

AERIAL WATCHMEN ARE PROTECTING CANADA'S FOREST WEALTH



Fire is the greatest menace to Canada's 1,900,000 square miles of forests, a menace that has balked man's puny efforts until today. Now the Canadian government has added an aerial fleet and force to its army of fire rangers and the dreaded devastating demon "Forest Fire" is in a fair way to be checked.

These air patrols are under the supervision of the Forestry Branch of the Department of the Interior which has divided the country into sections and allotted to each an air patrol. The flying machines are equipped with wireless apparatus for reporting news and the progress of old ones. They also often assist the fire fighters by bringing them supplies.

Some conception of the magnitude of their observations and the value of the air service may be gleaned from the following records. The patrol that covers the country west of Revelstoke in the Canadian Rockies—including Vancouver Island—embracing the Fraser and Lower Thompson Valleys as well as the Shuswap Lake region, spent 438 1/4 hours in the air last summer and flew 32,600 miles, using four HS 2L Flying Boats and one F3 Twin Engine Boat. By means of these craft it is possible to travel swiftly great distances and over sections inaccessible to the fire ranger who must depend on his canoe and own sturdy legs to cover his beat.

Air patrols make reconnaissances of the country over which they fly, which

are of inestimable value. They also prepare maps when so directed. A flight over the Canadian Pacific Rockies was made in September for the purpose of ascertaining the feasibility of aerial patrols for fire protection in the National Park. Three days' flying there enabled the Superintendent to cover all his territory and explore many parts never before visited. The lake region of Manitoba was practically a sealed book before air patrols began flying over and mapping it. Inspection trips have been made to Le Pas and further north. One of the most interesting flights occurred, to foresters, was a ten days' flying in the Temiskaming region of Ontario to investigate the spruce bud worm situation.

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.

"Bad teeth is an index of bad health" said Dr. W. A. Evans, of the Chicago Tribune, in an interesting address before the Canadian Dental Association in Convocation Hall, Toronto, recently. There are not enough dentists, and there will not be enough in order to put right the mouths of the people who are able to pay for that service, if we have a high standard of mouth cleanliness and mouth conditions."

It was not an alarming statement but a straight-from-the-shoulder assurance that by reason of public health activities, dentists would not be deprived of their practices.

Dr. Evans said that a very great change had come about in the point of view of the public and in the public conscience towards matters of physical

welfare. This was seen in a change in the habits of living. Dr. Evans was glad to know that Toronto had given recognition to the importance of dental hygiene, and he noted further that in Toronto there was a complete record of children whose teeth needed attention. It was still more important to know that over 55,000 children in Toronto public schools had received dental attention during the past year, and this was 90 per cent. of the total public school population.

What is being done in Toronto can be done elsewhere throughout the province, once the organization is completed for having a complete physical examination made of all children attending school even in the rural districts. The complete physical examination will include an examination of the teeth, one of the most important

features of the whole examination. Just how much ill-health and premature death among all the people results from neglect of the teeth cannot be definitely demonstrated on account of the unorganized state of society, but medical science realizes that such diseases as rheumatism, sciatica, neuritis, heart disease have often their origin in decayed teeth which send their poisons into the blood stream and bring about a lowered state of health for the individual. Devoid of vitality, prematurely aged and chronic invalids, many men and women today could have been enjoying good health if they had had their teeth kept in good condition. Attention should be drawn to defects such as decayed teeth, at a stage sufficiently early to allow correction before permanent disability ensues. The chief danger arises from the fact that poisons from a neglected area of infection such as diseased tonsils or decaying teeth keep discharging their irritating poisons into the system probably for years before the symptoms of the case become sufficiently urgent to demand attention. In consequence much permanent injury may result and conditions of ill-health may become chronic, which if taken in time could easily have been removed.

Grape-Nuts
 Made of Wheat and Barley

Here's a real treasure from Nature's storehouse

GOOD old Mother Nature has placed in wheat and barley the wonderful food properties which build and sustain life and health.

Many so-called "refined" foods are robbed of vital elements which the body needs.

Grape-Nuts—that famous wheat and barley food—brings you all the natural goodness of the grains in perfected form, with a crispness and flavor that charm the appetite.

You will find Grape-Nuts an ideal dish for breakfast or supper-time. Ready to serve from the package, with cream or good milk.

Order Grape-Nuts from your grocer today.

