

MANY TROUBLES COME THROUGH THE BLOOD
If Kept Rich and Red Good Health Will be Yours.

Nearly all the common diseases are caused by bad blood, weak, watery blood, blood poisoned by impurities. Bad blood is the cause of headaches and backaches, indigestion, rheumatism, debility and indigestion, neuralgia, sciatica and other nerve troubles. It is bad blood that causes disgusting skin diseases like eczema, and salt rheum, pimples and eruptions. The severity of the trouble indicates how impure the blood is, and it goes always from bad to worse unless steps are promptly taken to enrich and purify the blood. There is no use trying a different medicine for each trouble, for they all come through the one cause—bad blood. In conditions of this kind Dr. Williams' Pink Pills have been found very beneficial, as they have a direct action on the blood, enriching and purifying it. That is why this medicine is so often successful, after other remedies have failed—they reach the root of the trouble in the blood. Mr. Albert S. Giffin, Mount Pleasant, P.E.I., tells what these pills did for him. He says:—"Some months ago I was in a badly run-down condition. My blood was poor, I had no appetite and my work left me completely tired out. I fell off in weight, was altogether in a miserable condition. I was taking medicine, but it was not doing me any good. At this stage a friend who had used Dr. Williams' Pink Pills with beneficial results, advised me to take them, and acting on his advice I did so. The result can be summed up in a few words: I took the pills for a little more than a month, when I can honestly say I never felt better in my life. I can now eat a hearty meal, do my work with comparative ease, and have gained in weight. I advise weak, run-down people to give these pills a fair trial."

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.

Should Speak Scotch.
A visitor from the United States was introduced to an old Scotsman.
"From what land do ye come?" asked the Scotsman.
"The greatest in the world," replied the American.
"Fair bairn, ye've lost your accent."

Minard's Liniment for Distemper.

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.

Man's very existence on this earth is threatened by another kind of warfare unknown to a large section of humanity. This was strikingly made plain by Dr. L. O. Howard in his presidential address at Toronto recently before the American Association for the Advancement of Science.

"The insignificant insect" is man's greatest enemy. Dr. Howard maintains that he shortens his life daily, his crops while they are growing, and in such supplies after they are harvested and stored, in his clothing, in his habitations, and in countless other ways. In many respects they are better fitted for existence on this earth than he is.

Warnings like this are becoming universal that man must cease warfare on his fellow-men in order to preserve his existence in the struggle with nature.

Ill-health and poor physique help the insect in this struggle, so it is the manifest duty of all classes of citizens to improve the physical and mental conditions of the present and particularly of the rising generation, so that by observing hygienic principles in their daily life and by maintaining physical fitness and freedom from de-

With The BOY SCOUTS

"A Scout's Duty is to Help Others."
What has been done can be done again. Here are some bottled-down gleanings from reports of actual Boy Scout accomplishments. They are typical of the thousands of "Good Turns" which Boy Scouts are doing every day in the year in compliance with their Scout Law—"A Scout's Duty is to be Useful and to Help Others."

"Visited other troops and entertained some at our Headquarters. Sold Christmas Soaps for Tuberculosis Campaign Fund. Opened up road filled with snow bank. Pulled out several automobiles. First aid rendered to old gentleman who fell down stairway. Helped organize new Scout troops."

"Helped during the 300th anniversary celebration. Patrolled the line of march during the parades and stood ready to do first aid work if necessary."

"Accepted responsibility for looking after open-air skating rink provided by public-spirited citizens for the young people of the town."

"Helped at various conventions, Clean Up Week, Fall Fair. Cleared underbrush out of large area of town park. Attend daily to raising and lowering of flag on pole outside town hall."

"Helped at Parish House Fair. Sold tickets, helped at booth and cloak room, ran errands. Helped get Community Christmas tree. Gave demonstration of first aid and bandaging before village firemen."

"Helped in removing snow. When the flood came last spring laid planks across bad places for the people to walk on. Stopped a runaway horse. Helped in auto accident."

"Assisted the church in distribution of advertising matter. Held a 'Father and Son Banquet' to which a majority of the fathers came and all the boys."

"Visited sick boys and sent each some little token, eatable and other ways. Acted as leaders in many ways at school."

"Guides and ushers at entertainments, religious services and conventions held in church. Contributed to church work and missions."

"Made contribution to Provincial Council to aid in extending the benefits of Scouting to boys in towns without Scout troops. Took flowers to hospital, provisions to poor. Assisted in

better baby and anti-tuberculosis campaigns.

"Helped fire department locate dangerous conditions liable to result in fires. Assisted in controlling traffic during parade on Christmas Day."

