

Markets

NTO.
No. 1 Northern,
No. 3 CW, 42 1/2c
Nominal
Track, Toronto,
58 to 60c.
2, 72 to 75c.
2, 73 to 75c.
50 to 51.55.
Montreal freight,
2.57 per ton, 32 1/2c.
middlings, 3360
No. 2 white, 34 to
ata, 40 to 42c.
nominal.
ety per cent. pat.
real, prompt ship-
onto basis, \$4.75;
25.
at pats. in June
nd pats., \$5.30.
timothy, per ton,
50 to \$15; No. 2,
mixed, \$12.
per ton, \$9.
rge, 23 to 24c;
plets, 25 to 26c;
Old, large, 30 to
amery prints, 41
ry, 38 to 40c; No.
e; extras in car-
as, 42 to 43c; 1sts,
to 32c.
ring chickens, 4
chickens, 3 to 4
5 lbs., 22c; do, 4
3 to 4 lbs., 15c;
ings, over 5 lbs.,
18c; turkeys,
pp, 28c.
Spring chickens, 4
chickens, 3 to 4
5 lbs., 28c; do, 4
3 to 4 lbs., 18c;
ings, over 5 lbs.,
s, 25c; turkeys,
pp, 30c.
hand-picked, lb.
Syrup, per imp.
al tin, \$2.40 per
b, 25c.
s, 12 to 13c per
13c; 5-lb. tins,
14 to 15c;
No. 1, \$3.75 to
3.50.
ams, med., 27 to
19 to 41c; smoked
ttag rolls, 22 to
30 to 34c; spe-
bacon, 34 to 38c;
to 37c.
g clear bacon, 50
to 90 lbs., \$17.50;
6.50; lightweight
s, heavy weight
s, 18 to 19c;
ails, 19 to 19 1/2c.
s, shorts,
tubs, 15 1/2 to
16c; prints, 18 1/2
ce, \$6.75 to \$7
e, \$6 to \$6.25; do,
med, \$4 to \$5; do,
er huffers, choice,
\$4 to \$5; do,
cher cows, choice,
e, \$3 to \$4; can-
50 to \$2.50; but-
50 to \$4.50; do,
feeding steers,
do, fair, \$4.50 to
4 to \$5; do, fair,
e and springers,
e, choice, \$10 to
\$9; do, com., \$4
3.50 to \$4.50;
5 to \$10.75; do,
do, com., \$8 to
ows, good, \$8 to
y, \$4 to \$6; do,
s, thick, smooth,
e do, lb., \$7.25
y points, \$7 to
50 to \$9.
EAL.
No. 2, 55 to
to 54 1/2c; extra,
58c; No. 2 local
our, Man. spring
3.30; 2nds, \$6.80;
0; winter pats.,
rolled oats, bag
\$37.25. Shorts,
36.25. Hay, No.
\$15 to \$16.
sterns, 17 1/2 to
s, 17 1/2 to 17 1/2c.
ry, 37 1/2 to 37 1/2c.
No. 1 stock, 37c;
e. Potatoes, per
\$1.
e cows and heif-
er quality, \$1.50
25 to \$2.75; fairly
e, grassers, \$2.50
ops, thick smooth
\$8.25 to \$8.50;

Fill your pipe with



Ogden's CUT PLUG

"It Satisfies"

15¢ per pack
30¢ a 1/2 lb tin

If you roll your own ask for **OGDEN'S FINE CUT** (green label)

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.

The past three years have seen the slaughter of man by man on a scale heretofore unknown except in the lively imagination of the Chronicler of the Kings of Israel."

These are the words of the late Sir William Osler, one of the greatest medical authorities of this generation. "We are, however, beginning to realize that it is Apollo, not Mars, who slays most in war," said Prof. Osler, "that Nature in the form of disease is more fatal to man than man with his weapons. The needless deaths of Peace far exceed those of the most disastrous wars. More people died of plague in two years in India than have been killed on both sides since the great war began. In 1915, while nine of our soldiers abroad died every hour to save their country, twelve babies died at home in the same time, to the scandal of their country."