Grape-Nuts—the Body Builder

Made by Canadian Postum Cereal Company, Limited
 Windsor, Ontario

"There's a Reason"

LINE FOR WEAKNESS FOLLOWING DISEASE

Due to the Fact That the Blood Has Become Thin and Watery.

In almost every case the victims of the grippe, influenza, fevers and contagious troubles, are left weak, ailing and despondent. They do not pick up strength as they ought, and remain tired, listless and discouraged. The only reason for this is that the blood has been impoverished by the ravage of the disease through which the victim has passed. Strength and full activity will not return until the blood has been restored to its normal condition. The blood can be enriched and purified quickly and surely by Dr. Williams' Pink Pills. To enrich the blood and strengthen the nerves is the whole mission of these pills, and thousands have found them beneficial after disease has left them weak and run down. Among those who have proved the value of these pills in cases of this kind is Mr. Charles A. Turner, light keeper, Thrum Cap light station, N.S., who says:—"In Jan., 1917, I took a severe cold which I neglected until it developed into pneumonia, which confined me to bed for some weeks. When I was able to get up and sit around the house, I found that I was not regaining my usual strength; in fact I seemed to be growing weaker and weaker almost to a skeleton. I took an emulsion, but it did not help me. Then one day a friend who came to see me said, 'Here's some Dr. Williams' Pink Pills; just the thing to put you on your feet again.' I took them and then got six boxes more and soon could feel they were helping me. By the time the last box was empty I was doing my work again and feeling fine, and I had gained in weight. My health has since continued good, and I give the credit to Dr. Williams' Pink Pills."

You can get these pills through 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.

Lines for the Dedication of a Home.

These stones are not a hearth until they know
 The red and kindly miracle of flame
 Nor this house home until love makes it so,
 Houses, for good report, or dubious fame,
 Take on the aspect of their tenants' minds,
 The hidden that seemed deep
 Shall shine forth from the very eaves and blinds;
 Joy, melancholy, sacrifice and pain
 No portals—may bar sorrow out nor dread,
 And these expectant empty rooms await
 The soul new born, the body newly dead,
 Rapture and grief, and all the gifts of fate.
 But when a hundred human years have gone,
 Here on this south and sunward-looking slope,
 God grant this homely fortress fronts the dawn
 With still unconquered kindness and hope.

Minard's Liniment for Burns, etc.

Making India's Rivers Work.

The industrial development of Southern India is seriously retarded by lack of coal; for the "wealth of India" does not include any great deposits of that fossil fuel. On the other hand, the country has enormous available resources of energy in the shape of water-power.

Recent surveys made by the government have shown that, leaving minor streams out of account, seven great rivers east from the Indus are capable of yielding 3,000,000 horse-power for every 1,000 feet of fall from their sources in the Himalayas. But the flow of rivers in Southern India is far from regular, and in the hot season the smallest ones dry up. Hence, to turn them to account for hydro-electric purposes, they must be dammed, thereby holding the heavy monsoon rains in storage.

The most important project of the kind in contemplation is the damming of the Sharavarti River above the Gersoppa Falls, one of the greatest cataracts in the world. There the river makes a sheer drop of 900 feet, presenting an impressive and wonderful spectacle. Its glory, however, is not to be destroyed or even diminished, the location chosen for the dam site being some distance higher up.

Once this dam of the Sharavarti River is completed, the first step in this gigantic project which will ultimately give India a wealth of water power will have been taken. Other developments will follow.

A Little Wisdom.

Creditors have better memories than debtors.

Begin in good time, and you'll end in good time.

Those who know how to save, first learned how to spend.

Bad writing may be a sign of genius, but not of wisdom.

"Duty done" is the foundation of pleasure as well as the right to take it.

Always put off till to-morrow the unkind act you would like to do to-day.

Those who act with discretion are sure of a good part in the drama of life.

"Least said, soonest mended" must not be taken as an excuse for a half-hearted apology.

Labor without a hardness on sorrow.—Montaigne.

Minard's Liniment Relieves Neuralgia

With The BOY SCOUTS
 Scouts' Honor.

