Have a packet in your pocket for an ever-ready treat. A delicious centrothe both, aspelite digoction.

Among Children. among children in e fact that busy or allow them to crawl on dirty floors and filthy toys .- Str An

Heale Cuts. tors are replacing

on some railroads.

ERR. MONTREAL

BOARDS ED FIBREWARE all others BY GROCERS BE MERCHANIS



balance and the (the Smart made d toughened and nen who know how life and double ry axe they make ARE MAN FOR A 444

MORIES & FORGINGS MART PLANT

Double Bit

Any Weight

vorite

CORNET OR FLUTE d that you

lin, Mando-

t shows exact home Instruy you can own

through our FIRST

ments

the use of your

lete outfits we used to a course of NS

t in your awn of competent

148 Yonge St.,

ork, "Musical ity," entirely entirely

Fill your pipe

packet 80¢ 26 lb tin

HEALTH EDUCATION BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario lon will be gind to answer questions on Public Health makters through this column. Address him at Spadina House, Spading Crescent, Toronto.

Their young minds assimilate knowl- and clean. edge very readily, and good advice Clean night air with open windows

The value of good health and the invaluable.

In the litter after dark the previous devisability of maintaining good health as a bulwark against the atheorem and davlight kill the germs and mediately get busy scratching for charging of the storage betteries.

Daily exercise in the open air is in the litter after dark the previous work without rest and in their perfected form require little attention, as seated well up in front, spoke to her little daughter by her side, and said: tacks of such diseases as tuberculosis and daylight kill the germs and mediately get busy scratching for charging of the storage batteries.

Est plain clean neurishing feed. Then feed your hot mash. Time was when windmills were see should ever be impressed on children as well as adults. When the constitution is robust, when good health is foods. Oatmeal porridge, bread and milk buttermilk lentil or pea soup. much in evidence, there is not so much milk, buttermilk, lentil or pea soup, danger of disease germs as in the

sleep. When tired or ill, rest by lying the germ of tuberculosis grows with difficulty in a healthy body.

keep the windows open night and day laws of health.

New Wood Sanctuary

for Canadian Bison

After it had been definitely con-

ciuded for years that the American

bison in its wild state was extinct on

were included in the animals at Banff

and in Wainwright Park, a Dominion

Government survey party last year

the seasonal habitats frequented by

The northern range is bounded on

Buffalo River, on the north by

within fifteen miles of Buffalo

The southern range bounded

the south, east and north-east by the

the Wyarling River, and extends west

on the east by the Slave River, on the

south by the Peace River, on the west

and forth-west by the Jack Fish and

Little Buffalo Rivers and on the north

by the Salt River. Arrengements for

ersteinatic patrols have been made

and dabins constructed for wardens at points which will facilitate an efficient

ast Herd of Wild Buffalo.

This new addition to known Canasian wild life gives the Dominion the

two largest buffalo herds in the world.

The preservation of these animals in

their wild state, besides being of in-

forest and value from the standpoint

materi, history, is a move of mo-

pent to all people on the continent.

This generation have had the

spertanity of viewing the monarch the plains roaming unnampered on

Then sh at the present time the

is na eral range.

natrol service all the year round.

each brerd.

Lake

Health rules are good for children, so that the air may always be fresh

If you

roll your

OWN

ask for

OGDEN'S

FINE GUT

(groon label)

What should the child learn then, that may be of benefit to him in warding off sickness. Here are some things or tied back in school). Soap and for an hour, from 8 to 9 p.m., then Go to bed early, and get plenty of sunshine will keep the home clean.