"The knowledge of Nature's laws has enabled man to devise really magnificent ways of wholesale butchery; yet with a delicious inconsistency the same knowledge has taught him the science of her caseless warfare through disease, and has enabled him to win the greatest victory in the history of humanity. Even in war time a hostile nature as he does to the enemy in the field. Bitter experience has shown that disease is more fatal than powder and shot. The new knowledge has enabled him for the first time to reverse the ratio between bacilli and bullets. Full details are not to hand for the Allied Forces, but we know that the destructive pestilences have played a minor, not as

heretofore the major, role. And it has been the same in the German armies in which the deaths from disease have been about 1 to 15 killed and died of wounds. The story of the conquest of the great infections is the brightest single chapter in the history of science. The humanitarian aspect appeals to our better feelings, and hopes for the betterment of the race have been centred about health and home and habits. There is a fly in the amber of course, and the vision is blurred (narrowed indeed to darkness) as one looked in two directions—towards cancer and towards venereal disease. Against the latter scourge a great awakening has taken place. Among infections, venereal diseases stand alone. Against all others man wages a keen warfare. They present the remarkable and subtle combination of man and nature in a incessant and successful propaganda against the health of the nation."

Professor Osler has the fervent hope that venereal disease may soon be checked and controlled, as typhoid is at present. Speaking in 1917 he had before him the wonderfully low record of typhoid in the armies. "To realize the magnitude of the victory," said he, "one must have lived and moved and worked year by year in typhoid-stricken countries—helpless and hopeless without proper sanitary laws, or without the power to enforce them. To have succeeded within the memory of some who hear me in reducing the mortality of typhoid almost to the vanishing point is one of the greatest triumphs of modern medicine. It reads like a romance."

EASY TRICKS
No. 58
The Balanced Cigar



Can you balance a cigar on the tip of your forefinger? Not for very long, perhaps, unless you make use of a little scheme that will add one more to your repertoire of pocket tricks.

The illustration shows how a penknife comes to the aid of the cigar. Strike the point of one of the blades of the knife into the cigar near the end. Open by close the knife until you have it in the right position to hold the cigar nearly upright.

The same trick can, of course, be done with a pencil instead of a cigar.

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

There is no vice that has not its beginning in a lie.

The skin of the human palm is seventy-six times as thick as that of the eyelid.

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers."

Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

The Stirrup-Cup.
Death, thou'rt a cordial old and rare; Look how compounded, with what care! Time got his wrinkles reaping thee Sweet herbs from all antiquity

David to thy distillage went, Keats, and Gotama excellent, Omar Khayyam and Chaucer bright, And Shakespeare for a King-Jellight.

Then's Time, let not a drop be split; Hand me the cup whenever thou wilt; 'Tis thy rich stirrup-cup to me; I'll drink it down right smilingly.

—Sidney Lanier.

Keep Minard's Liniment in the house.

Horses, graffes, and ostriches have the largest eyes of land animals, and cuttlefish of sea creatures.

There are 593,493 words in the Old Testament, and 181,253 in the New Testament, making 774,746 in all.

An English inventor has patented a double parachute designed to steady the descent of a user.



AWARDED QUEBEC SCHOLARSHIP
As the result of her distinct artistic appeal, Antoinette Giroux, La petite Canadienne of the Stage, has been awarded a Scholarship by the Provincial Government of Quebec, entitling her to three years' dramatic study at the French Capital. Photograph taken aboard the Canadian Pacific S.S. Minnedosa en route to Paris via Cherbourg.

GOOD RED BLOOD A REAL NERVE TONIC

Weak, Watery Blood the Source of All Nervousness.

"If people would attend to their blood, instead of worrying themselves ill," said an eminent nerve specialist, "we doctors would not see our consulting rooms crowded with nervous wrecks. More people suffer from worry than anything else."

The sort of thing the specialist spoke of is the nervous, rundown condition caused by overwork and the many anxieties of today. Sufferers find themselves tired, low-spirited and unable to keep their minds on anything. Any sudden noise hurts them like a blow. They are full of groundless fears, do not sleep well at night. Headaches and other nerve pains are part of the misery, and it all comes from starved nerves.

Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich red blood. Therefore to relieve nervousness and run-down health Dr. Williams' Pink Pills should be taken. These pills enrich the blood, which tones the nerves, improves the appetite, gives new strength and sprits, and makes hitherto despondent people bright and cheerful. If you are at all "out of sorts" you should begin taking Dr. Williams' Pink Pills.

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

Entertainment.

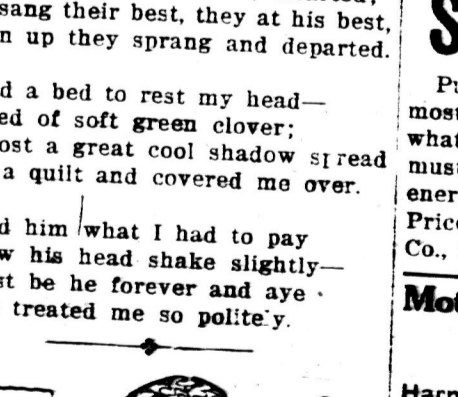
I stopped at an inn one day to dine; The host was a generous fellow; A golden apple for a sign Hung out on a branch so mellow, It was the good old apple tree Himself so nobly dined me; Sweet fare and sparkling juices he Was pleased and proud to find me.