Many theatres and restaurants hang up the old sign "management not responsible for loss of personal property," but Scouts do not do things this way. Recently at a Scout concert in Hohenok, N.J., to raise money for camp, somebody stole five overcoats belonging to people in the audience. It is evident that legally the Scouts were not responsible, but morally they felt that it was up to them to shoulder the loss, which ran up to what was for them an appalling sum—one hundred and forty dollars. But—again defeat does not down a Scout. They earned the hundred and forty dollars, every cent of it, by their own efforts. The coats were replaced. Everybody was satisfied, including the Scouts.

The "Observer" of that city said in reporting the incident: "A thief is a thief, but when he steals from the Boy Scouts he is something worse than a thief."

Take Pride in Neatness.

Well, "Old Scout," you have asked me to tell the fellows how it is that I keep my uniform spic and span. Here goes. The big reason is Mother. She showed me how and helps me do it, though I never let her do much because I like to feel that I do it all myself. I will admit that some of the fellows do make a rather poor showing on parade. Some of the uniforms look as if they had never been in contact with soap and water since Noah landed in his trans-Atlantic liner on the Mount. Gee! It's simpler as eating pie when you know the trick.

First of all, in the washing process be sure you use lukewarm water. This is really what saves khaki from shrinking. Mother makes good strong suds, using pure white soap. The first time I saw her do it I made a "bloomer." I asked if it wouldn't get more dirt off by rubbing the soap directly on the uniform and she told me that it was because some mothers did this that we have so many fellows turning out with uniforms that look light yellow or white instead of khaki.

She doesn't scrub my shirt and other things on the wash board, but she places them on the back of the board and scrubs each garment with a good stiff brush. This is what really gets the dirt out, and afterwards a good soaking in clean, cold water rinses away all the soap. She doesn't iron them either for that would make them shiny. She wrings some of the water out with her hands and the weight of the water in the garments helps to dry them evenly, and any wrinkles can be smoothed out.

I will tell you about this little stunt that I have heard of, though I have never tried it yet. Save the coffee grounds from the pot for a few days and make a good rinsing water for the uniform by the addition of these grounds. The coffee acts like a dye and takes away any whiteness which might appear if the soap were not carefully rinsed out of the uniform.

As to the hat. Good! If care is not taken it sure will look wild. Be careful that it is always lying on a flat surface and that nothing is turning the brim up. A few clothes pins will help keep the dents in the right places. Some say that a little sugar dissolved with water will help to keep the brim stiff after pressing.

I guess after all the best thing to keep your uniform spic and span is your PRIDE in it. What do you think?

A Garden Wall.

The Roman wall was not more grave than this,
 That has no league at all with great affairs,
 That knows no ruler hands than climatic,
 No louder blasts than blowing April airs.

Yet, with a gray solemnity it broods,
 Above the walk where simple folk go past,
 And in its crannies keeps their transient moods,
 Holding their careless words unto the last.

The rains of summer, and the creeping vine
 That season after season clings in trust,
 And shivered poppies red as Roman wine,
 These things at last will haunt its crumbled dust—
 Not dreams of empires shattered where they lie,
 But children's laughter, birds, and bits of sky.

—David Morton.

A GOOD MEDICINE FOR THE BABY

Nothing can equal Baby's Own Tablets as a medicine for little ones. They are a laxative, mild but thorough in action, and never fail to relieve constipation, colic, colds and simple fevers. Once a mother has used them she will use nothing else. Concerning them Mrs. Saluste Pelletier, St. Damas des Aulaines, Que., writes:—"I always keep a box of Baby's Own Tablets in the house. They are the best medicine I know of for little ones and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25¢ a box from The Dr. Williams' Medicine Co., Brockville, Ont.

It is possible to amplify radio signals to such intensity that the sound would shatter the windows in a house.

Minard's Liniment for sale everywhere.

The modern radiophone broadcasting station sends out waves which have energy equal to about two-thirds of one horse-power.

ELECTRICIAN SAYS HE ALMOST FELL BECAUSE SO WEAK AND DIZZY HE COULD HARDLY WORK.

Now Well and Strong, He Says Tanlac Will Help Anybody.

"Tanlac rid me of about as bad a case of stomach trouble as a man ever had," said J. A. Deslauriers, 119 Beaudry St., Montreal. "My appetite was so poor I had to force down the little I did manage to eat but I had terrible cramping pains, gas formed and pressed against my heart until it palpitated terribly. I felt weak and worn out all the time and became so dizzy that many times I could hardly stay on my feet. It seemed like I was going down to nothing in spite of everything I could do.

