

With the Lone Scouts

This week we have received another this week we have received another thin the second Scout Walter Wraight, who is connected with the Hudson's Bay Company and lives at one of their isolated posts in Northern Ontario.

The winters are long and dreary in that part of the country and there are

that part of the country, and there are only two or three mails delivered by dog team throughout the winter these shelters it is as well to practice. months. Walter says that they were a little at home, before starting out. months. Walter says that they were looking for the commencement of the "break-up" of wintry conditions about the 10th or 15th of May, and he will receive no more mail until then.

Walter says "one fllock of geese has leaved were head over head on their name."

What each how shall itake along. The

Walter says "one flock of geese has on, we next come to the question of already passed over head on their nonstop flight to the Bay. There are a following items are essential, whatever kind of camp you propose to have two warm blankets, a ground sheet (in addition to any to be used for shelters).

The windigoes (Ghosts) have already started their annual trips. Every Spring, without fail, the Indians bring in all kinds of weird tales of being attacked by Ghosts. Last year one load of freight was lost. The Indians told a story of having been shot at by ghosts. The canoe was found with bullet holes in it all right, and as the crew were the carrying rifles it must have been should be safely a sweater or jersey, for shelters), a sweater or jersey, for shel in it all right, and as the crew were the back. The Stores Department at not carrying rifles it must have been someone else. Rather substantial ghosts that can use 30-30 rifles, don't be taken to have good wide shoulder the stores Department at t you think? The literal translation of the word is, I think, "Wild Indians."

Walter is living quite a hard but you will soon be tired and have sore

unionist and former Secretary of Mines, is among the new knights. Others are Prof. Horace Lamb Cambridge mathematician; James Black Baillie, vice-chancellor of Leeds University, and Charles Reed Peers, president of the Royal Society of Antiquarians.

Panama to Buy Planes

Panama city.—The Government of University, and Charles Reed Peers, president of the Royal Society of Antiquarians.

Survey officers to test the economy of this the need for a proper British news service for South America. An ewas service for South America via the agencies of the University is dealy life."

Advertising

The respective merits of newspaper and radio publicity are concisely summed up by a contemporary as follows: At Rejnan and speed, marks the commence only casually the name of the United Athlene former Government of transportation is best adapted to geodetic surveying. The operation, but the need for a proper British news service for South America via the agencies of the University and the natural result is plans to buy four airplanes which will constitute the first national air and speed, marks the commence of South America via the agencies of the University and the natural result is plans to buy four airplanes which will constitute the first national air and speed, marks the commence of work and to perfect the technical present all British news goes to South present all British news goes to South of transportation is best adapted to geodetic surveying. The operation, only casually the name of the United Antiquarians.

Spain To Be I was a profit of transport on this class of the Marica via the agencies of the United States, and the natural result is present all British news goes to South present all British news goes to South america via the agencies of the United States, and the natural result is an evidence of the United States, and the natural result is an evidence of the United States, and the natural result is an evidence of the United States is shouted for the Review.

The Earl of Athlone, former Gov. force. ernor-General of South Africa, and Sir William Jowitt, Attorney-General, were made privy councilors. Half a dozen women received minor distinctions. No new peerages were established.

Shamrock V. Wins

British Yacht Race Southend-on-Sea, Eng.-Sir Thomas Lipton's America Cup challenger, Shamrock V, won the first race for big yachts in English waters this year

defeating Astra and Candida in a 40mile run off Southend. Shamrock was away last, but quick-ly overhauled her competitors and was three minutes ahead at the 20-mile mark. She increased this advantage to almost six minutes at the finish, the other two yachts finishing almost to

The Times: Shamrock V., 3 hour 33 minutes, 46 seconds; Astra, 3:39.31, Candida, 3:39:34. The course was to Nore Lightsh and return, twice around.

Missionaries From the East



basement of Syria mosque, Pittsburg. Rev. Dr. James B. Ayres, Toronto, who spent 41 years in Japan and is noted for work in that field, and Rey. Albert G. Edwards, Hillah, Iraq, modern town near ruins of ancient Babylon, who spent eleven years in Near East.

Planes Facilitate

Geodetic Engineers of Depart-Amazing Record in Northern Ontario

very interesting life up there in the shoulders.

Divided amongst the Patrol the following forward to the summer months, so that he can go our exploring in his three are found and axe, large frying pan, the can go our exploring in his three are foundations.

