

## **CENTRAL NURSERIES**

Have the kind of Trees, Shrubs, etc., you want to plant. The best that grows and sure to please. Free catalogue. No Agents.

A. G. HULL & SON

MORRES COUGHING! USE Spohn's Distemper Compound

to break it up and get them back in condition. Thirty years' use has made "SPOHN'S! indispensable in treating Cougha and Colds, Influenza and Distemper with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as preventive; acts equally well as cure. Sold in two sizes at all drig stores. GOSHEN, INDIANA SPORN MEDICAL COMPANY.

YOUR HENS MUST LAY REGULARLY IN ORDER TO PAY YOU BEST **SWIFT'S MEAT SCRAPS** 

Produce More Eggs and Bigger Profits for you. one part Swift's Meat Scraps with 3 Bran and Shorts for best

results. Write for Free Booklet and Prices.

SWIFT CANADIAN CO., Limited **TORONTO** 1185 KEELE ST.

## "Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fino! 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.

The sap in a vine circulates with five times the force of blood through' the most important bloodvessel in a horse's leg.

MONEY ORDERS.

The average height of the human race increases at the rate of one and a quarter inches every thousand years.

Minard's Liniment for Rheumstism.

Grancest, Toronto.

Pasteurized Milk.

culin-tested cattle reduce to a mini-

mum the possibility of infection with

therial typhoid fever, etc. On the

the stread of diseases such as diph. By-Law.

(2) The cost to the consumer of the your children.

till delivered to the consumer.

by pasteurization.

of keeping milk free from dis- creased.



At a recent meeting of the Scoutmasters' Troop of Ottawa it was announced that a memorial to Ottawa Scouts who had made the supreme sacrifice in the war would be erected on the grounds of the new Domfnion Boy Scouts Headquarters building at the corner of Wellington and Bank Streets, just across Bank Street from the Parliament Buildings. The Chief Commissioner for Canada, Dr. James

W. Robertson, C.M.G., has consented to this action, as he considered the spot an ideal one for the purpose. The memorial is to be in the form of a steel flag pole surmounted by a Scout Scout, when he visits Ottawa in April.

Not a Saint-Just Boy.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

as yet appreciate the value of pas- ization of milk in a municipality.

teurization, and so do not even under- B. Disadvantages (so-called)-

by the Provincial Board of Health as interests of the consumer.

under and kept at that temperature orange juice to the diet of children.

boving tuberculosis but do not prevent Health for a copy of the Model Mill

in the milk is effectively carried out your local Council. This will ensure

through this column. Address him at Spading House, Spading

will be glad to answer questions on Public Health mat-

"The boy was never intended to b a saint or a lady, but just a boy," de-

so treated is very little

Your Municipality-

(1) Ask the Provincial Board

(2) Have this By-Law, or one en

a clean, safe milk supply for you and

## WINTER HARD ON BARY

Provincial Headquarters would be

means of doing this. A letter address-

ed to the Field Secretary. The Boy

Scouts Association, Bloor and Sher-

bourne Sts., Terento, will receive

prompt attention.

on January 8th.

sion.

work was aimed at directing the ener-

Scouts Publish Newspaper.

More New Troops and Packs.

fleur-de-lis. A brass plate will show the baby. He is more or less confined Pink Pills for three months and by Send a Dominion Express Money the purpose for which it was erected. to stuffy, badly ventilated rooms. It is this time I was able to do most of my every inch of this area should not be Order. They are payable everywhere. It is hoped to have the memorial flag- so often stormy that the mother does own housework. In fact I soon felt literally sown with pearls. note ready in time to be unveiled by not get him out in the fresh air as well and was able to to any kind of Sir Robert Baden-Powell, the Chief often as she should. He catches colds work without feeling tired. Since that which rack his little system; his time I have continued to do all my and he becomes peevish and cross. To the dreadful pain I suffered before. I from interruption, can seldom accomguard against this the mother should have recommended the pills in many plish all they want to because so the house. They regulate the stomach sults from their use." and bowels and break up colds. They You can get these pills from any are sold by medicine dealers or by medicine dealer or by mail at 50 cents needs by going to bed at eight o'clock

