

THE WAY TO BE WELL

Good Health Maintained Through Rich, Red Blood.

There are many men and women who, every few weeks, have spells of weakness, during which time they are little better than invalids; yet at other times they feel very well. Why does their health fluctuate so?

In the case of men worry and overstrained nerves are usually responsible for this state of unfitness and inability to face the anxieties of daily life.

As for women, her back aches, she is dizzy with sick headaches, and often has stabbing pains in the side. The only real health is all-the-year-round health, and the secret of it is good red blood and plenty of it. One way to keep the blood in good condition is to take Dr. Williams' Pink Pills.

There is scarcely a nook or corner in Canada where someone will not be found who will tell you the benefit they have had through the use of these pills. And the reason is that through the improved condition of the blood they strengthen and tone up the nerves of worried, enfeebled men and women, and at the same time have given new vigor to pale, delicate girls and thin, weary boys.

The value of these pills in the statement of Mrs. Lawrence Brown, Walton, N.S., who writes: "When I began taking Dr. Williams' Pink Pills I was in a weak, headless and nervous condition suffering from all the depressing symptoms that accompany this run down state of health. I had taken much medicine but it did not do me any good, and as I had a family of small children, I was much discouraged. Then reading about Dr. Williams' Pink Pills I decided to try them, and I can honestly say that I feel these pills have saved me from prolonged misery. My health is now good, and we now keep the pills in the house for use as a family medicine."

You can get Dr. Williams' Pink 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.

When Birds Blush.

If birds were not covered with feathers, they should often be seen blushing, for, judging by those creatures who have only a few feathers on their heads and faces, this is quite a common habit of theirs.

Like human beings, these birds blush for all sorts of reasons. The bashful blush of the lover, the coy one of the modest female, and the ruddy flush of anger, all have their counterpart in the feathered world.

In New Guinea there is a bird, the Great Black Cockatoo, who has a featherless head of almost the same color as the human face. When this bird becomes excited his face grows pink with pleasure, or a dull mottled red if he is angry.

In the same way, another bird of the Far East, the Java Jungle Cock, which is related in many ways to the Canadian farmyard fowl, shows his embarrassment when he is observed by his business and a bashful hanging of his head.

In England there is only one example of this habit. The English turkey, known in Scotland as the Bubbly Jack, is remarkable for the way in which his comb and dewlap swell and grow scarlet with anger if he spies in his farmyard any trespasser, animal or human. And when the turkey-cock is courting he is a most bashful lover and blushes red as any human suitor.

SAVED BABY'S LIFE

Mrs. Alfred Franchemontagne, 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. Franchemontagne's experience is that of thousands of other mothers who have testified the worth of Baby's Own Tablets. The Tablets are a safe 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.

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.

Dirty milk churns are responsible for a great deal of contamination of milk. The milk churns should be cleaned out by the persons receiving the milk; if they are sent back dirty, the difficulty of cleansing them after the milk has soured is greatly increased. The churns should be properly washed out and then steamed for three minutes—a procedure which has been found to yield satisfactory bacteriological results.

From the cow to the consumer is a rough and thorny path as far as milk is concerned. Everybody knows the value of pure milk, and everybody would like to see it kept clean, but somehow or other we have not yet learned how to keep milk from contamination, or if we have learned how, we don't put what we know into practice.

One necessity in the production of clean milk is the co-operation of persons possessing a certain amount of technical knowledge of the precautions that should be observed in milking. An equally important point is that the milkers understand their business, and that they are supplied with light, water and steam. Given these conveniences, and provided that the milkers themselves are well housed, considerably treated, and properly paid, it is possible to produce a really good clean supply of milk.

Dr. Stonehouse Williams of the National Institute for Research in Dairy, Reading, England, has found by experiment that if the milk industry is in a position to supply certified milk to the consumer within twenty-four hours, no attempt need be made to keep the milk cool on the journey. Commercial milk of the bacteriological standard of Grade A certified

milk will maintain its sweetness at room temperature for a period of over six days in the winter months and over three days in the summer.

