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ng handshake ve of the lover. live of character it least convey and more elomis can do. ch a common has thus a use he simple act of

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Sweater iamond Dyes

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e dancing takes essed by many ollars and Tube

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o the Box

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

serious obstacle to-day in the path of what is wrong and what to do to right tive species, the only member of a life itself seems scarcely worth living, Public Health progress. Even direct matters. In every community there are cases special family of the ungulate, or then is the time you should remember Public Health progress. Even direct opposition is more to be desired than where their enthusiasm cannot carry else in the world except in Alberta shine of health through the use of Dr. indifference, for a person cannot very them far, on account of indifference and Saskatchewan and some portions shine of health through the use of Dr. Williams' Pink Pills. The rich red well oppose a measure of reform with-out giving some thought to the sub-out giving some thought to the subject. But when people are indifferent of this indifference can be seen in the antelope has been a matter for strengthens the whole system. The er into an enthusiast. To bring this it is to examine the water, issue warnabout, the teacher must of course have ings as to the dangers of health, antelope disappeared from Manitoba I was in an anaemic condition and so a message and a real one. He must month after month passes, and no and the Chief Game guardian of Sas weak I would faint away at times. I presented in such a way that the reforms recommended cannot be considtrustees? Is it the inspector? Is it
while the Chief Game guardian of Alby worth living. I was exceedingly

mother of the school child? This is berta.

The need for Public Health work is only one example of the evils of ino obvious, and it touches the everydifference which in the everydifference which is berta.

For several years the Canadian NaDr. Williams' Pink Pills recommended so obvious, and it touches the every-difference which impedes Public tional Parks Branch attempted to for a similar condition, and I got a day life of the community so inti- Health progress all along the line, breed antelope by capturing and plac- supply. I continued taking the pills mately that only a recital of health In every phase of the work, whether ing them in the Buffalo parks on the until I had used about a dozen boxes, conditions as they are, will rouse the it is Child Welfare, combating Venprairies, but owing to the shock of and they have made me a well woman. people to take action. There is no ereal Disease, promoting Industrial capture no success was attained. Af- I can now do a good day's work about part or district of this province where Hygiene or in Sanitary Engineering ter repeated failures it was decided to the house, have no more fainting health teachers and health workers activities, one is always confronted try the experiment of enclosing a herd spells and can go about more actively are not needed. Every community is with the man or woman who does not in some area in which they were found than I did before. I believe these pills they do not know it, but the infant These indifferent people are all, or Park, which was the outcome of the women, and if given a fair trial will

ered anything but necessary and the teacher? Is it the father or berta places the number at 1,000 in Alpale and tried doctor's medicine with

mortality rate, the number of physi-nearly all, potential enthusiasts if first experiment, represents the most do for them what they have done for cal defects, the conditions of life, all they could be aroused, and that is successful attempt yet made on this me." point to the necessity of something exactly what Public Health Education continent to breed antelope in capbeing done. To this end, education is is aiming to do.

The Contemptuous Sniff.

Two prospectors, having been in the mountains for many weeks without anything to eat except bacon, had become extremely stck of it. Finally when one of them in disgust threw his been under frequent discussion of on alfalfa a fence was erected around plateful on the ground even the camp late. In Bulletin No. 72, "Success in the area and a herd of about 50 sedog after sniffing contemptuously Prairie Tree Planting," issued by the cured. These have increased to about pectors were does not matter; the farmers scattered over the prairies besituation is highly amusing, and for tween Winnipeg and Edmonton estithat reason a motion-picture photomate the value of shelter-belts they ed contain no antelope but it is expectgrapher who was taking picture in have planted on their farms at from ed they will be stocked in the near British Columbia wished to reproduce \$500 to \$3,000, with an average of future. it. He had, says Mr. Lewis R. Free about \$1.000. That this is a reason. The name Wawaskesy is Cree Inman in Down the Columbia, no trouble able valuation is confirmed by a redian for "Antelope," while Menissain getting the men to "register" discent decision of an Alberta court. In wok means "common or national prothe Director of Forestry at Ottawa gust, but the "contemptuous smiff" this case the tenant of a farm had alperty," the nearest Indian expression can be relied upon to give disinterest-After the voracious pup had dedestroyed it The owner at the tervoured three plates of bacon without mination of the lease sued the tenant paying the least heed to the director's for damages. A number of witnesses attempts to frighten him off at the were heard. One witness for the deproper moment the party tried using fendant contended that with good care

