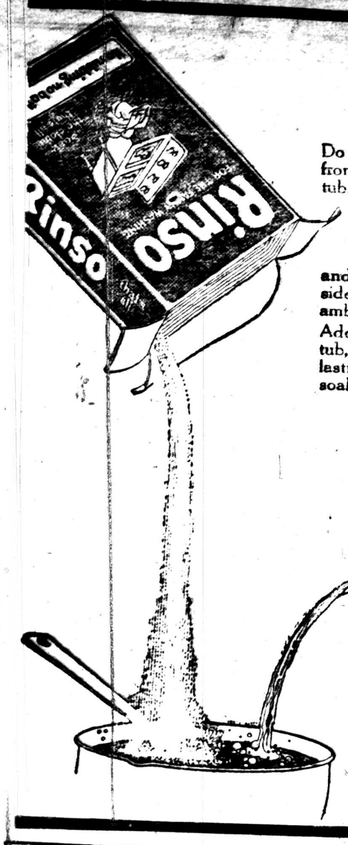


Make the Rinso liquid first

Do not put Rinso direct from the package into the tub. Mix half a package of Rinso in a little cool water until it is like cream. Then add two quarts of boiling water, and when the froth subsides, you will have a clean amber-coloured liquid.

Add this liquid to the wash tub, until you get the big lasting Rinso suds. Then soak the clothes clean.

Rinso is as splendid for the regular family washing as Lux is for fine fabrics.

Lever Brothers Limited
Toronto

R305

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 Spadina House, Spadina Crescent, Toronto.

It is sometimes the simple things in daily life that cause the most trouble from a health point of view. Some people are very careful about the ingredients used in food and take pains to select the kinds of food that will best suit their palates and digestion. However, in the preparation of even the simplest kinds of food care must be taken to avoid any dangers in the cooking process. Serious results may arise from poisons developed through chemical action taking place between the food and the receptacle in which it is contained. For instance, vessels made of galvanized iron should never be used for containing food materials on account of the solvent properties which many of these possess for zinc. It seems well that the general public should be aware of this fact.

An example of this has been recently reported when a sudden outbreak of illness occurred among the inmates of a large institution under the following circumstances: About four hundred persons were served at tea with hot stewed apples. The remainder of the meal consisted of bread, butter and tea. Within a few minutes more than two hundred of those who partook of the stew complained of dizziness, sickness or a feeling of sickness, colic and tightness in the throat. There was some diarrhoea, but no double vision. The medical officer in charge of the institution at once administered doses of bismuth and chalk mixture, and within a short time most of the sufferers had recovered and were able to take food again three hours later. Only ten persons were at all seriously ill, and all of them were able to carry out their ordinary work next day, so that evidently the effects of the poison soon wore off.

The apples used had been freshly gathered and were stewed in large galvanized iron containers which were placed in iron steamers. The containers were used because it had been found on a previous occasion that the apples became black if placed directly in the steamers. A chemical analysis of some of the stewed apples remaining over from the meal showed that they contained seven grains of zinc to the pound expressed as zinc oxide—this being equivalent to twenty-five grains of hydrated zinc sulphate to the pound. The dose of zinc sulphate which results in vomiting is 10-30 grains, and each person consuming the stew may be assumed to have taken eighteen to twenty grains of sulphate of zinc.

It is well known that vegetable acids are liable to act on metals, and the cause of the outbreak in question hardly seemed in doubt from the first.

This incident indicates very clearly the danger of food poisoning from sources outside the food itself. Of course the danger from contaminated food such as occurs in infected meat, hams soaked in brine, Cambridge sausages, etc., cannot be lost sight of.

His First Thought.

"Think of the good you might have done with the money you lost in gambling."

"Yes, I might have bought a new pack of cards."

Self-Reliant Armenians.

An English chaplain at Athens, writing in the London Times, says that of the refugees from Asia Minor the Armenians show the greatest aptitude for self-help. "Just outside Athens is a village of Armenian refugees, who turned to and made mud bricks in the autumn sun while others sat and said, 'Our Hope is in Heaven and in you.' As a result those people now have houses, a school of their own building, a well of their own sinking, even a mayor of their own electing."

Minard's Liniment for Coughs & Colds

Schooner of the Desert.

Among the questions put by a teacher of a national history class was this one:

What is a dromedary?"

At first no pupil seemed to know, but finally little Robert rose to the occasion.

"I know," he explained. "A dromedary is a two-masted camel."

NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.

The Fire Ranger Seeks Co-operation.

