BY DR. J. J. MIDDLETON

Dr. Middleton will be glad to answer questions on Public Health matters inrough this column. Address him at Spadina House, Spadina Crestent, Toronto.

If the health of the people is to be one builds up society; the other demaintained, one of the first essentials grades and destroys society.

none of his daughters shall lack the gence, art, justice and wisdom can necessities of life—even the insane prevail only after physical needs are and the criminals are to be fed, clothed and housed. And Industry, which good citizen is the job."

To maintain a good standard of the provide working worken is commanded to do living in a community is to provide and boils—Dr. Williams' Pink Pills

verybody fresh air, shelter, good lood, decent clothing and simple com-The Minimum Wage Law of Ontario requires no more.

The right to live includes the right to earn a living. A woman worker should be able to pay her way. If a father gives free board to his taughter, her employer has no right For her to step on gone for aye to put that gift in his pocket. The "Pin Money" wage is socially

of their independence and makes some industries parasitic upon others. Many working women are supporting others besides themselves. They

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who take "pm money" wages. Every right-minded employer approves the minimum wage principle. He believes in paying living wages. An industrial group is an industrial family. The first charge on any But one of nature's noblemen, industry should be the support of its Of gallant heart, he was indeed

Men are what their mothers make them. Working girls of to-day are the mothers of to-morrow.

Women, for various economic reasons, are the most helpless class of workers. No community can afford to stand aside and see them exploited. The business which pays good wages is the natural enemy of the



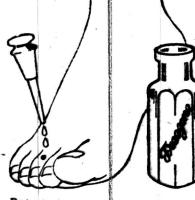
#### Irrigated Farms in Southern Alberta

In the Famor's Vauxhall District Bow River irrigation Project An especially good location for mixed farming and darrying. Splendid opportunity for young men now living in districts where good land cannot be bought at reasonable prices THIS IS NOT PIONEERING, the first 10,000 acres are fully settled and another 10,000 cres now ready for settlement; max mum distance from ratiroad, seven miles. Good roads, telephones and schools. Easy paying the phones and schools. Easy paying the settled over 18 years. This is the Best Land Buy in Alberta COMPANY, LIMITED

East or West Eddy's Best MATCHES Insist on having

EDDY'S!

Lift Off with Fingers



Doesn't hurt a ba! Drop a little smile. "Freezone" on an acuing corn, instant-If that corn stops hurring, then shortly gallantly, "Would cause any man to Your druggist sells a tiny bottle of Freezone for a few cents, sufficient to remove every hard forn, soft corn, or

corn between the toes, and the calluses,

without soreness or Arritation.

Provincial Board of Health, Ontario

is for every worker to receive a living tection against "shyster" competition.

The ontario Minimum Wage tection against "shyster" competition.

There is no other season when the Board is working towards this end, Minimum wage-levels are his rampart and has issued a large calendar for against unscrupulous wage-cutting.

Old Man entario is determined that on its foundation. Health, intelli- Dr. Williams' Pink Pills develop the

working women, is commanded to do living in a community is to provide and boils—Dr. Williams' Pink Pills customers for stores and markets for clear the skin because they go to the The average income of the Can- factories. Too low wages means a root of the trouble in the blood. In the adian people is probably the highest population too poor to buy much and spring anaemia, rheumatism, indigestion, the world. There is enough to give too ignorant to buy wisely.

#### A Knight of To-day.

Sir Walter Raleigh, history says, Flung down his cloak with readiness Those days of chivalry, we say.

horse Has fallen in the icy street.

And vain his struggles to arise. cannot stand the competition of girls His auto robe spread on the ground, A good man passing, 'neath its feet And quick the beast sure footing found.

No title bore this humble man So swift to minister to need Say not the days of chivalry Have passed when live such knights



Boy Scouts are expected to do at east one good turn to somebody every

would identify them as the boys who years of high school. this way the boys are not encouraged will make up the ranks of amateur

him smile again and go off happy." "Coming home from Sunday school I picked up a Salvation Army church envelope containing twenty-five cents.

I took it to the Hostel on Monday." "The man living next door to where l live is very sick and so I chopped the wood for him."

"Coming home from school I saw some boys throwing snowballs at a little boy about five years. I ran' across the street and shielded him from the snow balls."

