

STAIN'S ONLY CREDITOR
 Foreign Debts Paid,
 Joynton-Hicks
 lent Economy
 centised.

from London says—
 House of Commons on
 of the budget, Sir
 Financial Secre-
 tary, made out a good
 present and preceding
 ports to stem the tide
 of expenditure. He said
 the expenditures of only
 modest in compari-
 son with the war. The
 Financial members that
 he pointed as to whether
 the Government Depart-
 ments were to be added
 to those of the Treasury
 Department, but only
 £2,000,000 above

in connection with the
 estimated that £10,000,
 000 of since 1920. All
 he added, were liqui-
 dated, except of the
 debt and certain sums
 which were approximate-
 ly £10,000,000 above
 the Minister prom-
 ised to bring the lines of
 economy. He stated
 that in revenue which
 next year would have
 a reduction of expendi-
 ture.

of Mexico
 who is endeavoring
 trade relations with
 this end has secured a
 space at the Canadian
 exposition for the display of

flowers of fishes, ac-
 cording to statisticians,
 are not necessary. He
 says such falls
 may be caused
 by winds and water-
 up the fishes from
 then let them drop as
 they will.

SEVEN OF WHEAT
 Living has not fallen
 as much as was
 expected. In many
 trades besides last
 year's, the Board
 is the basis for the
 price of wheat. It
 is based on statistics
 of all over the
 world, rent, clothes,
 a miscellaneous group
 of goods, household
 pottery, tobacco, car-
 peters. The price of
 wheat is combined in an
 accorded relative im-
 portance pre-war work-
 ing—75 units for
 100 for clothes, 1 for
 10 for other items.
 It indicates a fall in
 price from 84 per cent.
 level last year to
 100. The Board does
 not depend on the
 agreement to accept
 the index. They want
 the method changed
 and this view
 is a desirable public sym-

SMOKE

in 1/2 lb tins and 15¢ pkts.

OLD CHUM
 The Tobacco of Quality

HEALTH EDUCATION
 BY DR. J. J. MIDDLETON
 Provincial Board of Health, Ontario
 Dr. Middleton will be glad to answer questions on Public Health mat-
 ters through this column. Address him at Spadina House, Spadina
 Crescent, Toronto.

"More than one-half of the chronic complaints which embitter the middle and latter part of life," says Sir Henry Thompson, the surgeon, "is due to avoidable errors in diet. One cause of error is lack of knowledge in the choice of good and evil in regard to food—its selection, nutritive value, preparation and consumption."

I would go even farther than Sir Henry, and say that fully three-fourths of the chronic complaints spoken of are due to errors in diet.

There is no doubt that there is need of reform both in our methods of choosing food and in our habits of eating. In these days of high prices it may seem bold to say that food is not expensive. But in truth, the high price we pay is largely due to the fact that we do not show reason in our selection.

Many people are sceptical of all things new, and refuse to make any change in the diet upon which their grandfathers were reared. We do not pay as much attention to the rationing of mankind, as in the army, they pay to the feeding of their horses. A farmer alters the dietary of his stock according to their needs.

In ordinary life the laborer, the dressmaker, the sedentary worker all take the same sort of meals. This is wrong. We follow blindly, each the

other, choosing foods far beyond the reach of our purses.

The primary purposes of food are:—(1) To repair waste; (2) to promote growth; (3) to provide energy and heat, and so enable the healthy body to resist disease.

A proper dietary must contain the three classes of foods: proteins, fats and carbohydrates, with a sufficient amount of mineral salts and vitamins. The protein foods: eggs, meat, fish, cheese, milk, peas, beans and lentils, repair waste and promote growth. The vegetable proteins do the same work as the protein of eggs and meat, are much cheaper and if appetizingly prepared, form an excellent substitute for the more expensive animal food.

Fats, which supply energy and heat, are contained in vegetable oils, oleomargarine, lard and dripping, as well as in butter. They are easily digested and supply twice as much heat when "burned" in the body as do the proteins and carbohydrates.