It is well recognized among those in charge of the work of protecting the forests that one of the greatest aids in attaining that object is the work of the fire rangers in enlisting the sympathy of the travellers, campers, and other temporary residents of the areas to be protected and securing their friendly co-operation, especially in the way of attending to their own camp-fires, etc. This idea is emphasized by the chief fire ranger in charge of one of the vast fire-ranging districts of the north. He writes:—"It has been gratifying this fall to receive letters from tourists, prospectors, trappers, and traders, thanking the rangers for courtesies extended to them, also complimenting us on our work. The rangers have certainly been of great survice in many ways to the public. The information they give is always reliable."

"I hold, without hesitation, that the potential forest wealth in this country should be developed in the light of patriotic commercialism and administered as a trust for the future needs of the country, and that not a single stick of timber should be cut that will create detrimental conditions for those who come after us. Some time or other, we shall be face to face with the problem of whether or not commerce shall be allowed to rob our forests irrespective of future demands. It will come to us just as it has come to China in the past, so that actuated by these conclusions we ought not to waste a single tree from the forests we now have, and we ought to replant and reproduce without stint so as to leave this fundamental resource in undiminished plentitude for the people of a still greater Canada. The sooner we face the bald question, the easier it will be for us to decide. To what extent are we going to permit the forest resources of the country to be commercially exploited and exported for the purposes of selfish gain?"

A Modest Request.

Miss Bug—"Oh, Mr. Glowworm, I... ring dropped down that crack and it's dark down there. Won't you light it up and help me look?"

With The Boy Scouts

Help for Camp Leaders.

The May-June issue of "The Trail," the Ontario Provincial Council's paper for Scout leaders, will be given over almost entirely to Camping, the leading article discussing "Minimum Requirements for Troop Camps." This article was prepared specially for The Trail by the Dominion Camp Chief and other camping experts at Dominion Headquarters. It deals fully with problems of leadership, camp site, location of tents, camp equipment, food supplies and cooking, camp program, camp discipline, health and sanitation, swimming and water sports, business and records. An appendix contains a suggested program for ten days in camp, a suggested letter to be sent to parents or guardians of Scouts going to camp, parent's reply, list of equipment for individual Scout, for patrol camp and for troop camp, list of food supplies for 32 boys for one week and menus for a week based on this food list. There are also over 30 new illustrations.

This issue of The Trail will be mailed to every registered Scout and Cub leader in Ontario well ahead of the opening of the camping season. Other persons interested in boys' camps who would care to have a copy may have one sent to them post free upon application to Provincial Headquarters, Bloor and Sherbourne Sts., Toronto.

Capitalizing Gang-Spirit.

Since the days when London burgers the devil, the "boy problem" has been that all the apprentices were going to the devil, the "boy problem" has been familiar. Perhaps it goes back to the earliest times. On the walls of Pompeii are to be seen saucy messages that must have been scribbled by mischief-making lads.

The "boy problem" remained a problem because men tried to solve it with the wisdom of age and not with the spirit of youth. Boys were corralled and marched to the meeting places of "societies," where they sang hymns, "spoke pieces" and paid dues. After the passing enthusiasm of "joining," there was a quick decline to early death. This has happened half a dozen times within the recollection of almost all of those who decline to call themselves old.

Then came the Boy Scout movement, inaugurated in a full understanding of the mind and heart of the boy. It capitalized the gang-spirit and socialized it. It placed emphasis on the physique, the intellect and the morals. It embodied a rule of life in its wonderful promise: "On my honor I promise to do my best to do my duty to God and the King, to help other people at all times, and to obey the Scout Law." Enlisting some of the country's best young men as Scoutmasters, the Boy Scouts Association can say without hesitation that the answer to the old riddle of what to do with the boy is—make him a Scout. To do that is to equip him for upstanding manhood.

More than this it is scarcely necessary to say to-day. Ontario has seen the Boy Scouts at work for nearly thirteen years. During that time thousands of lads have passed through the ranks and out into life. Their younger brothers are first-class Scouts; some of their nephews are enrolling as tenderfoots. And these thousands of boys have and are "making good" in hundreds of walks of life—many of them "walks" which were discovered to them through their association with the Boy Scout Movement.

That is the strongest argument that can be advanced why Ontario should continue her wholehearted support of Scouting.

Fair Play in the Jungle.

The Maoris of a few years ago loved to fight. Before the white man came to New Zealand the various tribes fought among themselves; after he came they united to fight the common enemy. But if the Maori warriors were bold and fearless on the field of battle, they could also be generous. For example, this incident, which occurred some fifty years ago and which Mr. William D. Boyce relates in his recent book, Australia and New Zealand, shows that fair play may exist even in the jungle:

During a battle the white soldiers had ceased firing, and the Maori chief sent out a flag of truce to inquire why.