thin strips of birch bark trimmed to and attention and the planting of fifty represent curling rashers. But the to one hundred new trees the damage the Congo and is used as legal tender. birch-bark rashers. "If the pup eats the learned judge stated his conclu- cost of sait and other trade goods. the search pull die," he remarksion as follows: "On the whole I think on returning from the meeting, says advocated chiefly because it is one of

Kings Who Never Grow Old.

A curious custom of a pastoral people of Uganda, known as the Banyoro, is related by the Rev. John Roscoe. He said that when once a king was enthroned his person became sacred, with her grandmother to hunt eggs. and his food was restricted to milk "Look in the nest, dear," said her from economic unrest yet here in the and beef from a sacred herd of cows. grandmother, "and see how many eggs heart of Central Africa I found the pation, indigestion, colic, colds, etc. ed himself to grow old nor his faculties to become impaired. When he thought he was going to be seriously Look again." Mary knelt down in the ill he called a council, arranged State straw and peered carefully into the affairs with the principal chiefs with nest. out giving them any reason for think-

Then he returned to his private any more.' house, summoned his chief wife, and ordered her to bring him a cup of poisen. He drank the contents, and in a few minutes was dead.

---other man owns is as rich, in a way, with the possible exception of North others how to be good is nobler—and

Life Partners

body-building food.

healthy nerve cells.

"There's a Reason"

a partnership for life.

THE union of Nature, the Farmer and Science is

your waving, shimmering fields of barley-Nature

stores the vital elements of human power and energy,

which Science converts into Grape-Nuts-the famous

containing all the nutritive and mineral elements

required for making rich, red blood, and building

sturdy body tissue, sound bone structure and strong.

Sold by Grocers Everywhere

partially pre-digested by 20 hours' baking.

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Made by Canadian Postum Cerest Company, Ltd., Windows, Committee

Grape-Nuts with milk or cream is a complete food,

Easily digested and perfectly assimilated, because

In your golden sheaves of living wheat-and in

How Much is a Shelter-Belt Worth?

How much a shelter-belt of trees and, therefore, I think the amount monstration. mentioned is not excessive." Judg-

Hen Language.

ment was given on this basis.

One day small Mary, who was making her first visit to the country, went officials.

"One egg," reported Mary. "Are you sure there are no more?

ed, "The egg's mama says she hasn't

Rich in Petroleum.

has estimated that, in proportion to area, South America is richer in The man who can enjoy what an petroleum than any other continent

New National Parks for Wild IN THE SHADOW

Three new areas for the preservation of rare species of wild life have recently been proclaimed National Parks. These are Nemiskam and Wawaskesy parks in Southern Alberta In This Condition Relief Comes and Menissawok park in Saskatchewan. These reserves, which total an area of 58.5 square miles, have been set aside for the preservation of the Indifference is probably the most necessary—the people must be told Prong-horned antelope, one of the

it is hopeless to try to make progress, certain rural schools where the water grave concern to those interested in nerves are strengthened, headaches There is no foothold or handhold to supplied to the boys and girls for the conservation of wild life for some vanish, the appetite improves, and grip, and no chance to get in the thin drinking purposes is to say the least, years. Unless a success can be made once again there is joy in life. Among edge of the wedge of understanding absolutely unfit for use. Although the of protection by means of sanctuaries, the thousands benefited by the use of the modern of Basilian of Basilian and Basilian of Basilian that often converts an ordinary listenMedical Officers of Health whose duty
their extinction is a question of only
this medicine is Mrs. Jos. Robinson, be able to present facts arranged and thing is being done to right matters. katchewan estimates that there are had no appetite, could not do my

In the late winter of 1915 it was reported that a band of antelope were in danger of starvation near Foremost. Southern Alberta, on account of the heavy snowfall. Officials of the Parks about the buildings and garden on a Branch were despatched to the locali-

Minard's Liniment for Distemper.

