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DITO

A dairy cow is not worth keeping unless she produces 6,000 pounds of milk or over per year.

Don't support a low producing herd. Start now to weed out the poor ones. Breed the best ones to good bulls and feed properly—then watch results. Does it pay? Ask the successful dairy farmer.

BETTER BULLS PAY

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Untario.

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

are sick with any disease that might health of the individual or the combe contagious. As far as school chil- munity. dren are concerned, there is another So it is to the child that we pin our It is These That Cause Many a point to observe. Never borrow a faith. The elastic mind of the child pencil, a pen, or a book, etc., from is receptive to good influences and another child, and also never carry to sound teaching, and if guided along your mouth such articles as pencils, right paths, will have a tendency at pens, etc., that may have been in the least to put them into practice all a home meets daily with little worries mouths of others. The school child through the later years. The Biblical in her household affairs. They may should also remember to avoid moist-adage holds true in health matters as be too small to notice an hour afterening its finger in turning over the well as other phases of life. "Teach wards, but it is the same little worries leaves of a book, for on the pencil, the child the way he should go and that break down the health of so many the pen, the leaves of the book, may when he is old he will not depart from women. Their effect may be noticed which may directly or indirectly find their way into the child's mouth. A third precaution is to never allow a

nome of a child who goes to your catches.

He was extremely short-sighted, and tested and proved the merits of this that he may send the child home, be- as he was crossing a field on his way medicine is Mrs. Gustave Hutt, Brux- and understand them, all animals have Human health and strength are

break is known to the school authorease, is a sound means of protection in that it removes the source of the danger from the school.

In order to wage a successful fight to spend it well.—Surgeon. ease, the education of the young and especially of the children of school age children of to-day will be men and the juice will not boil over.

How many communicable or infect women of to-morrow, and if the chiltious diseases can be avoided? That dren of to-day learn the principles of is a question of interest to everybody, hygiene, the men and women of towith elaborate ceremonies to the Adriwith elaborate ceremonies to the Adriand grippe. Such a laxative is Baby's but in the case of children, it is especially important to know something Grown-up people do not very readily atic, whose placid waters take the Own Tablets. They are mild but eases is to keep away from people health and well-being. The reason is bosom the trade and life of the city. who are sick and from places where that they have developed set habits, Venice is known also as "The City no opiates or narcotics. They never these diseases exist. This advice is and have got, as it were, into a rut of St. Mark," after its patron saint, fail to be of benefit to little ones and especially good for children. If you from which they cannot extricate and as "The City of the Lion," an illusion to the great winged lion in front babe or the growing child. The Tabposed to breathing the germs when their vision clouded. They cannot see of the cathedral, holding in its paws lets are sold by medicine dealers or by they are thrown out into the air by beyond their own limited experience, the sick child cougning. As a result, and they have the tendency to sneer you may become sick also, so it is good at, or try to minimize the importance advice to shun the company of all who of any new efforts to preserve the

Beyond Bellef.

sick child to go to school. If you find and as most of the guests were ardent afflicted in this way Dr. Williams' that a child is or seems sick, report fishermen, he had had to listen all the Pink Pills, by improving and purifying the stories of the teacher at once. If you learn that there is sickness in the evening to stories of the size of their the blood, bring speedy relief. Among

When making fruit pies, put the in health matters is imperative. The sugar between two layers of fruit and



A red, flery rim rose above the skyline, and the glacier's summit gilstend a solid Mass of sparkling crystals.

World's Pity is a nock in Paradise hand in hand

ful, wondering eyes, As if joy still were strange to un- side the covers is equally good. derstand.

the charms Of Madame Guillotine, and one the midnight hour When murder smete him in his

Even in Heaven a simple state they

father's arms.

comfort, spread Before them violets blue and, like a cloth of gold,

Bright jonquils, snowdrops every hue but red.

Venice is Still Queen of

the gospel of St. Mark.

WORRIES IN THE HOME

Breakdown in Health.

