

An Italian in- from Rome to three hundred were increased, required was still cumbersome to use. In 1914 oscillating valve, to be used quite

working invention, which is to pick up and use minute that they are too feeble to start. It was bridged, over, spoke to be recognizable, four years later established suc- between Eng- means of a apparatus. It was advanced by makers in the signals to be current than the half- dozen

atus of ten into the past. It can be made all-attach-case, receiving outfit the room than a

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of threads, may be taken in a urking use the vine and. Strange way interferes plant which

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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.

If the intelligence of the child is to be determined early, and its work at school is to make satisfactory progress, there must be co-operation between the parents and school teachers. In many cases the parents will have noticed some peculiarity about the child in its early years, about which the teacher should be informed when the child starts going to school. This would at once draw attention to traits of character and both physical and mental qualities which would be of great value in grading the child for school studies. There is in Toronto an organization, the Winchester Home and School Association, which is trying to bring about this much desired co-operation between home and school. At its annual meeting held recently, this Association decided to send out a questionnaire to parents, containing nineteen questions such as the following, in order that the school authorities may know that the parents are taking an active and intelligent interest in their children's condition and carrying out supervision of the child's life and habits that will be conducive to its mental and physical betterment:

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes: "Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a pure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Grazing on Western Forest Reserves.

Owing to various causes, some permanent, some temporary, a large number of stock can be grazed on the Dominion forest reserves in the West, not only without injury to the forest but with a positive benefit to the same. The number of horses, cattle and sheep grazed on the reserves for the last few years has averaged about one hundred thousand and this number is increasing. In order that each reserve may carry its full complement of stock without being over-grazed, forage surveys are being made by grazing experts, with the result that it has been found possible to accommodate considerably more stock than by the grazing methods formerly in use. This opportunity to graze stock on the reserves is of great benefit to the farmers and ranchers of the different prairie districts.

Some Consolation.

Timid Lady (about to buy a ticket for Europe): "And is the boat that sails on Thursday perfectly safe?" Agent (gravely): "Madam, I can assure you that in all the time this ship has been in service, and that is now a number of years, not once has she gone to the bottom."

Steering the Ship.

The professor's wife had never been to sea before. For a treat, her husband took her for a voyage in a big ocean liner. One day, during her wanderings round the ship, she saw far below her a mass of people, and was struck by the contrast of their surroundings with her own luxurious cabin. "Who are those people down there?" she asked a sailor. "Steerage, mum," he replied. "Fancy that, now," she said, "and does it take all those people to keep the ship straight?"

Almost as Easy as Wishing

Your breakfast cup is ready without trouble or delay when

INSTANT POSTUM

is the table beverage.

To a teaspoonful of Instant Postum in the cup, add hot water, stir, and you have a satisfying, comforting drink, delightful in taste—and with no harm to nerves or digestion. As many cups as you like, without regret.

"There's a Reason"

Your grocer sells Postum in two forms, POSTUM CEREAL (in packages) made by boiling full 20 minutes. INSTANT POSTUM (in tins) made instantly in the cup by adding hot water.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.



With The BOY SCOUTS

Lord Byng and His Scouts. During his recent tour of a couple of dozen Ontario cities Lord Byng of Vinny, Governor-General, and Chief Scout for Canada again and again demonstrated his keen interest in the work of the Boy Scouts, troops of which met him at almost every point visited. And the Scout officers and boys too were wonderfully impressed with his insight into Scouting and boyish ideals. Many letters have been received at Provincial Headquarters with reference to his welcome by the Scouts, but the following, from Scoutmaster Rev. S. A. Macdonnell of Stratford is perhaps one of the most interesting:

"The Chief Scout has been here and gone. Last Wednesday he inspected the Stratford Scouts and Cubs. He took a very real interest in the Scout work going on here and spoke to the boys and to me in a most kind and whole-hearted way. His conversation during the inspection and after was marked strongly with a sense of comradeship. For half an hour or so, though his stay in Stratford was brief, he was only a Scout with a Scout's interest in Scouting. Only wish it were possible for my boys to have met him before them as an example from time to time, that they might see him, hear him, and occasionally have the opportunity of speaking with him. This, of necessity, is a privilege only for the Scouts of the capital. "His Excellency's kind words and manner last Wednesday with his sincere interest as a true Scout himself repaid me many times over for the time and energy I have personally put into Scouting. I can now understand what he meant by the expression 'Byng Boys.' They have a title to be proud of. I only hope that for many more years I may be privileged to carry on my work as one of 'Byng's Scouts.'"

"American Spoken."

Some time ago the chauffeur of a Parisian taxicab conceived the great idea of pasting on his vehicle a bill with the alluring inscription: "English spoken." One of his colleagues devised something better. He put on the auto door in royal blue: "American spoken." "Because," said the chauffeur when asked, "there are now in Paris more Americans than English, and they feel flattered when hearing their language spoken."

