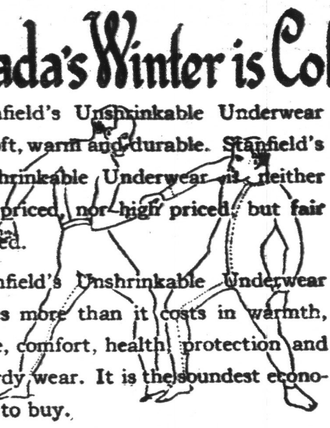
Canada's Winter is Cold



Stanfield's Unshrinkable Underwear is soft, warm and durable. Stanfield's Unshrinkable Underwear is neither low priced, nor high priced, but fair priced.

Stanfield's Unshrinkable Underwear gives more than it costs in warmth, ease, comfort, health protection and sturdy wear. It is the soundest economy to buy.

Made in combinations and two-piece suits, in full length, knee and elbow length, and sleeveless for men and women. Stanfield's Adjustable Combinations and Sleepers for growing children (pat.)

STANFIELD'S Unshrinkable UNDERWEAR

For sample book, showing weights and textures, write STANFIELD'S, LIMITED, TRURO N.S.

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It wears longer

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.

One of the greatest difficulties the Provincial Board of Health has to contend with in its campaign against venereal disease is the patent medicine advertisement. The attention of newspaper proprietors is called to the fact that the publication of these advertisements is an offence under the Venereal Disease Prevention Act, punishable by a heavy fine. In spite of this, these insidious advertisements are often displayed in the columns of some sporting paper, and usually set forth in glowing words how to cure "blood poison," which is a general term usually understood by the public to mean venereal disease, particularly syphilis. Some of these advertisements are frankly positive in their claims to successfully treat sufferers, and the vendors tell the public that the medicine they supply enables a person to treat himself with certain success, at any stage of the disease.

One can readily see how much trouble these objectionable advertisements may cause. Whereas a person who exposes himself or herself to infection should immediately consult the family physician, he is led to believe that he can get cured secretly by sending for some of these quack remedies, which sometimes cause a temporary alleviation or disappearance of the active symptoms, and while the patient is living in an atmosphere of false security the disease may gain headway and reach a stage when a permanent cure becomes exceedingly difficult to bring about.

The family physician should be considered the only reliable guide, counsellor and friend in the treatment of venereal disease, but should a person not be able to pay for the services of the family physician he can obtain advice and treatment free of charge through the local department of health, or at the nearest free clinic.

The Provincial Board of Health is rapidly extending these venereal clinics to important centres all over the province, so that the benefits of first class laboratory diagnosis and the latest and best methods of physicians may be within the reach of all. By systematic co-operation of the people with the Provincial Board of Health at its headquarters in Toronto and branches throughout the province, an effective means is being devised to curtail and reduce to a minimum the ravages of venereal disease that otherwise will sap the physical strength and make invalids of large numbers of people in this province.

With The BOY SCOUTS

What Are These Boy Scouts?

Any boy, of any nationality, of any creed, twelve years of age or older, may become a Boy Scout if he has the permission of his parents and binds himself to keep the Scout Promise and Scout Law and prepares himself for simple tests on the composition and history of the Union Jack, learns the Scout signs and demonstrates his ability to tie half a dozen knots.

The Boy Scout Movement is in no sense a secret organization.

The plan is to group a number of boys (preferably not more than 32 in any one "troop," as they are designated) under the leadership of a "Scoutmaster"—a carefully selected, clean, intelligent, boy-loving, volunteer leader—always a man of stirling character and mature judgment. Each Troop and Scoutmaster are under the supervision of a "Troop Committee" of responsible citizens, usually officials of the church, school or club with which the troop is connected.

Through such leadership the boys of the troops are kept interested in a programe of play-activities that are health-giving and educational. They take long tramps, studying nature in all its forms. They learn woodcraft, and how to take care of themselves in the open. They have troop meetings each week for study, handicraft, experiments, demonstrations, etc., and go into camp every summer under trained directors.

In a hundred ways the boy's time is occupied. The programme is so varied and so fascinating to the boy that he simply hasn't time or opportunity to trail with an idle gang or to turn into the evils that beset the path of the idle boy.

The Boy Scout is taught courtesy, honor, humanity, kindliness, chivalry, and service, and to exercise them at home, in school and outside, and such practical activities as first-aid, life-saving, cooking, swimming, etc.

The Boy Scout must do a "good turn" daily.

There is no membership cost other than the small fees each troop decides it needs for its own local purposes and the amount of these is fixed by resolution of the boys themselves. The Boy Scout is taught thrift. He must earn the money for his own Scout expenses.

