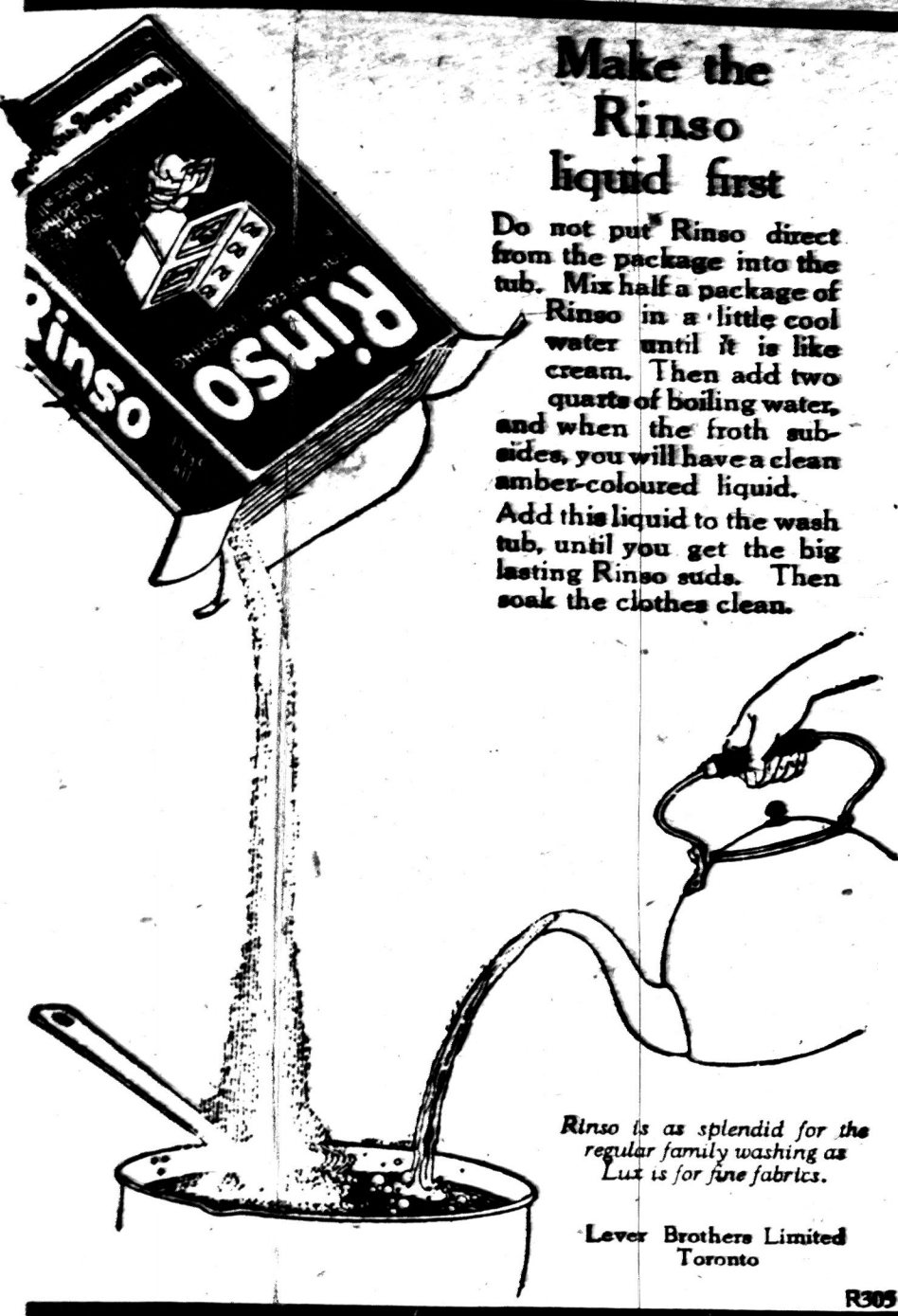


Make the Rinso liquid first

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.

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CHAMPION CHILD DANCER



Rita Liffey, aged nine, of Dundee, who has won four silver cups and twenty-one medals for dancing, recently immigrated to Canada with her parents. Her repertoire includes sixteen different dances which she has successfully acquired in less than three years.

