

The "National" Link between the West Indies and Canada



Between May 7 and June 4, this year, the cargo liners of the Canadian Government Merchant Marine plying between Canadian Atlantic ports and Barbados, Trinidad and Demarara, brought to Montreal, 19,624 tons of sugar and molasses. On June 9 the "Canadian Coaster" cleared from Barbados, and on June 15 the "Canadian Navigator" was loading there. These two ships had 7,000 tons of similar cargo for the same Canadian port. The ship shown here is the "Canadian Runner" which arrived at Montreal on the 31st of May with 3,760 tons.

The two scenes of activity in Barbados indicate the picturesque quality of everyday life in that tropical possession of Britain. The port of Bridgetown is indeed a busy place, and the wind-power sugar mill harmonizes perfectly with the cane-laden cart and the slow-moving oxen. Some say the molasses from Barbados is just a little richer than that from other places because the old mills do not extract as much of the juice from the canes as more modern processes do.

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IS THE TASTE
GUM LASTS
FLAVOR

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...wood we would have to export
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...pend on our waterpowers for
...development. Asbestos,
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Montreal Radio Com-
just as though you
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TELEPHONES and
RECORDERS
CANADA

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

An honored place in Public Health work must be given to the Kiwanis Clubs. This splendid organization, international in its scope, is animated by a splendid ideal—building. Building character, building goodwill, building friendships, and standing with head erect four-square to all the winds that blow! That is what the Kiwanis Club does. Toronto recently welcomed over six thousand visitors to the Annual Convention of the Kiwanis Clubs, and the spirit of optimism and good fellowship radiated its influence through every section of our business and municipal life.

The delegates in attendance represented almost 70,000 business and professional men, whose attention with movement centres around the question of "building through greater service" with the two-fold object in view—constructing effectively, not through the power of finance, not through the wheels of industry, armies or fleets, but by truth and love.

A cheerful disposition, a bright outlook, confidence in one's self and in one's neighbors, indicate a healthy, vigorous mentality. With such a mentality comes good health, good digestion, and a happier life. There is no

reason why business men should not be merry, and why business should not be more of a useful, engaging occupation and less of a grind. To promote this new spirit in business is the aim of the Kiwanis Clubs, whose membership includes the best men in every community and whose aims and objects are, like the Rotarians, to make life happier, to make a spirit of service and helpfulness fill our lives and dispel the clouds of pessimism, selfishness and indifference to the welfare of others, which too often seems to take hold of people in these strenuous times.

The Kiwanis Clubs include in their membership doctors, lawyers, journalists, financiers, executives, architects, manufacturers, steamboat and railroad officials, and representatives of all other vocations. The president, in his annual address, stressed the fact that hardly a phase of national, civic or social life but has felt the ennobling influence of Kiwanis motives, adding: "To go on developing manhood, up-building business character, making more rich the life of every Kiwanian."

More power to this splendid organization.

What's the Answer?
In a certain town there is an Irish cobler whose conversation is much relished by his fellow townsmen.
"Good morning, Mr. Murphy," said a customer one day, going into the shop with shoes to be repaired. "I hear your wife is ill. What is the matter?"
"It's meself that's tried to find a reason for Mary's being took since yesterday morning," said Mr. Murphy. "Unless it's the heat, I don't know what the trouble is."
"The day before yesterday she was as well as ever she was. Ye mind it was a powerful hot day, day before yesterday? Well then, Mary took no notice of the weather, no more than usual. She picked blueberries all the morning; this he made a blueberry pie for dinner, and she ate the half of that pie, and a quarter of a water-



Appetite and Health both welcome Grape-Nuts

THERE'S nothing more gratifying and delightful than a dish of Grape-Nuts at breakfast or lunch time. The crispness and the full, rich flavor of this splendid food have a wonderful charm for the taste.

And Grape-Nuts builds health. Nourishment for tissue and bone and nerve and brain is contained in Grape-Nuts in easily-digestible form.

If you and your children have not yet begun to enjoy the benefits of this wonderful food, suppose you begin today with an order to your grocer.

Grape-Nuts is ready to serve from the package—and always crisp and appetizing.