Of the latter, the most common warmth-producing articles of diet are potatoes, macaroni, rice and the other starchy grains. Sugar is essentially a carbohydrate, and the green vegetables contain small amounts, but their prime value lies in the vitamins and mineral salts that they contain.

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera, infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours' illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles or if the trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Weddings by Proxy.
 On the occasion of the recent royal wedding, the bride and bridegroom met at the great altar in Westminster Abbey, as is the custom of modern times. But this was not always the case. In the past many princesses have been married by proxy.

Anne of Denmark married James VI. of Scotland, but the bridegroom was represented at the altar by his proxy husband. The marriage took place in Denmark, and some time elapsed before the bride was able to join her husband.

She embarked for Scotland after the ceremony, but a tempest drove the vessel, on board of which were the bride and proxy husband, on the coast of Denmark, and there they had to remain for some months. Then the bride returned home, and James VI. set out from Scotland and took with him a clergyman, by whom he and the shipwrecked princess were married without proxy.

Charles I. of England was the son of this union, and he, too, was married by proxy to Henrietta Maria of France, the proxy husband on this occasion being the Duc de Chevreuse.

When Henry VI. became the husband of Margaret of Anjou, the royal husband was represented by William de la Pole, Duke of Suffolk. When Napoleon married his second wife, the Archduchess Marie Louise, immediately after he had divorced Josephine, he was represented by two proxies, his personal friend, Berthier, and the Archduke Charles.

Measurement Marvels.
 An American scientist, Dr. W. W. Cobentz, states that if the heat reaching the earth from all the stars were concentrated on a thimbleful of water, two centuries would be required to bring the liquid to boiling point.

Dr. Cobentz has perfected the thermopyle, a heat-measuring device which will determine the heat radiation of a star so infinitesimal that 1,000,000 years will be required for the ray to warm water of the volume of a halfpenny. The man's eye will measure the heat of a candle at a distance of one mile.

Needn't Rub It In.
 Masseur—"Yes, sir, as I said before, sir, your skin is very unsightly."
 Patron (irritably)—"Well, you needn't rub it in."
MONEY ORDERS.
 When ordering goods by mail send a Dominion Express Money Order.
 "Experience shows that success is due less to ability than to zeal. The winner is he who gives himself to his work—body and soul."—Charles Buxton.
 Minard's Liniment used by Physicians.
 A prospect honestly lost is better than a customer falsely won.—The Three Circles.
 A bedroom floor, made of blue glass with a pattern in enamel, was recently exhibited in London.

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Painting Under Water.
 Sometimes, even round our own coasts the sea is so calm and its water so clear that we can look over the side of a boat and see something of the strange scenery that lies beneath its surface.

In many parts of the world the water is always like crystal, so that fish of weird shape and gay hues can be seen darting in and out of the brightly-colored weeds that cover the rocks.

An artist, Mr. Zaher, was so struck with what he had seen from above that he put on a diving dress and spent many days walking about amidst the wonderful scenes of the sea floor. Then an idea came to him. He had painted pictures from memory after getting back to the surface; but why should he not take his materials with him and actually make his paintings under water?

He had to evolve a satisfactory outfit for the purpose. A heavy metal easel was needed, and he had to clamp his canvas to it to prevent it from floating up. But the main difficulty lay in finding paints that would not run when worked under water. At length he found that if the canvas was thoroughly dressed with oil it would take special thick, heavy paints perfectly.

At last all was ready for the first painting to be made. He slipped over the side of the boat in a diving costume and walked about until he had found a scene that would make a really beautiful picture. Then he signalled for his easel, palette, brushes, and paints to be lowered.

With a rock as his seat, he painted away until the picture was finished. Then with his materials he was hauled to the surface, where the picture was found to be a great success.

THIN, IMPURE BLOOD
 Means a General Weakness and Loss of Health.

