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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 matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

I have yet to find a man or woman who does not want to be happy, and who does not find much unhappiness in the world. How, then, is this unfortunate condition brought about? There are many causes of course, that cannot be mentioned here, but they may be ill health, business worries, and domestic troubles that bring down the forehead and "silver" around the eyes. But these are not the causes of unhappiness that I am alluding to. I am alluding to the unhappiness that is brought about by the cultivation of bad habits and cursties. Some writers have said very truly "The joy we give to others is the only joy we keep."

Public Health Education is concerned with human happiness, for without happiness there is a likelihood of ill-health following in its train, and there is every possibility that the ordinary principles of personal hygiene, sanitation and outdoor exercise will be neglected if the thoughts dwell on morbid or depressing subjects. As a general rule we can at once pick out a person who is healthy and happy. Appearances are sometimes deceiving, and there are cases where a smiling countenance conceals a heart bowed down with some great sorrow, but these are the exceptions.

Happily we can cultivate personal happiness. It is a matter of our attitude as an optimist or a pessimist. It is a matter of the attitude of the optic nerve. Whenever we go on our life's journey, courtesy is always an asset. In the turmoil of modern travel and business appointments we once in a while snatch a moment for rest—a quiet lunch at some inviting inn. I have in mind such an incident and I write it down here because in our efforts to promote public and personal health, courtesy is an important factor and should be regarded.

It was in a restaurant in Washington the place was full of customers. The waitresses were attentive

arms of France and took possession of the Lake Erie region in the name of Louis XIV., there is the famous "site of the cross."

In Western Canada there are many traces of the early trading posts erected by the hardy Scotch factors, and explorers of the Hudson's Bay Company and the Northwest Trading Company. The famous structure, Fort Garry, erected by Lord Selkirk for the protection of his infant colony spread along the banks of the Red River, has been carefully preserved, and on the site now stands the city of Winnipeg, the gateway through which the flood of golden grain from Western Canada's fertile farms passes on its way to feed the people of the Old World. At Lake Windermere, the Canadian Pacific Railway and Hudson's Bay Company recently began the erection of a replica of "Kootenay House," the first trading post in the interior of British Columbia, on the site of the original post. The old post was erected in 1807 by David Thompson, the famous astronomer and explorer, for the Northwest Company, and was later acquired by the Hudson's Bay in 1821.

A Board of Historians Appointed. Early in 1914, a beginning was made by the Government in marking and preserving these landmarks, but it was not until after the war that a determined effort was made to centralise and systematize the work. A board of prominent Canadian historians was appointed by the Federal Government to superintend the work in conjunction with the Dominion Parks Branch. It was first directed to make a detailed survey of historic landmarks and to date nearly six hundred have been inspected.

Several sites which appeared to be of national importance were selected by the Board and work will begin as soon as possible on restoration. In addition between fifty and sixty original earthworks have been chosen for preservation and steps are being taken by the Dominion Parks Branch towards marking the sites and having them suitably marked. An artistic tablet to be used in this connection has been designed by a well-known Canadian artist, and plaques are being cast in bronze. An attractive design has also been made for a memorial cairn, built of rough stones, which it is intended to erect on those sites where the original remains have been effaced.

While the value of this momentous work may not be fully appreciated by the present generation, future Canadians will undoubtedly be instilled with greater pride in their country's history as a result. In addition, there remains of early settlement in Canada will no doubt become the Mexico for thousands of tourists from all countries, more especially the United States, whose history is so closely interwoven with that of Canada.

KEEP CHILDREN HEALTHY

To keep children healthy the bowels must be kept regular and the stomach sweet. Nine-tenths of the ailments which afflict little ones are caused by derangements of the bowels and stomach. No other medicine can equal Baby's Own Tablets in guarding either the baby or growing child from the ill-effects of a disordered condition of the bowels or stomach. They are a mild but thorough laxative and never fail to give results. Concerning them Mrs. W. B. Coadledge, Sarnia, Ont., says: "I have used Baby's Own Tablets for over three years and have found them the best medicine I have ever used for my children. I never have any trouble giving them to my little ones and they have saved me many a doctor's bill. My advice to all mothers of little ones is to keep a box of the Tablets in the house." The Tablets are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Pictures at the Rate of 92,000 Per Second.

From an exposure lasting six minutes in the heat of a bright sun to taking pictures at the astonishing rate of 92,000 per second, is the record of 50 years of accomplishment in the science of photography.

