



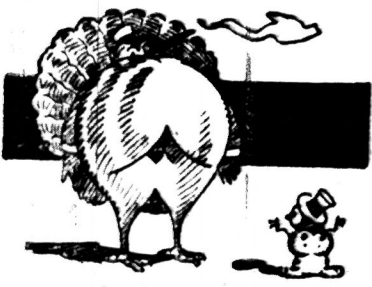
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Rinsol is an entirely new kind of soap, every granule made of pure materials perfectly combined.

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Minard's Liniment for Coughs & Colds

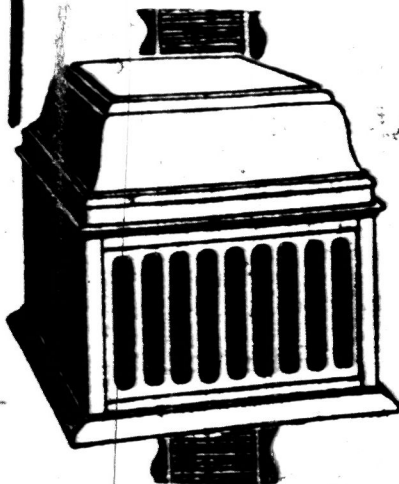
Be friends with everybody. When you have friends you will know there is somebody who will stand by you. You know the old saying, that if you have a single enemy you will find him everywhere. It doesn't pay to make enemies. Lead the life that will make you kindly and friendly to every one about you, and you will be surprised what a happy life you will live.—Charles M. Schwab.

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The fastest flowing river in the world is the Sutlej, in India, which rises 15,200 feet above the sea, and falls 12,000 feet in 180 miles.

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## Bananas as Food

Most fruits are valuable to man because of the medicinal properties of their juices and for their delicate flavors. But from a point of view of food there is nothing, or next to nothing, in them.

Strawberries, for instance, or peaches or pears, are of little use except to quench the thirst. The one great exception is the banana. The great traveler, Humboldt, once said that an acre of bananas will give as much food as 44 acres of potatoes. This is decidedly an exaggeration, yet, acre for acre, a crop of bananas does give more human food than any other plant or vegetable known to man.

The average yield of a plantation of bananas on good, moist land is 233 bunches to the acre each year. You can put the weight of a bunch at 52 pounds, which makes the crop 14,796 pounds to the acre. This would be enough to feed a man for about three and one-third years.

An acre of potatoes will yield, on an average, 82 bushels, sufficient to feed a person for 18 months, or less than half the time that an acre of bananas would feed him.

But, then, the potato crop requires a lot of work. Each year the ground must be prepared, ploughed and fertilized, the seed sown, kept free of weeds, and finally the crop dug and housed. In the case of the bananas all this trouble is saved, for new shoots keep growing up from the old "stools" and there is nothing to do but keep the weeds down with a scythe and cut the fruit when ripe.

No wonder, then, that bananas are weight for weight, the cheapest food for man, and that life runs easily in countries where the banana will grow. And that, mind you, is a belt nearly 3,000 miles wide all round the thickest girth of our planet.

## CHILDHOOD INDIGESTION

Nothing is more common in childhood than indigestion. Nothing is more dangerous to proper growth, more weakening to the constitution or more likely to pave the way to dangerous disease. Fully nine-tenths of all the minor ills of childhood find their root in indigestion. There is no real cure for little ones to equal Baby's Own Tablets in relieving this trouble. They have proved of benefit in thousands of homes. Concerning them Mrs. Joe Lunette, Immaculate Conception, Que., writes: "My baby was a great sufferer from indigestion, but the Tablets soon set her right and now I would not be without them." Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Time and I

Time and I are compact made: He should give me years sufficing For the deed that I essayed, Holding it beyond all pricing. Faith, he kept his promise, too. Years have passed to fields Elysian, But the deed that I would do Still is but a dreamer's vision. Tell me, Time, for Hope's sake at stake, How may I atone me make?

Time one moment paused to hear Words I whispered to him: Shock his head, as it were queer That a mortal knew him. "List," he said, "the Future's yours, But the Past is dead and buried. Work to-day success insures Sloth is to oblivion ferried." Time and I new compact made: To-day is mine—I'm not afraid. —A. J. Waterhouse in "Success."

Tilting Cab Roof.  
A cab roof which tilts forward has been invented in Wales for motor trucks to permit them to enter low doors.

Starting in life as a newsboy selling papers on the steps of Parliament House, Mr. Stewart has just been appointed Minister of Works and Railways to the Australian Commonwealth.

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

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