If people would realize the importance of keeping the blood rich and pure there would be less sickness. The blood is the means through which the nourishment gained from food reaches the different parts of the body. If the blood is impure, the nourishment that reaches the nerves, and organs of the body is tainted with poison and disease follows. The blood is also the medium by which the body fights off disease. If the blood is thin and watery the power of resistance to disease is weakened. If you are weak and run down, if your nerves are frayed, if you lack ambition, have no appetite, and are short of breath after slight exertion, the trouble is almost always due to poor blood. In cases of this kind you should take Dr. Williams' Pink Pills to build up the blood. They help to enrich and purify the blood from first to last, and in this way bring new health and strength to weak run-down people. Mrs. John Timmons, Elmvale, Ont., tells of the benefit Dr. Williams' Pink Pills were to her, as follows:—"I became very weak and was hardly able to walk and had to be helped upstairs. I had no appetite and slept poorly at night. I finally went to a doctor who told me the trouble was lack of blood and that my condition was serious. He gave me medicine, which I took faithfully, but it did not improve. I was advised to try Dr. Williams' Pink Pills and did so, and after I had taken two or three boxes felt that they were helping me. I could eat better, and I slept better. I continued using the pills for some time longer and quite recovered my old-time strength and feel that I have to thank Dr. Williams' Pink Pills that I am not an invalid to-day."

You can get these pills through any dealer in medicine, or by mail, post-paid, at 50 cents a box, from The Dr. Williams' Medicine Co., Brockville, Ont.

International Tourists Have Fire Truck as Part of Equipment for Camps.

One of the greatest organized automobile tours each year is the "Trek" of the Michigan Pikes Association with headquarters in Detroit, Mich. The annual outing conducted by this body is of international importance because the route invariably extends through a large section of Canada. The tour this year, which starts July 8, will be made through the State of Michigan to Saul Ste. Marie and thence straight across Northern Ontario to Ottawa and back to Windsor via Kingston, Peterboro, Toronto, Hamilton and London, the finish being made on July 23.

Officials of the association make it perfectly plain that the annual outing is no "joke," and they insist that all participants take the event seriously. The main purpose of the tour is to promote the cause of good roads and to encourage friendship among the motorists of Canada and the United States. The fact that about four-fifths of the 1923 tour has been routed through Canada is an indication of the sincere intentions of the "Pikers."

An interesting detail in connection with the arrangements for the great tour is the safeguards which are taken to prevent and meet fires. At all but two or three places, the international tourists spend the night under canvas. Camping equipment, field kitchens and other impedimenta are transported by motor transports and one of the special vehicles is a fire truck which carries all the appliances for fighting flames. Knowing the danger that arises in allowing camp fires to smoulder, the tour officials insist that all traces of burning embers be obliterated before the motorcade moves on to the next stop. If the tourists pass a spot where a grass or forest fire has started, all hands turn in to help extinguish the blaze as a patriotic duty.

The precautions against fire taken by the Michigan Pikes Association are well worthy of adoption by all automobile travellers. Not only should the ordinary tourist be careful about camp fires and the use of matches, but he should carry with him some appliance for use in case of fire emergency whether it is his own car or somebody else's property.

A Mammoth Pig.
 What is claimed to be the largest pig in the world was exhibited in Australia recently.

The animal weighs 1,183 lb., or more than half a ton, and measures 8 ft. 2 in. in length. Its height is 3 ft. 9 in.; it has a waist measurement of 6 ft. 5 in., while it is only twenty-five months old.

This giant looks more like a hippopotamus than a pig, and when it has finished growing it is probable that it will resemble an elephant more than a product of the farmyard.

Honesty is not a spectacular virtue, but it is the one most highly appreciated by all good and loyal men.—Lord Armstrong.

A Touching Sermon.
 "He preached a very touching sermon then?"
 "He did that! You should have seen the collection they took up!"
 Minard's Liniment for sale everywhere

Always keep BOVRIL in the House
 You can never tell when you may want it

EASY TRICKS
 No. 33
 Lucky Numbers

If your lucky number is

1 2 3 4 5 6 7 9
 X 3 6
 7 4 0 7 4 0 7 4
 3 7 0 3 7 0 3 7
 4 4 4 4 4 4 4 4

Write these numbers in a row: 1 2 3 4 5 6 7 9
 Ask a friend to tell you which is his lucky number. If he says that 8 has that honor tell him that you foretold that (alleged) fact by writing all of the numbers except his lucky one. If, as is probable, 8 is not his lucky number, you can go ahead with the stunt.

