

### KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one day bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds, and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

#### Bote Fate in Fact.

Pat Murphy was a great favorite in the works. Even the master would sometimes stop and crack a joke with him.

One day the boss met Pat. "Morning, Pat!" he said. "I hear that lately you've taken quite a fancy for the girls."

Pat blushed and sniggered. "Have you not met your fate yet?" asked the master.

"Sure and begorra, sir," exclaimed Pat sadly. "I met one of her father's fate last night."

Grasp the first opportunity, it might be your last.

Minard's Liniment for Distemper.

### An Eel Nursery.

The market supply of fish in Austria and Czechoslovakia is furnished to a large extent from ponds in which the fishes are bred, no artificial hatching being necessary. Such ponds yield crops as regular and satisfactory as equal areas of the best agricultural land.

In many ponds eels are grown. Fishes of that kind breed in the ocean, and so it is necessary to buy the young ones in quantity, "planting" them in the ponds and feeding them with refuse until they are big enough to be marketable.

The little eels used for planting are mostly imported from France and Italy. In our own country the streams in early spring swarm with little eels running up from the sea, and if we were to adopt the practice of planting them in ponds, allowing them to grow, they would afford an important and valuable contribution to our food supply.

#### One for the Scot.

A portly old gentleman, laden with a travelling-rug and several bags, was endeavoring to make a dignified exit from a crowded railway carriage.

At the door, however, he stumbled on the pet corn of a brawny Scot. "Hoots, toots, mon!" groaned the latter. "Canna ye look whaur ye're goin'?"

After he had slammed the door behind him the overburdened traveller put his head through the window. "Hoot yerself!" he retorted. "I'm a traveller, not a motor-car!"

Half-hearted success is whole-hearted failure.

### \$25.00 FOR A LETTER

#### CAN YOU WRITE ONE?

#### Thirteen Prizes to be Awarded in a Letter Writing Competition.

Some years ago the Dr. Williams' Medicine Co., of Brockville, Ont., offered a series of prizes to residents of the Province of Ontario for the best letters describing the benefits derived from the use of Dr. Williams' Pink Pills, either in the case of the writer of the letter, or some member of the writer's family. Hundreds of letters were submitted in this competition, and yet there must have been thousands of other users of the pills who did not avail themselves of the opportunity to win a prize. To all these another letter writing competition is offered. There are thousands who have experienced great benefit from the use of Dr. Williams' Pink Pills, whose cases have never been reported. These will furnish the material for the letters to be written in this contest. There is no demand upon the imagination; every letter must deal with facts and facts only.

#### The Prizes.

The Dr. Williams' Medicine Co., of Brockville, Ont., will award a prize of \$25.00 for the best letter received on or before the 15th day of February, 1922, from residents of the Province of Ontario on the subject: "Why I Recommend Dr. Williams' Pink Pills." A prize of \$10.00 will be awarded for the second best letter received; a prize of \$5.00 for the third best letter and ten prizes of \$2.00 each for the next best ten letters.

#### The Conditions.

If you are describing the benefits you have derived in your own case, or that of some other member of your family, the symptoms of the illness should be fully described, and the letter signed with the full name and correct post office address of the person sending it in. If the case relates to some person other than the writer of the letter, it must also be signed by the person whose case is described, as a guarantee of the truth of the statements made.

The writer of each letter must give the name and date of the paper in which he or she saw this announcement.

Fine writing will not win a prize unless you have a good case to describe. The strength of the recommendation and not the style of the letter will be the basis of the award.

It is understood that The Dr. Williams' Medicine Co. shall have the right to publish any letter entered in this contest, if they desire to do so, whether it wins a prize or not.

This contest will close on February 15, 1922, and the prizes will be awarded as soon as possible thereafter. Do not delay. Write your letter now. Observe the above conditions carefully or your letter may be thrown out. Address all letters as follows:

The Dr. Williams' Medicine Co., Brockville, Ont. Letter Contest Department.

### Your God and You.

One division of the museum was given over to strange gods of the heathen. Some were no larger than your thumb; others stood ten feet high. Some were ludicrous, some were fantastic, some were hideous. Every one was made more or less after the fashion of a human being, but they were poor things compared with real live flesh and blood. In short, the gods were infinitely lower than their makers and worshippers.