Grape-Nuts—THE BODY BUILDER
"There's a Reason"

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

The Tea-Taster at Work.

Tea-tasting is a peculiar and interesting process. To "liquor a batch of tea" the taster arranges the necessary number of china pots and bowls of standard size. Into each pot he weighs a uniform making of tea, irrespective of the kind of leaf. (A spoonful of tea dust naturally weighs more than a spoonful of a bigger leaf tea.)

A flat kettle with a wide bottom is filled with water and placed over a gas-ring flame. The boiling of the water is an important point of the process. Water which is not exactly boiled will spoil the best tea.

At intervals the taster lifts the lid of the kettle, peers through the rising steam, and listens carefully to the dull murmur which will tell him the water is ready. On the appearance of the first bubbles he seizes the kettle, presses the spring of a "six-minute tea-time clock"—so called by the trade—and fills the pots.

The ringing of a bell attached to the clock announces the completion of the six minutes, and the tea is then poured into the china bowls, which are brought to the edge of the counter. The infusion left in the pot is shaken out down to about blood heat, it is ready for tasting, and here the skill of the worker is manifested—a skill attained only by careful training and long practice in the classifying of teas.

With a specially-shaped spoon the taster moves along the counter, judging the liquor in each bowl, classifying the teas as he progresses. The points on which teas are judged are flavor, thickness of liquor, pungency and color. The color of the infusion also assists the expert.

When the teas have been arranged according to the special qualities, they are made into blends. Blending is an art in itself, and many who are good tasters are not necessarily skilled blenders. Contrary to common belief, tea-tasters do not die young.

OVERWORKED NERVES

The Most Successful Treatment is Through the Blood.

The early stages of nervous debility are noted by restlessness and irritability in which the victims seem to be oppressed by their nerves. As the trouble advances, common symptoms are a tired feeling; weakness in the knees and ankles; headaches, backaches and sleeplessness. The matter requires immediate attention for nothing but suitable treatment will prevent a complete breakdown.

The nervous system governs the whole body, controlling heart, lungs, digestion and brain, so that it is not surprising that nervous disturbances cause such distress. For troubles of this kind Dr. Williams' Pink Pills succeed when other treatments fail, for these pills make new blood, enriched with the elements on which the nerves thrive, and in this way reach the root of the trouble. In proof of this is the statement of Mrs. Dockerill, Stratford, Ont., who says:—"My daughter, Mildred, was suffering from nervous debility, and the usual remedies did not seem to help her. I was advised by a friend to give Dr. Williams' Pink Pills a trial, and soon we found they were doing her a great deal of good. She complained of pains in the stomach, and a severe fluttering of the heart, with a general weakness. Under the use of these pills she continued to gain, and I believe they have not seem to give her a decline."

You can get these Pills from 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.

Wisps of Wisdom.

Conscience warns us as a friend before punishing us as a judge.
Business is like a wheelbarrow—it stands still unless it is pushed.
It is a good job for some of those who ask for justice that they don't get it.
Every day is a new teacher, and arrives with fresh lessons for all who are willing to learn.
One bit of heroism is always within our power—the keeping of our petty troubles to ourselves.
The moment others see that money-grabbing is your dominant passion, the bud of your nobility perishes.
We sow an act and reap a habit; we sow a habit and reap a character; we sow a character and reap a destiny.
If you will learn the true meaning of the word N-O-W, you will soon be able to spell it the other way round, W-O-N.
Good resolutions are for the weak. It is better to be able to look back to a day well lived than ahead to a month of promises.
The number of diplomas a young man has in his pocket isn't half as important as the amount of determination he has in his head.
The man who smoothes a wrinkle into a smile; he who supplies a pleasant thought when one is wanted; who thus repairs and renews God's handiwork, counts with the most of the world's benefactors.

Steel That Won't Stain.

Stainless steel is undoubtedly one of the greatest boons that have ever been given to the housewife.
It can be left in vinegar for twenty-four hours at a time; can be used to cut lemons; and onions; can be soaked in a solution of soda for a week; and there will be not the slightest mark left upon it, although most other metals would have turned black under this treatment.
Stainless steel should not be cleaned in the ordinary way. Just wash it and polish with a soft rag.
It is almost impossible to get a good cutting edge on stainless knives unless the right method of sharpening is followed. Hold the knife at an angle of about forty-five degrees to the sharpener. If it is held upright it will only get scratched. The best sharpening material is a "stone" in a very fine grit.

