YOU CAN MAKE PROFITS AND STOP LOSSES

By balancing your pigs' rations with

Swift's Digester Tankage

(60% Protein)

Makes Rapid Gains—Reduces Cost—Makes You Big Profits.

Write for Free Booklet and Prices.

SWIFT CANADIAN CO., Limited

185 KEELE ST. - - TORONTO

CORNS

Lift Off with Fingers

Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

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.

Too Cheap.

Pasted on the window of the book publisher's store was the sign, "Porter wanted," and in the window itself on a pile of books the placard, "Dickens' Works All This Week for $4." The able-looking Irishman read first the sign and then the placard. He blurted out: "Dickens may take the job! Dickens can wurrk all the week for foor dollars if he wants to, but I'll not touch it. Yo'd better kape Dickens."

Minard's Liniment for Coughs & Colds.

With The BOY SCOUTS

The Boy's Point of View.

I'm a Scout! I've heard my Scoutmaster talking so much with other men about troop programmes, and things like that, that I wonder how often those other men ask their Scouts what they like. My Scoutmaster does! We get along in great shape, too! Don't you suppose we fellows know what we want in a meeting? What's that? What do we want? All right, here you are:

First of all, I don't see how any fellow can like a meeting unless it is full of "pep." We are all anxious to do things and it makes us tired to have the meeting lag. Down at our troop all the fellows have to wear their uniforms—and they do it, too. That's because they know that when our Scoutmaster says "Wear them," he means it. I know the fellows wouldn't like him half as much if he wasn't that way. We're not afraid of our Scoutmaster—not on your life, he's too good. But we would do anything for him—you know what I mean.

We always start out with some sort of quiet games, like Spot-the-rabbit, or Kim's game, because some of the fellows get there early. You know our meeting begins at 7.45, and some of the bunch come around twenty minutes early. We've got to have something to do, but if we had a big "rough-house" then we couldn't settle down at all. When the opening time comes, we all line up in troop formation, and give some yells. After that we have a short drill. (Then when we go out on the streets we make a lot snappier appearance). When drill is over awards are made.

Next comes the business meeting. The fellows didn't use to like that. Now they do. Maybe it's because we don't have any more long-winded speeches. The fellows used to go to sleep, so our Scoutmaster made the older fellows cut all the "sermons," unless they said something every minute they were on their feet. The whole business meeting is snappy, and goes off great. Our treasurer collects dues at the end of the meeting.

Then we have classes—no, it isn't like school. We have special instructors in all sorts of things—first aid, signalling, cooking, map work, and even laundering.

After the classes are over we have games and contests. Some hot contests, too! We keep these up until it's time to break up for the evening. Then we fall in again, and are dismissed, after repeating the Scout Promise and Law.

Now that's a good meeting, 'cause I don't see how we fellows all have such a good time if it isn't.

More Scout Badges Issued in 1922.

One of the striking features of the Annual Report of the Ontario Provincial Council for 1922 is the great increase in the number of Scout proficiency badges issued as compared with last year. The 1921 total was 6,094, and that of 1922 was 9,405. It was also noticed that the biggest increases were in the King's Scout group of proficiency badges, the Fireman badge topping the list with 911, and Ambulance coming next with 758.

There are sixty-six different proficiency badges issued and at least two of every badge was awarded to Ontario Scouts during the year.

Meat Consumption Figures.

The average per head consumption of meat of all kinds, exclusive of poultry and game in Great Britain, was about 120 pounds a year prior to the war. Of this amount three-fifths was home-produced, and two-fifths was imported. Of the over-seas supply 70 per cent. of the mution, 17 per cent. of the beef, and 9 per cent. of the pork came from within the Empire—Canada, Australia, New Zealand and South Africa.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds, and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Meaning of a Cough.