## When You Take Cold.

Although not dangerous of themselves, colds should not be neglected, one tell me where Noah lived?"

for the weakened condition of the Purit Mank he had a for the weakened condition of the body and the inflamed condition of the lar home. I guess be and his family brane leaves an open grans is becoming more widely (3) A lowering of the infant mort-known, many people, however, do not ality rate always follows the pasteur-(3) A lowering of the infant mort, of pneumonia, mastoiditis, tubertul osis and other ills.

Isolation of the person who has the stand its meaning. One farmer, on being asked if he pasteurized his milk, replied "No, but I pasteurize my cows." He evidently confused the term with the feeding of cattle on ever, absolutely essential, and these conditions may be obtained by efficold, as far as possible, care in the use of the handkerchief, the use of a separate towel and drinking cup, and refraining from kissing, or breathing or coughing in the face of another, Some of the essential facts regard-

ing pasteurization have been prepared tion is only an added precaution in the As As some one said, "Sneeze into your handkerchief, not into the community; (2) Pasteurization is said to make you get just as good a sneeze, and the Mill heated to a temperature of not the destruction of certain accessory milk less nourishing for children by community may avoid an epidemic." less than 140 deg. F. or more than food factors found in raw milk. If 150 deg. F. for at least 20 and not this be correct, any slight destruction be correct. Special care should be taken that the family dishes are washed in hot soapy more than 30 minutes and then cooled to a temperature of 45 deg. F. or the addition of a small amount of the addition of a small amount of water and rinsed in scalding water when any one in the family has a cold. The dish-towels should be boil-(3) Heating the milk to 145 deg. F.

ed at least once daily. (1) Raw milk, no matter how careis said to destroy the cream line. If A soft, light diet with little or no
the pasteurization is properly carried meat, plenty of fruits and vegetables tion by germs from cases or carriers of such diseases as tuberculosis, diphological typhoid fever, scarlet fever, and from dirt or manure which may set up diarrhoea in children. Tuber of the manure with a carrier of the to remain quietly in bed for a day or heartburn, palpitation, or misery-maktwo. The cold then soon disappears ing gases. Correct your digestion for and leaves no bad effects and, what is a few cents. Each package guaranmore important, an epidemic of colds teed by druggist to overcome stomach

other hand the destruction of germs bodying the main features, passed by may have been prevented. A sour clerk will turn the sweetest

### clared Mr. J. Armitage Ewing of Montreal, Provincial Commissioner of the Boy Scouts of the Province of Quebec, in an address on the Boy Scout Movement at the weekly luncheon meeting of the Peterborough, Ont., Rotary Club

Mr. Ewing explained that the Scout The Right Thing to Dots to Take a Tonic for the Blood.

gy and enthusiasm that are natural in When you become so exhausted after a day's work that you cannot sleep, every boy, and not at al! at suppres-A boy, he explained, is a dynamo. or sleep fails to refresh you, it is time and he needs directing along lines that to look after your health. Failure to allow him to be a boy still, and yet act at once means a steady drain on result in his growing up to be a good your health reserve, which can result in but one thing a nervous breakdown.