"We are out of powder for our guns," was the reply.

Obviously the game couldn't go on if one side had no powder; so the chief sent half of his own supply to the white men. He wanted to fight and win, but more than that he wanted to fight on even terms!

Character can always be judged by the way men and women play their games.—Mr. T. L. Taylor.

After Every Meal

WRIGLEY'S

Chew your food well, then use WRIGLEY'S to aid digestion.

It also keeps the teeth clean, breath sweet, appetite keen.

The Great Canadian Sweetmeat

D36

FOR BETTER DIGESTION

HAVE YOU ANY OF THESE SYMPTOMS?

If You Have, You Are in Need of a Tonic Medicine.

Are you pale and weak, easily tired and out of breath on slight exertion?

Are you nervous? Is your sleep disturbed? Do you wake up in the morning feeling as tired as when you went to bed? Is your appetite poor, your digestion weak, and do you have pains after eating?

If you have any of these symptoms you need a tonic, and in the realm of medicine there is no better tonic than Dr. Williams' Pink Pills, which enrich the blood, restore shattered nerves and bring the glow of health to pale cheeks. The value of Dr. Williams' Pink Pills is shown by the case of Mr. Horace Cuphill, Woodward's Cove, N.B., who says:—"The first indication that my general health was not good was a shortness of breath after the least exertion. Then my appetite began to fail, and after eating it seemed as if there was a lump in my stomach. I grew so weak that I could not walk a hundred yards without resting. Then I was taken with a numbness all over my body and was in a sad plight. I was under a doctor's care, but as I was not getting better, I decided to try Dr. Williams' Pink Pills. The first few boxes did not seem to help me but my wife asked me to continue their use and I got four boxes more. Before these were gone I could eat a fair meal, the numbness was leaving me and I was feeling much better in every way. I took the pills for a while longer, and felt that I was again a well man. I still take the pills occasionally, but have had no return of the old trouble."

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

Queen Mary Keeps Gems in Palace Strong Room.

Queen Mary's jewels have long been the envy of many of her wealthy subjects and probably of most of the Old World queens. What their full value is it is impossible to estimate. The gems given her when she was married are estimated to be worth more than $500,000 and during the last thirty years on every birthday the King has added costly presents.

During the visit of the King and Queen to India several Indian Princes made the Queen many handsome gifts, principally pearls. Diamonds, however, are her favorite gems. Her jewels are kept in a strong room in Buckingham Palace, which was designed by the late King Edward VII. when he came to the throne.

The shelves of this room are lined with white velvet and the jewels are so arranged that the Queen can quickly obtain just the ornaments she means to wear for any occasion.

Smaller safes lately have been placed in Windsor Castle, Balmoral and York Cottage to insure the safety of the Queen's gems while she is at any of these places. The keys are in the possession of the Queen and are only handed to the lady-in-waiting who is on duty when required.

Mailmen in India Fear Ghosts Only in Jungle.

"Not a year passes that does not take its heavy toll of Indian mail runners who lose their lives in the execution of their duty. It might be a tiger, a swollen river, an avalanche in the Himalayas or a gang of robbers. The work goes on just the same; the mail goes through whatever happens."

So said Geoffrey Rothe Clarke, Director General of Posts and Telegraphs in India, speaking before the Indian section of the Royal Society of Arts.

With the runners, Mr. Clarke stated, the mail was a fetish they would protect at all costs. For wild beasts, floods and dangers of various kinds they would not turn aside. But they would go miles out of their way, even when carrying the precious mails, to avoid an evil spirit whom they suspected of lodging in a tree. Of ghosts they are far more afraid than of the fiercest of wild beasts.

And Then, of Course, Wins.

"Now, tell me, what do you get out of playing cards?"

"I often get a good deal out of it, my friend."

Minard's Liniment used by Physicians.

Arctic Explorer on Four-Year Trip.

Malcolm Smith, F.R.G.S., Arctic explorer, sailed recently on the Hudson's Bay Company boat Baychimo for a 25,000-mile trip, which will occupy at least four years. Leaving the vessel at a point north of Petropavlovsk on the Siberian coast, he purposes to cross Siberia in the most northerly latitudes.

Platinum abounds throughout this territory, and Mr. Smith will conduct research work for this and other precious metals. He also hopes to be able to tell the world on his return many things affecting trade relations with Russia.

By foot and dog teams he will cross the mountain ranges.

