OY PLANTS
LED TO CLOSE

Carry on Under
Competition.

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bacon, 25
cottage rolls,
pickle, 1c less
pickled
$31; mess
Long clear, 16
to 17½c; clear
backs, 14 to 16c.
14½ to 14c; tubs, 14
14½ to 15c; prints,
ning tierces, 12½
to 13½c; pails, 12½
to 16c.
pers, $7.50 to $8;
$7.50; butcher steers,
25; do, good $5.75
$5 to $5.50; do,
butcher heifers, choice,
$5.50 to $6.50;
$4.25; butcher cows,
$5; do, med., $3.50 to
canners, $2.50 to $3;
$4.50 to $5.50; do,
stockers, good, $5 to $6;
stockers, good, $4 to
$4; milkers, $60 to
$70 to $90; calves,
$11.50; do, med., $11 to
$6 to $7; sheep,
good, $4 to $5;
$3; hogs, fed and
$11.25; do,

Montreal
No. 2, 63c; do.
Man. Spring wheat
Rolled oats, bag
Bran, $28.25.
creamery, 35 to 36c.
35 to 36c. Potatoes,
$1.20 to $1.25.
$3 to $4; better lot,
bulls, $3 to $4;
good light sheep,
$10; hogs, $13

WOMEN AND GIRLS WANT ROSY CHEEKS

They Can be Had by Keeping the Blood Rich and Pure.

Every woman—every girl—wants rosy cheeks. They mean not only beauty, but good health. When a woman's blood is scanty or anaemic her color fades, she looks debilitated, is short of breath, and her heart palpitates after slight exertion. Sometimes this trouble is accompanied by severe headaches, or pains in the back or sides. This condition is entirely due to weak, watery blood, and can only be cured by making the blood rich, red and pure. For this purpose try Dr. Williams' Pink Pills, which act directly upon the blood, and in this way bring new health and strength to weak, ailing people. Mrs. Isaac W. Howell, Petitcodiac, N.B., tells of what Dr. Williams' Pink Pills did for her as follows:—"For some time I had not been feeling well. I had been gradually growing weaker, and found it constantly growing harder to do my housework. I was very pale and had frequent headaches. I consulted a doctor and took his medicine for some time, but it did me no good. I found myself growing weaker, and taking faint and dizzy spells. A friend advised me to try Dr. Williams' Pink Pills, and although I had nearly lost faith in all medicine, I got a supply and began their use. After a time I found they were helping me, and I gladly continued taking them, and ultimately found that the troubles that had afflicted me had vanished. I am giving this statement in the hope that my experience will be of benefit to others."

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

Cheese That Chose a Bride.

While the expression "cheese-paring" is a recognized equivalent for thrift or economy in the management of household affairs, it is apparent the moment we dissect the term that the saving effected by the paring of a cheese depends entirely upon the manner in which the operation is conducted. If one removes the rind of the cheese carelessly waste instead of economy results.

According to a French legend, there was a man who was in love with three sisters at the same time. He could not make up his mind which of them he ought to marry. The ability to be a thrifty housewife being the principal requisite of a wife at that time, the man decided to watch the three carefully, and in order to make a test presented each of them with a large cheese.

Two of them removed the rind in such a manner that a considerable portion of the cheese was thrown away, but the youngest pared it with a very sharp knife, and did not waste a scrap. The man decided that she would make the best wife, and they were married.

The Doctor's Revenge.

A young doctor was summoned as a witness in a case that depended on technical evidence. The opposing counsel was inclined to be sarcastic at the idea of so young a doctor being called.

"You are familiar," he said, "with the symptoms of concussion of the brain?"

"Yes," replied the doctor.

"Then, if Mr. Smith and myself collided, and banged our heads together, should we get concussion of the brain?"

"Mr. Smith might," said the doctor.

We once knew a printer who set up "battle-scarred veteran" so that it read "battle-scared veteran." He had to stay home for a week. His brother made "a much feted bride" read "a much faded bride," and he never did come back to work.

Who Lives Highest?

What is the greatest height at which people live on the earth?

