

Rinso
Dissolve in boiling water

Use enough to get a big lasting suds

Big lasting suds—one secret of Rinso's amazing power to dissolve dirt. If you don't get lasting suds, you have not used enough Rinso.

After soaking, only the most soiled clothes need a light rubbing with dry Rinso.

Your clothes don't need boiling if you use Rinso. But if you like to boil your white cottons, use enough Rinso solution to get the suds you like.

Rinso is made by the largest soap makers in the world to do the family wash as easily and safely as LUX does fine things.

LEVER BROTHERS LIMITED
TORONTO

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.

Man cannot live by solid food alone, so to a mixed diet of all of the previously mentioned elements, liquid must be added. Pure water is the best beverage. Most foods contain a large amount of water and this is particularly true of fresh fruit and green vegetables. But these do not contain sufficient water for the body needs. Soups, water, milk, coffee, tea, cocoa, etc., make up the necessary amount of liquid.

Cocoa and chocolate, milk and alcohol are foods as well as beverages. But foods may be harmful as well as beneficial. They may poison the body instead of nourishing it. Alcohol goes on this list, and should be used with great moderation if used at all. You can drive a horse to water but you cannot make him drink, says a proverb. So, also you can tell people what they should or should not eat, but unless the housekeeper chooses them in an appetizing manner and serves them attractively, she is not likely to have the satisfaction of a well-fed, happy family. And simple food, well cooked, can be provided at a reasonable cost.

For breakfast, milk, milk and water, coffee or cocoa with milk and sugar, bread and butter, a plate of oatmeal porridge with milk and cereal, is a meal in itself. Porridge can be replaced by any of the other cereals.

For lunch a nourishing soup, made with milk or barley, peas, beans or lentils, macaroni with cheese, or a stew, or a meat pie. To this choice must be added a fresh vegetable salad such as lettuce and tomato. A simple pudding or stewed fruit should serve as a dessert.

For supper, bread and butter, cooking and prunes or apricots, a simple pudding and cocoa.

Such menus contain the necessary nutritive values at the lowest cost. They may be added to, or varied according to the income of the individual, but overcoating must be avoided.

If an increase in amount is made it must be in keeping with the occupation. A man engaged at active laboring work will need more food to repair his wasted energy than an office worker who has little exertion. Combined with any rational diet must be added a sufficient amount of exercise and fresh air to keep the body fit. There must also be regular and free movement of the bowels.

Diet is a subject well worth study. The proper feeding of the family should be the care of every housewife; it is a laudable achievement, and not at all impossible, for her natural resourcefulness, the modern woman has now at her service the fruit of much patient, laboratory research. It is suggested that a more equal balance in temperament, of finer physique and better able to withstand disease than any previous generation has ever known.

Merry Lord Marcus.

Of the five dark-devil sons of the fourth Marquis of Waterford, an Irish peer, the most widely known were Lord Charles Beresford, the admiral, Lord William, military secretary for years to the viceroys of India, and Lord Marcus, long manager of King Edward's racing stables. In their reckless courage, wild spirits and devotion to fighting, sports and practical joking, the three Beresfords seem rather to belong to the days and doings of Charles Lever's hilarious heroes than to our own.

Of the trio, "Lord Bill" was perhaps the most exuberant; Lord Charles could claim the most distinguished service record and also the greatest number of broken bones, for in the course of his career and gallant career he had broken his chest bone, his thigh, his right leg, his right hand, a foot, five ribs, one collar bone three times and the other once and his nose three times; and Lord Marcus, who has recently died at the age of seventy-four, possessed the readiest tongue.

At one time when Lord Charles Beresford was standing for Parliament in opposition to Sir Christopher Furness his two brothers helped him to make the campaign a lively one. Lord Marcus, was, however, a novice in such things and when on accompanying Lord Charles to a meeting he found that he was expected to make a speech he was for once dismayed. "I can't possibly do it," he said to his brother. "I don't know what to say."