The best produced commercial milk can maintain a bacteriological standard of less than 10,000 bacteria per cubic centimetre for at least 24 hours after milking, even under the conditions of cooling and transit which exist in the country at the present time.

The two essential conditions for the supply of Grade A certified milk are: (1) the employment of intelligent milkers, working in milking sheds adequately lighted, with a good supply of water and steam; and (2) provision for the thorough cleansing and sterilization of the milk churns before they are returned to the country. They are, of course, other conditions such as the inspection of herds and their freedom from disease, etc., and the conditions under which the milkers work, but these have already been taken into account.

Everybody knows the value of pure milk. There is no part of our food supply that is more generally useful, and yet there is no food more easily contaminated. This is understood first by the nature of the milk itself and second by the number of ways it may become contaminated during the whole process of production, pasteurization and distribution.

The importance of milk as a staple food is becoming more and more widely known and appreciated. This probably accounts to some extent for the increased interest shown of late by the producers and the public, in co-operating in the great efforts now becoming nation-wide, to produce milk that is really a food, and that will be clean and wholesome and entirely free from the germs of disease.

Giant Forests Under Sea.

Members of the Shackleton-Bowett expedition seriously suggest that diamonds exist in Antarctica.

A small island near South Georgia (the gate of the Antarctic) was found to contain a large excavation. The Quetzal mineralogist panned the soil and declared it was most certainly the type of alluvial which carries diamonds. Yellow quartz was also unearthed. The hole found by the Quetzal was made by a Cape Town expedition which prospected the island for five months as the result of the report of a private prospector, who produced diamonds said to have been found on the island. It is probable that a second attempt will be made to locate diamond-ferrous ground by a Cape Town fishing company.

Some wonderful features of the mystery and romance of deep sea life around the shores of the lonely, barren islands, and in the open waters of the South Atlantic and Antarctic regions were related by Captain Worsley, the sailing master of the Quetzal. He showed how the task of taking soundings might reveal the hidden secrets of adjacent continents; how islands may be regarded as signposts to former tracks from continent to continent, and now ocean depths may yet become an open book wherein may be revealed the history of early days of land and sea, and perhaps the rise and fall of continents lost and found.

Gigantic marine forests were discovered and new fishing grounds located. The Antarctic waters were found to be thick with edible fish. The deepest soundings were taken about 500 miles east of the South End of the group, where a depth of 2,700 fathoms was registered.

Approaching Tierra del Fuego, the Quetzal ran into kelp at an unusually long distance from the shore. Soundings showed a depth of 100 fathoms, so these marine trees, whose tops were just visible above the water, exceeded the height of the tallest land trees by 150 feet. Fish in the Antarctic were so plentiful that it was unnecessary to bait the hooks.

"Cascarets" 10c

Best Bowel Laxative
When Bilious,
Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach and all such distress gone by morning. Nicest physic on earth for grown-up and children. 10c a box. Taste like candy.

The Desert.

When the Master of all creation had finished the work of His hand—The earth and the world of people, The sea, the sky and the land—He thought that His heart grew heavy And He said, with a sigh and a nod, "So much for the world of people, And nothing at all for God." Then He chose from His vast creation A desolate waste of sand, Sprinkled it over with sagebrush And fashioned the Desert Land. He gave it the glow of the sunset, The glare of the noonday heat, The lure of distant horizons Where earth and heaven meet.

And when His labor was ended He said with a smile divine: "The beauties of earth are my children's—The Desert alone is mine." —Helen Frazee-Bower.

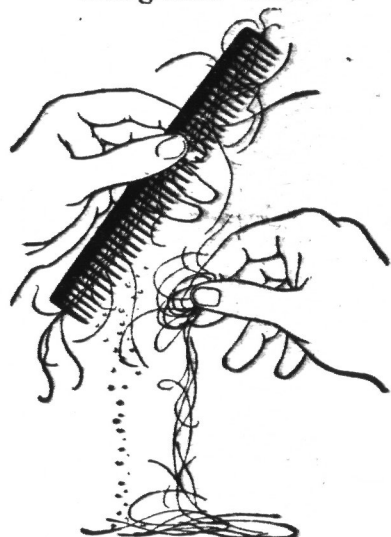
A Catch Somewhere.