A cough is a reflex action; that is, it is a succession of co-ordinated muscular movements intended to force a column of air through the respiratory tube so as to expel [illegible] is lodged there. This irritant causes a disagreeable sensation in the mucous membrane of the tube, and the nerves carry news of it to a centre in the spinal cord, which sends back an order to the muscles to start the mechanism by which the thing can be removed. When the irritant is a drop of mucus or other secretion the cough sends it up to the mouth, but when the trouble is a spot of inflammation without secretion the cough does no good and may do harm by keeping the part inflamed.

Irritation or inflammation in other parts that are served by branches of the same nerve that guards the larynx may also excite a cough. The centre in the spinal cord cannot always tell from what organ it receives the news; becoming confused, as it were, it may interpret it as coming from the air tubes. Thus a cough occurs not infrequently in children who are teething; or a cough may be owing to a reflex excited by a foreign body or by an accumulation of wax in the ear or perhaps by actual inflammation.

A so-called nasal cough is not at all uncommon. It is produced by some irritant of the mucous membrane that covers the posterior part of either of the nasal cavities. The irritant may be a little dust or a foreign body such as a pin; or it may be a tumor. The cough that occurs with a beginning cold in the head is usually owing to nasal inflammation rather than to any trouble in the larynx.

Sometimes a little irregularity in the heartbeat excites a slight cough; and disease of the heart or of the kidneys may cause a little dropsical swelling in the air tubes and thereby may excite a cough that is both ineffectual and troublesome. A gouty condition also may excite a bothersome cough; happily, however, it can be promptly allayed by treating for gout. Finally, inflammation of the pleura—that is, the membrane covering the lungs and lining the chest—almost always causes a distressing and painful cough. Thus we see that a cough is not a simple matter with a single definite cause; we should realize therefore the necessity of a careful medical examination when a cough persists and the foolishness of swallowing some nauseous and possibly dangerous medicine just because it relieved a friend's cough, which may have been owing to some entirely different cause.

A Costly Comma.

It is said that a comma once cost the Government of the United States $2,000,000. The tariff bill, in which the mistake occurred, provided that "foreign fruit plants, &c.," should be admitted free of duty, the idea being to encourage the culture of high grade varieties of fruit trees and grapevines in that country. When the bill was printed "foreign fruit plants, &c.," read foreign fruit, plants, &c., and as a result oranges, grapes, lemons, bananas, &c., came into the United States free of duty for a year. The error cost the government just $2,000,000 in revenue.

Ruby tints in glassware are due to small traces of gold mixed with it.

Minard's Liniment for Neuralgia.

TIRED-OUT WOMEN

What They Need to Restore Health and Vitality.

The woman who feels tired out, who aches all over when she rises in the morning, who feels depressed most of her time, needs just the help that Dr. Williams' Pink Pills can give her—new rich blood and stronger nerves.

The number of disorders caused by thin blood is amazing, and most women are careless about this condition of their blood. Their nerves are quickly affected, and they become irritable; they worry over trifles, and do not obtain refreshing sleep. There may be stomach troubles and headaches. This is the condition that calls for Dr. Williams' Pink Pills, the blood-making and nerve-restoring tonic. The value of this medicine is proved by the statement of Mrs. John Conroy, Fall River, Ont., who says:—"Two years ago, after the birth of one of my children, I became so run-down that I had to wean the baby and could not do my housework. I lost appetite, took no interest in anything, and was in a pitiable condition. I tried different doctors, but they did not help me very much. I was in this condition all summer until a neighbor advised me to try Dr. Williams' Pink Pills. After taking two boxes I felt somewhat better and got a further supply. I found my appetite improving; I could do my housework, and living again seemed worth while. I continued taking the pills for some months, and was then enjoying the best of health. I cannot too strongly recommend Dr. Williams' Pink Pills to anyone run down and in need of a tonic as they built me up, and there is no signs of anaemia about me today."

You can get Dr. Williams' Pink Pills from any dealer in medicine, or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Greenland Moving West 20 Yards a Year.