"I told him," records Lord Charles in his memoirs, "to begin because he was more to be interrupted, and then, being as fishman, he would certainly find something to say. Lord Marcus thereupon rose to his feet, and a voice immediately floated

whom was Mr. Dudley Milner." Lord Charles relates: "Marcus kindly relieved the tedium of the journey. Dudley Milner had fallen asleep. Marcus took the ticket from Milner's pocket. He then woke up Milner, telling him the tickets were about to be collected. Milner, after feverishly searching for the ticket he had lost it and, finding that he had very little money, begged that someone would lend him the requisite sum. One and all with profuse apologies declared themselves to be almost penniless, and Milner was nearing despair when my brother sympathetically suggested that as the train approached the station Milner should hide under the seat. Thereupon Milner, assisted by several pairs of feet, struggled under the seat, and his friends screened him with their legs. In a short time the conductor appeared, and Marcus gave him all the tickets.

"Here's six tickets for five gentlemen," said the conductor.

"Quite correct," said the outrageous Marcus blandly. "The other gentleman is under the seat. He prefers traveling like that."

Motor Run by Moonlight.

Among the most curious motors ever invented is one devised by A. R. Bennett and intended for delicate experiments in heat measurement. It is so sensitive that it begins to revolve the moment it is exposed to daylight, even when the sun is hidden, and in clear weather it will work all night, affected even by the radiant heat of moonlight. The motive power is due to convection currents set up inside the glass shade which the instrument is covered. While the glass is not warmed by the radiant heat of daylight or moonlight passing through it, the metal surfaces of the motor are and the minute differences of temperature thus produced suffice to start convection currents.

Visitors to Canada are impressed with the musical progress of the Dominion. An English gentleman who comes over twice a year says that he readily notes a stride forward on each occasion.

No Beresford could endure being bored or allowed anyone else to be. While my brother Marcus was traveling with his two friends, among

With The BOY Scouts

Petrolia will be very much alive with Boy Scout activities on May 24th. On that day the two local troops will be hosts to the troops from Sarnia, Forest, Florence and Stratford which are joining them in the first inter-troop field day which has been held in that part of the province. A complete programme of athletic and sporting events has been arranged and everybody is expecting to have a big time. Assistant Provincial Commissioner Irwin will attend as the representative of Provincial Headquarters.

Toronto's Wolf Cub Exhibition was a big success. It was held in one of the large halls of the Church of the Epiphany and practically every Cub Pack in the district was represented in the entries list. The many departments included Art, Collections, Domestic Science, Manual Training, Model-making, Woodcraft, and section object drawings, cartoons and advertising posters were prominent. Collections included postage stamps, post cards and coins. Domestic science featured cakes, pies, candied biscuits and jellies. All kinds of wood work as well as articles made from cardboard and metal were exhibited in the Models section. In the Woodcraft section were quite a number of excellent bird houses, model bridges, knots mounted on boards and nature collections such as leaves, plants and insects. The whole made a show of great variety and interest.

Mr. Rodney C. Wood, Dominion Camp Chief for the Boy Scouts Association, is in England for the summer. He has been "loaned" by the Canadian Association to Imperial Headquarters, in order that he may take charge of the summer training courses at Hillwell Park. The training course in Canada this summer will be conducted under the personal direction of Professor John A. Stilles of Ottawa, Assistant Chief Commissioner for Canada. Amongst his assistants in this work will be Mr. Frank E. L. Coombs of the Dominion Headquarters Publications Department, Assistant Provincial Commissioner Irwin of Toronto, and Scoutmaster Rev. S. A. Macdonnell of Stratford, Ont. A full announcement concerning the 1923 training camps is expected from Dominion Headquarters very soon.

A Secret of the Ages.

How did the ancient Egyptians, without the aid of windlass, block, or tackle, succeed in erecting their gigantic obelisks?