"My first bottle of Tanlac convinced me it was the very thing I needed and six bottles have me feeling like a new man. I have a big appetite, eat whatever I want, and am entirely free from indigestion. I believe Tanlac will help everybody who tries it."

Tanlac is sold by all good druggists. Advt.

Panacea.

A thousand modest eyes look up
 To catch the meaning of my own;
 "Whence comes that sorrow in thy cup
 To make thee, sadly, weep alone?"
 The panacea ask in earnest tone.

With both my eyes directed down,
 I see a welcome message there,
 Bright as a jewel within a crown:
 "Take thou this heart's ease for thy care,
 And find thy skies forever fair."

Minard's Liniment for Dandruff.

Wireless waves travel at the rate of one hundred and eighty-six thousand miles, or eight times around the earth, in one second.

MONEY ORDERS.

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

I saw a family of children sit down to a lunch of mince and mashed potato the other day, and it set me thinking. The meat was fresh, and the potatoes mashed with good butter—but there wasn't a scrap of "chewing" in the meal, so essential to young children. A wise mother would have served toast with the dish.

NOTHING TO EQUAL

MINARD'S "KING OF PAIN" LINIMENT

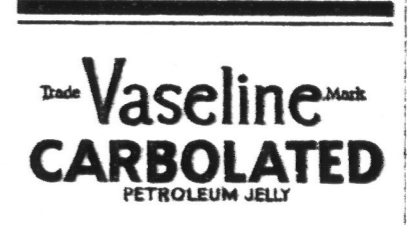
For Sprains and Bruises.

The first thing to do when you have an injury is to apply Minard's famous Liniment. It is antiseptic, soothing, healing, and gives quick relief.

The "turkey in the straw" is not such a grain robber after all. A count made last fall of the contents of a typical range turkey's crop showed 20 grasshoppers, 50 black crickets and 9 kernels of grain.

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 and my feet ached 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 finishing the ninth bottle 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.

Genuine BAYER Aspirin



A GOOD MEDICINE FOR THE BABY

WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. 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, Toothache, Earache, Headache, Neuralgia, Lumbago, Rheumatism, Neuritis, 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 Manufacturers of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Bayer Aspirin name Bayer will be stamped with their general trade mark, the "Bayer Cross."

Classified Advertisements

AGENTS WANTED
 MEN—WE WANT REPRESENTATIVES TO sell automobile stop signals. positively guaranteed to save a car owner's property; easy to sell; big proposition. Canadian Auto Signal Co., Box 154, Niagara Falls, Ontario.

AMAZING INVENTION
 A Kerosene lamp gives 2 times more light with minimum consumption. Economizes intense gas light; quick action. Vapelite Co., Apr. Ontario.

NURSES WANTED FOR TRAINING
 School in charge of graduates of Johns Hopkins Hospital. Apply Superintendant, Homewood Sanitarium, Guelph, Ontario.

WANTED—YOUNG LADIES OF GOOD EDUCATION to train as nurses. Apply Welland Hospital, St. Catharines, Ont.

SELLING FOR SALE
 ALL KINDS OF NEW AND USED bedding, pulleys, saws, cables, hook-pieces, etc. shipped subject to contract to lowest price in Canada. YORK BEDDING CO., 116 YORK STREET, TORONTO.

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

DOG DISEASES
 Made to Order
 By the Author
 Dr. George Brown, D.V.M.
 112 St. George Street
 New York, U.S.A.

PIMPLES ON FACE AND SHOULDERS
 For Several Months. Fostered and Itched. Cuticura Healed.

"I was afflicted with pimples on my face and shoulders for several months. They fostered and itched and my face was disfigured. I tried different remedies which did no good. I sent for a free sample of Cuticura Soap and Ointment which seemed to help me. I bought more and after using two boxes of Cuticura Soap and one box of Cuticura Ointment I was completely healed." (Signed) C. V. Randall, Granada, Colorado, Feb. 11, 1921.

Clear the pores of impurities by daily use of Cuticura Soap and occasional touches of Cuticura Ointment, as needed to soften, soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum for powdering and perfuming the skin.

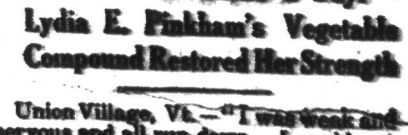
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For Sprains and Bruises.

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