Shoulders.

Divided amongst the Patrol the following pared with the possibilities a few pared with the possibilities and pared with the possibilities a Quite an amazing record, when con

barons. He is the composer of "Pomp and Circumstance" and several oratorios. He was made a knight of the British Empire in 1904 and decorated with the Order of Merit in 1911.

The other barons are Sir Thomas Jaffrey, consulting actuary of the Aberdeen Savings Bank; Philip Henry Devitt, founder of the Nautical College at Pangborne, and Sir Herbert Gibson, an organizer of the sessary, but they say it is impossible to make the study of French a several oratorios. He was made a knight of the British Empire in 1904 and decorated with the Corder of Merit in 1911.

Were very speedy cabin monoplanes, staved in delivering results. Another to enable them to operate from regular acroarcy as need to think they are made of sweets.

The Wolf Rayet Stars and in delivering results. Another to enable them to operate from regular acroarcy as need to intense they made of sweets.

The Wolf Rayet Stars and industry, young women can now believe to the Dominion Astrophysical Observatory of the Department of the Interior at Victoria, B.C., an intense that the citizens' choice should decide, and fifty per cent. of the Prussian schools affected already have gone over to English. The teachers agree with the view that unity is necessary, but they say it is impossible to make the study of French a sible to make the study of French a service, in law, in delivering results. Another to operate from regular acroarcy as need to intense to each carrying equipment to enable them to operate from regular acroarcy as need to intense to advantage is that, the triangulation having been laid out with its different grades of accuracy as need to intense to the prussion in the devaluation having been laid out with its different grades of accuracy which with the grade of accuracy which with the first of the Interior at Victoria, B.C., an intense the first of the Interior at Victoria, B.C., an intense the first of the Interior at Victoria, B.C., an intense the

One of Canada's New Destroyers

The Saguenay, sister ship of the Skeena, both of which are the two new destroyers built in England for the Canadian navy. The ships

ments on a larger scale of a program of extension of triangulation opera- Completing a trip of 12,427 miles Dobbin, Peterboro; Emma 1

Geodetic Engineers of Department of the Interior Make

Amazing Record in Record in passing glum, have accomplished what is destinated by that large areas of Canada abound in lakes and that this type of country is cribed as one of the most arduous journation. The lakes and that this type of country is lakes and that this type of country is cribed as one of the most argued some Olive Kathleen Hartshorn, particularly suitable to geodetic operations with present types of aeroplane. trip, they reported, took nine weeks, Audrey Annie Holbert, The With improved types of planes the averaging 210 miles a day. areas at present avoided because of and traveled 20,000 kilometers with- Leona Lawrence, Harrow the absence of lakes will probably out the slightest mechanical trouble," Madeline Lockhart, Almonia

finder's Badge. He also says that he wants to go and see a dentist, before he goes crazy, so you see there are disadvantages too.

Apart from the economy, the use of aeroplanes as a means of transport for laying out a system of trans Last week we discussed Camping and the way to select a suitable camp site, and this week we will go a little further and this week we will go a little further and this about the recessory.

Otten it is possible to obtain such northern Ontario, which would have taken several years to accomplish by older methods of transport by late, and this week we will go a little further and this week we will go a little the trouble of carrying them. The

Last week we discussed Camping and the way to select a suitable camp site, and this week we will go all tile place and this week we will go all tile place where a proposed the trouble of carrying them.

Let us plan a short week end camp for a Patrol of Lone Scouts. We have already decided upon the place where we intend to make our camp head quarters, and we have decided whether the trip is to be made on foot, or by wheel.

If we are going on our wheels we had so of carry all title more equipment than if it all has to be arc, and no second the manner of lake higher. The trip is to be made on foot, or by wheel.

If we are going on our wheels we had to carry all title more equipment than if it all has to be arc, and we have decided whether the trip is to be made on foot, or by wheel.

If we are going on our wheels we had to make our camp hall be able to carry all title more equipment than if it all has to be arc, and the success of the second that is that and the success of the second that is the place where a program of the country, such as north-when the trouble of transport by older methods of trans His Majesty Grants

Anniversary Honors

London—King George, in his annual list of birthday honors, on June 3rd, announced, among other distinctions, the establishment of four baronetcies, 25 knigsthoods and two privy councilorships.