MINARD'S
"KING OF PAIN"
LINIMENT

Blistered Feet, Sore Feet, Tired Feet, Burning and Aching Feet, After a hard day's work or a long tramp and your feet are completely used up, bathe them in hot water, then rub them well with MINARD'S LINIMENT. It will relieve you and you will never be without a bottle.

ISSUE No. 28-22

With The BOY SCOUTS

Service and Leadership.
The joy of it! To be keenly alive, broadly awake, to be living—doing something for others. For loved ones near, what a joy to serve them. And our neighbors and friends near and far, what a joy to take thought for them and as we have opportunity, "to them good," as the old Scripture has it. And everywhere we go, if we have the seeing eye and hearing ear, always there is the path of service beckoning, calling us.

To-day, a familiar voice is calling in a new way. It is the voice of the boy. The "eternal boy" has cried out for recognition, pleading to be understood, asking for someone to guide and lead him to dare and do all he thinks and dreams.

Finally, the answer comes in the Boy Scout programme! Everywhere the boys have heard it. They make reply as did another in ancient times: "Give it me, there's nothing like that." To the boy it is as satisfying as water to thirst, as food to hunger. He literally "eats it up" as he would a big meal. And if it be true that food is digested in proportion as it is relished, then Boy Scout activities and principles so eagerly, almost greedily, devoured, must build and nourish the finest and best and noblest in the boy.

What a chance for service, for leadership! Here's a program that finds the boy on his own level of instinctive interests and recreational delights and lifts him by this means to the highest heights of stalwart manhood—for a Scout is brave, loyal, kind, obedient, trustworthy.

Challenges such a statement if you will, and instantly everywhere witnesses rise to affirm that it is so. Wherever under proper leadership boys are following the Scout program, the result is a new kind of boy, who does help himself "physically strong, mentally awake and morally straight."

So that is the task of a real Scout leader: to be a builder of boyhood in his community; a master builder who lays broad and deep foundations for the noblest manhood. Leaders who will count work done only when the result achieved is a good Scout—when the bad boy is made good, and the boy who is not bad becomes better, and when the good boy becomes the best.

It is because, more than any other, he is one who "perceives his conscience as his king."

Aye, higher still leads the Scout program. It develops the out-of-doors boy, the out-of-doors man, laured to hardship and the doing of the difficult. All such men in the past of fame and favorable fortune have revered the Father of our spirits. And the opportunity of Scouting offers is altogether realized only when we have made vital to the boy that the infinite and eternal energy everywhere manifest in the beauty and glory of the out-of-doors is only another manifestation of the power, not ourselves, that makes for righteousness, and the highest glory of the infinite is not the beauty and glory of nature, but human nature filled to the full with a constant purpose to love the neighbor, to follow the quest for the best, lead where it will.

What an opportunity! What a responsibility! What a service! All this the Scout program offers to leaders willing to pay the full price for such abiding fruits and sure rewards. It will cost much, to be sure, and oftentimes the sacrifice may cut to the very quick, for it will mean the squaring of personal individual standards of morality with the ideals and principles of the very highest that we would have the boy to practice.

But in order to make himself wholly fit, like a "good Scout," the real leader of boys pays willingly the price for the sake of the boy, in the end to discover that any loss finds full compensation in the joy that comes from such whole-hearted service.

RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red hot days and sweating nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum are every day thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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Horses Not to Blame.

"It's funny how your horses are still afraid of automobiles here," said a city resident to an old farmer.
"I dunno," answered the farmer. "It's none so funny when you think how an automobile must seem to a horse. Wouldn't it seem queer to you if you saw my clothes coming down the road with nothing in 'em?"

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ISSUE No. 28-22

STEEL FOREMAN GIVES DETAILS TO THE PUBLIC

He Suffered a Complete Breakdown From Overwork But Was Completely Restored by Tonic and Gains 11 Pounds, Declares Edward White.