British Ships Idle.

An estimate of the British tonnage laid up at present puts the figure at 2,225,000 gross tons, while the United States Shipping Board, in addition to privately owned ships and excluding wooden and composite vessels, has 1,021 boats idle of about 4,000,000 gross tons. Other maritime countries are in the same position. It is estimated that 30,000 British marine officers and seamen are unemployed.

Man Was Always Man.

Those persons who do not agree with Darwin's theory of the descent of man might get some comfort from Professor Courtiere, of the French Academy of Medicine, who has reviewed the recent discoveries of fossils and the various theories of descent applied to man. Is man really a religious animal?

Why Jimmy Giggled.

Jimmy giggled when the teacher read the story of the man who swam across the Tiber three times before breakfast. "You do not doubt that a trained swimmer could do that, do you?" he asked. "No, sir," answered Jimmy, "but I wonder why he didn't make it four—and get back to the side where his clothes were."

Use of Words.

Persons of superior culture are familiar with more than 5,000 words. Ordinary persons know 2,000 to 3,000 and illiterate persons use about 200.

Money Orders.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

NEURALGIA AND SCIATICA

Caused by Starved Nerves Due to Weak, Watery Blood.

People think of neuralgia as a pain in the head or face, but neuralgia may affect any nerve of the body. Different names are given to it when it affects certain nerves. Thus neuralgia of the sciatic nerve is called sciatica, but the character of the pain and the nature of the disease is the same. The cause is the same, and the remedy is the same. The sufferer of neuralgia, whether it takes the form of sciatica, or whether it affects the face and head, is caused by starved nerves. The blood, which normally carries nourishment to the nerves, for some reason no longer does so and the excruciating pain you feel is the cry of the nerves for food. The reason why the blood fails to properly nourish the nerves is usually because the blood itself is weak and thin.

When you build up the thin blood with Dr. Williams' Pink Pills, you are attacking neuralgia, sciatica and kindred diseases at the root. The value of these pills in cases of this kind is shown by the experience of Miss Leah M. Fairweather, Cumberland Bay, N.S., who says: "A few years ago, following an attack of measles, I was left in a badly run-down condition. I was weak and very nervous, and had no appetite. A doctor was called in and gave me medicine, but it did not help me. My blood was thin and my hands and feet were always cold. Then to add to my misery I was attacked with neuralgia, from which I suffered greatly. I was reduced to a mere skeleton, and did not care whether I lived or not. I was in this deplorable condition when I began taking Dr. Williams' Pink Pills. It was some time before I could notice any benefit from the pills, but before a half a dozen boxes were used there was no doubt that they were helping me. Then I got six more boxes, and before they were done, I was once more enjoying good health and am now strong and healthy. I shall always feel grateful for what the pills have done for me, and urge all weak people to give them a trial."

You can get these 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.

Newspaper Advertising Pays Dividends to Wrigley

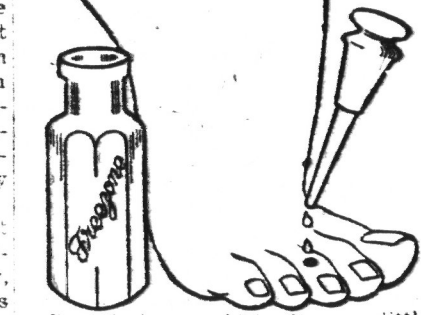
Wrigley's chewing gum has started its fourteenth year of advertising in the Canadian newspapers. When they began very few people used chewing gum. To-day, few people do not get the pleasure and benefit of using Wrigley's "after every meal." Regular consistent newspaper advertising convinced the Canadian public that Wrigley's is good and good for them. It has built the modern sanitary factory at Toronto—recently doubled in size.

MINARD'S "KING OF PAIN" LINIMENT

YARMOUTH, N.S. The Original and Only Genuine. Beware of imitations sold on the merits of MINARD'S LINIMENT

CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little 'Freezone' ointment on corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of 'Freezone' for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toe, and the calluses, without soreness or irritation.

SEIGEL'S SYRUP

In thousands of cases Mother Seigel's Syrup has proved effective in relieving all kinds of digestive troubles even when they have been of long standing. If you suffer, put it to the test after your next meal.

INDIGESTION

STOMACH & LIVER TROUBLES

CUTICURA HEALS WATER BLISTERS

On Face and Hands. Itched and Burned. Face Disfigured, Lost Rest.

"My trouble came in tiny water blisters which would break and form sore eruptions. My face and hands were disfigured. Next day the skin was cracked and red. The eruptions had and burned so that I scratched them, and my face was disfigured. Next day it was all right."