City officials often co-operate with Scout leaders, permitting the Scouts to enjoy, as they do, the privilege of assisting in honorable, safe ways in connection with big demonstrations. On such occasions Scouts are responsible aids, while other boys, in striking contrast, just "hang around," getting in the way if not actually into mischief. It becomes a first step in practical civics.

The vast majority of Canadians now understand pretty well how practical and how beneficial is the Boy Scout movement as an influence in the lives of boys, and they applaud it in unison. They should not forget that the movement is what it is as a builder of character—as a builder of good citizens—because of the magnificent service of men who are giving their time to the movement as volunteers.

And every patriotic man who thinks about this remarkable movement should think of it also—indeed, he should think of it primarily—as a splendid and easy opportunity for him to do his part toward improving the characters of the men of to-morrow, the men in whose hands will rest the fate of this nation and its ideals.

Further particulars of the Boy Scout plan are contained in a booklet, "What Scouting Is and Does," which Provincial Headquarters, Bloor and Sherbourne Street, Toronto, will gladly send to any address upon request.

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 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Reward of Love.

One hot summer day a little ragged street Arab stood with a gang of boys watching a flock of sheep being driven through the street. When the sheep stopped at a watering trough to drink, one of them seemed so exhausted that it could not crowd with the others to quench its thirst. Time and again it had vainly tried to push its way to the trough, and finally dropped to the pavement unable to move. The boy, seeing the animal's distress, was moved with pity, and taking off his old battered hat, filled it several times with water and took it to the poor half fainting creature. The water quickly revived it and enabled it to go along with its companions. One of the boy's comrades then began to twit him for his kindness, and asked if the sheep said "Thank you, papa."

"I didn't hear it," said he, but there was a light in the boy's face, as one who had witnessed the incident remarked, which told the bystanders that he felt the pleasure that always comes from the performance of a kind act.

Love is always generous and repays a thousandfold for any service in its cause.

Kindhearted!

"Frederick, what became of that piece of cake that was left on the tray?" asked mother.

Frederick looked up sweetly.

"I gave it to a little boy who was awfully hungry, mother."

"That was kind of you, Fredy. Who was he?"

"It was me, mother!"

It's a fine thing to keep out of trouble—

but it's a finer thing to know how to get out of trouble after you have gotten into it.

Many people thoughtlessly get into trouble by loading up with heavy, indigestible foods which fail to supply the essential elements for repairing the daily wear on their nerves and body tissues.

It is well to know that Grape-Nuts with good rich milk is a highly nourishing food, providing all the necessary nutritive and mineral elements in proper form for ready assimilation by the system.

When you make Grape-Nuts a substantial part of your regular daily diet, Nature will quickly assert herself and build healthy nerve cells and sound body tissues.

Crisp and crunchy Grape-Nuts, made from wheat and malted barley, is a satisfying food for breakfast—a welcome answer to the call of appetite.

The familiar Yellow package contains more nourishment in less bulk than any other cereal food.

"There's a Reason"

for **Grape-Nuts** —THE BODY BUILDER

Canadian Postum Cereal Co., Ltd., 45 Front St., E., Toronto. Factory: Windsor, Ontario

A MOTHER'S DUTY TO HER DAUGHTER

Health Must be Guarded as She Comes to Womanhood.

Every mother who calls to mind her own girlhood knows how urgently her daughter is likely to need health and strength during the years between early school days and womanhood. It is then that growing girls droop and become bloodless and nervous. Nature is calling for more nourishment than the blood can supply, and signs of distress are plainly evident in dull eyes, pallid cheeks, weak and aching backs and a dislike for proper food. These signs mean that the blood is weak and watery. The watchful mother takes prompt steps to give the new, rich blood her system calls for by giving her Dr. Williams' Pink Pills. No other medicine has ever succeeded like them and thousands of mothers have proved their worth. Mrs. W. H. McIntyre, Gananoque, Ont., tells what these pills have done for both herself and her daughter. She says:—"I have used Dr. Williams' Pink Pills for many years, especially in times of weakness and general debility, and have found them a most satisfactory medicine. After a severe attack of influenza I found myself in a nervous condition and resorted to my old tonic—Pink Pills—and they did not fail me. I also gave them to my eldest daughter, who was in a serious condition due to ailments of girls of her age. She complained of headaches and backaches, and would often grow hysterical. She began taking the pills and was soon on the road to health again. She never complains now of headaches or backaches, and I give the credit to Dr. Williams' Pink Pills. Whenever I see any of my children ailing or in need of a blood tonic, I give them these pills and always with the best results."

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.

Up-to-Date.

An aeroplane was flying over the English countryside, and the pilot was indulging in a little stunting. Absentmindedly he looped the loop, quite forgetting that he had on board a parcel containing a pair of boots.