For ages this problem has engaged the attention of antiquaries and mechanics, and it has been solved at last by Mr. R. Engelbach, Chief Inspector of Antiquities in Upper Egypt, whose explanation is very interesting.

In the first place, a sloping embankment was erected, having on its high end a funnel-shaped pit descending to the previously prepared pedestal on which the obelisk was to rest. A gentle curve led down from the surface of the embankment until it met the sloping walls of the funnel.

The funnel was filled with sand, and the obelisk was rolled up the embankment until its base was over the opening. The base of the obelisk was then allowed to sink into the funnel and the sand was removed from the foot of the funnel through tunnels.

All the time the sand was being removed the obelisk naturally sank lower into the cavity, and, at last, rested on its pedestal.

Mr. Engelbach had a model obelisk made, and putting his theory to the test, found that it worked successfully.

In the days of the ancient Egyptians great armies of men were engaged on this work. As many as ten thousand were sent at a time to transport monuments of less weight than an obelisk.

Convicted Him.

Mr. Tingleigh stepped aboard the car and paid his fare, but the conductor, who was very busy, forgot that he had received the nickel, and at Thirtieth street held out his hand.

"Fare," he said.

"I paid you half a mile back," protested Mr. Tingleigh.

"I think not," said the conductor. "I say I did."

"I say you didn't," Mr. Tingleigh hesitated a moment, and then said, with the air of an injured man:

"Don't you remember that a man got on about five minutes ago and held on to his nickel as if he didn't want to give it up, and you almost had to pry it out of his hand?"

"Yes."

"Well, that was me."

"I remember you now," said the conductor with a grin.

Good for Almost Nothing.

Alice for the first time saw a cat carrying her kitten by the nape of its neck.

"You ain't fit to be a mother," she cried, scathingly. "You ain't hardly fit to be a father!"

Nature's Clerks of the Weather.

Scientists have given a different name to each type of cloud.

The four main types are cirrus, cumulus, stratus, and nimbus.

Cirrus clouds are the fine wisps or shreds of white, like thin plumes of feathers, often seen against a blue background. Usually they herald the approach of wind. They are the highest of all clouds, averaging about 30,000 feet above the earth's surface.

It is, by the way, a common error to suppose that clouds are at much greater heights from us than they really are.

The Latin word "cumulus" means, broadly speaking, a heap, and it is as heaps of white one may regard the cumulus clouds; though often, and especially against a setting sun, they will appear as dark masses edged with gold.

Flat at the base, domed at the top, usually small in the morning and increasing in size towards the early afternoon, they are to be seen on many days of spring and summer. Their altitude as a rule does not exceed 6,000 feet.

"Stratus" is a word derived from the Latin for a layer or sheet, and any clouds spread in a veil across the sky may be so called. As far as this country is concerned, stratus cloud implies only too "ten gloom with 'high fog' and cold.

The "nimbus" is the black mass of the storm-cloud, bringer of rain.

In addition to these four main terms two others may be given, since they belong to clouds of well-known types. "Thunder-heads" are cumulo-nimbus clouds—it is easy to see the derivation of the name; while the scientific term for the white flecks that form "mackerel sky" is "cirro-cumulus."

Tactless Bachelor.

A bachelor visited the proud parents of a baby boy.

The mother held up the bundle for inspection, and asked, gaily, "Which of us do you think he is like?"

After a careful examination of the baby the bachelor replied: "Well, of course, it doesn't look very intelligent yet, but he's wonderfully like both of you."

If we are indeed here to complete and perfect our own natures, and grow larger, stronger, and more sympathetic against some nobler career in the future, we had all best bestir ourselves to the utmost while we have the time.

MURINE EYES
Irritated by SUN, WIND, DUST & CINDERS
Solely for sale by THE CANADIAN DRUG COMPANY, 1204 St. Clair Street, Toronto.

