

**ONTARIO BREED BETTER LIVESTOCK**  
 Improvement STOCK Committee

**Are Your Cows Earning Their Keep? Listen!**

Albert owned a scrub Bull in 1911. He delivered to the cheese factory that year 44,225 pounds of milk. He bought a good Pure Bred Sire and from the first cross produced 14 of his present cows and six of his present milking heifers. From the same number of cows as in 1911, last year he delivered 152,605 pounds of milk.

Eight years of crossing with a Pure Bred Sire made a difference of 108,377 lbs. of milk in his herd.

Don't keep unprofitable producers.

**BUY A GOOD BULL**

**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.

What wealth there is in Northern Ontario one can only roughly estimate. It is stupendous. The money already invested by industries in these unorganized territories amounts to something like \$93,000,000. This territory being known as "unorganized" is under the direct administration of the government, and the health of the workmen, their housing accommodations, sanitary conveniences and everything that pertains to their general well-being comes under the control of the Provincial Department of Health. Through the medium of its Sanitary Inspectors, the inspection of camps is carried on, and even the construction of the camps themselves is now carefully supervised. The health of the workers is attended to by contract physicians, whose duty it is to treat the sick, adopt measures for the prevention of sickness and accidents, supervise the water supply and general sanitation. This supervision is assured because the contract physician has to make a monthly sanitary survey of the camps in order to make a report to the government. Much more can be done in the way of preventing sickness and accidents, but at present a start has been made in trying to demonstrate that prevention is even better than cure. In that fact lies the guiding principle of industrial medicine which aims to promote and maintain a high standard of health among workers in every kind of industry.

Just as an example of the construction work that is carried on, the following items may be of interest. They include power development, railway and road construction and paper mill construction.—Power development at Indian Chutes, costing \$1,500,000; power development for the Hollinger Mines at Island Falls, with 1,300 men, \$3,000,000; power development at Sturgeon Falls, north of Timmins, with 500 men, \$1,000,000; construction of eighty miles of power transmission lines, \$1,000,000. The approximate mileage of railway construction from Cochrane north to Island Falls, the Kirkland Lake Branch line, the branch from Cassidy to South Lorraine, together with the Long Lac cut-off, is 115 miles at an average cost of \$20,000 per mile, amounting to \$2,300,000.

Road construction camps operated by a branch of the government under the Dept. of Lands and Forests, cut

**EASY TRICKS**  
 A Possible Impossibility



Take off your coat and show a piece of tape about three yards long. Knot the ends together and put your right arm through the loop and your left hand in the lower pocket on the right side of your vest. Ask a spectator to take the loop of your arm while your hand remains in your vest pocket. It seems impossible, and after a few trials the spectator will admit that it is. However, it can be done as you will demonstrate.

Put your left hand through the front of your vest and through the right armhole of the armbelt, pull it through the armbelt, put the loop over your head and then through the left armhole from the inside the vest. With your left hand reach up under the vest and grasp the tape. You will now discover that if you draw the loop down, you can step out of it—and a possible impossibility will have been accomplished.

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

**Spring Song.**  
 There was a child who tried to run  
 Through all the fields and fields of  
 spring  
 For always the next creek in the sun  
 Might be the one for following.  
 He ran by leafless willow-trees  
 And only wanted one bird note.  
 One wild, wild shout of birds to ease  
 The pent-up shouting in his throat.

He came upon an old haystack.  
 Its yellow soaked away in rain,  
 And there he lay upon his back  
 And wondered if he could explain  
 Why what he found he did not seek.  
 And what he sought he could not  
 say.  
 And why the sun on every creek  
 Was always half a field away.  
 —Mavis Clare Barnett.

If you'd like a little better tea than you are using, please try "Red Rose"

**RED ROSE**  
**TEA "is good tea"**

The same good tea for 30 years. Try it!

**Over Sixty Ways to Serve Cheese.**

That Canada will soon take its place with the nations that are the largest consumers of cheese seems assured considering the steady increase in its consumption in the past few years since the Kraft-MacLaren Cheese Company, of Montreal, introduced the five pound box. The Kraft Company were the originators of the popular tinfoil-wrapped cheese, without rind or waste, in the five pound wooden box, and while the original product has had many imitators none have been able to produce a cheese of the same uniform quality and flavor because the Kraft process is protected by patents. The Company does not make cheese, therefore, it is not competing with the cheese factories. But it purchases Canadian cheese in enormous quantities, thus keeping the cheese factories busy and adding to their prosperity and that of the farmers. Kraft Cheese is simply a scientific blending of these manufactured cheeses by means of the patented Kraft process which absolutely controls the flavor.