Naturally they dropped out, and landed just in front of an old woman in a cottage garden.

The package burst open, and out rolled the boots, much to her astonishment.

Picking them up, she hobbled indoors, and called out to her husband:

"'Ere you are, Garge! They boots you ordered 'ave come. What a wunnerful thing this wireless is! I thought I 'eard the buzz of 'em coming through the air."

MOTHER!

Your Child's Bowels Need "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 say "California" or you may get an imitation fig syrup.

Elizabeth, the Jealous.

A jealous woman was Queen Elizabeth. She had many good qualities, it is true, and easily holds her place among the great sovereigns of England. Nevertheless, there was, says Mr. R. Thurston Hopkins, a certain meanness in her nature, and jealousy was a mania with her.

She thought that no young cavalier ought to marry for love, since every one was supposed to love only the queen. For that reason the Earl of Leicester had to keep his marriage with Amy Robsart secret; and when Sir Walter Raleigh dared to fall in love with Elizabeth Throgmorton, Elizabeth imprisoned him in the Tower for a brief period and expelled his fair bride from the court.

The story of the queen and the Windsor carter shows that Elizabeth was also a whimsical woman. When she wanted to go from Windsor to some other place the carts and horses in the neighborhood were impressed for the service. But she changed her mind constantly. The Windsor carter, who had been ordered to provide carriage for part of the royal wardrobe, once came to Windsor Castle and found that the queen had changed her date of departure he came a second time and found that she had changed the date again. He came for the third time, and when he learned that his queen had once more changed her royal mind he clapped his thigh and exclaimed, "Now I see that the queen is a woman as well as my wife!"

Elizabeth, who was standing at an open window, heard him. "What villain is this?" she asked, laughing, and directed the attendant to give him three angels "to stop his mouth."

Keep Minard's Liniment in the house.

Resolution Harvest.

"Hello, John!" said the man in the buggy. "Things are looking bright these days, aren't they? Just see those apple trees! They are bending down with fruit; I never saw finer apples. There will be a good second cutting of hay, too. Everything is in fine shape."

"Well, now, you are right for the most part; but my corn is not going to make more than two thirds of a crop. And what bothers me most is that the fault is mainly with myself. The apples here have not suffered with the blight as they have in so many other places; they make their fruit without much attention from anyone. It is the same with hay. But corn must have care, or it will not amount to much. I had good seed corn this year, and we have had a fairly good season; but I let other things keep me out of the field just when it needed the cultivator. The ground became hard, and the weeds got a start."

The man in the buggy drove on. As he thought of the words of his friend he remembered another planting of six or seven months before; he had been wondering why the fruit was not more plentiful. "Perhaps," he said to himself, "John has given me the answer. I am sure I had good seed. The resolutions that I made at the first of the year must have pleased the Lord, and I am sure that it was to honor Him that I planned a better life; but it is not all that I hoped for when I planted my resolutions in my heart. The trouble has been that I have let other interests keep me out of that particular field when I should have been putting extra time and special effort there. Like corn, resolutions will not grow without cultivation. I am going to make a new resolution right now; to put my best efforts into cultivating the planted seed in my life, and with the grace and the blessing of the God of the Harvest I shall have a good year."

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Objects to the Pants.

A horse owner was trying to sell a wind-broken horse, and was trotting him around for inspection. The owner stroked the horse's back and remarked to the prospective buyer

"Hasn't he a lovely coat?"

But the other noticed that the horse was short-winded, and answered

"Ah, I like his coat all right, but I don't like his pants."

Rupture Kills 7,000 Annually

Seven thousand persons each year are laid away—the burial certificate being marked "Rupture." Why? Because the unfortunate ones had neglected themselves or had been merely taking care of the sign (swelling) of the affliction and paying no attention to the cause. What are you doing? Are you neglecting yourself by wearing a truss, appliance, or whatever name you choose to call it? At best, the truss is only a make-shift—a false prop against a collapsing wall—and cannot be expected to act as more than a mere mechanical support. The binding pressure retards blood circulation, thus robbing the weakened muscles of that which they need most—nourishment.

But science has found a way, and every truss sufferer in the land is invited to make a test right in the privacy of their own home. The PLAPAO method is unquestionably the most scientific, logical and successful self-treatment for rupture the world has ever known.

The PLAPAO PAD when adhering closely to the body cannot possibly slip or shift out of place, therefore cannot chafe or pinch. Soft as velvet—easy to apply—inexpensive. To be used whilst you work and whilst you sleep. No straps, buckles or springs attached.

Learn how to close the hernial opening as nature intended so the rupture CAN'T come down. Send your name and ten cents, coin or stamps, to-day, to PLAPAO CO., 765 Stuart Bldg., St. Louis, Mo., for trial Plapao and the information necessary.