"I want to give a little history of my case just to let the public know what Tonic has really done for me," said Edward White, of 27 Caroline St. South, Hamilton, Ont., a well-known foreman for the Dominion Steel Company.

"About two years ago I suffered a complete breakdown brought on by overwork. We were doing a great deal of overtime work, which finally got the best of me and I just had to go to bed and stay there for several days. This left me in such a bad condition that I had no appetite at all, and was so weak that when I walked around I would just stagger. I took all kinds of medicine but failed to get any better.

"However, Tonic has built me up until I feel like a different person. I've gained eleven pounds, and am back on the job working as good as ever. I just can't thank Tonic enough for putting me in such fine condition."

Tonic is sold by all good druggists. Advt.

The First Step.
"I have just been elected grand imperial potentate of my lodge."
"Congratulations, old man. That's fine."
"Well, it's a beginning anyhow. I hope to get one of the really important offices later on."

His Hearing Restored.

The invisible eardrum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Ave., New York city, will be given promptly.

Chinese, six centuries before Christ, performed surgical operations.
Minard's Liniment for Burns, etc.

The first school in the Pacific Northwest was opened in 1833 at Fort Vancouver.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

A sword fish caught in Hawaiian waters had attained the remarkable weight of 1,290 pounds.
Minard's Liniment for sale everywhere

Remember, a man may be a millionaire as the bank teller counts, but a bankrupt as the good Lord counts.

Vaseline
CARBOLATED
PETROLEUM JELLY

A VERY efficient antiseptic when used as a first-aid dressing for cuts, scratches, bruises, insect bites, etc. Keep a tube in the house for emergencies.

CHESEBROUGH MFG. COMPANY
(Consolidated)
1880 Chabot Ave. Montreal

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—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing of International of Barmen, Germany. While it is well known that Aspirin is a Bayer product, it is well stamped with their general trade mark, the "Bayer Cross."

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WE HAVE A CASH PURCHASE for a weekly newspaper in Ontario. Price must be reasonable. Send full information to approval at 108 St. George St., Toronto.
BELTING FOR SALE
THRESHING BELTS AND RUBBER BELTS, new and used, subject to approval at 108 St. George St., Toronto, Ont.
God will not have His work made manifest by covards.—Emerson.

DOG DISEASES
Book on Dog Diseases
and How to Treat Them
Written by the Author of
"The Dog Doctor"
112 West 42nd St., N.Y.C.

COARSE SALT LANDSALT
Bulk Carrels
TORONTO SALT WORKS
C. A. GLIFF TORONTO

PETRIE'S MACHINERY TORONTO

PIMPLES ON FACE FOR 3 YEARS
Also On Arms. Very Sore. Cuticura Healed.

"For three years my daughter was troubled with pimples on her face and arms. They were hard, large, and red, and some of them festered and were very sore. Her face was disfigured for a while, and she stayed in nearly all the time."
"She tried different remedies but they did not do any good so began to use Cuticura Soap and Ointment and after using three boxes of Cuticura Soap and two boxes of Cuticura Ointment she was healed." (Signed) Mrs. S. F. McDuffy, 20 Franklin St., Exeter, N. H., Dec. 31, 1920.
Give Cuticura Soap, Ointment and Talcum the daily care of your skin.
Sample Each Free by Mail. Address: "Petrie's," 146 St. Paul St., Montreal. "Sold everywhere." "Cuticura Soap without cost."

SO WEAK COULD HARDLY DO ANYTHING

Now Looks After Home, Thanks to Lydia E. Pinkham's Vegetable Compound

Meaford, Ontario—"I was so weak I could hardly do anything and my back seemed the worst. I read so much about Lydia E. Pinkham's Vegetable Compound for women that I thought I would try it. I feel that it did help me for I am looking after my own home now and seem quite strong again. I have recommended your Vegetable Compound to quite a few friends and you can use my name if you wish to do so."—Mrs. H. Fosna, Box 440, Meaford, Ontario.
In your own neighborhood there are doubtless women who know of the great value of Lydia E. Pinkham's Vegetable Compound. Women everywhere, either by word of mouth or by letter, recommend this splendid medicine. Those who have suffered from female weakness, chance of life, and similar troubles know of the wonderful relief brought to them by the Vegetable Compound.

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