"The Humber Bay Gazette" is pub- Do not wait for a breakdown. The lished, not by an ordinary publishing treatment is simple enough if you do company, but by the 29th Toronto not let your condition become too far (Humber Bay) Troop of Boy Scouts, advanced. The treatment is one re-The paper is a four page, monthly quiring an effective tonic to enrich the newspaper-not just Scout news, but blood and feed the starved nerves. real live news of the Humber Bay The most effective tonic known is Dr. community as collected and written up Williams' Pink Pills, which act directby the Boy Scouts themselves. The ly on the blood, and with proper diet paper is well patronized by adver- have proved of the greatest benefit in tisers and, we understand, is working nervous troubles and all conditions up a nice paid-in-advance subscription due to impoverished blood. Mrs. Mary Hanson, Braeside, Ont., has proved the value of Dr. Williams' Pink Pills and Every week there are new Boy Scout says:—"I was taken ill with what doc-Troops and Wolf Cub Packs register tors whom I consulted called neuraled at Provincial Headquarters, gla of the tissues of the system. I Amongst the Treops and Facks to was a complete wreck from constant

which charters have been issued dur pains in my body and limbs, dizzy ing the past few weeks are the 1st headaches, fainting spells and consti-Greensville, 4th Stratford, 1st Humber. pation. So intense was the pain that stone, 1st Peterboro, 1st Norwood, 1st at times it caused vomiting and I 1st Woodstock, 27th Toronto, 2nd three days, only to get up so dizzy Stratford, and 1st Sudbury Troops and and so weak that I could not cross the he 3rd Fort William, 37th Ottawa, 1st bedroom without aid, and while these derlin, 2nd Stratford, and 15th Toron- spells lasted I could keep nothing on and Wolf Cub membership in Ontario year, but with no beneficial results. increased by over 3,000 boys. Has Finally the last doctor who attended your community provided opportunities me said predicine would not benefit for its boys to enjoy the advantages and Joys of Scout training yet? If not, spend most of my time in the open air.

He gave me very poor encouragement. glad to discuss with you ways and Knowing that the mother of four childidleness, I told my husband I was through with doctors and was going to try some other remedies. I got one, but after taking it for a month found no benefit. Then I decided to try Dr. Williams' Pink Pills, and at the end of two weeks I found these were what I needed. With nerves worn threadbare from all the suffering of the past, The winter season is a hard one on I continued the use of Dr. Williams'

mail at 25 cents a box from The Dr. a box or six boxes for \$2.50 from The and getting up at three in the morn-Williams' Medicine Co., Brockville, Dr. Williams' Medicine Co., Brockville, ing. From three until nine he does Ont.

## Noah a Floater. Sunday School Teacher-"Can any-

Pat-"Then what'll ye do, Mike?"

"And what was that?"

"Lookin' for work, begorra!"

INDIGESTION, GAS,

trouble.

stern.

gion:

CAITY

greedy.

already have.

"I'll just go back to my former job."

**UPSET STOMACH** 

Instantly! "Pape's Diapepsin"

Corrects Stomach so

The Man Who Made the

Dictionary. Old Doctor Johnson, we are told,-

The man who made the dictionary.

Autocratic and arbitrary,

Has always been a favorite

Though fat and cross and ofttimes

With me, and for this simple rea

He had the kindest heart, 'tis said:

Safe to his home some little puss

Left starving or for dogs to harry,

That he had rescued as he walked, A-thinking of his dictionary;

His active kindness, quick and prompt, Was surely more than mere vagary.

Though seventeen cups of tea a day

He made his home, in very truth, A haven for the old and needy;

And he was good to cats, and if

By nature indolent, contrary,

And write a great big dictionary!

It's a difficult thing to convince

some people that happiness is never

born of what you're going to have

some day but always from what you

British war widows numbering 74,-

000 had remarried up to the end of last June; they form nearly one-third

-Louelle C. Poole

Never too lazy to be kind-

He drank, and some folks called him

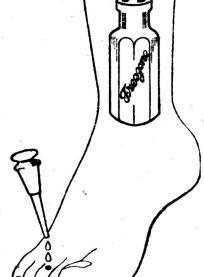
To this deny were simply treason.

The waifs reclaimed by him were le

Wrapped in his handkerchief, he'd

Easy Job. Mike-"I've been sacked, Pat!"

