

Coast

A large proportion of the freight is routed via United States chiefly in United States...

Man—Heavy movement of goods from interior to the coast into the States...

Spring farming in Alberta, although an extremely encouraging moisture in the ground...



Invented by S. R. Ross, radiating three on each side...

Due to Reach B.C., This Month

The London says that the Special Service is touring the Vancouver...



Toss Wong Chinese student of St. Mary's University...

RED ROSE COFFEE For particular people Pure! No chicory or any adulterant in this choice coffee

HEALTH EDUCATION BY DR. J. J. MIDDLETON Provincial Board of Health, Ontario

Increasing attention to health education and disease prevention is a feature of the present time. Every newspaper one lifts has an article on health prominently displayed.

SATISFIED MOTHERS

No other medicine gives as great satisfaction to mothers as does Baby's Own Tablets. These Tablets are equally good for the newborn babe or the growing child and are absolutely safe.



"Sure, a cricket club." He—"Won't you give me just one kiss?"

Aye, No Doot. An American and a Scotsman were having a discussion on success in life.

The "grain of Mustard" for health

Don't refuse the mustard when it is passed to you. Cultivate the habit of taking it with meat, especially fat meat.

30,000 ISLAND ROUTE GEORGIAN BAY DISTRICT

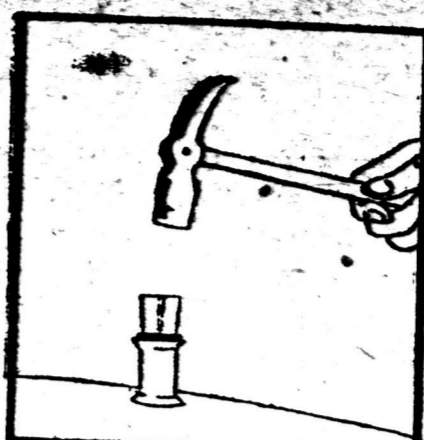
Folder Time Table showing list of Resorts, Hunting, Fishing, Camping, etc. When planning your 1924 Vacation write Box 86...

A Song to a Tree Give me the dance of your laughter, O tree. Whenever the wild wind blows; And when the wind is gone, give me Your beautiful repose.

PALE, WAN CHEEKS AND DULL EYES

It is the blood that gives color to the cheeks and lips, as well as brightness to the eyes. If your blood gets thin the color will fade and the eyes grow dim.

EASY TRICKS Coin And Needle



At first thought, it will seem impossible to drive an ordinary sewing needle into a copper coin. However, if a little care is taken it can easily be done.

Words That Make Us Wonder

Have you ever wondered how some of the queer words and expressions we use to-day first came into the language? The expression "Raining cats and dogs" originated in the days when seamen used to refer to waves on the water before a storm as "cat'spaws."

BETTER GREEN TEA IMPORTED

Many think that those who drink Green Tea are more critical judges of quality than those who drink black. Such would seem to be the case, because some years ago great quantities of poor quality Japan and China Green Teas were brought into Canada.

Lessons in "Curtseys" for Presentation at Court

A visitor to one of London's fashionable schools of dancing might be impressed if he came away with the impression that dancing had gone out and calisthenics taken its place among the debutantes.

OLD CHUM SMOKING TOBACCO IS FOUR TIMES SEALED



to bring you the full richness and mellow sweetness of this— "Tobacco of Quality" Manufactured by IMPERIAL TOBACCO CO. OF CANADA LIMITED

Shabby But Precious

Dr. Truman, Queen Victoria's dentist, was a gentleman of alert mind and eccentric habits. He invented an insulated covering for the wires of the submarine cable and made a considerable fortune therefrom.

Women Workers in London

It is estimated that nearly 800,000 women and girls are employed in the shops, offices and workrooms of London.

Classified Advertisements

AGENTS—GENERAL STORES—WANTED. PIONEER AGENTS ARE MAKING \$50 to \$100 a week taking orders for all-wool, made-to-measure clothes at \$25, delivered anywhere in Canada.

MURINE You Cannot Buy New Eyes

Do you ever remember of them, Murine Eye Drops? They are the only eye drops that are really "Right and Natural." Write for Free Trial Bottle. Murine Eye Drops Co., 9 East Ohio Street, Chicago.

TROUBLED WITH ECZEMA YEARS

In Pimples Between Knee and Ankle. Itched Badly. Cuticura Healed. "I was troubled with eczema for three or four years. It broke out in pimples between my knee and ankle and itched badly, especially at night.

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.

ASTHMA

Spread liniment on brown paper and apply to throat; also inhale. MINARD'S "KING OF PAIN" LINIMENT