When tired or ill rost by lying sunshine will keep the home clean.

the fack of facilities, there is no doubt when prices are highest. these will be remedied as soon as prac- Electric light is, of course, the most ticable. It will be a considerable time convenient form of lighting, as the before settlement invades this region, lights can be switched on and off by and as the haunt of the world's last an alarm clock. But if you have not his new-born baby out for a ride and

the continent, and that the sole members of this mighty race in Canada BABY'S OWN TABLETS

discovered some fifteen hundred buffair ranging in the uncharted areas | Mrs. Ernest E. Adkins, Protton, roosts. With a land rubbing with corn syrup before | laundaring in the used Baby's necessary to use lights in either of the laundaring in the usual way. four years and always keep a box on Using light is not a new idea, but Bleve Lake. Steps were immediately hand." Thousands of other mothers a long used method, coming back and tallen by the Dominion Government to preserve these animals, the results of say the same thing—once they have back to stay this time. used the Tablets for their little ones which are now announced in the esthey will use nothing else. Experitahlishment of a new wood sanctuary. ence shows them that the Tablets are it calls for brains and courage to look The entire habitat of the wild bison the ideal medicine. They are a mild beyond difficulties to successful achas been included in the new sanc- laxative, thorough in action and never complishment. tuary and in addition a portion of the fail to relieve the minor ailments of had tat of the wooded cariboo which little ones. The Tablets are sold by range the Cariboo Mountains. The medicine dealers or by mail at 25 total area of the new park is approximately 10,500 miles square, and within Medicine Co., Brockville, Ont. this area the wild bison have two distine ranges, within each of which are



"Say, mister! There's a woman verboard hollering for help." "Old woman or chicken?"

"Looks like she's about sixty." "Throw her a life preserver."

Everlasting flowers, so popular in Victorian days, are now returning to favor for use at weddings. Naturally of a yellow hue, the blooms are dyed in all sorts of bright colors.

tourists and other interested Ask for Minard's and take no oth

often think the folks I meet Are much like houses in a street, Some throw their casements open wide For everyone to see inside.

Some keep their curtains closely drawn And look the same, both night and morn. Till, lit with some mad passion's glow,

Their secret souls they sudden show. Those I love best are shuttered tight, Yet through the chinks shine gleams of light.

Before their doors I like to stand, And tap and tap with gentle hand. And call, as loudly as I dare,

"Say, Little Brother, are you there?" And sometimes there is no reply. Then sad I turn away, and sigh, But sometimes, too, if I look back.

The door will open just a crack, A smiling form its hand extend, And then I know I've found a friend. -Janet Read.

Pumping Water With a Belt.

ders or buckets that will lift a thous- through the use of this medicine. If and gallons of water an hour from a you are weak or ailing, give Dr. Wildepth of 300 feet even when worked liams' Pink Pills a fair trial and you by hand.

It consists simply of a spiral spring sults that will speedily follow. belt, a grooved weight that turns with If your dealer does not keep these and pulley for turning the belt. The Medicine Co., Brockville, Ont. coil-like cable is carried down to any depth by the grooved weight. The water is held in the meshes of the spiral spring by capillary attraction as it is drawn up, and is discharged only when the coils turn over at the top. One authority has called the new pump "a mechanical impertinnence."

Artificial Light for Extra Eggs.

By E. W. Knife.

to induce the hens to eat a greater the suburbs or open country. quantity of feed. This, of course, with By means of wind turbines and a proper exercise, results in increased compact storage battery it is possible

about 3 p.m. and 7 p.m.

It will pay anyone who keeps a flock Live in the open air all you can and Therfore observe and practice the stalled, as the use of same increases of 50 or more hens to have light inegg production from 1/3 to 1/4 more than when lights are not used. This "holidayers" is not encouraged on ac- does not necessarily mean a greater count of the inaccessibility of the lo- egg production throughout the year, cation to ordinary conveninences and but it does mean getting the most eggs

herd of wild buffalo it should exert a electric light do not despair. A plant was accosted by an elderly lady, who, from Toronto uses gasoline lanterns, which being the safest lantern made, giving a 300 candle power light, has also a great advantage, for when gaso-ALWAYS KEPT ON HAND line is turned off the light does not go out for a few minutes, thereby giving out for a few minutes, thereby giving tard without beef.—Mr. Clarke Hall. the birds a chance to get back to

Anyone can point out difficulties:

THE CAUSE OF SICKLESS

Almost Always Due to Weak and Impoverished Blood.