A farmer leased a field to a farm-hand, and the rental was to be one-fourth of the crop raised. Harvest time came in due course, but the farmer was amazed to find that he got nothing. The tenant hauled three loads of produce to his own barn, but there was nothing left for the farmer, who remonstrated:

"How's this? Wasn't I to get a fourth of the crop?" he asked. "Yes, you was," the tenant answered, "but as it turned out there was only three loads."

A SIN TO LET HAIR FALL OUT

35c "Danderine" Saves Your Hair—Ends Dandruff! Delightful Tonic



Hurry! It's your duty! Each day you see a little more hair falling out and you are making no effort to avoid baldness. What a pity. Falling hair means your hair is weak, sick, possibly dandruff is strangling it, or the hair root pores in the scalp are not firm and tight, thus wasting the hair-growing oils.

Danderine almost instantly stops falling hair of men or women and cleans every particle of dandruff away, then the hair takes on new life, vigor and strength to grow strong, thick, and long.

Danderine is delightful—not sticky or greasy. Go to any drug store now and get a bottle. Use it. Have healthy, heavy, beautiful hair and lots of it.

The Muskrat Knows.

A furrier was trying to sell a muskrat coat to a woman customer. "Yes, madam," he said, "I guarantee that this muskrat coat will wear for years."

"But suppose I get it wet in the rain?" asked the woman. "What effect will the water have on it? Won't it spoil?"

"Madam," answered he dealer, "I have only one answer. Did you ever hear of a muskrat carrying an umbrella?"

MOTHER!

Move Child's Bowels with "California Fig Syrup"



Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must get "California" or you may get an imitation fig syrup.

Always in Style.

They were going through the furniture factory, and Mrs. Smith was amazed at the great proportion of chairs.

"Well, ma'am," responded the ingenious attendant, "you see, it's the dull season, and most of our furniture is out of style, but settin' never really goes out of fashion."

Sea Dreams.

There is a world beyond the crashing sea Where my true love dreams now, I know, of me. For in this hour we vowed that we would send A silent message to the earth's far end.

Love needs no language! Lovers, each to each, May speak without the imperfect link of speech! I hear a voice in every wind that blows, A word in every tide that ebbs and flows.

And in the sky I see a long-lost face, (And one sees mine from that remotest place). There is a whisper borne across the sea, For somewhere my true love speaks now to me. —Charles Hanson Towne.

Value of Gold.

Thomas A. Edison puzzled a bunch of bankers the other day by asking them how much an ounce of gold would be worth if the nations of the world decided not to use the metal any longer as money.

Gold is worth \$20.67 a troy ounce; but it stands at that price merely because the figure has been set arbitrarily by the nations. In the year of the discovery of America by Columbus, 1492, the total quantity of gold in all Europe, including coin, plate and jewelry, is estimated to have been not more than 7000 000 000.

With The BOY SCOUTS

Why I Am In Scouting.

"I am in Scouting to-day," writes a father who became a Scoutmaster himself, "because of what the Scout movement has done for my sons and for many other boys who were the Canadian uniform and nobly fulfilled their Scout promise to 'do their duty to God and the King.'"

"I came into Scouting for what it promised to do for the boys. That was eight years ago—and the promise has been abundantly kept.

"But the boys do not receive all the benefit of Scouting. The men who give them leadership gain fully as much. I would urge every man to get into the Scout movement just as I would urge every boy to join a Scout troop.

"If you want to understand Scouting, go with some Scoutmaster on a hike with his troop or go to camp with them some day. Sit at their campfire, watch them at work and play. You'll get a vision of what 'Scouting' means, and you'll want to have a share in it. And Scouting needs men—and needs them now."

Nothing Too Good for the Scouts. Helping the Boy Scouts is only helping those who help themselves and are at the same time invariably assisting the nation. What a lot of precious material went to waste—or at least was not utilized for the best there was in it—before this great movement enlisted the sympathetic interest of men and women, the ardent enthusiasm of Scoutmasters and the vast and eager enrollment of Canadian boyhood!