Where They Spend Their Salt.

hungry dog persisted in licking even would soon be repaired. On the other That is why, says Mr. Isaac F. Marcosthose, probably because they came hand witnesses for the plaintiff estil son in An African Adventure, one of from a greasy plate. Finally the mated the damage at from \$1,500 to the native chiefs protested to the Belphotographer put some lodine on the \$2,000. After reviewing the evidence, gian officials at the advance of the

contemptuously" at the pungent fumes | years, the wind-break can be made ing and pointing their fingers at the tion in thinning, even when very of the iodine, and then with a wolfish practically as good as ever. But the Belgian officer, who immediately asked

stepped forward. 'Ask the Bula Matadi," said she, "why the franc buys so vest. little now. We get only a few goods for a big lot of salt." "Bula Matadi is the name that the natives give to all

must hustle to earn it.

less trouble.-Mark Twain.

OF POOR HEALTH

Through Dr. Williams Pink Pills

When the shadow of poor health Williams' Pink Pills. The rich red

You can get these pails 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.

Plant Shagbark Hickory. A lot of advice is being given to Canadians about the planting of nutbearing trees instead of those useful only for shade. This is good advice Director of Forestry, Ottawa, forty 145 and no sign of disease has yet apale to grow any tree when a better one might be grown. At the same time, the words of over-enthusiastic friends of this or that heat-loving tree must be carefuly weighed before embarking on any considerable planting ed and expert advice on this subject. There is one tree, however, which ought to be planted much more than it is, namely, the bickory, and preferably, the shagbark hickory. This tree s native to the southern parts of Ontario and Quebec, and would undoubtedly grow well outside of its present range in these provinces, and also in large parts of the Maritime Provinces and British Columbia. Its nuts are edible, some strains or varieties provalue in the meantime will be lost, them to explain the cause of the desmall, can be disposed of to advant-After a while a big black woman to the owner while he is waiting for Thus a considerable revenue comes in

high cost of living provoking a spirited can be quickly banished through the protest from a primitive people. As I use of Baby's Own Tablets. They are continued evidence of the advance in stantly regulate the bowels and sweet- thoroughly, 'tis true, but steadily. price of every food commodity. The en the stomach. They are guaranteed wife-all wives are bought-cost fifty great help to my baby. They regu- ranks. francs; to-day the market price for a lated her bowels and stomach and choice spouse is two hundred. Four made her plump and well." The Tab-An expert from the United States stimes as much salt! A young man lets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Planted First Apple Tree on the Prairies.

In Ontario the borticulturists a few years ago, put up a monument to mark the site of the first McIntosh Red apple tree. In Manitoba they reverse the process by honoring the man raththe man is still alive. At the recent convocation of Manitoba Agricultural College the portraits of four men who have greatly helped western agriculture were hung in the convocation hall and their names inscribed on the college roll of fame. Those honored were Dr. S. A. Bedford, Brigadief-General Hugh N. Dyer, and Messrs. J. W. Scanlion and A. P. Stevenson, all well known agriculturists. The last named was honored for his success in fruit growing and as being the one who over forty years ago, planted the first apple tree in Manitoba. In addition to his work in connection with fruit trees, Mr. Stevenson was one of the earliest believers in the work of planting shelter-belts across prairie farms and about the farm buildings, and for over twenty years has been one of the tree-planting promoters of the Dominion Forestry Branch. When he began, it was generally believed that trees would not grow on the prairies, and much of the progress of the work in the early days was due to Mr. Steverson's enthusiasm and to experience gained on his own farm near Morden, Manitoba.

Seeds of Rubber Tree. The seeds of the rubber tree contain about 50 per cent. each of kernel and shell. The air-dried kernels contain on the average about 45 per cent. of a drying cil. This cid hardens in air and can be used in making imp leum and soft scap.

Ack for Mineral's and tokarne other.