To his greenhouse came many a guest, Light winged and lighter hearted; They sang their best, they at his best, Then up they sprang and departed.

I found a bed to rest my head— A bed of soft green clover; The host a great cool shadow spread For a quiet and covered me over.

I asked him what I had to pay I saw his head shake slightly; O, blest be he forever and aye— Who treated me so politely.

Or Words to That Effect.
Hubby: My dear, you know we can't afford to have such things.
Wife: But, John, that's just the reason why I want them!



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

Prominent Business Woman Now Testifies

Mrs. Eva Watell, 101 Lower Bagot St., Kingston, Ont., a well known and progressive business woman, pays high tribute to the Tanlac treatment. Mrs. Watell owns and personally superintends one of the largest and most up-to-date grocery stores in this section of Canada.

"I have sold lots of Tanlac here in my store," says Mrs. Watell, "and most everyone who buys it comes back with the highest praise. I have also

taken Tanlac myself and know from my own experience that it is a wonderful stomach medicine and tonic. After I had suffered a long time from stomach trouble and got so run-down and nervous I could hardly attend to business. Tanlac has made me feel like a new person. In fact, I feel fine all the time since taking Tanlac."

Tanlac is for sale by all good druggists. ACCEPT no substitute.

that the line did not bend horizontally is another story, but they also determined that point.

At other times abnormal refraction develops in other forms. In taking observations at night between Cape Breton and the Magdalen Islands it was necessary to take readings on the image of a vertical pencil or band approximately fifty feet wide and half a mile high. Sometimes the image appeared as a series of disks one above the other. At times the disks were all of one color, yellow or white, and clean cut and separate. At other times the disks overlapped and were red, white and green in regular order. Other variations were noted when acetylene lamps were used, but in all cases the images were in a vertical plane, so that the observations for horizontal angles were not delayed, the results being quite satisfactory.

Japan has an avenue of trees fifty miles in length, extending from the town of Nikko to Namada.

Ask for Minard's and take no other.

WANTED:
STEAM ENGINE, 12x12 Cyl., under. Reid Bros., Bothwell, Ont.

MURINE EYES
SUN WIND DUST & CINDERS
RECOMMENDED BY Ophthalmologists and Opticians
WANTS FOR VILLA EYE CARE BOOK, SAMPLE OR RECIPES

American's Pioneer Dog Remedies
DOG DISEASES
Ask for Minard's and take no other.

MINARD'S LINIMENT
"KING OF PAIN"

How to Prevent Biliousness
Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it chases away indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and \$1.00 Bottles.

Keep Stomach and Bowels Right
By giving baby the best, purest vegetable, infants and children's stomachs, food and bowels move as they should at teaching time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.
At All Druggists

STOMACH MISERY, GAS, INDIGESTION
"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diapepsin.

ASPIRIN
Say "Bayer" and Insist!



Strong Nerves
Pure organic phosphate, known to most druggists as Bitro-Phosphate, is what nerve-exhausted, tired-out people must have to regain nerve force and energy. That's why it's guaranteed. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Mother! Give Sick Child "California Fig Syrup"
Harmless Laxative for a Bilious, Constipated Baby or Child.

Constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without gripping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits. Insist upon genuine "California Fig Syrup" which contains directions.

BACK AGED TERRIBLY
Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not fit to do my work and care for my three little children. One day I received your little book and read it, and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do."

—Mrs. J. R. McMAHON, 153 Harvey St., Chatham, Ont.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has for nearly fifty years been restoring sick, ailing women to health and strength. It relieves the troubles which cause such symptoms as backache, painful periods, irregularities, tired, worn-out feelings and nervousness. This is shown again and again by such letters as Mrs. McMahon writes, as well as by one woman telling another. These women know, and are willing to tell others, what it did for them; therefore, it is surely worth your trial.

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, on "Ailments Peculiar to Women." GET IT!

DEAF?
The Potter Ear Phone conveys to your ear a clear, healthy and natural sound. It is the latest achievement. Write for particulars to H. Potter Co., Ltd., 415-16 Ryrie Bldg., Toronto, Ont. Ask for the Potter Ear Phone.

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