Apart from accident or illness due to infection, almost all ill-health arises from one or two reasons. The mistake that people make is in not realizing that both of these have the same cause at the root, namely poor blood. Either bloodlessness or some other trouble of the nerves will be found to be the reason for almost every ailment. If you are pale, suffering from headaches, or breathlessness, with palpitation of the heart, poor appetite and weak digestion, the cause is almost always poor blood. If you have nervous headaches, neuralgia, sciatica and other nerve pains, the cause is exhausted nerves. But run down nerves are also a result of poor blood, so that the two chief causes of illness are one and the same.

If your health is poor; if you are pale, nervous or dyspeptic, you should give Dr. Williams' Pink Pills a fair trial. These pills act directly on the blood, and by enriching it give new It is said that an English inventor strength to worn out nerves. Men has constructed a pump without cylinand women alike greatly benefit will be pleased with the beneficial re-

the bottom loop of the belt and holds pills you can get them by mail at 50 the belt in place, and a driving crank cents a box from The Dr. Williams'

Windmills May Become Popular.

Windmills may prove to be the solution of the fuel and power problems so pressing in both Great Britain and America. The high cost of coal, the great initial expense of utilizing "white coal," or hydroelectric power, and the tying up of water power everywhere by corporations, make the use of windmills increasingly important to the The use of artificial light is simply small factory owner and individual in

egg production. Therefore it matters to generate and save electric current given early in life in a sympathetic is safer than dirty night air with the on a couple of hours before sunrise. the farm machinery and even for Daily exercise in the open air is in this case, scatter the grain ration small factories. The wind turbines a kind parent.

tinuing daylight, by artificial means, with the increasing cost of all fuel person who is weak or anaemic or Let your clothes be few in number, generally below the normal standard loose in fit, light in weight, woollen in shealth.

Let your clothes be few in number, until 8.30 or 9 p.m., feeding grain about they stand more than a fair chance of a Dominion Express Money Order.

Thuing daylight, by artificial means, with the increasing cost of all fuel they stand more than a fair chance of a Dominion Express Money Order.



Thought They Came for the Rest. "I could stay in this spot for the

rest of the summer, Bill." "Thought it was for the rest we came here, Jim."

A Rose of the Future.

with about 2,000 birds a short way after admiring the youngster, asked: "Another little soldier, eh?" "No, ma'am, another little Red Cross

Sympathy without help is like mus-

laundering in the usual way.

Let the idea get into your head that you are going to fail and you are pretty sure to prove a good prophet.

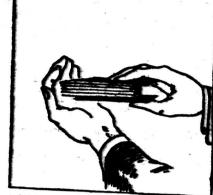


"WE ARE CANADIANS"

Rosa, Roland, and Donald Lorimer, of Leeds, England, obtain their first view of Canada through a life-buoy at Quebec. These three smiling faces are en route to Regina to join "Daddy." The latter preceded them and has everything ready for their reception.

EASY TRICKS

Thought Foretold



Write the name of a card on a borrowed visiting card and ask a friend to put it in his packet without looking at what you have writ-

Take a pack of playing cards in your left hand, backs uppermost. Hold the right hand with the fingers on the cards and the thumb under neath. Draw the cards, a few at a time, into your right hand, asking your friend to tell you when to stop. When he tells you to stop, show the last card you drew back. Then ask him to look at the visiting card he put in his pocket. On it is written the name of the card.

When the spectator told you to stop, you drew the cards under your fingers into your right hand, just as you appeared to do. At the same time, your thumb, pressing on the bottom card of the pack, drew that back. Before introducing the trick, you observed the bottom card and

wrote its name on the calling card. The illustration shows how the trick is done. In order to expose the movement of the bottom card. the fingers in the drawing cover less of the card surface than you will find they will do when you try the trick. Of course, the greater surface the hands cover the less danger of detection there will be.