"Baited bird houses and placed them in trees in town park and along the streets. Collected baskets for a supper in connection with district Sunday School Convention."

"Took lead in movement to provide proper local celebration of Dominion Day, efforts resulting in biggest and best holiday programme in years."

"Assisted as guides during Baptist Convention. Polished brass work about church gallery several times. Assisted in decorating church for special occasions."

"Saturday mornings through the winter spent helping widows and families without grown men, piling wood, splitting kindling, shovelling snow. It was done systematically and well. Never pass any broken glass or bottles that might injure auto tires without removing the same. Take care of young children on excursion trips."

With such evidence of practical helpfulness is it any wonder that Rudyard Kipling gave to the Scouts the title he had previously given his great boy character, Kim—"The Little Friends of All the World?"

My Boy.
I want my boy to be straight and true, To be strong and loving and kind, To practice justice, and mercy, too, To be clean of living and mind;

He's impatient, a bit, with the Decalogue, So I'm teaching my boy to love a dog, —Ellen H. Jones.

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion, and promote healthy sleep. They are absolutely guaranteed free from opiates and may be given to the new-born babe with perfect safety. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

No Surrender.

During the unneighborly war between England and France, in one sea fight H.M.S. Marlborough was engaged in a severe battle, and got the worst of it. The captain and second lieutenant were dangerously wounded, the vessel was so shattered that to handle her was impossible, and the officers and crew were deep in conference as to a "surrender." One officer protested, declaring he would nail the colors to the mast and go down fighting. There were some poultry coops on the deck, and during the fight the coops had been broken and the poultry were roaming at their own will. At the moment when the protest against "surrender" was going on, a young rooster happened to fly on the stump of the broken mast, and having reached the top, flapped his wings and sent out a lusty clarion cry of "Cock-a-doodle-doo!"

The sailors gave a loud and merry cheer, and vowed there should be "No Surrender." A few minutes after H.M.S. Aquilon came to their help and towed the Marlborough to a place of safety. The gallant young rooster became a public hero, and his "cock-a-doodle-doo" of defiance to the enemy endeared him to his country. He remained with the crew, and became their proud and happy pet—until later "at mascot."

What Might Have Been.
Pat was making a wooden pigsty, when he missed the nail he was hammering and hit his own thumb.
After having it wrapped up he met one of his friends, who, naturally, asked him what he had been doing.
"Sure," said Pat, "I hit me thumb with a hammer. It's bad now, but I had no thumb left at all if I'd been striking with both hands!"

MOTHER!
Clean Child's Bowels with "California Fig Syrup"



Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender little bowels and gives you a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. 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.

Tribute to the Cow.

Little do we realize the debt we owe the cow. During the dark ages of savagery and barbarism we find her early ancestors natives of the wild forests of the old world. As the bright rays of civilization penetrated the darkness of that early period, and man called upon the cow, she came forth from her seclusion to share in the efforts that gave us a greater nation and more enlightened people!

For twenty thousand years she has shown her allegiance to man, sharing alike in his prosperity and adversity, responding nobly to all that was done for her, until through her development she became an idol of the people of her native country.

Her sons helped till the soil for our ancestors and slowly moved the products of the farm to market. They went with man to the dense forests of the new world, helped clear them for homes and made cultivation possible for the coming generation, and when the tide of emigration turned westward they hauled the belongings of the pioneer across the sun-scorching mountain ranges to new homes beyond.

Truly, the cow is man's greatest benefactor. Hall, wind, droughts and floods may come, destroy our crops and banish our hopes, but from what is left the cow manufactures into the most nourishing and life-sustaining foods, and is she not foster mother and life itself to countless thousands of little children all over this world of ours? We owe her our health, our beauty, and should misfortune overtake us as we become bowed down with the weight of years, we know that in the cow we have a friend that was never known to falter. She says the debt. She saves the home. God bless the cow—little do we realize the debt we owe her.

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

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

To Erect Memorial to Early Missionaries.

The most probable site of the martyrdom of the Jesuit missionaries, Fathers Brebeuf and Lalemant, by the Iroquois in 1649 at the mission of St. Ignace situated near the present town of Midland, Simcoe County, Ontario, has been donated by Mr. Charles E. Newton for the erection of a permanent national memorial to commemorate one of the most heroic episodes in early Canadian history. At this time the hereditary feud between the Iroquois and Huron nations reached its climax and a terrible visitation of the Iroquois resulted in the practical annihilation of the Huron tribe. Urged to flee, the heroic missionaries declared that the priest must stay with his people and amid the whoops and yells of the Iroquois they were dragged through the forest and subjected to the most frightful tortures until death released them from their sufferings. Mr. Newton, at one time reeve of the township of Tay and for many years in the service of the provincial government, has shown much public spirit and historic interest in preserving the site and at the request of the Canadian National Parks Branch has donated over an acre and a quarter of his farm for the erection of a suitable memorial and tablet in memory of the heroic priests. The work will shortly be taken in hand and the memorial will add one more to the notable historic shrines of Canada.