In the two previous articles in this series we have discussed, first—the 'parent institution" to which a troop s to be attached, second—the Troop Committee and its duties, and thirdthe Scoutmaster, his training and his

Then—everything being in readiness the boys are called in. (None under 12 years of age).

start a dozen picked boys who become

Two methods are possible here—one to call in all the boys and start them The other and surer method is to

has started—usually two or three months later First (as suggested in all the Scout publications dealing with organiza-

lenge for the future. The boys must master the Tender own farms.

foot Scout requirements, which in-The Scout Promise and Law, the Union Jack, Tenderfoot Knots.

Pending the registration which the Boy Scout rules requires as a guaranty of what sort of boys shall bear the Scout name and insignia and what manner of man shall lead them, the prospective Scoutmaster is authorized to give the Tenderfoot Tests and report those qualifying. This is validated by the subsequent registration of the Scoutmaster and the chartering of his troop.

commending their Scoutmaster and Assistant Scoutmasters.

(c) Application for registration of the Scontmaster, and, if there be any, of the Assistant Scoutmasters, as meeting the qualifications set by the

(d) Alphabetical list of the boys, showing that they meet the age and it, of course he will die," he remarked, "but that will be no more than he
deserves after the way he's acted."

The plan worked perfectly. After
the pup's first eager lick he did "sniff
the proper amount to allow would be
the proper amount to allow bution each year to maintain the sertion to all troops.

Troop Activity. Once a troop is organized and registered it can proceed with its real work of building habits of right living, of loyalty and of helpfulness and service, of becoming "prepared" to meet emergencies, of mastering and coming to love God's out of doors-all through pleasureable, purpo_eful, recreational

Scout Progress.

The Scout should make progress. proceeded up the Kassai River I found a mild but thorough laxative which in- He should grow and advance, To this end the Scoutmaster will emnipresent chicken that cost a franc to centain no harmful drugs and can encourage and aid and instruct so "Yes, grandma, that's all," she said, in 1914 now costs from five to ten be given to the youngest baby with that the lad advances into Second or ing that he was about to die, and dis"it's just as one as it an be." Then, francs. But foodstuffs are only a small perfect safety. Concerning them Mrs.

First Class ranks—and on through the professionery Radge energialities into part of the economic troubles in the Alcide Lepage, Ste. Beatrix, Que., Proficiency Badge specialities into Congo. Before the war a first-class writes:—"Baby's Own Tablets were of King's Scout and All Round Scout

Rough Treatment.

Two men were engaged in repairing the roof of an old building One of them, having occasion to go down, carried the ladder away with him. "Hi!" shouted his mate, "bring that back. How do you suppose I can get

"Oh, just shut your eyes and walk about a bit," answered the other.

MONEY ORDERS.

down?

Send a Dominion Express Money er than the tree, and by doing it while Order. They are payable everywhere.

> We should insure against handicaps by adding to our lives as many useful habits as we can.

Keep Minard's Liniment in the house

There is a whole bundle of happiness to be found in the vigorous doing

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

Curtains, draperies, carpets and all household articles can be dyed and restored to their original

> Write for full particulars. Parker's Dye Works, Limited

way on all orders

Cleaners and Dyers 791 Yonge St. Torento

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ISSUE No. 38-122.

Rheumatism And **Byspepsia** Are Soon Ended

Victims of stomach trouble and rheumatism often find that when their tomach is set in order, the rheumatism disappears. Thousands of people everywhere have testified that Tanlac has freed them of both troubles simultaneously. T. G. Maitland, 147 Ade-

"My digestion got so bad I would bloat all up and I suffered from constipation and biliousness, eplitting headaches and dizzy spells. I had rheumatism in my joints and often just ached all over. I never have an ache or pain of any kind since taking Tanlac and never felt better in my

Badly digested food fills the whole system with poisons. Rheumatism and many other complaints not generally recognized as having their origin in the stomach quickly respond to the Patrol Leaders and helpers in instructing the others when the entire group lac to-day at any good druggist. Advt.

tion) the first meeting must interest life and are not afraid to work can the boys-provide something to do still find employment on fruit and then and hold out some novel chal- poultry farms. Moreover, many more

Minard's Liniment For Colds, Etc.