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a proven fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Strange Find.
A piece of pine scantling, 2 by 4 inches, was found embedded in the heart of an oak tree cut down near Orange, Texas, the other day. It is believed that the scantling was driven into the tree during a great storm in 1865.

Paper From Palm.
Experiments in England have indicated that the fan palm of South India may become an important paper making material.

MRS. BUDGE SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

River Desert, Que.—"I used to have a severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good results from it, too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. BUDGE, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, backache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know.

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.

Our success in life, our business efficiency and social enjoyment, all depend upon physical fitness. The morose ill-tempered man or woman is really one who is unwell. And the peevishness and spite that they display are nature's ways of protesting against an undue strain. Yet, the majority of such cases are merely the result of neglect.

We all know, again, that we are bound to grow old. We all know, too, that whether we grow old gracefully, or degenerate to a large extent on the use of ourselves and our health and strength when these are abundant. Yet only too often we put off any serious consideration of the future, and are surprised and resentful when the bills are presented for payment. This is not to say that we should always be looking out for trouble, for nothing is so likely to bring it along. But it does mean that we should base our present way of living on sure foundations, for, after all, it is or should be, the normal thing to be well.

If health were a thing like fame or riches, something that few people achieve, there might be something in favor of giving it the go-by. But in the ordinary way its absence is not a matter of ill-luck but of failure to live as we should. And since this is

so, it follows that the only reasonable way to obtain it is to adapt our habits of life accordingly. If there were anything very marvelous or difficult about health, how should we account for the fact that a mere change of scene and occupation, such as happens when we take a country or seaside holiday, so quickly makes us feel well? Health is as much a mental as a physical or bodily thing.

To be happy in mind is essential to feeling well in body. The one helps, and is dependent upon the other. That is the prime value of outdoor sports for the young and robust, of such recreations as baseball, swimming, golf or even gardening. These provide a mental interest with physically stimulating conditions. It also explains why a long country walk is so effective a tonic for both mind and body. The brain is refreshed by the brisk circulation of blood through it; the blood in its turn is cleansed and reinvigorated by the additional exercise given to the lungs; and thus the walker returns benefitted in every sense of the word.

So many of our teachers and moralists dwell overmuch upon the virtues of abstaining. The advice they give is in favor of giving it the go-by. "Never put off till to-morrow what you ought to do to-day" is a positive

UNREFRESHING SLEEP

If You Are Tired Out When You Arise in the Morning Read This.

The woman who is tired out, who aches all over when she arises in the morning, who feels depressed most of the time, needs just the help that Dr. Williams' Pink Pills can give her—new blood and strong nerves.

The number of disorders that are caused by thin blood is amazing and most women are careless about the condition of their blood. Quickly the nerves are affected and the patient becomes irritable, worries over trifles, does not sleep as well as formerly and is not refreshed by rest. There may be stomach trouble and headache. This is a condition that calls for Dr. Williams' Pink Pills.

Give Dr. Williams' Pink Pills a fair trial and the first sign of new life will be noticed by your appetite. You will be hungry by meal time. As the blood becomes enriched it feeds and soothes the irritated nerves, sleep becomes sounder and more refreshing, your worries become less, your work lighter. These are some of the things that these tonic pills do. Try them for any trouble caused by thin blood.

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.

EASY TRICKS

No. 48
The Mind Reader



The one end of a thread, about two feet long, to a ring or other small object. Hold the other end of the string between the forefinger and thumb of your right hand. A tumbler should be on the table and the ring should be suspended so that it can swing two and fro within the tumbler.

Concentrate your mind upon a number—any number. The ring, in the tumbler will swing idly for a few moments. Gradually the swinging will seem to have purpose. Then it will swing through a longer arc and finally it will strike the side of the tumbler. Slowly it will swing back and then strike the tumbler once more. If you concentrate your mind on the number the ring will strike the number of which you thought. Then it will come to rest.

Without using the tumbler, you can, by concentrating your mind upon the direction desired, make the ring swing either "round and round or back and forth, changing direction as you will.

Try it. You will find it puzzling.

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

Where Marriage by Capture is the Rule.

Among the least-known but most interesting of the African natives are the Lango, a tribe which flourishes in the Uganda district.