Almost every woman at the head of in nervous headaches, fickle appetite, indigestion, pains in the side or back, The professor had been dining out, and a sallow complexion. To those cause the sick child may spread con- home he came across a scarecrow with elles, Man., who says:—"It is with distinct personalities, says Prof. Lyon greatest when the temperature drops arms widespread. Memories of the profound thanks that I write to tell Pheips, in Scribner's Magazine. When to about 56 to 60 degrees at night and These precautions should still more "tall" stories he had heard that night you what Dr. Williams' Pink Pills I was a child in Hartford it was a rises to somewhere between 68 and rigorously be adhered to when there floated back to him, and he halted in have done for me. Before I began takpleasure to enter the beautiful garden 72 degrees during the middle of the "My dear sir," he exclaimed, "I blood thin and watery. I was so thin Jewell. There was a little lake, and ities. The removal of a sick child simply refuse to believe you; there that I looked like a skeleton. I was in winter he distributed to the boys For Every III—Minard's Liniment. Economy is half the battle of life; it ribly constipated. I decided to try In summer evenings the old gentle- Arctic region last spring, are now on is not so hard to earn money as it is Dr. Williams' Pink Pills and I soon man would sit in a chair on the edge their way to the new Zoo at Auckland,

> dealer in medicine, or by mail at 50 from his fingers, eat it and then wipe cents a box from The Dr. Williams' her mouth daintily. Medicine Co., Brockville, Ont.

Pure Bred Sires Essential.

Back in the old days, when our ancestors paid no attention to the keeping of live stock, the native stock, running wild throughout the country, produced only enough milk for their young. As time went on, however, men discovered the value of milk as a food for human consumption and they began to select the cows that gave the largest quantities.

Thus, we find that for many years live stock men have studied their herds, carefully selecting females that possessed high producing qualities. These females were bred to sires whose dams had displayed high producing tendencies.

As time advanced breeders learned to keep records of all the milk given, as well as the feed consumed. The result is that now we have re-

cords of individual cows giving over 30,000 pounds of milk in a year. What a debt we owe to those old improvers of our breeds, we cannot! repay them, but we can continue to

carry on the work that they so nobly In se doing we will add greatly, not only to our own income but we will contribute to the revenue of Canada. No farmers can afford to neglect

their live stock in these days, when feed prices are soaring. The use of pure bred sires. careful selection of females, with judicious economical feedings, together with the keeping of records, are

day cannot overlook and prosper. "Quack" Chinese doctors in Amerlean towns have been known to prescribe leaves of certain trees, ground claws of a lion, dried toads, beetles and enakes, and tiger hair.

essential points that the farmer of to-

For First Ald-Minard's Liniment.

"What is it called?" This is the Whence four pale little princes, question we usually sek concerning a new book, and one with an original Peer on the cherub sports with wist- title will stand a good chance of becoming a best seller if the matter in-One word titles are not much in

vogue to-day, aithough Hilaire Belloc For two remember London's gloomy published a book called "On" recently. Two novels, published some years ago, And one the Paris med- bellowing so one better than this, however. One was called "E" and the other "H." Similarly, "Why," published in 1921. has been beaten by "?"

There are many three-letter titles. some of the best known being "She." "Eve," "Now," "Fan," and "Tim."

hold. For the shining children, fain to BABY'S WELFARE

February is one of the hardest Katharine Lee Bates in Youth's months of the year on little ones. It is a month of cold, blustery days that prevent the mother taking her baby out for the fresh air so necessary to its welfare. Baby is consequently confined to the home. More often Venice ranks high among Italian than not the rooms are overheated cities in its supply of picturesque nick- and badly ventilated and the little names. The commercial centre of the one catches cold or grippe. What is world in the Middle Ages, Venice, has needed to keep the baby well is a genbeen known as "The Bride of the tle laxative that will regulate the Adriatic" and the "Queen of the Adri- stomach and bowels; banish constipamail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville,



He (pompously)-"How do you feel walking with a big chap like me?" She-"Pretty small."