Sir Edward Eigar, "Master of the King's Musick," is one of the new barons. He is the composer of the first two qualifications were not barons. He is the composer of the first were distinction as of the new barons. He is the composer of the first two qualifications were not bar and two privy councilorships.

The aircraft used on the operation of these bases three important considerations had to be borne in mind, viz., the base must be borne in mind, viz., the base is tree important considerations had to be borne in mind, viz., the base must be on a lake large enough for aircraft to land and take off, it should be on the made available on an astronomic ditum in plenty of time to be mide use of. When the preliminary work has to be done by ground travel in rough country it is sometimes two years or more before results are available to those requiring the final work in any area in which development takes place or where maps are required, and data can be made available on an astronomic ditum in plenty of time to be mide use of. When the preliminary work has to be done by ground travel in rough country it is sometimes two years or more before results are available to those requiring the mind, but the third was a man and lodging for the personnel that the preliminary work has to be done by areronate to which development takes place or where maps are required, and data can be made available on an astronomic ditum in plenty of time to be mind, viz., the base three important considerations had to be mind, viz., the base three impor

Graduation Held Ample Copy in Canada Kingston Hosp

Ample Copy in Canada

Montreal—Canada holds a wealth
of raw material for the novelist.
So much so, in fact, that it makes
him "rather wistful". This was the
opinion of J. B. Priestley, British
opinion of J. B. Many Ontario Com-

Pavement."
The good companion wildness of The grandeur and wildness of Canadian scenery, particularly on the railway journey through the Rocky Mountains, impressed Mr. Priestley very deeply. He found the people, too, likeable and more interested in good reading than those south of the senior year. Miss Vonnie M of Finch, was the winner of the boundary. oundary.

Mr. Priestley names Willa Cather the senior year and Miss Mi

Mr. Priestley names Willa Cather as the best American novelist, declaring definitely that he believed her to be superior to Sinclair Lewis, her to be superior to Sinciair Lewis, recent winner of the Nobel Prize.

He spoke highly of the works of the spoke highly of the works of the spoke highly of the works.

He spoke highly of the works of the spoke highly of the works of the spoke highly of the works. Mazo de la Roche, Canadian writer, and said that it appeared that a burg; Margaret Christine R great deal of desultory writing was being done in Canada, The magabeing done in Canada. The maga-zines and other literary publications | Evelyn Burt, Westbrooks; I zines and other literary publications | Perth; Laura Nancy O he described as "creditable." Norwood; Dorothy Isobel

British Author Finds

Complete 12,000-Mile Trip Britannia Bay; Mary Mar Long, Zeeleys Bay; Mabel Through African Wastes Dietz, Renfrew; Josephine

through trackless Gananoque; Ellen Priscille Survey System tions to the huge northern areas of across Africa, through the Sudan Orillia; Anna Bessie Ewing, wastes of the Anglo-Egyptian Sudan Orillia; Anna Bessie Ewing, and the Belgian Congo, Prince de Hilda Lillian Friendship, It may be mentioned in passing Ligne and Baron Terschuren, of Bel-Helen Jean Gordon, Kingsh ypes of planes the averaging 210 miles a day.

method to other "We have broken all speed records Jane Humphrey, Lausdown;

they wrote. "On several occasions Amelia Loyst, Napanee; Yo the use we were stuck in the sand and in or- guerite MacMartin, Find;

hard fact that can be statistics compiled, as they

Henry Devitt, founder of the Nautical College at Pangborne, and Sir Herbert Gibson, an organizer of the Empire Trade Exposition in Buenos Aires.

Miss Sybli Thorndike, known as England's leading tragedlenne, was made of Dame Commander of the British Empire.

Sir William Henry Bragg, eminent physicist, was the only individual to receive the Order of Merit, regarded by many as the most coveted decoration of all.

Ben Turner, M.P., veteran trade unionist and former Secretary of Mines, is among the new knights. Gibers are Prof. Horace Lamb, Cam
Men Turner, M.P., veteran trade unionist and former Secretary of Mines, is among the new knights. Gibers are Prof. Horace Lamb, Cam
Miss Sybli Thorndike, known as the Wolt admiration of the water consisting of rations, sleeping robes, tent, riffer surface, the surface of popular opposition.