Unlike many of their neighbors, the Lango do not practice any direct forms of witchcraft, and any who are foolish enough to indulge in the black arts are neatly clubbed to death. The tribe has a large number of superstitions and customs, however, one of the most important ones being the driving away of disease, which takes place in June.

The first part of this ceremony is the dislodging of disease from his hiding-place by the beating of hides and the waving of torches in every house. When the evil has been driven out into the street "the whole village escorts it, raising the cry of victory, and beating the hides, till it is driven into a river or swamp, from which it cannot return," writes Mr. J. H. Driberg in his interesting book, "The Lango."

There are many customs, too, governing the conduct of women. In one instance, they are forbidden to wash and skin of leopards, while the hide must not be touched by them. "No woman may possess property," continues the author, "except her ornaments and tail," the latter being decoration attached to the girdle.

Another custom which survives in this tribe is that of marriage by capture, but, as a matter of fact, the "capture" is always arranged beforehand.

The friends of the bridegroom re-

Dramas of Modern Smuggling.

The drama which occurred recently on the schooner Mary Beatrice, off Sandy Hook, throws a vivid light on the growing traffic of smuggling undesirable aliens who would never be admitted by immigration officials in the ordinary way.

The Mary Beatrice sailed from the Bahamas with a cargo of twenty Chinese, whom the captain had agreed to smuggle into the United States. In return for this service the captain was to receive \$500 from each man—\$250 down, and the remainder at the end of the voyage.

On arriving off the American coast the captain lost his nerve, and instead of putting the Chinese ashore in small boats he deserted the ship with his share of the booty. The crew of four, maddened by drink, then demanded their money from the Chinese. A furious battle ensued; in which nine were killed.

Fortunes are being made just now in smuggling such unwanted immigrants. The traffic is controlled by powerful people, who have a swarm of agents in every country. These agents are to be found even among ships' crews, and they arrange for the concealment and passage of the human contraband.

In British Columbia, whence Chinese are rigidly excluded, a huge business is done, and each Chinese smuggled into the country is worth many dollars to the agent who has arranged his entry.

The Chinese are by no means the only nationality concerned in the trade. Not long ago a plot was discovered on the Clyde for smuggling unemployed men from Britain to the United States.

No fewer than sixteen men were found hidden away on a liner just before her departure for New York. Each had paid twenty-five dollars to the smuggling agents, who had arranged with members of the crew for their secret passage. A regular traffic in illegal passages was found to have existed for a long time.

Icebergs weighing 10,000 tons are often found in the Arctic circle.

The Archbishop's Sea-Serpent.

Sea serpents have been seen off the coast of Papua, and one of them enjoyed the unusual distinction of being vouched for by a high dignitary of the Catholic Church, the late Archbishop Navarre, who was in his study on Tule Island when an enormous sea beast, of form unknown, rose out of the ocean and terrified everyone on the shore so much that they all rushed inland and shut themselves up in houses; even the native police joined in the general flight.

The archbishop saw the animal and watched it till it sank, after which he went on with his theological treatise, says Beatrice Grimshaw, in an article entitled "Mysteries of Papua," in the August "London Magazine."

In (British) Papua, about three days journey from the coast of Mekeo, there are tribes that can fairly be called dwarf. The women are no taller than an eight-year-old child, and the men are often under 5 ft. They are very good musicians. By nature they are cannibal, and of a quarrelsome type, but in these days they have given up much of their ancient fighting ways and become peaceful.

A Bird Monument.

In Salt Lake City, Utah, is one of the two monuments in the world—the other is in Italy—erected to the memory of birds. This monument commemorates the fact that about the year 1850 the original settlers in Utah were saved from starvation by seagulls.

A year after their arrival the white settlers were alarmed to observe that their crops were being devoured by myriads of crickets and grasshoppers, which overran the country until it was as if it had been scorched by fire.

Attempts were made to stop the plague, but without result. At that time the nearest point of civilization was 1,000 miles away, and it seemed as if the people must be starved.

Prayer was resorted to, and one day, as if in answer to their appeals, there appeared a great flock of seagulls, which proceeded to devour the pests, and it was not until the "enemy" had been completely annihilated that the gulls took to their wings and disappeared.

The monument commemorating the event was unveiled in 1913.

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