To take a lawn: Take an ordinary iron-toothed rake, slip spoils over the two end teeth; the grass or leaves can easily be raked off without pulling the seed.

Physic in Plants

We have all become so accustomed to go round to the chemist's shop when we require medicine of any kind that we quite forget that our grand- parents found remedies for every common complaint in the herbarium, says an English writer.

I have been reading an old manuscript book, written, I think, by a great scribe nearly a hundred years ago, which tells of many of these simple remedies. For instance for spring use the common comfrey. Of wild mint she made an infusion which was a useful stomachic, and valuable, she says, in case of colic. Sage tea she recommends as a stomachic medicine, but adds that the plant should come from chalky soil. Gentian is another common plant recommended for the tonic properties of its roots.

Instead of pills, she made an infusion of the inner bark of the common aspen. She says that this must not be used too strong. The yellow inner bark of the black elder is also a purge. One ounce was boiled in a quart of water, and to this was added a small amount of ginger and some caraway seeds. Roots of the hemp agrimony, gathered fresh, and boiled in beer, are equally efficacious.

For children suffering from worms, the flowers of the common tansy were gathered, dried, powdered, and mixed with treacle. She says that she had a great reputation with herbarists. The freshly-gathered tops were used to make a drink which is said to have been most valuable in case of bad legs and ulcers.

Economic Value of Paint.

The life and usefulness of practically all buildings, farm machinery and implements can be prolonged by the application of suitable Paint or Varnish. It has been estimated that the loss suffered yearly through the decay of wooden surfaces is far in excess of the annual fire loss. The best examples of the value of Paint as a preservative are the many farm buildings still existing throughout the country which are over a century old and are still in splendid condition. It is actually true that wood will last indefinitely if kept well painted.

Paint saves by protecting and at the same time it fosters self respect, through improving the appearance of our property. Farmers who doubt the value of Paint may gain enlightenment from the fact that bankers will loan from 10 to 50% more on land where farm buildings are well painted and kept in good condition than on land where they are not. The bankers' action is based not merely on the simple idea that the farmer's house and barns are likely to last longer through the use of a protective coating but upon the truth that the man who uses Paint and Varnish gives clear evidence that he is wise and thrifty and, therefore, a good risk.

MINARD'S "KING OF PAIN" LINIMENT

YARMOUTH, N.S. The Original and Only Genuine. Beware of imitations sold on the merits of MINARD'S LINIMENT

Ascension Island between Africa and South America, like St. Helena one of the most isolated spots in the world, has a unique government. A British naval captain under the authority of the Gibraltar admiralty administers the affairs of the island as if it were a ship and the two or three hundred inhabitants were members of the crew.

Minard's Liniment for Burns, etc.

Boy: "Say, Pop! If we are made out of dust, how is it that we don't turn to mud when we go in swimming?"

SEIGEL'S SYRUP

Indigestion

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Money Orders. Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

There is a time to be merry, but let somebody else tell you when that is.

RAILROAD MAN WAS CHEATED OUT OF MEALS

Discouraging Stomach Trouble Had L. N. Gagnon Going Down Hill Rapidly Until He Took Tania—Like New Man Now.

"I was cheated out of a good many meals while I had stomach trouble, but I'm making up for lost time now," said L. N. Gagnon, 53 1/2 St. Lawrence St., Quebec, a well-known Canadian Pacific Railroad man.

"For a long time I had been unable to get any satisfaction about eating and felt tired and worn out so I could hardly work. I was very discouraged, too, because I could see I was going down hill every day and there was no relief in sight.

"It certainly was remarkable the way Tania came to my aid. I am feeling like a new man now, have the appetite of a woodchopper and everything I eat agrees with me. I certainly never intended to miss a chance to put in a good word for Tania."

Pearls of Wisdom.

Those who waste time waste life. Give us your best, and you'll get the best. Talking comes by nature, silence by wisdom. The worst flatterer a man can have is himself. He who advertises in prosperity will shrink in adversity. Promises may get friends, but performance keeps them. He that persists in going the contrary way must go over it twice. 'Tis strange but true that you must take trouble to avoid trouble.

It's a great thing to have confidence in your own ability, and a greater to have the ability.

In every hive are bees whose duty it is to keep it ventilated by fanning their wings.

Color-blindness is usually hereditary, although a form of it may result from the over-use of tobacco.

CHICKS

No need to lose chicks. Raise every one into a strong profitable bird. Successful poultrymen everywhere bank on

Pratt's Buttermilk Baby Chick Feed

Sold everywhere on our money back guarantee. ADVISE FREE. Tell us your troubles. PRATT FOOD CO. OF CANADA, LIMITED Toronto

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Classified Advertisements

IS THERE A VACANCY... Do you want a... Do you want a...

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