"Metallic" Sliding
Galvanized, or painted. Stone, Brick, or Clapboard patterns. Inexpensive and Quickly Laid.
Send for Circular "33"
The Metallic Roofing Co.
2234 King St. W., Toronto.

BE YOUR OWN VET.
Send veterinary bills on your stock by using Minard's Balm for Cuts, Bruises, Strains, Rashes, Blisters, Discharges, etc.

MINARD'S KING OF PAIN LINIMENT

EASY TRICKS
No. 27
A Checker Diversion.

The next time you play checkers introduce to your friends this little scientific problem. Make a pile of a dozen or more checkers making certain that each checker rests firmly on the one below it and that the pile is not "wobbly."

With the back of a knife strike the one of the men a sharp blow. The lower the man in the pile, the better will be the effect of the trick. If you strike quickly and carefully you will knock the man out of the pile and the rest of the checkers will remain just as they were. The trick should be repeated until nothing remains in the pile except the top and bottom checkers.

An interesting (and more difficult) variation is to strike two men at the same time, using two knives and striking from opposite sides of the pile.

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

SATISFIED MOTHERS

No other medicine gives the same satisfaction to mothers as do Baby's Own Tablets. They are equally good for the newborn babe or the growing child and are absolutely guaranteed to be free from opiates or other harmful drugs. They are a mild but thorough laxative and cannot possibly do harm—they always do good. Concerning them Mrs. Jos. Ache, Coteau Road, N.B., writes: "I think that Baby's Own Tablets are a marvelous medicine for little ones. I gave them to my little girl with such good results that I now strongly recommend them to all mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Johnny's Corporal.

Johnny was not very bright at his lessons, but he was lively. His father asked him if he was pleasing his teacher.

"Oh, yes," Johnny replied. "Teacher said that if I were not like I was doing he'd give me a soldier."

"A soldier? Do you mean a box of soldiers?"

"I s'pose so. He only said one, though. I forget his name."

"Whose name?" asked the puzzled parent.

"The soldier's name. Let me see. Oh, I remember! It was Corporal Punishment."

BAND UNIFORMS

We specialize in uniforms for Bands, Police, Firemen, etc.
Write for style book and Samples.

Crown Tailoring Co., Limited
533 College St., Toronto, Ont.

SMART'S
The Mower that's Guaranteed

The mower from which Smart's Mowers are made is the very best and most satisfactory service.

The lowest cutting you can buy. Ask for a Smart's Mower by name.

JAMES SMART PLANT, BROOKVILLE, ONT.

MOWERS

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 callosities, without soreness or irritation.

ISSUE No. 20-22.

MINARD'S
KING OF PAIN
LINIMENT

SAYS IT'S WORTH WEIGHT IN GOLD

Mrs. Matthews Pays High Tribute to Tanlac for Easing Stomach Trouble.

"I am so thankful for the wonderful benefits I have received from the Tanlac treatment I just want to tell everybody in Toronto about it," declared Mrs. Ellen Matthews, 104 Eastern Ave., Toronto, Ontario.

"I suffered so terribly with stomach trouble and a run-down condition that I feared nervous collapse. My appetite almost deserted me and even the little I did manage to eat disagreed with me, and I bloated with gas till my heart palpitated and I was dreadfully short of breath. I couldn't get a good night's sleep and, as so worn out I couldn't even do my errands to the store."

"I heard so much praise of Tanlac I finally bought a bottle, and it was worth its weight in gold. Six bottles have made me perfectly well, without a sign of the old troubles I had suffered with for seven years, and my weight has been increased, too. I consider it a duty to recommend Tanlac."

Tanlac is for sale by all good druggists. Accept no substitute. Over 57 million bottles sold.

There are several engaging thoughts as to what the outcome of the widespread use of radio will be. Not the least pleasing of them is the idea that thousands of boys and girls will listen for an hour or more a day to a fair sort of spoken English, clearly enunciated. Youth is on the waves of our Let us hope that on the waves of our may come lessons that will enlarge our vocabulary and improve our pronunciation.