Stitch in Time.
If a picture nail gets loose in the wall, wrap it round with wadding saturated with glue, and press it into the hole. With a damp rag wipe off all glue that exudes and have to dry.

China starts exporting its walnut crop in September.

Ask for Minard's and take no other.

Boils—Their Cause and Cure.

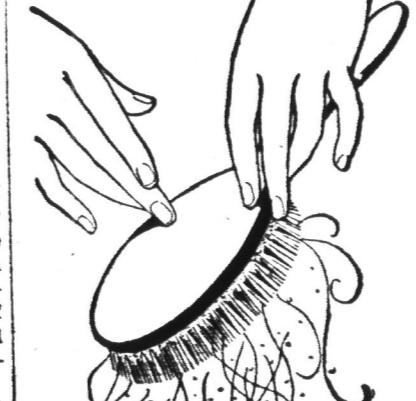
Boils come from germ infection of the skin, usually from other boils or ulcers or discharging wounds. The germs get into a pore of the skin and grow to form a gathering which soon turns to matter. The gathering stretches the skin and causes pain. The sooner a boil is treated the quicker will it be cured. When a boil first appears, wash it thoroughly with soap and water and place a drop of carbolic acid right on the head of the boil. Then paint the surrounding skin with tincture of iodine. If this does not stop the boil, it should be opened freely with a sharp pen-knife, of which the blade has been held for several minutes in boiling water. After opening the boil, pour peroxide into the opening and cover the wound with a piece of clean cotton that has been boiled in water. Keep this cotton moistened with a solution made by adding a teaspoonful of either boric acid or common salt to a cup of boiled water. Change the cotton dressing twice a day.

Don't let matter from a boil get on the surrounding skin, and boil all clothing soiled with matter. If signs of a new boil appear, paint the spot with iodine.

It is a mistake to suppose that a boil is a sign of health or that matter from a boil contains impurities which previously existed in the blood. Boils usually appear in a person not in good health. For this reason a person subject to boils should build up the general health by simple living and attention to the rules of health. Keep the bowels well open, eat freely of vegetables and fruit but use only a little meat.

A PITY TO LOSE ANOTHER HAIR

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



Only fools let hair fall out and dandruff stay. Neglect means a bald spot shortly. A little "Danderine" now will save your hair. This delightful tonic cleans the scalp of every particle of dandruff, tightens the hair-root pores, so the hair stops coming out and so the vitalizing oils, which are the very life and strength of the hair, can not ooze away.

Danderine is not sticky or greasy. It has made weak, sick, neglected hair strong and healthy for millions of men and women. Your comb or brush is warning you. Hurry to any drugstore and get a bottle now. Don't wait!

Pat's Precaution.
Pat Maloney was nailing a box which he intended sending by rail. It was essential that the box should not be inverted during the passage, and a friend ventured to suggest that Pat should write on the case, "This side up, with care."

A few days later, seeing Pat, he asked, "heard any more about your goods? Did they get there safely?"
"Every one of 'em broke!" said Pat.
"The whole lot? Did you label it, 'This side up, as I told you?'"
"Yes, I did. And for fear they shouldn't see it on the top I put it on the bottom as well!"

INDIGESTION, GAS, UPSET STOMACH

Instantly "Pape's Diapepsin" Corrects Stomach so Meals Digest

The moment you eat a tablet of "Pape's Diapepsin" your indigestion is gone. No more distress from a sour, acid, upset stomach. No flatulence, heartburn, palpitation, or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

Smile a smile; while you smile another smiles, and soon there's miles and miles of smiles. And life's worth while if you but smile.—Jane Thompson.

Minard's Liniment For Colds, Etc.

"Every great soul of man has had its vision and pondered it, until the passion to make the dream come true has dominated his life."

MONEY ORDERS.
A Dominion Express Money Order for five dollars costs three cents.

Salt is the stuff that makes the oatmeal taste flat when you don't put it in.

Keep Minard's Liniment in the house.

"A man has no more right to go about unhappy than he has to go about ill-bred."

ISSUE No. 42—22.