What Did He Mean?

Usually when an editor makes remarks about a public official it is easy to tell whether they are favorable or unfavorable. But the following paragraph in a South Carolina newspaper leaves the reader somewhat in doubt:

Some malicious person started a report on the streets that there was something the matter with Mayor Snipe's head. We are glad to announce that it is as sound as ever it was, and that there is nothing in it.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fine! When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping—nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

Those who make fair promises should have good memories.

Minard's Liniment for Distemper.

Want of thought causes as much evil as want of heart.

MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

Avoid the pleasure that holds the penalty of future pain.

Ask for Minard's and take no other.

In the darkest days a good name keeps its lustre.

ISSUE No. 41—'22.

Has Never Felt Better In All Her Life

Thousands of frail, nervous people and convalescents everywhere have testified to the remarkable power of Tanlac in bringing back their health, strength, and working efficiency. It seems to quickly invigorate the constitution and is a powerful foe of weakness. Mrs. Emma Miles, 125 Tecumseh Ave., London, Ont., says:

"I suffered terribly from stomach trouble, headaches and dizzy attacks, and was so weak, nervous and run down it was all I could do to get about. Since I've taken Tanlac, my stomach is in splendid order, the headaches and other troubles have left me and I'm simply feeling fine."

There is not a single portion of the body that is not benefited by the helpful action of Tanlac. It enables the stomach to turn the food into healthy blood, bone and muscle, purifies the system and builds you back to normal weight. Get a bottle to-day at any good druggist. Advt.

A Rare Bloom.

A negress brought her grandchildren for her old mistress to see. The three little darkies stood in line, while Mandy talked about them.

"And what are their names, Mandy?" asked the mistress.

"Dey's all got flower names, missie," replied the grandmother. "Ah name them maself. De bigges' one's name is Gladiol, and de nex' one we done call Heliotrope."

"Very pretty," was the mistress's comment. "And whats the third one?"

"Flower name again, missie. She am Artuhficial!"

PUT STOMACH IN ORDER AT ONCE

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heart-burn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for few cents.

Simplicity.

Mrs. Casey was calling upon Mrs. Callahan, and soon the talk turned to the daughter of the latter, who had but recently returned from school in another town.

"There's a plain girl for ye," said Mrs. Calahan, "absolutely no airs, in spite of the fact that she has been at a finishing school. Nothing stuck up about Mary. She's unanimous to everybody and never keeps a girl friend waiting. No, Mrs. Casey, she just runs down, non de plume as she is!"

Minard's Liniment For Colds, Etc.

Standing on your dignity is like walking on a tight rope; impressive if you can do it well, ridiculous if you can't.

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 95R

Classified Advertisements

PUPIL NURSES WANTED. 3-YEAR course; accredited school; monthly allowance; first-class training in surgical, medical and obstetrical work; full course of lectures. Apply Superintendent, West End Hospital, 85 S. Hoyne Ave., Chicago, Ill., U.S.A.

RIDOUT & MAYBEE, KENT BLDG., Yonge Street, Toronto, Registered Patent Attorneys. Send for free booklet.

BELTING FOR SALE

THRESHER BELTS AND SUCTION hose, new and used, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto, Ont.

MINARD'S "KING OF PAIN" LINIMENT

YARMOUTH, N.S.

Fishermen and Campers, Quick Relief.

PUT A BOTTLE IN YOUR OUTFIT

COARSE SALT
LAND SALT
Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author.
H. Clay Glover Co., Inc.
129 West 24th Street
New York, U.S.A.

Cuticura Quickly Soothes Rashes and Irritations

Hot baths with Cuticura Soap, followed by light applications of Cuticura Ointment, afford immediate relief in most cases of rashes, irritations, eczemas, etc. Cuticura Talcum is also excellent for the skin.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal.

Cuticura Soap shaves without mug.

FOLLOWED MOTHER'S ADVICE

Took Lydia E. Pinkham's Vegetable Compound—Now Enjoys Good Health

Kessock, Saskatchewan.—"My mother has taken Lydia E. Pinkham's Vegetable Compound and upon learning of my troubles advised me to try it, as I seemed all run down after the flu, and had some troubles such as women are apt to have. I have taken Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine and used the Sanative Wash. Also Dr. Brown's Capsules and Prescription and am so much better in every way. I am willing for you to use my letter as a testimonial as I recommend your medicines."—Mrs. IRENE NELSON, Kessock, Saskatchewan.

When backaches and headaches drive out all ambition, when that bearing-down sensation attacks you, when you are nervous and blue, the one great help for such ailments is Lydia E. Pinkham's Vegetable Compound.

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

BAYER *Genuine*

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 Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."