The Company has just issued a beautiful recipe book showing over 60 different ways in which cheese may be served. Many of the dishes are illustrated in natural colors. A copy may be obtained, free, on writing to the company in Montreal, mentioning this paper.

**Classified Advertisements**  
 REMNANTS.  
 BARGAIN PARCEL, \$2; 5 LBS. Patches, \$2. McCreey, Chatham, Ontario.

**FREE CATALOGUE.**  
 RASPBERRY BUSHES, GLADIOLAS, IRIS, PEONY, FANCY DAHLIAS and Barred Rock Eggs. The Wright Farm, Brockville, Ont.

**WANTED.**  
 STONE INDIAN RELICS. H. A. VanWinckel, 1399 Lansdowne Ave., Toronto.

**Unique Clocks.**  
 In polite Parisian society in the sixteenth century it was bad form for the guest or host to look at a time-piece to note the time. To avoid this embarrassment a watchmaker originated a watch that had raised hands and time could be told by feeling inside the pocket. Another device for telling time in the dark was a clock that had on its dial twelve small cups each filled with a different spice. The one seeking the time would feel around the dial to where the hands were and then taste the spice.

"When about to put your thoughts in ink, 'twill do no harm to stop and think."

**GOOD NEWS FOR RHEUMATIC PEOPLE**

**Now Known That This Trouble Must be Treated Through the Blood.**

The most a rheumatic sufferer can hope for in rubbing something on the tender, aching joint is a little relief. No lotion or liniment ever did or ever can do more than this. The rheumatic poison is rooted in the blood. To get rid of it you must treat it through the blood. Any doctor will tell you that this is true. If you want something that will go right to the root of the trouble in the blood, take Dr. Williams' Pink Pills. The whole mission of this medicine is to purify and enrich the blood, and when they do this all blood troubles, including rheumatism, disappear. Among those who have proved the value of Dr. Williams' Pink Pills is Mrs. Annie Wright, Woolchester, Alta., who says: "I was a sufferer from rheumatism for six years, and during most of that time my life was one of misery. I tried several doctors, and many remedies recommended, but never got more than temporary relief. The trouble seemed to affect my whole system and I was badly rundown and suffered from headaches as well. Finally I was advised to try Dr. Williams' Pink Pills, and through these I found complete relief and to-day I feel like a new person. I can therefore strongly recommend Dr. Williams' Pink Pills to anyone suffering as I did from this trouble."

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.



**A Composer's Comedy.**

The book of Richard Strauss' comic opera, "Intermezzo," has been based by its librettist upon an incident in the composer's life.

One day Strauss was playing cards when he was advised of his wife's intention to sue for a divorce. He at once made inquiries and discovered that he was accused of being over-friendly with a pretty girl, who alleged to the lawyers that she had arranged to meet the composer in a cafe the next afternoon. Strauss denied the appointment, but turned up at the cafe, where he learned that a young musical conductor had been impersonating him. Domestic harmony was restored, and Hermann Bahr, the librettist, utilized the story for the new opera.

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

**Very Well Answered.**  
 Professor—"What is ordinarily used as a conductor of electricity?"  
 Student (all at sea)—"Why?"  
 "Wire. Correct! Now tell me, what is the unit of electric power?"  
 "The what, sir?"  
 "Exactly, the watt. Very good. That will do."

For Sore Throat Use Minard's Liniment

Small and unimportant though you may think yourself, if others seek you in their misfortune, be content.

Be honest in small things. Some day a reputation for honesty may stand you in good stead.

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**BOILS**  
 B oills will spread if unchecked. Minard's disinfects, relieves the pain and heals. Always keep Minard's handy.

**MINARD'S**  
**LINE OF OINT**  
**MINARD'S LINIMENT**

**Injunction Against Imitator of Salada Label**

The Exchequer Court of Canada rendered judgment on February 16th last in favor of the Salada Tea Company by issuing an injunction against another tea firm restraining them from using a label which resembled closely that used on packages of Salada Tea. The defendant company was also ordered to destroy all copies and designs.

**Bring It Back.**  
 Old Woman—"Are you sure that the century plant will bloom in a hundred years?"  
 Florist—"Positive, ma'am. If it doesn't, bring it right back."

When in reading we meet with any maxim that may be of use, we should take it for our own, and make an immediate application of it, as we would of the advice of a friend whom we have purposely consulted.—Colton.

**Why Darkness is An Aid to Sleep.**

Darkness is a big factor in inducing sleep because it is difficult to keep the eyes open in the dark. Waking is not normally possible without thought. The fatigue products of the body, scientists explain, are concentrated in the brain, and the latter gradually dulls and becomes sluggish.