"In retracing the tortuous path of the youthful criminal," says the director of the Chicago Crime Commission, "it is seldom found that the trail leads back to the playground, the diamond, the athletic field or the community centre. The young delinquent has, in the majority of instances, grown up in the atmosphere of the saloon, the poolroom and similar hang-outsi"

Register Troop and Scoutmaster.

The troop having qualified through individual and collective meeting of the standards set by the Boy Scouts Association should apply for registration and a troop charter in order to be entitled to wear the Scout insignia and bear the Scout name. The form of application (procurable from Provincial Headquarters, Bloor and Sherbourne Streets, Toronto) provides the following sections to be filled out:

(a) Formal application of the institution or group of citizens for a Charter is renewable annually.

(b) Signature of the Troop Committee, showing readiness to meet the responsibilities of their office, and recommending their Scoutmaster and Assistant Scoutmasters.

Rural Route No. I, Mascouche, Quebec. The Minard's Liniment People.

Sirs—I feel that I should be doing a Winser's Liniment People.

Sirs—I feel that I should be doing a Winser's Liniment People.

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Sirs—I feel that I should be doing a Winser Liniment People.

Sirs—I feel that I should be doing a Winser Liniment People.

I have had four tumors growing on my had sout fifteen years ago but three months ago I should fifteen years ago in the very place where my had sout fifteen years ago I so that they bead for tumors.

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

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"I was troubled with ecceme for

about a year. It broke out in pimples on my face and in a few days would blister.

At night I hardly slape a

would burn. I was dis-

ticura Soap and Cintment and cont

for a free sample. I bought more, and

after using two cares of Scap and one box of Ointment I was healed." (Signed) Mrs. David Ecz. 4159 For

Rely on Cuticura Soap, Ofntme

and Taicum to care for your skin.

"I saw an advertisement for Ca-

wink on account of the

terrible itching, and when

I scratched my face it

TORONTO

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C. J. CLIFF

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THRESHER BELTS AND SUC-TION hose, new and used, shipped subject to approval at lowest wrices in Canada. York Belting Co., 115 Term St., Toronto, Ont. **COARSE SALT**

The "farmerette" has not entirely disappeared. Girls who enjoy outdoor women than formerly now own their

No one with a good catch of fish goes home by way of the back alley. Envy provides the mud that failure

throws at success.

Rampie Ench Pres by Mail. Address: "Egunana Lin-ited, 345 St. Fant St., W., Mantreal." Sold-every-where, Song Mc. Ointment Z and 50c. Talean Ma-Zuri Cuticura Song ahavon without man HER AILMENTS

Mrs. Sherman Helmed Lydia E. Pinkham's Ven

etable Compound

Lake, Michigan. — "About one year and I suffered with irregularities and a weak." ess and at tim

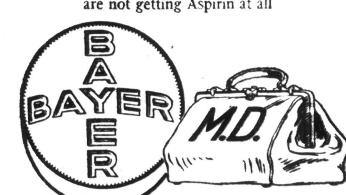
obliged to stay off my ur family physi could not understand my case, so I decided ham's Vegetable

that I was getting better. I took sever bottles of the Vegetable Compound and used Lydia E. Pinkham's Sanative Wach and I am entirely cured of my ailment. You may publish this letter if you wish."—Mrs. MARY SHERMAN, Route 2. Lake, Mich.

There is one fact women should consider and that is this. Women suffer from irregularities and various forms of weakness. They try this and that doctor, as well as different medicines. Finally they take Lydia E. Pinkham's Compound. and Mrs. Sherman's experience is simply another case showing the merit of this

well-known medicine. If your family physician fails to help you and the same old troubles persist, why isn't it reasonable to try Lydia E. Pinkham's Vegetable Compound?

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 Toothache Earache

Headache Neuralgia Lumbago Rheumatism. Neuritis Pain, Pain !

Handy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100 December 1 Aspirin is the trade mark cregist red in Canadas of Paper Manufacture of Yone aceticalidester of Salicylleacid. White it is well known that spirin means a manufacture, to assist the public against frontations, the Tablet of Payer Compatible Stamped with their general trade mark, the Tablet of Payer Compatible Stamped with their general trade mark, the Tablet Ches.