"Walking down the street I picked up a bunch of tickets for the Harpist concert. I remembered that two girls in our school had some to sell, so I

"Walking across the river I picked have his name changed. up a new testament Bible. As the name was inside I was able to return "I saw a man having difficulty in

putting coains on his car. As there was nobody to help him I offered my services and helped him put them on." "I picked up a daily paper on the street that had apparently been thrown on some verandah by a newsboy, and had blown away. I enquired at the houses and found the house

where it belonged." "As mother had a headache | cleared the supper dishes and washed them." "I picked up a broom for Mrs. because she is a cripple and could not

do it very well. "I got up early this morning and shovelled the snow off the sidewalks

of the neighbors." "A little boy was coming down the street crying. I asked what he was crying for, but I didn't seem to understand what he was saying. I found out that he was lost, and that he lived on Grand Avenue east, so I took him to Grand Avenue and found his father looking for him."

He Failed Again. Mr. Jones was at a dinner party. He was extremely shy and nervous, and never could summon up courage to speak because he feit his inability to say anything neat.

All the evening he had been trying to think of something nice to say to his hostess. At last he thought he saw his chance. "What a small appetite you have,

Mr. Jones-" she remarked, with a

lose his appetite." And now he wonders why he was

never asked to the house again.

#### SPRING IMPURITIES DUE TO POOR BLOOD

A Tonic Medicine a Necessity at

This Season. Dr. Williams' Pink Pills are an allyear-round tonic for the blood and nerves. But they are especially valuable in the spring when the system is blood is so much in need of purifying and has issisted a large calendar for against unscrupulous wage-cutting.

1923, which sets forth the aims and objects of the Board, especially as regards women in industry. Some of serves and should get loyal service.

All the better things of life are williams' Pink Pills give strength. In the spring one feels weak and tired—Dr. Williams' Pink Pills give strength. In the spring the appetite is pften poor tion, neuralgia and many other troubles are most persistent because of poor, weak blood, and it is at this time when all nature takes on new life that

the blood most seriously needs atten-To save the feet of Good Queen Bess tion. Some people doze themselves From contact with the muddy ground, with purgatives at this season, but these only further weaken themselves. A purgative merely gallops through the system, emptying the bowels, but unhealthful. It robs working women Oaths; piteoue cries! A poor draft kand, Dr. Williams' Pink Pills enrich the blood which reaches every nerve and every organ in the body, bring new strength and vigor to weak, easily tired men, women and children. Try Dr. Williams' Pink Pills this springthey will not disappoint you. Sold by all medicine dealers or sent

by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville,

#### Music Must Be Made to Appeal to Three Classes. In all high schools the students, both

boys and girls, are divided into three eneral groups: 1. These who possess distinct interest and capacity in musical accomolishment.

2. Those who possess distinct inerest and capacity in musical apprediation, but only a moderate interest or capacity for musical accomplish-

8. Those who possess no interest or capacity for musical appreciation. It is readily seen that there can be no well defined line of demarkation This is a law which is strictly folland three, and that students may, and box from The Dr. Williams' Medicine lowed out by the boys of the 1st Chat-should, pass readily from one group Co., Brockville, Ont. ham (Rotary Club) Troop, and is eviinto the next. Any music curriculum denced by a report which Scoutmaster which even approaches the ideal is one Buesnell compiles at the end of every that makes adequate provision for all month. During the month the boys three groups of students. The proare asked to write down any good fessional musicians of the future must turns they do, but they must do so find it possible to carry on their intenwithout putting down anything which sive study of music during the four

to boast of the kindnesses they have musicians, and appreciative listeners. A perusal of some of the "good and willingly support the symphony the men and women who will so fully turns" done by the Scouts during a orchestras and other worthy musical Minard's Liniment for Coughs & Colds recent four weeks period as recorded enterprises, must have their interest by the boys themselves is interesting, sustained, their musical knowledge "While coming along the street I and habits formed during the most broadened and their musical tastes saw a small boy crying and upon ask- formative years of their lives. The ing him the reason found out that he third group who, up to the high school had dropped five cents and could not age, have evinced little if any interest find it. After sifting the snow for in music, must be led to realize what some distance around I found the a socializing force music is, and what nickle and had the pleasure of seeing an important place it may occupy in the worthy use of leisure time.



Half Believing. "Do you believe half of all you hear?" "No; only half believe all I hear."

asked them if they had lost them and Nothing married a woman in Mon-An Indian named Man-Afraid-ofthey said they had, so J gave them the tana not long ago. One week after the wedding he applied to his tribe to

100ТНАСНЕ Place a piece of cotton wool saturated with Minard's in the tant and gives quick relief.



East or West Eddy's Best **MATCHES** 

Insist on having EDDY'S!