Livestock Figures

Calgary, Alberta.—Values of livestick in the Western Provinces are given in the latest estimates as forly degrees the present experienced. Employ was continued to the sunty series of receive the Order of Merit, regarded by many as the most coveted decoration of all.

Ben Turner, M.P., veteran trade unionist and former Secretary of Mines, is among the new knights. Gibers are Prof. Horace Lamb, Cam
Miss Sybli Thorndike, known as the Wolt and that steams of atoms are experienced. Employ of rations, sleeping robes, tent, riffer surface, the order of Merit, regarded to popular opposition.

Livestock Figures

Calgary, Alberta.—Values of livestication of the situation of British industry of the sit

world of insurance, of

-is the marked d

Spain is bus Spanish Ministry of N riculture had been app itself to the definite participation by Spain Grain Exhibition and

During 1930 ninetes either by cairns or tal to a recent stat the Interior. Interior in

will like you, tool



Londoners Later Risers nds Used In Industrial Ways

After clipping tickets at London man." s are almost in almost Bill," as his friends call Mr. William he couldn't get away." mportant factor in in-Baldwin, is retiring. "I should think,"

the diamond dust eventually of diamond draw-plates nle drawn finer than human | Changteh, in Honan Province, accord-Claude—"I'm groping for words."

Alma—"Well, you don't expect to find them around my neck, do you?"

The former leads to hope, as ment, and spend our money on more relying on God, in Whom we believe: re of great service in clean core which can be Chinese philosopher, that early Chi
"Well, at any rate," an old married profitable departments of aeronauti
"Well, at any rate," an old married profitable departments of aeronauti
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"Well, at any rate," an old married profitable departments of aeronauti
"Well, at any rate," an old married profitable departments of aeronautilowlands they made caves." be forced to a depth of more

'Knights' " Meaford Flooring

stratum which the diamond

Even Better IT'S THE BEST night Mfg. & Lbr. Co. Ltd., Meaford

The Longer and Wider Fly Catcher That Will Not Dry

Aeroxon is freeing thousands of Canadian homes from the dangerous disease-bearing fly. This handy spiral fly catcher is coated with a specially prepared glue, fragrant and sweet, which will not dry or lose its attractiveness to files. Ask for Aeroxon at any drug, grocery or hardware store. It is the fly catcher with the push pin and the wider and longer ribbon—good for three weeks' service.

FLY CATCHER Gets the fly every time

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BUG KILLER

TER TO CARRY. STICKS LIKE GLUE TO LEAF. REQUIRES FEWER APPLICATIONS.

ATES THE GROWTH, INCREASES THE YIELD. A DEALER IN EVERY PLACE.

RAL CALCIUM CORP., LTD., TORONTO

Owl Laffs

The best of women make mistakes, coal to last 7,000 years. What does had suffered pain. he mean by "we?" A great many But after these had left her she learned to smile again, mals laugh, says a scientist; and, ed to smile again, course, a great many people give And out she'd come with dainties fo them good cause to. Cons alongs to the fear of getting caught. nery because it has furnished a pundation for human progress. The She hadn't any money; she was nev man who thinks and is silent usually speaks and thinks afterward.

Looker On (to man who had just little while you'd see grand of you to drive from that all very well, but what I want to know is who pushed me in?"

are almost invariably Bridge Station for fifty years, "Old Thompson—"Well, he did struggle, but

Bliff, is a lixery, one as important factor in in. Yet, approximately, 15 to 20 at the eald to me, "that I've clipped at the eald to me, "that I've clipped and fifty million trackets in my time, not counting looking at thousands of "seasons" every day. In fact, to punch 20,000 tickets a fay time, not counting looking at thousands of "seasons" every day. In fact, to punch 20,000 tickets a may time, not counting looking at thousands of "seasons" every day. In fact, to punch 20,000 tickets a may time, not counting looking at thousands of "seasons" every day. In fact, to punch 20,000 tickets a may time, not counting looking at thousands of "seasons" every day. In fact, to punch 20,000 tickets a may time, not counting looking at thousands of "seasons" every day. In fact, to punch 20,000 tickets a may time, not counting looking at thousands of "seasons" every day. In fact, to punch 20,000 tickets a may time, not counting looking at thousands of "seasons" every day. In fact, to punch 20,000 tickets a day is a mere nothing at London Bridge. The thing I notice most now and the prevented their being cut likely for decorative use. of these stones are used as and polishers of more precious in the highest 5, Who wore the big it is then same and mixed be prevented their being cut likely for decorative use. It is then same the little circle in which he lives better and happier; each of us is bound to set that out of at the making of wonderful citizens."