There is, it seems, a shepherd living with his family in the Andes at a height of 17,100 feet, and this has been claimed to be a record, that is, for permanent habitation.

When it comes to a question of temporary abode, however, this altitude, great as it is, is easily beaten, for on one of the Himalayan passes, 18,400 feet high, a small band of hardy men live during the summer.

The men, numbering less than half a dozen, are Tibetan Custom House officers, and are specially selected for their powers of endurance, as one would expect them to be, in order to exist even for a few weeks in air which must contain so very much less oxygen than there is at sea-level.

From such an elevated pass these men must have a magnificent view of the great Tibetan plateau, the inhabitants of which themselves seem to live comfortably at heights of 15,000 or more feet.

It would be interesting to know at what height human beings could accustom themselves to live. There is no reason to suppose that 18,400 feet is the limit.

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little ones out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little ones healthy. They are a mild laxative which regulate the stomach and bowels and thus prevent colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The best time to teach habits of thrift is when habits for life are being formed.

Minard's Liniment for Distemper.

A medal has just been presented by the British authorities to the captain of a German steamer for rescuing British sailors in February, 1914.

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.

In our efforts to find at least some of the paths by which communicable diseases are spread, helpful suggestions often come from thinking people. A prominent gentleman of this province recently drew the attention of the Provincial Board of Health to the menace of bad and unhygienic manners at the table.

If we as a people are going to be healthier in the future than we have been in the past we must do many thing that we do not do at present. One of the first of these things is to learn health habits, and then when we have learned them to put them into practice in our daily life. It is all very well for us to be interested in Child Welfare clinics, nutritional classes, and the other means we now have at our disposal for the better care and upbringing of children. Every person who understands what good health means to himself, to his family and friends, as well as to the entire community, will sooner or later take an interest in, and appreciate the efforts now being put forward to lower the infant mortality rate and promote a healthier childhood in this province.

All these efforts will fall far short of what they aim at if the ordinary rules of hygiene or sanitation in every day life are not attended to.

Nearly everyone is now well aware that the great majority of infectious diseases are transmitted through the nose and mouth, yet we do not take enough safeguards against such a path of infection. For instance, we sometimes see children biting and chewing the ends of lead pencils and erasers that possibly may have been in a dirty mouth just a short time before. Or a child may chew a pencil which has been used to scratch its own or somebody else's head, and in infection thus gain entrance to the mouth.

It is in the dining-room that one probably thinks least about the spread of infectious disease, and yet how often do we see dirty and slovenly habits at the table, that sooner or later will lead to trouble. Have you ever noticed anyone lift the jam-spoon, lick off the jam and then put the spoon back in the dish? That is unfortunately done in many homes, especially by the younger members of the family, and yet it is a bad, unhygienic practice. There is also the dangerous habit of putting dirty hands into the mouth, thus introducing disease germs at the same time. Just how much disease is actually transferred by direct infection of this kind it would be hard to say, but one thing is certain that disease can be transmitted in this way. I recently saw a man use the knife for eating food, and without washing the knife, dip it into the butter dish. This is a disgraceful procedure and should be objected to by every person at the table. It is not only bad table manners, but an actual menace to health. Only a little while ago a man working in a parcel office in Toronto became infected with a dangerous malady because he put in his mouth the end of a string which had shortly before been in the mouth of a fellow-worker suffering from the disease.

Again, one might cite the case of some smokers who put their cigars in their mouths and then clip the end with the cutting machine. The next man does the same. In this way the cigar cutter may become a source for the spread of disease. There are numberless ways in which infection may be transmitted, but dirty hands and dirty habits are two of the worst. If mothers and fathers would set a good example in the home, if the teacher in school would do the same, and instruct children in the simple laws of hygiene and sanitation, much good would result. The family doctor could also do excellent work in this regard, for he comes into contact with the home life of the people more than any other class of citizen. Besides, he knows the danger of infection and can issue a warning that will likely be heeded.

Habits of cleanliness while preventing disease transmission, are easily formed, and are no more difficult to carry out than dirty, slovenly habits. Besides, cleanliness comes next to Godliness.