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

Cause for Doubt.

There was an all-around good-fornothing man who died, and at his funeral the minister delivered a most little when the lights are turned on. sufficient to light and heat the ordinary parted in the most glowing manner, Some people prefer morning, and turn dwelling, besides furnishing power for praising his splendid qualities as a fine type of man, a good husband and

"My dear, go look in the comin and see if it is your father."

MONEY ORDERS. When ordering goods by mail send

Whose Feet Are They, Then? The little boy complained that his shoes hurt him. His mother looked at them and saw that in his hurry to get dressed he had put the right shoe on the left foot, and the left shoe on

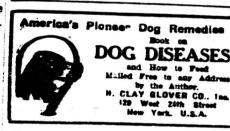
the right foot. "You've put your shoes on the wrong feet, dear," she explained. The little boy looked up in wonder.

'No, I haven't mummy," he said. "They're my feet."

Keep Minard's Liniment in the house Spiders lived on the earth long before man. In the most ancient of the carboniferous rock two hundred and fifty different varieties of fossil spiders have been discovered.

Extensive port improvements are tains proper directions. Handy boxes being made at Melbourne and Sydney, of twelve tablets cost few cents. Drug-Australia.

If you are weak, thin and nervous, let your druggist supply you with Bit- ed with their general trade mark, the ro-Phosphate. It is guaranteed to in-The French Government is planning crease weight and strength and restore the establishment of an international energy, viger and nerve force. Price clearing house for patents at Brussels. \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

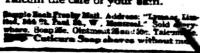


Miss Boissineau Tells How Cuticura Healed Pimples

"About three years ago I was bothered with pimples on my face. The pimples were hard and my face was disfigured for a while. They and small and featered oftentimes caused me to lie awake hours at a time as the irritation was so

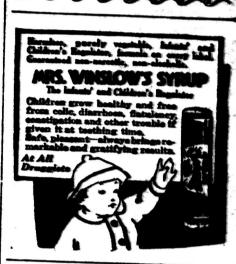
"I tried different remedies but without any relief. I began using Cutieura Soap and Ointment and after the first application I could see an improvement. I continued using them and was completely healed after using three cakes of Cuticura Soan and two hoxes of Cuticura Ointment." (Signed) Miss Rose Boissineau, 12 Believue Ave., Saulte Ste.

Give Cuticura Soap, Ointment and Talcum the care of your skin.



Relieves Dyspepsia

o thirty drops of the Extract Roots known to the Drug Tre as "Hother Seigel's Guratine Syn Get the Genuine. 50c. and \$1



GARGLE

With Minard's in water several times a day for colds in throat. For colds in head



Say "Bayer" and Insist!



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

Colds Headache Tootheche Earache

Lumbago Rhoumattsm Neuralgia Pain, Pain Accept "Bayer Tablets of Aspirin"

only. Each unbroken package congists also sell bottles of 24 and 100. 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 stamp-"Bayer Cross."

YOUNG WOMEN

Mrs. Holmberg Tells How Lydia E.Pinkham's Vegetable Compound Helped Her

Viking, Aita. - "From the time I was 15 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vemiting. This kept me from my work (I help my parents on the farm) as I usually had to go to bed for the rest of the day. Or at times I would have to walk the floor. I suffered in this way until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I surely am glad I tried it for I feel like a different person now that I don't have these troubles."-ODELIA HOLMBERG, Box 93, Viking, Alta. Letters like this establish the merits.

of Lydia E. Pinkham's Vegetable Com-pound. They tell of the relief from such pains and ailments after taking it. Lydia E. Pinkham's Vegetable Com pound, made from native rootsand herba, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female illamination of the contains and the con

in this country, and thousands of vol-untary testimonials prove this fact. If you doubt that Lydis E Pinkham's Vegetable Compound will help you write to the Lydis E. Pinkham Medicine Co., Cobourg, Ontario, for Mrs. Pinkham's private text-book and learn proving about it.

more about it.

165UE No. 44-'28