A Little Circle in which he lives better and happier; each of us is bound to set that out of the making of wonderful citizens."

The same thenesd an art. William the precipus at the call the least three sides and thenest saws.

The "industrial diamond" and the morning. Now we're dependent to spike and others who hold their arms straight out till they become paralyzed as a way is a truth or gain to their daily religion. It's a queer world once you go exploring."—London "Tit-Bits."

A Little Circle in which he lives better and happier; each of us is bound to set that out of the

to the surface for determinanese peoples "made tests for themman told the writer, "It is better to
name to the strata. These
selves in the highlands and in the
have loved and been bossed than never to have been loved at all." Summer is a time when people try

German Girl Students to keep out of the sunshine they wish- of authority. German Girl Students

Of the 132,000 students in German die to a restaurant and now the newspaper."

Of the 132,000 students in German die to a restaurant and now the newspaper."

Of the 132,000 students in German die they were able to afford last wince to a restaurant and now the newspaper."

Waite: "It's too bad—you to the last state of the year of the sunshine they wished they were able to afford last wince. Who remembers the old fashioned love songs that didn't sound like the wail of a lost soul? The devil isn't so smart; think of him trying ates in philosophy. Medicine comes next in popularity, with 24 per cent, followed by natural science, with 18 more than in worrying her cent. and political economy, with the worst by the per cent, and political economy which the wail of a lost soul? The devil lost that a man can refuse to swart that a man can refuse to swart; think of him trying that a man can refuse to swart; think of him t may cure a little cold in the head.

Late hours end in early morning. The girl who uses a lot of lipstick often leaves a good impression when she kisses. Some hotels rate high and others have high rates. The las thing in the world a man wants is a manicure. Now is the time to buy good farms from pessimists. The easiest person for a man to fool is

himself, and the hardest is his wife. The girl who elopes may be letting hottest days at the beach are the first tan days. Stolen Kisses are the sweetst, but the other kind taste pretty good, too. A typical American is one who yearns to be rich without work-

ing, thin without dieting, and wise without studying. Business has so far improved that is now able to take nourishment. Patient (angrily)-"The size of your bill makes my blood boil."

A man boasts that he raises a lot more flowers than his wife does, yet devotes less time to the job. He grows

Dad-"When I was a little boy your age I didn't tell lies." His Son-"How old were you when you started, Dad?" -

Doctor (calmly)-"That will be \$20

Find Healing Springs Under Cologne City

Cologne.-Boring here for coal flowing gold-not have uncovered oil, but medicinal waters. Experts report that springs found directly under the city contain water of a higher medicinal value than those of some of the world's best known spas,

coal, are flowing at such a rate that they could be used to supply the city's water needs. The emunicipality plans the erection of luxurious bains in the hope of attracting tourists and health seekers.
Curiously enough, the first announcement of the discovery was made on April 1, and as Cologne is noted as a city of practical jokers no credence whatever was attached to it. Consequently the city authori-tles had the greatest difficulty in onvincing the press and public that e curative springs really do exist.

The Little Old Woman

There was a little woman whose hands but it's too bad that we husbands And long ago the beauty of her youth-should be required to eat them. A ful days had fled, dician says that we have enough For she had suffered sorrow, and sh

them good cause to. Conscience gets the children in the street
a lot of credit for good morals that Till it seemed where'er she wandered there were young ones round

s more friends than the one who She had a shawl and bonnet which she gaily dressed called her Sunday best. Aid if you gave her something, in

cued a drowning girl)-"It was Some other person strutting in that bit of finery. height, fully clothed, to effect such a And she'd give this explanation if you is Mr. Bertram Thomas, who has just

And the smartest of her neighbours ashes and then eating them, and oxen

To put his car in; 4, When the cow jumped over the moon; 5, The man that had the largest head; 6, Because she couldn't go under.

Dwellings Found

Wrong Label: "A spoonful of water contains 270,000 potential horse- things cave dwellers have been up.

To put his car in; 4, When the cow jumped over the moon; 5, The man that had the largest head; 6, Because she couldn't go under.

