Oh, they frolicked and danced, and proudly glanced
As the stately asters nodded;
And I gazed the while with a happy smile,
As the waving trees applauded.

Five blackbirds on a pretty, pretty lawn,
Made merry the whole day long,
And you and I, with a laughing sky,
Should echo a merrily song;
With golden smile every care beguile,
Waste not the glow of dawn;
Ere the roses leave fall, hear the tender call
Of the blackbirds on the lawn.
—Alison Ward.

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At Cloverbrook.

With skill that man can never hope to reach
Beguine'd with dew and jewel'd by the dawn.
Like dainty handkerchiefs spread out to bleach
The spiders' webs lay little'd o'er the lawn.
Each filmy bit of flooded network showed
Artistic industry for hours sustained.
Provision made for harvests never mowed
And all apparently for nothing gained.
Why was so much for such results requisite?
No mite or mote was caught in any snare.
And when the sun his fiercer arrows fired
The vision'd hopes vanished into air.
—Such is the way with most of human schemes:
By drowning, drought or drift they end—in dreams.
—James D. Law.

Brazil Nuts.

It is perhaps not generally known that the three cornered nuts called Brazil nuts grow in packed clusters in closed shells which are roughly spherical in form and have somewhat the appearance of rusty cannon balls. In the tropical forests there is another nut bearing plant which goes under the name of the cannon ball tree.

The muddy waters of the Mississippi are full of fish of many kinds, and though they do not bite well in the river, they are ready enough to take a bait as soon as they find themselves in bays and ponds. Every flood year means good fishing for the next season or two in the flooded areas.

Minard's Liniment for sale everywhere
Bottling worth \$20,000,000, and weighing only 6 ozs., has been produced in the last twenty-six years.

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

BAYER

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 by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Bayer Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing Co., manufacturer of Aspirin. While it is well known that Aspirin is a powerful medicine, to assist the public against imitations, the Tablets will be stamped with their general trade mark, the "Bayer Cross."