"WHY NOT PUT ON SOMETHING PLEASANT FOR A CHANGE?" -From Denver Post

On a Calendar.

With its figures set in rows.

Sees the winter peak and pine

Leaving only on some heads

Certain fresty looking threads.

To the hopeful something more

Are the figures than they seem;

That has screened a cherished

-Maurice Morris.

Concrete Mixer

BUILD YOUR OWN SILO

They're the numbers on the door

Knock and knock again, or ring-

"Is she yet at home Miss Spring?"

Minard's Liniment for Corns and Warts

About half of the copper produced

**PATENTS** 

that bring the largest return are those properly protected. You can write with confidence to our furn for write with confidence to our firm for

ree report as to patentability. Send for List of Ideas and Literature

THE BAMSAY CO.

When we get to "21,"

dream.

Prosy as all figures are.

#### Strength.

My weakness bows before the strength On a desk the calendar of these: sailing ship withstanding

Not a sign of romance shows; Rocks with their breasts bared to the Yet who reads between the lines breaker's sting, Sees all sorts of hopeful signsforests waiting patiently for epring: Sees arbutus trail and twine Through the trellised digits dun,

And his old face that, while daylight dies. Watches with smiling lips and quiet

-Dorothy C. Cochran.

## BABY'S HEALTH

The Spring is a time of anxiety to mothers who have little ones in the home. Conditions make it necessary to keep the baby indoors. He is often confined to overheated, badly mentilated rooms and catches colds which rack his whole system. To guard in the world comes from less than a against this a box of Baby's Own Tab- score of mines. lets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. This will prevent colds. constipation or colic and keep baby The Tablets are seld by mediwell.

You may censure the faults of others when you have ceased your

MONEY ORDERS. Send a Dominion Express Money

The earliest known almanac devoted expressly to the year of issue was published by Rabelais in 1533.



Kendall's penetra Kendall's Spavin Treatment, mown for more than 40 years Kendall's Spavin Cure, is econo-nical and clean—no mussiness.

#### KENDALL'S SPAVIN TREATMENT

Pimples Disappear "You don't need mercury, potash

or any other strong mineral to cure pimples caused by poor blood. Take Extract of Rootsdruggists call it "Mother Seigel's Curative Syrup—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and \$1,00 Bottles. At drug stores.



in short order Whenever you feel that

tightening in the chest, that deep-seated irritation that is the sure forerunner of a chest cold-Apply Sloan's to chest and neck: It breaks up the congestion and brings instant relief. The penetrating warmth of the liniment re-

and reduces inflammation. Don't let your chest cold develop. Wherever con gestion causes pain—use Sloan's. Mad: in Canada

pan's Liminsent-kills pain!

stores normal circulation

now," declared Harold Williams, well-known shoemaker, of 28 Cornwall St., Toronto, Ont., recently. "For years, she was so weak and rundown I often thought she would fall in

and she could scarcely get any sleep. pin cur faith to Tanlac." gists. Over 35 million bettles sold.

#### WILLIAMS TELLS OF WASTED CASH Spent Lots of Money, But

Wife Got No Better Until Tanlac Ended Stomach Trouble.

lac has made in my wife and she says she is feeling like a girl of sixteen

her tracks. Nearly everything she ate disagreed with her and at times she was simply in agony. Her nerves were so unstrung the least little thing would worry and upset her for hours "Well, after spending hundreds of dollars on different medicines, I didn't have much hope that Tanlac would help her, but, it's a fact, when she finished the treatment, every ailment was gone. That was several months ago and since then her health has been splendid. Hereafter we will always Tanlac is for sale by all good drug-

finard's Liniment used by Physicians



STRAWBERRY PLANTS "I never saw such a change as Tan ac has made in my wife and she says the is feeling like a girl of sixteen lev Strathrow Ont." W. H. Brand Strathroy, Ont.

REPAIRS AND SUPPLIES CHATHAM FANNING MILLS
Chatham Incubators, Thermometers
apply Manson Campbell, Chatham, One

UXFER STUDIOS MAKERS AND

MORNING & KEEP YOUR EYES





### See How Easy It Is To Learn Music This New Way

ac you pleare. All the intricate "mysteries" of inusic have been reduced to a method of amazing simplicity—each step is made as clear as ABC. Thousands have aiready learned to play their favorite musical instruments this spiendid

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Traps Piano
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Harmony and
Composition
Sight Singing
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Piccolo Harm
Trombone Cornet
Hawaiian Guitar

Steel Guitar Guitar Voice and Speech Cult

Voice and Speech Culture Automatic Pinger Control

Goold Shapley & Muir Company, Limited 200 Wellington \$t. Brantford

Large and Red. Itched and Burned. Cuticura Heals.