When scientists speak of how "fast" a person sleeps they mean how deep is his sleep. Not only is it possible to measure sleep, but there are different means of doing so. One method is by dropping a steel ball. The ball is dropped at increasing distances—four, six, eight, ten, twelve inches, and so on—until the sleeper becomes conscious of the sound and awakens. In this way scientists can find out how "deep" was his sleep. Another method is to touch the sleeper with an electric wire noting the intensity of the current used.

At a certain time each night you go to a certain room set apart as a bedroom, and, whether really tired or not, automatically undress, turn out the light, go to bed relax your muscles, close your eyes, and presto!—in a few moments you are asleep. To go to bed is a habit; sleep is nothing more than auto-suggestion. Science may go into more details which require technical knowledge, but the foregoing is about the most lucid explanation of the phenomenon known as "sleep." It is acknowledged that sleep is due to brain anaemia or poisoning. The question is: How is this condition produced?

To quote one scientist: "Sleep is a sequence of psycho-physical phenomena, originally more or less consciously associated, now running off automatically, like a ball rolling in a groove." People prepare for sleep as a matter of habit. Auto-suggestion does the rest.

**He Believed in Signs.**  
 "How'd that fellow in the big truck happen to hit you?" a friend asked Jud Beasley, who was lying in a hospital bed, both legs and both arms splinted and bandaged, the entire effect topped off by a head wrapping that left only one eye revealed.

"Well, I can soon tell you," Jud whispered from between his swollen lips, the words coming with a soft whistle through the space left by the instantaneous removal of his front teeth. "I was rolling along in my fiver, watching the road and driving as I should, and when I saw this truck driver's windshield sign: 'Howdy! Half the road is yours!' I believed him. What I didn't find out until afterward was that by 'half' he meant the outside one-quarter on each side."

A meandering stream usually seeks the path of least resistance. A man who follows that path is likely to take on the chief characteristics of the stream—which are shallowness and crookedness.



**BOB McCORMIE**  
 Driver of a team of Alaskan huskies in the Eastern International Dog Sled Derby at Quebec, with his leader, Jerry, winner of the Pratt trophy for the best type of sled dog in any competing team.

For **Headache**



**ASPIRIN**

Proved safe by millions and prescribed by physicians for

Headache Colds  
 Pain Neuralgia  
 Toothache Lumbago  
 Neuritis Rheumatism



**Safe** Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monacortin-olamide of Salicylic Acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

**ECZEMA ON FACE 2 YEARS**  
 Itched and Burned. Scaled Off. Cuticura Healed.

"I was affected with eczema which broke out on my face, it was rash and itched and then scaled off. It caused much discomfort. I had the trouble two or three years. I began using Cuticura Soap and Ointment and they gave me relief, and after using three cakes of Cuticura Soap and one box of Cuticura Ointment I was healed, in about four months." (Signed) Mrs. Fred Salisbury, Norton, New Brunswick, August 23, 1923.

Use Cuticura for every-day toilet purposes. Bathe with Soap, soothe with Ointment, dust with Talcum.

Sample Each Free by Mail. Address: Cuticura Dept., Cuticura, P. O. Box 2818, Montreal. Price: Soap, 25c; Ointment, 50c; Talcum, 25c. Try our new Shaving Stick.

**FOR JOY OF GOOD HEALTH**

**Manitoba Woman Thanks Lydia E. Pinkham's Vegetable Compound**

Crandall, Manitoba—"When I was a young girl at home and working I had terrible pains, almost more than I could bear, and I was not regular. These troubles kept me so tired all the time that I had no strength and no ambition to join in with my friends and have a good time. I was just tired and miserable always and life just seemed as if it wasn't worth living. I saw so much in the papers about Lydia E. Pinkham's Vegetable Compound, and then I had a friend who had taken it and told me about it, so I got some. Every month after taking it I got stronger and I soon did not suffer every month. It stopped the pains and helped me other ways. Then when my babies were coming I was tired and worn out the first three months and ached badly. I took the Vegetable Compound right along and must say it made a new woman of me and able to do my work, and it helped me through confinement. You see I am a farmer's wife with a big house to look after, and three babies now. I have told ever so many women about your medicine. Just last week I got a letter from my old chum in the East. Her baby was born fifteen days before mine and she told me she was not feeling very well, her back aches so much, and that she is going to take the same medicine I took. You can use my letter and I hope some one will be helped by it."—Mrs. J. M. Kidd, Box 55, Crandall, Manitoba, C.

ISSUE No. 17-2A