After spending an hour there, the visitor went back to his train; but all through the day he could see the gods in the museum. The difference between the heathen and the Christian religion, he reflected, is this: The god of the heathen is lower than the worshipper himself and drags him farther and farther down. The Christian God is infinitely higher than man, and as man worships Him he is lifted up until he grows into his image. It is the heathen only, he asked himself then, that makes his own god and worships unworthy things? Do not some of us do what we think is unworthy even in the heathen? Do we not make gods of money and of pleasure and of position and of praise? Do we not make a god of self? And when we make a god of self, is it not always the lower self to which we do reverence?

When we make such things our goal in life we give them a place that they ought not to have, and they gain an influence over us that we as children of God ought never to allow them to gain.

### Double Keyboard in Piano Simplifies the Fingering.

By a rearrangement of the conventional piano keyboard several attempts have been made to make the fingering easier. One of the most recent is a double keyboard, the production of a Belgian inventor. It simplifies the study of the piano, and at the same time makes possible a wider range of scale combinations and harmonies. The upper key is a half tone above the lower one. On the new keyboard the same fingering is used to play the major and minor scales. Modern piano compositions are easier to play, and the new keyboard permits the creation of many new effects and combinations that would be impossible on the conventional keyboard.



### With The BOY SCOUTS

Wine Essay Competition on Scouting. Several members of the 1st Brockville Troop recently competed in an essay contest for prizes donated by the Scoutmaster, A. J. Trill. The first prize was won by a pupil in the second form—of the Collegiate Institute, aged 16, whose name is no divulged.

With regard to the essentials of an A-One-Scout, the winning essay reads in part as follows: "An A-One-Scout is always prepared. He is ready for anything and he tries to meet the 'toughest' difficulties with a smile and a cheerful word."

"He is thorough in his Scout Tests and tries hard to become a King's Scout. He is a good signaller and bandager. He is careful to learn to tie all the knots quickly. With practice the Scout becomes a good cook and he is often to be found getting his mother's breakfast or supper. He also sweeps his bedroom and in many other ways keeps it in order. He keeps himself clean and neat. His boots and collars are always clean."

"If disease knocks at his door, the good Scout resists it, for he has fortified his body by healthy sports, by eating wholesome food and by clean living. Should he have to earn his own living while still young he can readily secure a good position because he is clean and neat in appearance, polite to his elders, and skillful with his hands or pen."

"The good Scout is popular with all, but he 'toadies' to none. He is a gentleman and he is always courteous especially to ladies. He is kind to his parents and tries never to do anything that would grieve his mother. In his sports as well as at school or at work he tries to excel. He is useful around the house or camp, for he obeys all the Scouts Laws, the third of which is 'A Scout's duty is to be useful and to help others.' The Scout is a very great friend to animals and birds and generally has a few pets of his own. This, however, does not keep him from qualifying for his Marksman's Badge, though he never shoots at an insectivorous bird. In this, he realizes that the Scout who cannot shoot straight with a rifle is not prepared for any emergency."

"It soon becomes a habit for the true Scout to do his 'good turn' every day. It also is a habit of his to try and improve his speech, to rid it of bad English and of swearing. In spite of all these things an A-One-Scout is no 'sissie.' He is 'loads' of fun, is full of pranks, and is always ready for a good joke."

### "Cascarets" To-night for Liver, Bowels

You're bilious! You are headachy, constipated, your eyes burn, skin is yellow; your stomach is sour, gassy, upset. No wonder you feel miserable. You need a thorough physic with "Cascarets" to-night to cleanse the stomach of sour, fermenting food and foul gases; take the excess bile from the liver and carry out of the system all the constipated poison in the bowels. Get a 10-cent box now and let "Cascarets" straighten you out by morning.

### Plain Facts for Stomach Sufferers

Digested food makes us strong, vigorous, healthy. Dyspepsia is invariably weak and ailing. All they need to make them strong and well is the power to digest food, and that is just what Mother Seigel's Syrup gives. It helps the stomach, liver and bowels to do their work efficiently. Sold in 50c. and \$1.00 bottles in drug stores.

What a remarkable philosophy of life for one so young. And yet he is but one of a host of other Scouts who have been taught this wonderful conception of right living in all its pure simplicity. Can you suggest a better system of right living other than this? And if you believe what this A-One-Scout has told you, why is your boy not a Boy Scout? If you are convinced that the Boy Scout Movement can do so much for others, and we feel sure that you are so convinced, why do you not show your interest in Scouting? Is it not about time that you began to encourage your boy to be a Man?