The Courteous Frogs.

ing these pills I was weak, and my of that hospitable gentleman Pliny day. troubled with headaches and indiges of the neighborhood free skating tion, did not sleep well, and was ter- tickets, which we highly appreciated. found that they were just what I of the pond and ring a bell. At the New Zealand. They are making the needed. Under their use my apper mellow tones the frogs would come fifteen-week journey in stout packingtite returned, my food digested pro- out of the lake and group themselves cases. perly, and I slept better at night, and about Mr. Jewell, who offered them gained in flesh as well as strength. bits of food, which they received "It is the greatest mistake a woman The result is that now I am a per-courteously. I had never discrimin- can make to marry a man, thinking feetly healthy woman, and there is no ated particularly among frogs; but to she is going to reform him," said a doubt that it is due to the use of Dr. that man every one of those frogs was London coroner recently. Williams' Pink Pills, a supply of which an individual, and he named them all. I now always keep in the house, and The largest was called Laura Matilda would advise other women to do the and was the owner's favorite. I have oLD and RARE seen Laura draw near her master's You can get these pills through any chair, take a bit of bread delicately

you may prevent a life-time sorrow. Toronto, Ontario.

Rheumatism Colds

Pain

Toothache

Neuritis

Headache

Neuralgia

Lumbago

() Cheumatism

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You have been intended to b Rose" Why not now before you forget.

TEA is good tea

The ORANGE PEROE is extra good. Try M

EASY TRICKS Ask Your Neighbor



Hand a friend a slip of paper and a pencil and ask him to write on the paper any number he likes. Stand some distance away so that you cannot see what he writes. Ask him to ask his left hand neighbor to whisper any number to him and give him the choice of adding it to the number he wrote, subtracting it from the number he wrote or ignoring it altogether. Ask him to ask his right hand neighbor to mention any number to him. He may add this, subtract it, multiply by it or divide by it. He is to take the sum he now has and multiply by any multiple of 9.

Then for the finish of the trick, in which the friend loses a little of his freedom of action. He is to cross out any digit in the product excepting a cipher and to mention to you the digits he did not cross out. Immediately you will tell him the number he crossed out.

The secret is that you add the digits he gives you and subtract their total from the next multiple of 9. The remainder will be the number struck out.

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

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Quinine-bearing bark has been found in large quantities in New

may be all very well, but they're as

hot I can't eat more than one a day."

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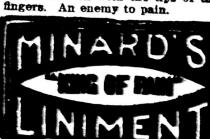
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EXCELLENT

for rhoumatism, neuralgia, back ache and kindred ills. Rub it in well with the tips of the



Suffered Misery With Itchy Eczema Cuticura Healed



then began to spread in small spots and all over my face and head until I suffered awful misery. The itching and burning were terrific. At times I thought I would go crazy, and was obliged to give up

my work.
"I was treated and tried different ointments without any benefit. I read an advertisement for Cuticura Soap and Ointment and decided to try them. After the first application I felt relief. I continued the treatment for a time and now I am healed." (Signed) Miss Y. Wood. 886 City Hall Ave., Montreal.

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PAINS IN BACK AND SIDES

Ended by Taking Lydia E. Pinkham's Vegetable Compound

Fusilier, Sask .- "For two or three days every so often I would have such pains in my back and sides that I could not do anything - could not even lie quietly in bed, and my head ached, too. l was this way about three years, but was worse after I was married. I was on a farm with not a house nearer than five miles and there was not a person to advise me, as my folks live in Manitoba. My sister-in-law told me about Lydia E. Pinkham's Vegetable Compound and told me to try it. I took her advice and have been thankful for it ever since. After taking the medicine for three months I can say it has helped me a lot and I am doing fine. I am glad to recommend the Vegetable Compound to others and you may publish my testi-monial."—Mrs. HELEN BALANOFF, Fusilier, Saskatchewan.

Often some slight trouble will cause a general upset of the system. Such symptoms as nervousness, painful times. irregularity, backache and headache

indicate some form of female weakness Women so bothered should give Lydia E. Pinkham's Vegetable Compound trial. This dependable medicine had helped thousands of women and it reasonable to expect that it will be you. Try it today. Your druggist a

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