The French scientist who has succeeded in making pictures at the rate of 92,000 in a second, secured the strip of film at the inner rim of a drum about 2 feet in diameter, in the centre of which is a prism mounted directly behind a high-speed lens. The prism is made to rotate so as to throw a beam of light, coming through the lens, successively on different points of the stationary film. The small motor, mounted on the back of the camera, so as to turn the prism at 160 revolutions per second, also runs a commutator device that causes the sparks to be made in step with the turning of the prism. In order to produce sparks of high intensity at regular intervals of short duration, a high-frequency generator with a powerful induction coil and three condensers is made use of. A large lens is made to focus the object to be photographed upon the lens of the camera, so as to obtain the maximum effect from the light value of the spark. It is arranged so that the action of the object to be photographed will control the starting and stopping of the camera, because the time required for the complete film of pictures is so small, when compared with the utmost rapidity of any human agency.

Photographing the flight of a bullet, and the wing motions of birds and flies, as well as other rapidly moving objects, and afterward studying these actions by slow-motion apparatus, is the interesting possibility this new camera suggests.

Canada Roads Prove Safety.

Out of a total of more than 50,000,000 passengers carried by the railroads of Canada last year only four were killed.

PALE AND SICKLY GIRLS AND BOYS

Need All the Strength That Rich, Red Blood Can Give Them.

Youth is the time to lay the foundation for health. Every girl and every boy should have plenty of pure red blood and strong nerves. With this, impure blood they start life with a handicap, not to win success and happiness. Rich, red blood means health, full growth, strong nerves, a clear brain and good digestion. In a word pure blood is the foundation of health.

The signs of weak, watery blood are unmistakable. The pale, irritable girl or boy, who has no appetite or ambition, is always tired out, short of breath and does not grow strong, is a victim of anaemia—the greatest, is a victim of youth. There is just one thing to do for these girls and boys—build up the blood with Dr. Williams' Pink Pills. You can't afford to experiment with other remedies, for there must be no guess work in the treatment of anaemia. Dr. Williams' Pink Pills act directly on the blood, giving it the elements it lacks, thus developing strong, healthy girls and boys. Mrs. R. Kinch, Hopworth, Ont., tells as follows what these pills did for her daughter:—"I think it a duty to let others know the benefit which Dr. Williams' Pink Pills have been to my daughter, and I hope this may be the means of inducing some other sufferer to try them. She was weak, nervous and badly run down. She took medicine from the doctor but got no benefit, and finally she was not able to walk to school. I was advised to give her Dr. Williams' Pink Pills, which I did, and after taking them for a time she was restored to perfect health. I cannot speak too highly of these pills."

You can get Dr. Williams' Pink Pills through any druggist, or by mail, for \$2.50 a box or six boxes for \$12.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Golden Girdle for the Earth.

If gold were as common as copper, tin, or even silver, it would be of great use commercially, for it possesses amazing properties in comparison with other metals.

It is extraordinarily ductile. Iron cannot be drawn into a wire thinner than that of a certain smallness, or by means of a certain machine, or by means of a certain process. It is unworkable. Copper wire can be made very little thicker than a human hair, but gold surpasses this easily. A single grain of gold can be drawn into a wire 500ft. in length; an ounce would make forty-eight miles, whilst 500oz. would be sufficient to make a fine girdle for the earth!

Gold can be beaten out into sheets of wonderful thinness. One grain will make a sheet of gold leaf measuring 7in. by 8in. with a thickness of about 1-350,000th of an inch. A pile of a million of these sheets would be no higher than an ordinary tea cup. The latest wonder of gold working was achieved a few weeks ago, when gold sheets were made so thin that they were actually transparent! Plates of copper wire immersed in an electric bath and plated with gold until the yellow color was just visible. Then they were removed and put into nitric acid, which, after a few days, dissolved the copper and left a film of gold so thin that it floated upon the surface of the liquid. These wonderful sheets were 12-600,000th of an inch in thickness. Ten thousand of them would have to be placed one upon another to be as thick as a single page of this newspaper!

Soap From Clay.

A wonderful new soap has been invented. It is to be made from colloidal clay, and it is claimed that it will be cheap to make and effective to use. The inventor is an Englishman, Mr. F. E. Weston, and a patent has been obtained by a company formed to manufacture the new cleanser.