During the present month the Ontario Provincial Council of the Boy Scouts Association is completing a campaign for \$18,000 to forward the purposes of the organization. That money and a great deal more had been earned already by the boys. To contribute this sum is merely to discharge a debt already incurred.

It isn't charity, it isn't philanthropy, to give this money—it's common honesty. It's only paying for services rendered and providing the facilities to continue and to enlarge those services. It's an investment that returns large dividends in stalwart character and patriotic conduct.

A Boy Scout does not qualify for honors without working for them. He squares accounts with his conscience. He is a Canadian citizen of a higher and finer type in the making.

Starting a Troop. No time is more opportune than the early Fall months to organize the Boy Scout movement in cities and towns where it has not yet been introduced. It is up to the leading citizens of such communities to supply avenues through which the pent-up energy of the child shall give itself expression. This latent exuberance of spirits often breaks out in near criminality on Halloween, 24th of May, and other festive occasions.

Not because the boys are inherently bad, or are destitute of inflicting pain of mind or body upon their victims, but because they are impelled to do something out of the ordinary and go about it with no reason nor sense, a kind of barbarous expression of what might be good for the commonwealth in which they live if they had some body older and better informed to lead them into sane channels.

There should be a strong effort to get the boys into the harness through the Scouts, and when organized into units they can work together toward high ideals.

This is up to the leading citizens now. Do not let other matters monopolize all our time until we have taken very definite steps to see the formation of a local branch of the Boy Scout movement accomplished or the present local organization if there is one, greatly strengthened.

MONEY ORDERS.

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

Ornamenting Windows.

Japanese have developed a process with which ornamental windows, lamp shades and other articles are made by attaching filaments of colored glass to plain glass with transparent cement.

Keep Minard's Liniment in the house.

In the British Museum are books written on oyster shells, bricks, bones, ivory, lead, iron, copper, sheep-skin, wood, and palm leaves.

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF TORONTO

DYEING

THE postman or express man will bring Parker service right to your home. Suits, dresses, ulsters and all wearing apparel can be successfully dyed.

Curtains, draperies, carpets and all household articles can be dyed and restored to their original freshness. We pay carriage one way on all orders. Write for full particulars. Parker's Dye Works, Limited, Cleaners and Dyers, 791 Yonge St., Toronto.

Says Indigestion Was Entirely Overcome

Hope for the millions of unfortunate men and women who are victims of stomach trouble is sounded by Mrs. O. E. Smith, of 169 Yarmouth Road, Toronto, Ont. Mrs. Smith was a victim of stomach trouble in its worst form but was completely restored to health by taking Tanlac. She says: "I suffered terribly from indigestion, headaches and dizzy spells. My kidneys also bothered me, and my back and legs hurt constantly. But since I took Tanlac my digestion is perfect and I never have an ache or pain of any kind. In fact, I feel just fine all the time."

Undigested food ferments in the stomach and soon the entire system is filled with poisons. Tanlac was designed to restore the stomach to a healthy condition and build up the whole body. Millions everywhere have acclaimed its wonderful power. Get a bottle today.

Tanlac is sold by all good druggists. Advt.

A Base Deceiver. "Rowland is very interesting," said the stockbroker's daughter. "Inquired her father."

"Why, he is ever so well posted in Shakespearean quotations." "Girl," said the financier, sternly, "don't let him deceive you. There's no such stock on the market."

One of the best known guides in Nova Scotia gives the 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.

Dishwashing for Men. By 1917, at the latest, women will rule the world and men will do the housework and care for the children, according to the prophecy of a professor in the University of Southern California.

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapiesin" Corrects Sour, Upset Stomachs at Once

"Pape's Diapiesin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages.

Five minutes spent in thinking how to do things right often saves hours of lamentation over things done wrong.

Minard's Liniment For Colds, Etc. The air is so pure in the Polar regions and so free from harmful microbes, that throat and lung diseases are unknown there.