**Lift** Off with Fingers



Doesn't hurt a bit! Drop a little Freezone" on an aching-corn, instantly that corn stops hurting, then short-

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

## Footsore?

Bathe your feet with warm water then rub well with Min-ard's Liniment. Soreness goes— feet feel fine, for Minard's Liniment is King of Pain.

Minard's Liniment

The Family Medicine Crest.

## Irrigated Farms in Southern Alberta

In the Famous Vauxhall District

Bow Miver Irrigation Project
An especially good location for mixed farming and dairying. 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 acres now ready for settlement: maximum distance from railroad, seven miles. Good roads, telephones and schools. Easy payments, extending over 13 years.

This Is the Best Lant Buy in Alberta Write for further information to:

186UE No. 5-122.

### Ceylon to day is perhaps best known or its ten. But in days gone by it had mere romantic claim to fame it was he home of the most renowned pearl Fifteen years ago the pearl oysters,

"California Fig Syrup" is

In 1919 it was discovered that they were returning to their banks on the Guif of Mannar, the narrow strip of water that divides Ceylon from India. Enfortunately, as it seemed at first they were depositing themselves on Past history had shown that the pearl oyster never lived to a fishable age unless it settled on rock, but those

responsible for the care of the oyster banks were not disheartened. They believed that the oysters on the sand would breed, and, as there were numerous rocky areas in the

which were a source of great wealth

to the Island, made one of their period-

ic mystericus disappearances.

Isheries in the world.

sand.

vicinity, there was every chance of a fair proportion of the spats, or young oysters, depositing themselves on more favorable ground. And such has proved to be the case. oughly clean the little bowels and in a To-day there are countless millions of few hours you have a well, playful

covery has been made. In the years mothers can rest easy because it never when pearl fishing was a thriving in- fails to work all the souring food and dustry in Ceylon many endeavors were nasty bile right out of the stomach and made to transplant young pearl oys- bowels without griping or upsetting ters. For some inexplicable reason the child. Merlin, 1st Horton, 18th Brantford, would have to go to bed for two or ful, none of the millions of oysters the genuine "California Fig Syrup" transplanted surviving.

was made. A number of the oysters Mother, you must say "California." which had deposited themselves on Refuse any imitation. to Packs. During 1922 the Boy Scout my stomach. I doctored for almost a sand in the Gulf of Mannar were fished up. They were placed under an awning in a trawler, sprayed with sea water from a pump the whole of the me. I must have perfect rest, and time they were there, and eventuallydeposited many miles south of the

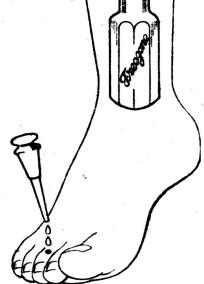
A recent inspection has proved that ren could not spend all her time in the rocks where they were deposited are now covered with milions of young and healthy pearl oysters.

Though the best known of the Ceylon pearl banks are situated in the Gulf of Manar, between that spot and Negombo, about twenty miles from Colombo are 800 square miles of shallow water where pearl oysters have been known to occur. Now that transplantation can be undertaken with confidence, there is no reason why

Brain workers, who need to have stomach and bowels get out of order own work and have had no return of some hours every day that are free keep a box of Baby's Own Tablets in cases and have always seen good remany unrelated matters claim their time. M. Clemenceau, when he is at home, finds the free time that he his work; after that he is ready for the usual touch-and-go of affairs.

Minard's Liniment for Coughs & Colds.

Diek-"Was ve one av the mourners Pat-"Oi was; he owed me ten dol-



ly you lift it right off with fingers.

CAMADA LAND and IRRIGATION
COMPANY, LIMITED
Modeine Hat, Alberta

# CHILD'S BOWELS

Child's Best Laxative



A teaspoonful of "California Fig Syrup" now will thoryoung and thriving pearl oysters on child again. Even if cross, feverish, the rocky areas in the gulf of Manner, billious, constipated or full of cold, Another and more important dis-children love its "fruity" taste, and

their efforts always proved unsuccess- Tell your druggist you want only which has directions for babies and In 1921, however, a special effort children of all ages printed on bottle.