Save the bird in hand—
The others may be hard to catch

With enough money, enough time and enough luck, a man may get back the health he has lost—or part of it.

It takes patience, too.

And then there may be no success, or only a little.

It's better to save what you have than hunt for what you've lost—as the most successful health-restorers will tell you.

Much of the loss of health is due to faulty, careless diet. Wrong meals at all times and right meals at wrong times load the long-suffering digestive organs with elements of destruction, or starve the tissues and glands of needed elements.

Grape-Nuts is a delicious cereal food which has the qualities of scientific nutrition. It supplies the full richness of those splendid food grains, wheat and malted barley, together with the vital mineral elements, so often lacking from foods. Served with cream or good milk, Grape-Nuts gives full nourishment without over-loading the stomach.

A splendid thought for breakfast or lunch, for those who would keep health—

Grape Nuts—the Body Builder

"There's a Reason"

Made by Canadian Postum Cereal Company, Limited, Windsor, Ontario

Mother, Quick! Give California Fig Syrup For Child's Bowels

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender, little bowels and gives you a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Cold Weather Starting.

During cold weather the battery falls off in efficiency, and the car owner can help his battery considerably by turning over the engine a few times with the starting crank, before throwing the starting motor into operation. The cranking by hand serves to break solidified oil around the pistons.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

Whaleskin Boots.

Until recently blubber and whalebone were regarded as the only things worth obtaining from the whale; but now we get another important product from the sea monster's great carcass. It has been found that whaleskin when tanned makes excellent leather, and a great whale tannery has been started at Puget Sound.

The most important thing about the whale is that the whole of his skin is good. The skins of cows, horses, and other land animals furnish a comparatively small quantity of leather for only the back parts are of the right quality.

Whaleskin is so thick that it can be split into several layers, each as stout as ox-hide, and it is excellent for making boots, bags, harness, or belting. The whale's usefulness is not confined to his outer skin. The stomach furnishes a leather as soft and as strong as the best kid.

Not only whales but porpoises and sharks are being used at the Puget Sound factory, and in every case the leather produced is excellent.

Feminine Punctuation.

Returning from school the other afternoon a little girl proudly informed her mother that she had learned to "punchtate."

"You see, mother," explained the child, "when you write 'Hark!' you put a hatpin after it, and when you ask a question you put a buttonhook."

What Commas Do.

Here is an example of odd punctuation: "That that is is that that is not is not is not that it it is." To avoid nightmares, we immediately punctuate thus: "That that is, is, that that is not, is not, is not that it? It is."

ISSUE No. 6—'21.

RHEUMATIC ACHES QUICKLY RELIEVED

The racking, agonizing rheumatic ache is quickly relieved by an application of Sloan's Liniment.

For forty years folks all over the world have found Sloan's to be the natural enemy of pains and aches.

It penetrates without rubbing.

You can just tell by its healthy, stimulating odor that it is going to do you good.

Keep Sloan's handy for neuralgia, sciatica, lame back, stiff joints, sore muscles, strains and sprains.

At all druggists—35c, 70c, $1.40.
Made in Canada.

Sloan's Liniment Pain's enemy

Kendall's Famous Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author.
B. Gray Glover Co., Inc.
118 West 31st Street
New York, U.S.A.

MINARD'S
"KING OF PAIN"
LINIMENT

RHEUMATISM

Lumbago, Neuralgia, or any other pain, apply Minard's Liniment to the aching spot and get quick relief. Minard's is the remedy your grandmother used. There is nothing to equal it.

FOR SALE EVERYWHERE.

Doubly Significant.

Small boys often ask embarrassing questions. A preacher was addressing the Sunday School, and explaining the significance of white. "Why," he asked, "does a bride desire to be clothed in white at her marriage?" As no one answered, he went on, "Because white stands for joy, and the wedding day is the most joyous occasion in a woman's life."

Immediately a little fellow piped up: "Please, sir, why do the men all wear back?"

Classified Advertisements.