You Can Get Back Your Crip On Health

Hope for the millions of unfortunate men and women who are victims of stomach trouble is sounded by Mrs. B. B. Jones, 137 Oak St., Hamilton, Ont. Mrs. Jones was a victim of stomach trouble in its worst form but was completely restored to health by Tanlac. She says:
"For thirty long years, I had nervous indigestion and stomach trouble and I can hardly describe all the agony I suffered during that time. It may sound unreasonable, but Tanlac completely restored my health and I have gained thirty-five pounds in weight. Tanlac is simply wonderful!"

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 to-day.

Tanlac is sold by all good druggists. Advt.

What Pat Wanted to Know.
"Phwat are thim buckets for on the shill in the hall?"
"Can't yer read? It says on them, 'For Fire Only!'"
"Thin why hov they put water in them?"

Fisherman's Friend
The Original and Only Genuine



The best business man isn't always the one who is quickest to see through a proposition; it's the one who is the quickest to see a proposition through.

DYEING

The postman or express man will bring Parker's dye 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
721 Yonge St., Toronto.

FACE DISFIGURED NINE MONTHS

Itched and Hard Pimples Broke Out. Cuticura Heals.

"My face and neck all broke out in a mass of nasty pimples. My face used to itch and then hard pimples would break out and fester over. They itched and burned dreadfully at times, and my face was badly disfigured for about nine months. I tried different remedies without any effect. I saw an advertisement for Cuticura Soap and Ointment and sent for a free sample. It helped me so much that I bought more, and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was healed." (Signed) Miss Hattie E. Cruikshank, Lower Caledonia, Nova Scotia.

Give Cuticura Soap, Ointment and Talcum the care of your skin.

Sample Size Free by Mail. Address: "Cuticura, Ltd., 346 St. Paul St., W. Montreal." Send money where Soap Size. Otherwise 25 cents. Talcum 50c.

Classified Advertisements

AGENTS WANTED
DISTRICT AGENT FOR "BODIN" Spark Plugs wanted. Quotations for truck or tractor; replaced if defective; sell one dollar. Write for particulars, Bodin Co., 30 Madison St., Toronto.

HIGH-CLASS SALESMEN Earn big money by selling "Butterfly Film," non-drying home dye, to retail stores on straight commission basis. Butterfly Tinting Co., Minneapolis, Minn.

PRIVATE CHRISTMAS GREETING CARDS, sample book free; meet orders already making \$8 up daily in spare time. Bradley Limited, Brantford, Ont.

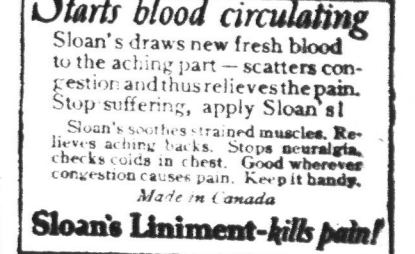
PUPIL NURSES WANTED—3-YEAR course, accredited school; mobility allowance; first-class training in surgical, medical and obstetrical work; full course of lectures. Apply Superintendent, West End Hospital, 25 S. Hoyne Ave., Chicago, Ill., U.S.A.

YOUT & MAYBEE, KENT BLDG. Young Street Toronto. Registered Patent Attorneys. Send for free booklet.

BELTING FOR SALE

THRESHING BELTS AND SUC-TION hose, new and used, shipped subject to approval at lowest prices in Canada. York Belting Co., 118 York St., Toronto, Ont.

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



Bruiises & strains try Sloan's

Starts blood circulating
Sloan's draws new fresh blood to the aching part—scatters congestion and thus relieves the pain. Stop suffering, apply Sloan's.

Sloan's soothes strained muscles. Relieves aching backs. Stops neuralgia, checks side in chest, relieves rheumatism and congestion cases pain. Keep it handy.

Made in Canada
Sloan's Liniment—kills pain!

WOMAN TOO WEAK TO WALK

New 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 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 I finished I was able to work nine hours a day in a steam laundry. I cannot say too much for 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. GUMMAN, 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.



Why risk your health?

THE path of the tea or coffee drinker is beset with dangers to health and comfort. These dangers lurk in the irritant, Caffeine, which is the active principle of both tea and coffee.

For those who enjoy a well-made cup of tea or coffee, but find that it makes them nervous, wakeful and irritable, there's satisfaction and freedom from discomfort in delicious Instant Postum—the table beverage of no regrets.

Its fragrant aroma and rich, full-bodied flavor are delightful. Instant Postum is made from roasted wheat and contains no Caffeine, nor any other harmful ingredient whatsoever.

Order a tin from your Grocer TODAY!

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 Street, E., Toronto. Factory: Windsor, Ontario

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 40—Druggists. Aspirin is the trade mark registered in Canada of Bayer Manufacture of Mono-acetic acid ester of salicylic acid. 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."