Colloidal clay is prepared from Cornish china clay, and has the appearance of fine oatmeal. The process used is a simple one, but the clay has to pass through a severe examination before it is employed. Only a small proportion of it is found suitable. Ordinary soaps mixed with colloidal clay have been found to have much better lathering qualities than when they do not contain the new substance, which is cheaper than the usual ingredients used in soapmaking.

1000 Eggs in Every Hen

New System of Poultry Keeping—Get Dollar a Dozen Eggs—Famous Poultryman TELLS HOW

"The great trouble with the poultry business has always been that the laying life of a hen was too short," says Henry Trafford, International Poultry Expert and Breeder for nearly eighteen years, in "Poultry Success." The average pullet lays 150 eggs. If kept the second year, she may lay 100 more. Then, she goes to market. Yet it has been scientifically established that every pullet in born or hatched with over one thousand eggs in her system—and will lay them on a highly profitable basis over a period of four to six years' time if given proper care.

How to work to get 1,000 eggs from every hen; how to get pullets laying early; how to make the old hens lay like pullets; how to keep up heavy egg production all through cold winter months when eggs are highest; triple egg production; make thicker, better hatched; \$5.00 profit from every hen in six winter months. These and many other money-making poultry secrets are contained in Mr. Trafford's "1,000 EGG HEN" system of poultry raising. A free copy will be sent absolutely free to any reader of this paper who keeps six hens or more. Write for free copy to Henry Trafford, Suite 6307, Herald Bldg., Birmingham, N. Y.

"THE 1,000 EGG HEN" will be sent by return mail. I like to see a man proud of the place in which he lives. I like to see a man that is proud of his—Abraham Lincoln.



With The BOY SCOUTS

WHY MOTHERS SHOULD HELP.

One Mother's Story. "He was getting to be 12 years old. He gave me respect and obedience, but for pure satisfaction and delight he turned—where—but to his own world."

"He would go from me whistling, his hands in his pockets, down the street to join his 'crowd,' in a world of their own. It was a rough world. He knew no law, and he was full of boys' vices and crudities. There were in it, too, the usual 'Bully Braggart' and 'Rowdy' and plenty of lawlessness which among boys passes for manliness. "As the days went on these boys influenced him more and more; there was in the whole situation sufficient danger and promise of disaster. Just at this time there fell into my hands a pamphlet called 'What Scouting is and Does!' It was the Ten Scout Laws.

"A Scout is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind to Animals, Obedient, Cheerful, Thrifty and Clean in Thought, Word and Deed. "These are the Laws, and you, as a mother, and admonitions, but Laws imposed by a solemn promise made by the boy when he joins the Scouts. "That settled it. If the Scout movement stood for these things, I was with it, heart and soul. "I have not told you that the gang by this time joined. Well, of course, they had. They were Boy Scouts now. From the start the whole thing was a great success. My boy, for one, benefited immensely. I tell you humbly that some of the very faults that I had worked with for years, began to disappear, and without fret or friction. He was trying to be a good Scout—that was all.

"Now they have been Scouts for six months. I can see the organization affecting the changes I have longed to effect. The 'Bully' no longer deserves the name; the 'Braggart' has become a silent and useful member of society and the 'Rowdy' is as fine a boy as you would care to see. And neither their mothers nor I am responsible for that, but only and solely the Scout Law and the Scout Handbook, compiled and written by men who were once boys themselves, and who understand, as no woman ever does or can, a boy's world. If custom permitted I would take my hat off to them. As it does not, I say—Lord Bless You, Gentlemen!"

Mother's Commitment.

Here, right in your own town, you likely have a troop of Scouts. Perhaps they have a rather hard time carrying on the work. Lots of things come up which are not at all easy to take care of and the help of some of the grown ups is, oh, so awfully appreciated then. Perhaps they want a troop flag and their treasury is too slim to afford it. But don't you think it would please them much more if a number of their Mothers formed themselves into a committee and made a troop flag, and then presented it to the troop? Perhaps the boys want to have a troop supper, but don't just know how to go about it. Here again the Mothers' Committee steps in and helps the boys. Result—a troop is able to carry on the work much better for two reasons. First, they are receiving help and encouragement which they need. Secondly, because it raises their enthusiasm when they know that their mothers know what Scouting means and are really interested in the movement themselves.

The story above by "A Mother" should be ample proof of the worthiness of the Boy Scout Training. It helped her boy to live the life that she would have him live. It can help YOUR BOY to do the same. Talk to your local Scoutmaster, or write to Provincial Headquarters, Bloor and Sherbourne Streets, Toronto, about it.