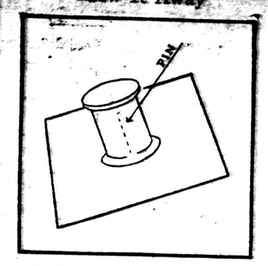
Mr. Smith has spent most of his life in the Arctic regions. At one stretch he spent 27 years within the Arctic circle without ever being "out." To him is given the credit for the discovery and exploitation of the Hinterlands of northern Canada, where along the Mackenzie River he spent many years. He is a fellow of the Royal Society of London and a member of the Explorers' Club of New York and London.

Content makes poor men rich; discontent makes rich men poor.

EASY TRICKS

No. 29

Blow It Away



You'll need for this little puzzler a visiting card or a playing card, a pin and a spool.

Push the pin through the centre of the card and drop the pin into the hole that runs through the spool. Holding the spool carefully so that the card will not fall off, hand it to a friend. Tell him that the trick is to see how far he can send the playing card by blowing through the spool.

If you are trying to make things merry at a party, it is a good idea to prepare several sets of cards, spools and pins and very seriously arrange a competition. Don't let anyone practice before the word to blow is given. That would spoil the whole affair. Do not fail to warn the other spectators to keep out of range of the flying cards.

In course of time, each blower will learn that the harder he blows, the more firmly the card will stick to the spool. Try it and see.

(Clip this out and paste it, with others or the series, in a scrapbook.)

THANKFUL MOTHERS

Thousands of mothers throughout Canada—many of them your neighbors—speak with thankfulness concerning the use of Baby's Own Tablets. Once they have used the Tablets for their little ones they would use nothing else. The Tablets are an absolutely safe medicine for even the youngest baby, being guaranteed by a government analyst to contain neither opiates nor narcotics or other harmful drugs. Concerning them Mrs. David McRobb, Divide, Sask., says:—"I have used Baby's Own Tablets and have found them so satisfactory I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Forest Reservation.

Forestation and preservation of forests have for hundreds of years been of vital concern to European countries, but in the United States and Canada the natural forest resources have been so great that national interest in these matters has been rather mild. Yet the steady and ever-increasing consumption of forests in the making of lumber and the enormous yearly waste through forest fires and inefficient methods of cutting and preparing lumber sound impressive warnings that the forests will not last forever if we pursue a course of cerelessness and wastefulness. If adequate forest resources are to be preserved for the benefit of the future, intelligent efforts at conservation and the reduction of waste must be persistently carried forward.

If you would climb to heights sublime,
Give my advice a trial;
Don't drift and shirk,
"Butt in" and work, and
SMILE! SMILE! SMILE!
—Margaret Emerson.

Minard's Liniment for Corns and Warts

Always strive to appear at your best. Give the world your brightest thoughts, your most courteous speech, the outcome of your kindest impulses and purest motives.

Embroidery, Crochet, Fancy Needle Workers

We sell your goods on consignment. Send a stamp for reply.

Lingerie and Specialty Shop
120 Danforth Avenue - Toronto

EDDY'S MATCHES

The more you use them—the better you'll like them!

ON SALE EVERYWHERE IN CANADA
ASK FOR THEM BY NAME

SMART'S LAWN MOWERS

CANADA'S BEST!

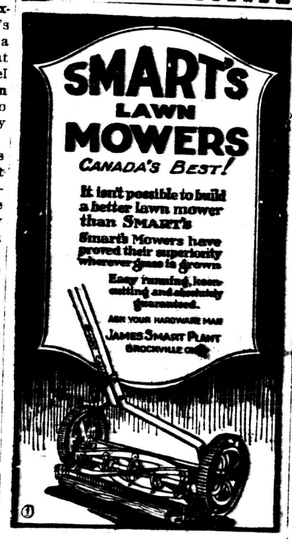
It isn't possible to build a better lawn mower than SMART'S

Smart's Mowers have proved their superiority wherever grass is grown

Easy running, keen-cutting and absolutely guaranteed.

ASK YOUR HARDWARE MAN

JAMES SMART PLANT
BROCKVILLE ONT.



MRS. YOUNG GAINS THIRTY-FOUR LBS.

Dodd's Tanlac Restored Her When Stomach Trouble Had Almost Wrecked Health.

"I weighed only a hundred and fourteen pounds, my face was sallow and sunken and I was thin as a rail. But since taking Tanlac I weigh one hundred and forty-eight, have the rosy cheeks of a school girl, and enjoy good health for the first time in fifteen years." This remarkable statement was made recently by Mrs. Bella Young, 98 Cathcart St., Hamilton, Ont.