The earth is wabbling on its axis, according to Col. P. Jensen, the Danish scientist, who returned recently from a degree measuring expedition into Greenland, says a London despatch. He reports that Greenland is moving westward at the rate of twenty yards a year. This seems to confirm the recent reports of surprising climatic changes at the North Pole.

It is now established that there is a periodic shifting of the latitudes of the North Pole. The movement is difficult because of the small area of the Pole—about the size of a tennis court. Some authorities say that the poles are gradually changing their positions, and that this alteration to the world's axis will in time mean that regions which are at present icebound will become warm and habitable countries.

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative

Even if cross, feverish, bilious, constipated or full of cold, children love the "fruity" taste of "California Fig Syrup." A teaspoonful never fails to clean the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the souring food and nasty bile out of the stomach and bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child to-morrow. 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.

IF STOMACH IS TROUBLING YOU

Instantly! End Indigestion or Stomach Misery with "Pape's Diapepsin"

As soon as you eat a tablet or two of "Pape's Diapepsin" your indigestion is gone! Heavy pain, heartburn, flatulence, gases, palpitation, or any misery from a sour, acid stomach ends. Correct your stomach and digestion for a few cents. Each package guaranteed by druggist.

Sneezing?

Nature's Warning Signal. Heed it and use Minard's Liniment at once and arrests the development of more serious trouble.

Minard's Liniment

The Family Medicine Chest.

Lilliputian Flying Machines.

An outstanding feature of the aeronautical world is the influx of Lilliputian machines. One type is known as the "pocket aeroplane." It is from a design by A. W. Whippet and is so small that it can be dismantled and packed in a fair sized trunk. The designer claims that it can develop a speed of 100 miles an hour. The "British Crow," weighing under 250 pounds, has a span of 15 feet and will develop 75 miles an hour. Lieutenant E. Passepartout, a French designer, claims, to have turned out the smallest aeroplane in the world. It has a span of ten feet.

The initial outlay and the cost of the upkeep of these midget aeroplanes have received every consideration. The average purchase price ranges from $200 to $1,250, and a fair example of performance is given by the "Avro Baby:" It is equipped with a 35 h.p. Green engine, and is capable of a speed of 75 miles an hour and will give 25 miles on a gallon.

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

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

The mouth of a full-grown whale, when wide open, measures 12 feet by 18 feet.

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

Red lights can be seen at a greater distance than green.

Minard's Liniment for Burns & Scalds

Corrugated Galvanized Steel Roofing

Direct from Manufacturers to Consumer. Write for Prices

Special Terms to Farmers

The Metallic Roofing Co. Limited 306E

1194 King St. W., Toronto

PATENTS

that bring the largest return are those properly protected. You can write with confidence to our firm for free report as to patentability. Send for List of Ideas and Literature. Correspondence invited.

THE RAMSAY CO. Patent Attorneys

973 Bank St. - Ottawa, Ont.

RHEUMATISM King's World's Greatest Rheumatism Treatment. We treat all types of Rheumatism, and if we fail to eliminate the pain it will not cost you anything. Try us and be convinced. No medicines. No electricity. Ladies' Department, 99 King St. West. Phone Adelaide 4043. Offices, Toronto, Winnipeg, Vancouver.

The Cause of Heart Trouble

Faulty digestion causes the generation of gases in the stomach which inflate and press on the heart and interfere with its regular action, causing faintness and pain. 15 to 30 drops of Mother Seigel's Curative Syrup after meals sets digestion right, which allows the heart to beat full and regular. 50c. and $1.00 bottle at druggists. 9

WOMEN FROM FORTY TO FIFTY

Will Be Interested in Mrs. Thompson's Recovery by Use of Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"Lydia E. Pinkham's Vegetable Compound has done me good in every way. I was very weak and run-down and had certain troubles that women of my age are likely to have. I decided to go to the doctor, but I took the Vegetable Compound and found it helped me along. I recommend it to my friends and to any one I can, for it has done me well."—Mrs. [illegible], Winnipeg, Man.