## TELLS WOMEN

How Backache and Periodic Pains Yield to Lydia E. Pinkham's Vegetable Compound

Leslie, Sask.—"For about a year I was troubled with a distressing downbearing pain before and during the periods, and from terrible headaches and backache. I hated to go to a doctor, and as I knew several women who had taken Lydia E. Pinkham's Vegetable Compound with good results, I finally bought some and took four bottles of it. I certainly do recommend it to every woman with troubles like mine. I feel fine now and hope to be able to keep your medicine on hand at all times, as house."—Mrs. Oscar A. Anderson, Box 15, 1 no woman ought to be without it in the

## Mrs Velsey Adds Her Testimony

agen, N. Y.—"I read your ndve thement in the papers and my husband induced me to take Lydia E. Pinkham's Vegetable Compound to get relief from pains and weakness. I was so week that I could not walk at times. so weak that I could not walk at times. Now I can do my housework and help my husband out doors, too. I am willing for you to publish this letter if you think it will help others."—Mrs. HERBERT KELSEY, R.F.D., Copenhagen, N. Y.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound before they give up hope of recovery.

## Classified Advertis HELP WANTED PERSON

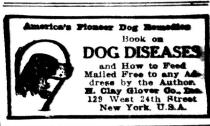
parties to knit men's wood social for us at home, either with machine of by hand. Send stamp and addressed envelope for information. The Casadia Wholesale Distributing Co., Departments

Orillia. Ont. RUBAM CLOVER

TUBAM CLOVER, THE GREAT annual. Write for interesting information, D. Fraser, R.R. 2, Hiderton, POULTRY.

## RED-TO-LAY BARRED ROCK cockerels, good individuals, \$3.00 each. David A. Ashworth, Denfeld, Ont. BELTING FOR SALE

D ELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at lawest prices in Canada. York Belting Co., 115 York St., Toronto.



## COARSE SALT LAND SALT

**Bulk Carlots** TORONTO SALT WORKS C. J. CLIFF . TORONTO





## Clear Your Complexion With Cuticura

Bathe with Cuticura Soap and hot vater to free the pores of impurities and follow with a gentle application of Cuticura Ointment to soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum for powdering and perfuming.
Soap 25c. Ointment 25 and 50c. Talcam 25c. Sold throughout the Dominion. Canadian D. Lymans, Limited, 344 St. Paul St., W., Hen

## Chest colds-broken!

Inflamed membranes, congestion, oppressive pain Apply Sloans to chest and throat. It scatters congestion

-your cold is gone! Sloan's Liniment -kills pain!

For rheumatism, bruises, strains, chest colds



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

Headache Colds Toothache Earache

Neuritis Neuralgia Pain, Pa Lumbago

Rheumatism

Handy "Bayer" boxes of 12 tablets-Also bottles of 24 an Aspirin is the trade mark orgistered in Canada) of Bayer M aceticacidester of Salicylicacid. While it is well known that manufacture, to assist the public against intractions, the Table will be stamped with their general trade math, the Bayer



Are you fagged and foggy when you wake up in the morning? "There's a Reason."

Tea and coffee are known to affect many people that way. Often, too, these beverages cause nervousness, sleeplessness and severe headache. "There's a Reason."

Instant Postum, made from choice, roasted wheat, is a delightful mealtime beverage free from any element of harm.

Try it for awhile, instead of tea or coffee, and let the Sunshine in.

At Your Grocer's in Senied, Air-tight Tine

um Coreni Company, Limited. 46 Front St., E., Toronto. Factory: Windsor, Ontario

Instant Postum For HEALTH

nerous sample du of Instant Portain
portpaid, for te in amage. Write: "There's a Reason"

of the total of widows awarded pen-