You will multiply the digits, treating them as an eight part number, by a number which will give as the product his lucky number 9 times repeated. All that you need is an easy method of discovering his multiplier. Do it this way:

Mentally multiply his lucky number by 9. The product is the multiplier. Upon successfully completing the stunt tell your friend that the fact that no digit, save his lucky number, appears in the product proves that his choice of a lucky number is a wise one.

(Clip this out and paste it, with others of the series, in a scrap-book.)

Value of a Prairie Wind-Break.
 "My 3,000 trees now form a complete wind-break and shelter for house and yard and also give me an ideal garden spot," wrote a central Manitoba farmer to the Director of Forestry recently. "The trees were planted in 1903 and 1904, approximately 3,000 being set out in the two years. Ninety-five per cent. lived and made good growth, a perfect wind-break and protection to garden. One thousand dollars would not buy this shelter, no, nor three times that amount."

Classified Advertisements
 M. R. FORD OWNER, REPRESENTATIVE IN your territory. Latest attachment gives list of territory. Comfort and Economy. Get your sample FREE. Write immediately. Auto Specialty Co., Peterboro, Ontario.

WANTED, AMBITIOUS MARRIED COUPLES must be pleasant conversationalists and have clear voice for telephone talking. Thousands must be employed. To such married couples we can offer a splendid money-making proposition. Ample, giving full particulars of qualifications, to Goodtree Water Proof Company, 222 McGill Street, Montreal.

Some books are to be tasted, others to be swallowed, and some few to be chewed and digested. That is, some books are to be read only in parts; others to be read, but not curiously; and some few to be read wholly and with diligence and attention.—Lord Bacon.

Not one person in fifty of the present population uses his or her brain to half its full capacity, says a famous scientist.

MURINE FOR YOUR EYES
 Cleanses and Beautifies
 Write MURINE CO., CHICAGO for Free Book on Eye Care

Attractive Proposition
 For man with all round weekly newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.

MOSQUITOES
 Minard's takes the itch and stings out of insect bites.

MINARD'S "KING OF PAIN" LINIMENT

YOUNG DAUGHTER MADE WELL
 Mother Tells How Her Daughter Suffered and Was Made Well by Lydia E. Pinkham's Vegetable Compound

Vancouver, B.C.—"My daughter is a young girl who has been having severe pains and weak and dizzy feelings for some time and had lost her appetite. Through an older daughter who had heard of a woman who was taking it for the same trouble, we were told of Lydia E. Pinkham's Vegetable Compound. My daughter has been taking it for several months and is quite all right now. It has done all it was represented to do and we have told a number of friends about it. I am never without a bottle of it in the house, for I myself feel that sometimes comes to us all. I find it is building me up and I strongly recommend it to women who are suffering as I and my daughter have."—Mrs. J. McDONALD, 2347 26th Ave. East, Vancouver, B.C.

From the age of twelve a girl needs all the care a thoughtful mother can give. Many a woman has suffered years of pain and misery—the victim of thoughtlessness or ignorance of the mother who should have guided her during this time. If she complains of headaches, pains in the back and lower limbs, or if you notice a slowness of thought, nervousness or irritability on the part of your daughter, make life easier for her. Lydia E. Pinkham's Vegetable Compound is especially adapted for such conditions.

Cuticura Quickly Relieves Irritated Skins
 Bathe with Cuticura Soap and hot water to free the pores of impurities, dry lightly, and apply Cuticura Ointment to soothe and heal. Cuticura Talcum is ideal for powdering and perfuming.
 Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 244 St. Paul St., W. Montreal.
 Cuticura Soap shaves without razor.

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

Genuine

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
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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 German acetate-acetate of Salicylic Acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Bayer Company will be stamped with their general trade mark, the "Bayer Cross."