#### Planting Youth.

He who plants a tree  
He plants youth;  
Vigor won for centuries in youth;  
Life of time, that hints eternity!  
Boughts their strength uprear,  
New shoots every year  
On old growths appear.  
Thou shalt teach the ages, sturdy tree,  
Youth of soul is immortality.  
—Lucy Larcom.

#### MONEY ORDERS.

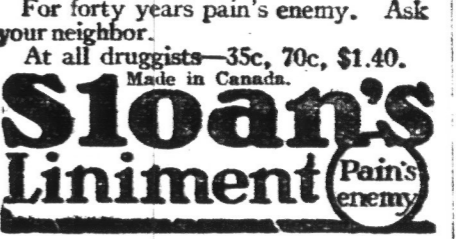
Send a Dominion Express Money Order. Five Dollars costs three cents. In Petrograd, the once famous capital of Russia, tea and coffee now sell for 110,000 rubles a pound. Before the world war a rouble was worth 51 cents.

#### Minard's Liniment for Garget in Cows.

When a wind-storm sweeps the forest, it is the weakened trees, those with rotten hearts, that fall.

### ACHES AND PAINS—SLOAN'S GETS 'EM!

Avoid 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. Made in Canada.



### Mother! Open Child's Bowels With California Fig Syrup

Your little one will love the "fruity" taste of "California Fig Syrup" even if constipated, bilious, irritable, feverish, or full of cold. A teaspoonful never fails to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the sour bile, and undigested food out of the bowels and you have 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.

**COARSE SALT LAND SALT**  
Bulk Carlots  
TORONTO SALT WORKS  
G. J. CLIFF TORONTO

America's Pioneer Dog Remedy  
Book on **DOG DISEASES**  
and How to Feed Mailed Free to any Address by the Author.  
H. Clay Glover Co., Inc.  
115 West 51st Street  
New York, U.S.A.



PATRICK J. HALEY, Syracuse, N.Y.

"I'm feeling like a new man since Tanlac soothed and toned up my stomach and for the first time in forty years can eat a hearty meal and suffer no distress afterwards," was the remarkable statement of Patrick J. Haley, 107 Prospect Ave., Syracuse, N.Y., a well-known iron and steel worker.

"Only those who have had stomach trouble in a bad form can know what I suffered during all those years. I was almost a nervous wreck, too, and for years I didn't know what it was to get a good sound sleep at night. I got new life and energy from each dose of Tanlac and now I'm a well and happy man instead of a sick and miserable one as I was for so many years. I'll vouch for the merit of Tanlac at any time." Tanlac is sold by leading druggists everywhere. Advt.

#### Classified Advertisements.

CANADIAN MATRIMONIAL PAPER. 25c. No other fee. A. McCreech, Guelph, 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.

One of the best known guides in Nova Scotia gives this testimonial of MINARD'S LINIMENT:

Have used Minard's Liniment in my home, hunting and lumber camps for years, and consider it the best white liniment on the market. I find that it gives quick relief to minor ailments, such as sprains, bruises and all kinds of wounds. Also it is a great remedy for coughs, colds, etc. which one is liable to catch when log driving and cruising during the winter and spring months. I would not be without MINARD'S LINIMENT and cannot recommend it too highly. (Signed) Ellison Gray.

### 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**  
**Talcum**  
Is so soothing and cooling for baby's tender skin after a bath with Cuticura Soap.  
Sole U.S. Distributors: **Fabergé, Inc.**, Sold throughout the Dominion, Canadian Depot: London, Ontario, 244 St. Paul St., W. Montreal.  
"Cuticura Soap always without name."

**You wouldn't put on hobbles to run a foot race**

Then why load up on handicaps for the day's work?

A good deal of food, unwisely chosen, does weigh the body down and clog the digestion, and dull the brain.

Why put on the hobbles?

Grape-Nuts is a breakfast or lunch-time dish for those who want food efficiency, and mind and body efficiency.

Grape-Nuts satisfies and nourishes. It delights the taste. It is ready to serve whenever you are ready to eat. And it digests easily, quickly and completely—leaving no handicap of heaviness and drowsiness.

Grape-Nuts is the food for health and action.

**"There's a Reason"**

Made by Canadian Postum Cereal Co., Ltd., Windsor, Ont.  
Sold by good grocers everywhere!

**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 Monoacetylsalicylic acid of Salicylic acid. 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."

portion of farm-  
so many are  
a man's power  
utilized.