Sandy Scold.

A Scotsman and an American were talking together. "In New York," said the American, "we've certainly got a fine lot of young men."

"Nae doot," said the Scotsman; "a lot of oor laddies have been emigrating lately. "The American frowned and was thoughtful for a time; then he said in sarcastic tones, "George Washington was no Scotsman, and he couldn't tell a lie."

"Oo, aye," retorted the other. "A Scotsman could, but he wouldn't."

Rural Route No. 1, Mascouche, Quebec. The Minard's Liniment People. "I don't feel that I should be doing a wrong if I neglected to write you. I have had four tumors growing on my head for years. I had them about three months ago. I had a surgeon about fifteen years ago but they grew again till about three months ago. I had one as large and shaped like a lady's thumb on the very place where my hair should be parted, and it was getting so embarrassing in public that it was a constant worry to me. About three months ago I got a bottle of your Minard's Liniment for another purpose and saw on the label good news for tumors. Well, I tried it and kept it for exactly two months, with the result that it has entirely removed all trace of the tumor, and were it not that they had been cut fifteen years ago, no mark would be seen. I have not been able to find this testimonial and you can use it as you see fit. (Signed) FRED C. R. P. S.—I am a farmer and intend using Minard's Liniment on a mare for a strained tendon, and am hoping for some results."

Perhaps the most celebrated family heirloom in the world the Lee penny which has been in possession of the Lockharts of Lee, in Lanarkshire, since the Crusades. It is a silver coin, and formed part of the ransom paid for a Saracen chief. Its value mainly depends on the fact that it is supposed to be capable of curing any ailment, and for this purpose it was hired in 1665 by a plague-stricken town in exchange for securities of £25,000.

Keep Minard's Liniment in the house. 1911 No. 39-22.

Tired Feelings Soon Ended By Tanlac

Thousands of people needlessly endure a half-sick, nervous, rundown condition when they might enjoy sturdy, robust health and all its manifold blessings if they only know what Tanlac soon ends their trouble and builds up abundant strength, energy and vitality. Chas. F. Walker, 220 Langley Ave., Toronto, Ont., says: "My wife had become so weak she was hardly able to do the housework, and it just seemed that my whole system was out of order. Tanlac seemed to help us both right from the start, and now we are enjoying the best of health."

Nervousness and a run-down, tired-out feeling are but symptoms of a hidden cause, which usually lies in the stomach. Tanlac enables you to digest your food properly, eliminate waste and regain your old-time strength and vigor. Get a bottle today at any good druggist. Advt.

Water Piped Eight Miles. Water is piped a distance of eight miles through the Arizona desert to make an oasis where some mining operations are being conducted.

MONEY ORDERS. The safe way to send money by mail is by Dominion Express Money Order.

"Stormy weather makes me tired," complained the umbrella. "Every time it rains I am used up."

Minard's Liniment for Distemper. For every hundred baby girls who die in their first year, 120 boys are lost.

Cleaning

THE postman or express man will bring Parker service right to your home.

Whatever you send—whether it be suits, coats, dresses, lace curtains, tapestry draperies, etc., etc.—will be beautifully cleaned by the Parker process and speedily returned.

We pay carriage one way on all orders.

Write for full particulars. Parker's Dye Works, Limited Cleaners and Dyers 791 Yonge St. Toronto

Recommended

"Vaseline" Petroleum Jelly benefits all bumps, sores, bruises, sunburn, blisters, cuts and chafed skin. Never without a bottle of it in the house. It's safe, always effective and costs but a trifle.

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Vaseline Petroleum Jelly

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Every Woman's Wish—Read Mrs. Cassidy's Experience



Paris, Ontario—"For five years I suffered with pains in my back and from other troubles women often have. All of this time I was unfit for work, and was taking the different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and I bought a bottle. I am now in good health and do all my own work. I recommend it to others and give you permission to use my name in your little book. All of this time I was a testimonial—Mrs. D. Cassidy, Box 461, Paris, Ontario. This medicine which helped Mrs. Cassidy so much is worthy of your confidence. If you are troubled with such ailments as headaches, inflammation, irregularities, or other forms of female weakness, you should give it a trial now. Lydia E. Pinkham's Private Text-Book upon "Relief for Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass. This book contains valuable information.

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