MONEY ORDER.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

A contented mind means a cared-for body.

Minard's Liniment used by Physicians.

CUTICURA HEALS BABY'S BLISTERS

Head Covered With Eruptions. Hair All Fell Out. Got Little Sleep.

"When baby was a week old a fine rash broke out on his forehead and scalp, which later formed small blisters. The blisters soon spread and when he was three months old his head was covered with eruptions. He cried and rubbed his head and his hair all fell out. He got but very little sleep."

"A friend recommended Cuticura Soap and Ointment. After using he got relief and in two months he was healed." (Signed) Mrs. Allan R. Caldwell, R. F. D. 2, Auburn, Me., Jan. 12, 1922.

Daily use of Cuticura Soap, Ointment and Talcum helps to prevent skin troubles.

Sample Book Free by Mail. Address: "Cuticura Dept., 345 St. Paul St., W. Montreal, Que." Send 10¢ for Cuticura Soap shavers without soap.

WOMAN SUFFERED FOR MONTHS

Weak and Nervous. Made Well by Lydia E. Pinkham's Vegetable Compound

Webbwood, Ont.—"I was in a very weak and run-down nervous condition, always tired from the time I got up until I went to bed. Sleep did not rest me at all. My sister recommended Lydia E. Pinkham's Vegetable Compound to me and others told me about it, but I thought from my sister's advice that I took it. It did not take long until I felt stronger, headaches left me and my appetite came back to me. I am a farmer's wife and have many things to do outside the house, such as milking, looking after the poultry, and other chores. I heartily recommend the Vegetable Compound to all who have the same trouble I had, for it is a fine medicine for women."—Mrs. LOUIS F. ELLIOTT, SHER, Hillcrest Farm, Webbwood, Ont.

Another Nervous Woman Finds Relief

Port Huron, Michigan—"I suffered for two years with pains in my side, and if I worked very much I was nervous and just as tired in the morning as when I went to bed. I was sleepy all the day and didn't feel like doing anything, and was so nervous I would bite my finger nails. One of my friends told me about Lydia E. Pinkham's Vegetable Compound, and it helped me so much that I soon felt fine."—Mrs. CHARLES BELKER, 501-14th St., Port Huron, Mich.

Women who suffer from any feminine ailment should try Lydia E. Pinkham's Vegetable Compound.

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First in Safety
First in Convenience
First in Economy

ALWAYS EVERYWHERE IN CANADA ASK FOR EDDY'S MATCHES

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You can speed up your land 4 times by fertilizing. "Results of fertilizing are 4 to 1 in favor of fertilizers" writes one farmer.

By fertilizing you save seed, save labor and greatly increase income.

Order GUNN'S SHUR-GUNN Fertilizers NOW and make the most money out of your land.

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Wanted: a man to work on a farm. Write to the editor of this paper.

For a list of classified ads, see page 10.

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Specialty made-to-order, heavily galvanized netting for foxes. When ordering, specify "English Fox Netting."

Write now for our price list, also our free for booklet, "Protect Your Foxes." 117 Dundas St. W., Toronto, Ont.

Brace, McLaughlin & Company LIMITED
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MRS. WILSON'S STIMP

The latest and greatest hair cream. Children grow healthy and free from colic, diarrhoea, flatulence, indigestion and other ailments. It gives it as soothing tonic. Softens, cleanses, and makes the hair beautiful and gratifying results. All Agents.

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ALWAYS EVERYWHERE IN CANADA ASK FOR EDDY'S MATCHES

Genuine Bayer Aspirin

SAY "BAYER" when you buy. Insist!

Unless you see the name "Bayer" on neurogia, lumbago, rheumatism, neuralgia, and for pain in general. Accepting the genuine Bayer product prescribed by physicians over twenty years and proved safe by millions of patients, you are assured of its safety for headache, colds, toothache, earache, etc. Also sell bottles of 25 and 100.