BOOST YOUR TOWN

By Organizing a Band. We will gladly supply you free of charge with full information as to the formation of a good band. Complete outfit suggested for Bands. THE WILLIAMS MANUFACTURING COMPANY, WINNIPEG, MONTREAL, TORONTO. Established 1849.

Classified Advertising. DUBOIS & MATTHEW PATENT ATTORNEYS. 114 YONGE STREET, TORONTO.

WEEKLY NEWSWATER. BELTING FOR SALE. 114 YONGE STREET, TORONTO.

SALESMEN. We have a number of positions open for salesmen in various lines of business.

DOG DISEASES. How to Feed and How to Cure Dog Diseases. 114 YONGE STREET, TORONTO.

Mother (anxious) "What is my baby crying for?" Why's brother—"Oh, nothing much. He dug a hole in the garden, and now that the rain's come on, he wants to bring the hole into the house."

Cuticura Heals Itching Burning Pimples On Face. "My face was entirely covered with pimples which not only disfigured me but bothered me with itching and burning. They were large, hard and red, and after a while began to fester. They itched so that I had to scratch them which made the burning more intense."

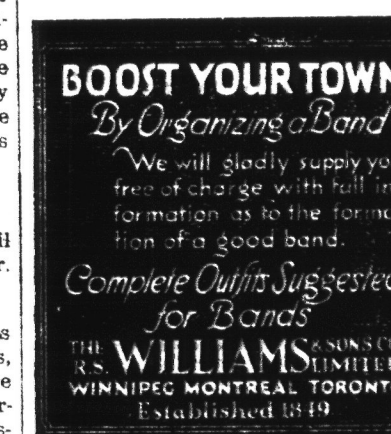
WHAT IS A LETTER. Many Times It's a Guide to Health as is This One. Women—Read It.

Marmion, Ontario. "Before using Lydia E. Pinkham's Vegetable Compound I was a total wreck. I had terrible pains in my sides and was not regular. Finally I got so weak I could not go up stairs without stopping to rest half way up. I saw your medicine advertised in the newspapers and gave it a trial. I took four bottles of the Vegetable Compound and was restored to health. I am married, am the mother of two children and do all my housework, milk eight cows and do hired man's work and enjoy the best of health. I also found the Vegetable Compound a great help for my weak back before my babies were born. I recommend it to all my friends." —Mrs. Henry James Marmion, Ontario.

Letters which you read in the newspapers recommending Lydia E. Pinkham's Vegetable Compound are genuine expressions from women who have been helped by this splendid medicine. They are anxious for other women who may be suffering as they did, to know of the great merit of this medicine. Each one, with her reputation stands behind it to point out to sick women the way to health. Lydia E. Pinkham's Private Treat-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write Lydia E. Pinkham Medicine Co., Lynn, Mass.

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, 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 for Bayer Manufacture of Mono-acetylsalicylic acid (aspirin). While the name Bayer Aspirin means Bayer manufacture, to avoid the public confusion, the tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

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Never Mind What Granny Did—Remember—You're You!

MANY people refuse to believe that tea or coffee can possibly harm them, because they have used these table beverages ever since they outgrew the health rules relating to children.

"Nonsense!" they say, "Why, Granny has been drinking tea or coffee all her life."

It's true that some folks drink tea and coffee without apparent harm. These are the exceptions. But to most people there comes a day of reckoning.

If you are free from headaches, nervousness and indigestion, if you never lie awake at night, if you know that your health is unimpaired—then, perhaps, you are an exception, too.

BUT—it's well to know that, when you do find something the matter with your nerves and digestion, there's a happy, healthful, table beverage made from roasted wheat. Its name is Instant Postum. It has a fragrant aroma and a rich, full-bodied flavor that charm and satisfy without risk to your health and comfort.

Sold by grocers everywhere. Instant Postum FOR HEALTH. "There's a Reason" A generous sample tin of Instant Postum sent, postpaid, for 4c in stamps. Write: Canadian Postum Cereal Co., Ltd., 45 Front St. E., Toronto. Factory: Windsor, Ontario.