"My face was itchy and broke out with large, red pimples. They were scattered all over my face and itched and burned so that I scratched which caused them to grow larger. I could hardly sleep at night. They were a real torture and my face was a sight. "The trouble lasted about three months. I began using Cuticura Soap and Ointment and the first reatment stopped the itching and after using two cakes of Cuticura Soap and one box of Cuticura Ointment I was healed." (Signed) Miss Ora Goulette, R. F. D. 4, Box 86,

Barre, Vt., March 24, 1922. Use Cuticura Soap, Cintment and Talcum exclusively for every-day toilet purposes.

Sample Each Pres by Mail. Address: "Lymans\_Lim-ited, 344 St. Paul St., W., Montreal." Sold overy-where. Soap 25c. Ointenent 25 and 50c. Taleum 25c Cuticura Soap shaves without rang.

## PUTS HEALTH AND VIM INTO

So Says Mrs. MacPherson of Lydia E. Pinkham's Vegetable Compound

Brantford, Ontario.—"I was always tired and the least exertion would put me out for a day or two. I had a pressing pain on the top of my head, pain in the nape of my neck, and when I stooped over I could not get up without help, because of pain in my back. I did not sleep well and was nervous at the least noise. I keep house, but I was such a wreck that I could not sweep the floor nor wash the dishes without lying down afterwards. A friend living near me told me what Lydia E. Pinkham's Vegetable Compound had done for her so I began to take it. With the first bottle I felt brighter and got so I could wash dishes and sweep without having to lie down. Later I became regular again in my monthly terms. I have taken ten bottles all told and am now all better. I can truly say that your wonderful medicine cannot be beaten for putting health and vim into a wo-man."—Mrs. JAMES H. MACPHERSON, 309 Greenwich St., Brantford, Ont.

If you are suffering from a displacement, irregularities, backache, or any other form of female weakness write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Lydia E. Pink-ham's Private Text-Book upon "Ail-ments Peculiar to Women." G

ISSUE No. 14-22.

put letters together and form words, once you have learned the alphabet. Playing a musical instrument is not very much different. Once you learn the notes, playing melodies on the mandolin, piano or violin is simply a matter of putting the notes together correctly.

The first note shown above is F. Whether you are singing from notes, playing the piano or banjo or any other first space is always F. The four notes indicated are F. A. C. E easy to remember, because they spell the word "face." Certain strings on the mandolin certain keys on the plano represent these same notes—and once you learn them, playing melodies on the instrument is largely a matter of following the notes.

Anyone can now learn to play a musical instrument at home, without a teacher. A new, simplified most based on the simplified most based in the centre of attraction to person who holds the audience in th

Anyone can now learn to play a mustical instrument at home without a teacher. A new, simplified method of teaching reduces all much to its simplest possible form. You can now master singing, piano playing or any musical instrument you wish right at home, quickly, easily without endless study and practice.

You don't have to know anything whatever about music to learn to play a musical instrument this new way. You don't have to pin yourself down to regular horses, You oractice whenever you can, learn as quickly a you please. All the intricate "myssrles" of music have been reduced to a lethod of amazine simple.

U. S. SCHOOL OF MUSTO 3894 Brunswick Bldg., Hew York City Please send my your free book, "Music Lessons in Your own Home" and particulars of your special offer, I are interested in the following course. Name of Instrument or Course

Why is Early Ripening so 7 rofitable? In Corn—Because it increases the protein of ensilage from 50 to 150%; and consequently you do not have to buy so much

You Can Play Your Pavorite. In-

From Today

lf you ar dissatis file o

with you

In Oats-Because early maturing oats escape coonsiderable rust injury; and fill before they are killed with heat. In Potatoes-Because early potatoes bring Biggest Prices. SHUR-GAIN Fertilizers hasten ripening of all crops. Order SHUR-GAIN Fertilizers now for spring use.

Consult our Agent or write us.
Agents wanted in territories where we are not represented.

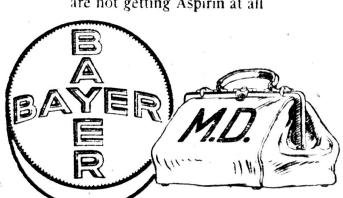
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Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for-

Colds Headache Toothache Neuralgia Earache Lumbago

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