CANADIAN MATRIMONIAL PAPER. 25c. No other fee. A. McCreary, Chatham, Ont.

BELTING FOR SALE

ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO. 115 YORK STREET, TORONTO.

Mildred went for a walk. When she returned she told her mother what she had seen. "I saw some swallows," said the little girl. "How did you know they were swallows?" "'Cause I 'stinctly heard them swallow," was the earnest reply.

"Sugar is the curse of the nation's teeth," said a famous dental surgeon recently. "At tea, we should eat sugary cakes first and bread and butter last, to keep our teeth healthy."

THIN, FLAT HAIR
GROWS LONG, THICK
AND ABUNDANT

"Danderine" costs only 35 cents a bottle. One application ends all dandruff, stops itching and falling hair, and, in a few moments, you have doubled the beauty of your hair. It will appear a mass, so soft, lustrous, and easy to do up. But what will please you most will be after a few weeks use, when you see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. "Danderine" is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. This delightful, stimulating tonic helps thin, lifeless, faded hair to grow long, thick, heavy and luxuriant.

CUTICURA
FOR HAIR AND SKIN

For promoting and maintaining beauty of skin and hair Cuticura Soap and Ointment are unexcelled. Cuticura Talcum is an ideal powder, refreshing and cooling to most delicate skins.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

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

MISS RAY ELATED OVER FINE RESULT

MONTREAL GIRL SAYS EVERY ONE OF HER TROUBLES HAVE DISAPPEARED.

Nerves Steady, Eats Anything and Sleeps Like a Log Since Taking Tanlac.

"It was certainly a happy surprise to me when I saw Tanlac was restoring my health," said Miss Yvonne Ray, 3 Hotel de Villex St., Montreal.

"For a year and a half before I got Tanlac my health was simply awful. I slept so fitfully I gained no real rest and I woke up mornings feeling all tired out. My nervous system just collapsed and I would jump at any little noise. I frequently turned so dizzy and sick I could hardly stand the smell of food cooking. My condition seemed to get worse constantly and I worried all the time.

"Well, the first thing Tanlac did for me was to give me a splendid appetite. Then all my troubles gradually disappeared, my nerves got better and I could enjoy a good night's sleep. My whole system is now in excellent condition and I'm enjoying the best of health. Tanlac is certainly a wonderful medicine."

Tanlac is sold by all good druggists.
—Advt.

Ambassadors represent Great Britain in twenty-seven foreign countries.

Minard's Liniment for Garget in Cows.

Consider the pin—its head keeps it from going too far.

WOMAN TOO WEAK TO WALK

Now Works Nine Hours a Day.—Lydia E. Pinkham's Vegetable Compound Restored Her Strength

Union Village, Vt.—"I was weak and nervous and all run-down. I could not walk across the floor without resting and I had been that way for weeks. I saw your advertisement in the paper and after taking one bottle of Lydia E. Pinkham's Vegetable Compound I felt the good it was doing me and I took seven more in all. Before I finished I was able to work nine hours a day in a steam laundry. I cannot say too much in favor of your medicine. I trust all sick and suffering women will take it. It has been two years since I took it and I am strong and well."—Mrs. L. A. Guimann, Union Village, Vermont.

This is only one of such letters we are continually publishing showing what Lydia E. Pinkham has done for women, and whether you work or not Mrs. Guimann's letter should interest you.

Many women get into a weak, nervous run down condition because of ailments they often have. Such women should take Lydia E. Pinkham's Vegetable Compound at the first sign of trouble. Good health is necessary and this splendid medicine will help you to keep it.

CASCARETS 10¢

For Constipated Bowels—Bilious Liver

The nicest cathartic-laxative to physic your bowels when you have

Headache	Biliousness
Colds	Indigestion
Dizziness	Sour Stomach

is candy-like Cascarets. One or two to-night will empty your bowels completely by morning and you will feel splendid. "They work while you sleep." Cascarets never stir you up or gripe like salts, Pills, Calomel, or Oil, and they cost only ten cents a box. Children love Cascarets too.

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 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—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."