When you reach the age of forty you are beset with [illegible] nervousness, irritability, [illegible] and hot flashes, backaches, headaches, dizziness, or a sense of suffocation, they should take Lydia E. Pinkham's Vegetable Compound. It is especially adapted to help women through this crisis. It is prepared from roots and herbs and contains no harmful drugs or narcotics.

This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women." G

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 [illegible] Crescent, [illegible].

The motion picture has come to stay as an educational factor of great value in health propaganda. Many and varied are the topics that such a film may cover, all of which are able to deliver a forceful message that could not be got across to the public in any other way.

A valuable contribution to the teaching of Child Hygiene is supplied by a new film entitled "Baby's Bath and Toilet" in which the advice offered is shown being put into practice by actual scenes: Plenty of fresh air and lots of sunshine should enter the baby's room. Shield its eyes from direct sun or light rays, and guard against draughts. Warm, stuffy air is devitalizing and increases the danger of catching cold. The baby should [illegible] alone, not in a cradle. A crib [illegible]. This will eliminate the ever-present danger of smothering, overturning, or shutting off fresh air. Strongly protest against the habit of [illegible] the baby on the mouth, as disease can thus be carried to the baby. Handle the baby as little as possible, and always support its head and back. Keep a careful record of its weight. Weigh it regularly every seven days under identical conditions, after bowel movement and before feeding, etc. The baby should gain 4 ozs. to 8 ozs. each week. It must be bathed at least once a day and the temperature of the bath for the first few weeks should be 100 deg. F. and then 98 deg. F. After six months 97 deg. F. coming down to 90 deg. F. A bath thermometer should always be used. Wash hands scrupulously clean before giving bath. Baby should have its own tub. Many boils seen on the tender skin of an infant are due to the careless use of the family tub.

Old fashioned white Castile soap is best, with clear soft water. The folds of the skin, creases in the neck, the clenched fists, must all receive particular care. First dry the baby thoroughly and then sprinkle talcum powder. Carefully remove excess to avoid caking on the skin. Oil is carefully put into each nostril with toothpick having cotton wrapped on end. Weak boracic acid solution for the ears. Two or three drops of weak boracic solution for the eyes.

Baby's clothes should be loose and roomy and of loosely woven material, to allow ventilation for the skin. It should be clothed according to the weather to insure uniform body temperature. Feet and hands should be kept warm and the head cool. Too much clothing will cause sweating. Wet clothes should be changed immediately, and the skin carefully dried and talcum powder used.

A film of this kind, showing the actual carrying out of these principles in the care of the infant, cannot fail to be of practical value to mothers and prospective mothers.

VARIETY in foods is essential, of course, but in providing variety do not overlook the importance of *nourishment*.

Some foods supply bulk with little nourishment—others provide nourishment with little bulk.

Crisp, delicious Grape-Nuts is a highly nourishing cereal food in unusually compact form. It supplies the rich nutrition of wheat and malted barley, including the mineral elements of these splendid grains, without which health and strength cannot be maintained.

Grape-Nuts with good milk is a complete food, combining all the food elements needed for body-building.

Economical, too, because a moderate amount provides unusual nourishment.

Sold by Grocers Everywhere!

Grape-Nuts

THE BODY BUILDER

"There's a Reason"

Made by Canadian Postum Cereal Co., Limited

45 Front St., E., Toronto Factory: Windsor, Ontario

VETERAN TELLS HOW HE ESCAPED

Declares Tanlac Freed Him From Stomach Trouble, Swelling and Weakness Left by Pneumonia.

George L. Lewis, Boullie St., London, Ont., well-known carpenter and veteran of the South African and World wars, has added his name to the long list of Ontario people praising Tanlac for the benefits they have derived from taking the medicine.

"Last winter," said Mr. Lewis, "I was down with pneumonia, and after that I couldn't get my strength back and was unable to work. I had no appetite, and if I did dare to eat it only caused me more suffering with my stomach. I had neuritis in my legs, and my feet would swell up till I thought they would burst. My kidneys were out of order, and it was impossible for me to get a good night's sleep.