"The last year of my sickness I was near a nervous breakdown, and my appetite was so poor even the odor of food sometimes nauseated me. Headaches, pains in my stomach and back nearly set me wild and I would walk the floor for hours. I got so weak I could hardly stoop over to lace my shoes, and my housework was a burden.

"The Tanlac treatment gave me a wonderful appetite, built me up till friends wondered at my great change, and I always feel strong and well. I will never cease to praise Tanlac."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Tanlac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

Horse Sense.

A fool and his horse should soon be parted.

There's no fool like a horse-whipper.

Frightened horses will be frightened horses.

Kindness has power to soothe the horse's breast.

Hurt me, hurt my horse.

Never put off till to-morrow caring for the hoof that causes limping to-day.

A little freedom now and then is relished by the tamest steeds.

It's a wise horseman who occasionally indulges his mount.

Horses should be guided, not coerced.

Gentility loves the company of horses.

Sympathy is the soul of horsemanship.—Edmund J. Kiefer.

In some countries frogs are used as barometers. The species employed for this purpose is the green tree frog. They are placed in tall glass bottles with little wooden ladders, to the top of which they climb in fine weather, descending at the approach of bad.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

True genius is the power to see a little clearer and a little deeper than most other people.

Minard's Liniment for sale everywhere

Wireless recently played a part in a burial at sea, when the words of the Burial Service were sent from a large steamer to a small freighter which lacked a Prayer Book.

Look to Your Eyes

Beautiful eyes, like fine teeth, are the result of constant care. The daily use of Murine makes eyes clear and radiant. Enjoyable. Harmless. Sold and recommended by all druggists

MURINE For Your EYES

FOR

SPRAINS, CUTS, BRUISES, SWELLINGS

Use the Old Reliable.

MINARD'S "KING OF PAIN" LINIMENT

Keep Stomach and Bowels Right

By giving baby the harmless, purely vegetable, infants' and children's regulator.

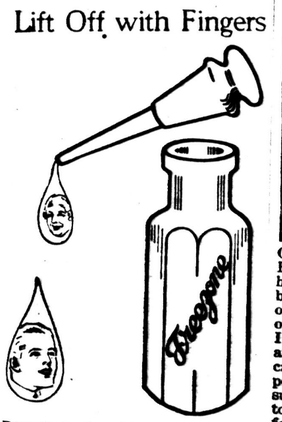
MRS. WINSLOW'S SYRUP

brings astonishing, gratifying results in making baby's stomach digest food and bowels move as they should at teething time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.

At All Druggists

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.

Classified Advertisements

OUR FARM ON EASY TERMS. 100 VEGETABLE plants, also Fruit and Ornamental trees, shrubs, vines and rose plants; grow all these things; great opportunity; grow the big money crops, corn, tobacco, etc., in addition to general mixed farming. Success Real Estate, Wheatley, Ont.

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.

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.

A Swiss naturalist has recorded the history of a pike that was 267 years old. Carp are known to live for many years, and they grow only two or three inches a year. The salmon, on the other hand, grows rapidly and dies young.

ASPIRIN

Say "Bayer" and Insist!

BAYER

Genuine

Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prescribed by physicians over twenty-three years and proved safe by millions for

Headache	Colds
Toothache	Rheumatism
Neuritis	Lumbago
Neuralgia	Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100.

Be Safe!

Don't wait for someone to be in pain to get Kendall's Spavin Treatment in the house.

For all external hurts and pains—for all muscular troubles.

Kendall's Spavin Treatment makes good.

KENASTON, Sask., December 8th, 1921

"Please send me one copy of your TREATISE ON THE HORSE. I have used your Kendall's Spavin Cure for over eleven years and found it one of the best liniments I have ever used for all kinds of sores. (Signed) M. ZEMAN."

Get a bottle at your druggist's today. Regular for Horse Treatment—Refined for Human use.

DR. B. J. KENDALL COMPANY,
Enosburg Falls, Vt., U.S.A.

KENDALL'S SPAVIN TREATMENT

FACE BROKE OUT WITH PIMPLES

Hard, Large and Red. Cuticura Healed.

"My face broke out with pimples that were hard, large and red. They festered and scaled over and itched and burned causing me to scratch them. I tried several different remedies but they did not help any. I read an advertisement for Cuticura Soap and Ointment and purchased some and after using them about a month I was completely healed. (Signed) Miss Catherine I. Carter, Aberdeen Hospital, New Glasgow, Nova Scotia.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.

Sample Each Free by Mail. Address: 'Lymans, Limited, 344 St. Paul St., W. Montreal.' Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

MRS. MISENER'S ACHES AND PAINS

Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken, I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.

Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women."