"But I have taken on new hope and courage since I started taking Tanlac. I can just feel the medicine building me up. My appetite has come back full strength, I can sleep like a top, and you can bet I'll stick to Tanlac."

Tanlac is sold by all good druggists.

Monkeys and wild elephants rob and wreck cocoanut plantations.

Minard's Liniment for Rheumatism.

INVENTIONS

Send for list of inventions wanted by Manufacturers. Fortunes have been made from simple ideas. "Patent Protection" booklet on request.

HAROLD C. SHIPMAN & CO. PATENT ATTORNEYS 231 BANK STREET OTTAWA, CANADA

Irrigated Farms in Southern Alberta

In the Famous Vauxhall District Bow River 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 18 years.

This Is the Best Land Buy in Alberta

Write for further information to: CANADA LAND and IRRIGATION COMPANY, LIMITED

Medicine Hat, - - Alberta

Campana's ITALIAN BALM

Prevents chapped hands, cracked lips, chilblains. Makes your skin soft, white, clear and smooth.

All druggists sell it

Classified Advertisements.

FEMALE HELP WANTED.

EARN $20 WEEKLY, SPARE TIME, at home, addressing, mailing, Music, circulars. Send 10c for Music, Information, etc. American Music Co., 1658 Broadway, N. Y.

HUBAM CLOVER.

HUBAM CLOVER. THE GREAT annual. Write for interesting information. D. Fraser, R.R. 2, Ilderton, Ontario.

BELTING FOR SALE

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

COARSE SALT LAND SALT

Bulk Carlots

TORONTO SALT WORKS

C. J. CLIFF - TORONTO

America's Pioneer Dog Remedies

Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 129 West 24th Street New York, U.S.A.

PETRIE'S MACHINERY TORONTO

PIMPLES ON HEAD AND NECK

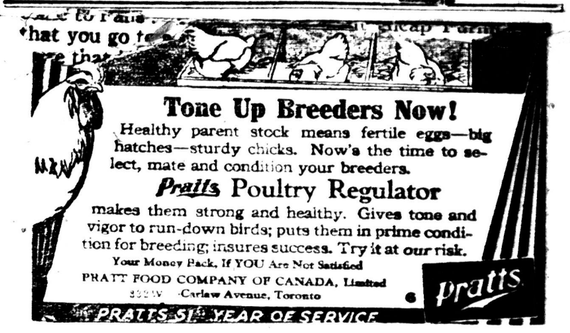
Small and Formed Sore Eruptions. Skin Sore and Red. Cuticura Heals.

"Pimples broke out on the back of my head and neck. At first the pimples were small and then ran into each other and formed sore eruptions about the size of a ten cent piece. The skin was sore and red and itched a great deal, causing me to scratch.

"I had the trouble about six months before I began using Cuticura Soap and Ointment, and after using three cakes of Soap and three boxes of Ointment I was healed." (Signed) J. A. Macdonald, Giffard, Quebec.

Rely on Cuticura Soap, Ointment and Talcum to care for your skin

Sample Each Free by Mail. Address: "Cuticura, Dept. 20A St. Paul W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.



Tone Up Breeders Now!

Healthy parent stock means fertile eggs—big hatches—sturdy chicks. Now's the time to select, mate and condition your breeders.

Pratts Poultry Regulator

makes them strong and healthy. Gives tone and vigor to run-down birds; puts them in prime condition for breeding; insures success. Try it at our risk.

Your Money Back, If YOU Are Not Satisfied

PRATT FOOD COMPANY OF CANADA, Limited

[illegible] Carlaw Avenue, Toronto

pratts

PRATTS 51st YEAR OF SERVICE

Bruises—strains

Apply Sloan's. The blood circulates freely and normally again. The painful congestion is broken up

—all soreness disappears!

Sloan's Liniment —kills pain!

Made in Canada

For rheumatism, bruises, strains, chest colds

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

BAYER

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 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. 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."