Wrong Label: "A spoonful of water contains 270,000 potential horse- things disadvantage by means of chinese cave dwellers have been up. of diamond draw-plates

Chinese cave dwellers have been unpower," says a scientist. That isn't least promise of competing effectively with the heardrawn finer than human changes, in House expedition at the control of the electric covered by a Chinese expedition at change of the effect of faith: and there is a virtuous fear which is the effect of faith: and there is engineers employ the ing to reports received here. Several Claude—"I'm groping for words." policy for this country, therefore, is the effect of faith; and there is a Dr. Carl Jung.

> relying on God, in Whom we do not believe. Persons of the one char-acter fear to lose God; persons of In discussing a question mor re-

liance ought to be placed on the in- the other fluence of reason than on the weight Him.—Pascal.

HERE are many ideas that will prove a boon to mother and baby. Sound authority on feeding, clothing and taking care of infants and young children. Tables of weight, growth and development.

We will gladly mail the books to you free, on receipt of your name and address.

Eagle Brand CONDENSED Milk

more for sterilizing your system." Praises Famous Vegetable Pills

For Indigestion "Having been troubled with Indigestion and Sick Headaches for several months, I was recommended to try your famous Pils. After the first dose I was made aware of their very real tonic value."—Miss M. Croydon. Dr. Carter's Little Liver Pills are no ordinary laxative. They are all vegetable and have a very definite, valuable tonic action upon the liver . . . exactly what you need to end Constipation, Acidity.

Horticulturists

you need to end Constipation, Acidity, Biliousness, Headaches, Poor Complex-ion, etc. All druggists, 25c & 75c red pks.

some of the world's best known spas, being particularly rich in carbonic salts.

The curative springs, which were located 1,200 feet beneath layers of located perties. Sure Death Insecticide, Plan Fertilizer and Plant Protector against Blight and Disease. Your selection of King Bug Killer for your Insecticide will insure you the greatest results at a minimum cost. Have your dealer Demand King Bug Killer. No substi

KING CALCIUM PRODUCTS CAMPBELLVILLE, ONT.

ISSUE No. 24-'31

- restrant mase?" nonymon wo word steel teel, bledym stienes and was ware was alter way altier engo l

2 CHOICE BLENDS - Red Label & Orange Pekoo

Classified Advertising SABY CHICKS asked the reason why:

The Hero (snaring madly)—"That's
Il very well, but what I want to know so much worse off than I."

No one ever seemed to notice that her hands were corrected as the reason why:

"I want to know the solution of exploration in Arabia. "I've brought back any amount of things for the Natural History Museum at South Kensington," he said, "including a hands were corrected and not be sold, "including a new histority a new history and solution."

BABY CHICKSreturned to London from a long four cach. Assorted, back any amount of things for the Natural History Museum at South Kensington," he said, "including a new histority and new histority. Old-Timer Declares

Old-Timer Declares

Old-Timer Declares

Oping tickets at London tion for fifty years, "Old

Harrison—"I hear your daughter man."

No one ever seemed to notice that her hands were coarse and red, than the want't good to look at no one ever heard it said,

Thompson—"Well he did expect to the reard it said,

And the smartest of hear received.

a pound of sadness to serve God with.

Thomas Fuller.

makes itself aware of our mind."-

WOOL HIGHEST PRICES PAID The Canadian Wool Co. Ltd.

2 CHURCH ST., TORONTO



Head Noises EONARD RUB IT IN BACK OF EARS - INSERTIN NOSTRILS - PRICE \$1.25 - AT ALL DRIVINGS Excellent for Temporary Deafness and Head Noises when due to congestion caused by colds. ANY CHILD



Harley Lavidson Distribucor

Shampoo Regularly with

CUTICURA SOAP

CUTICURA OINTMENT

Soap 25c. Ointment 25c. and 50c.

eafness

Precede by Applica

makes a child restless, but the remedy can always be the same. Good old Castoria! There's comfort in every drop of this pure vegetable preparation, and not the slightest harm in its frequent use. As often as your child has a fretful spell, is feverish, or cries and can't sleep, let Castoria soothe and quiet him. Sometimes the constipation. Or diarrhea —a condition that should always be checked without delay. Just keep Castoria handy, and give it promptly. Relief will follow very promptly: if it doesn't, you should call a physician.

Fletchers CASTORIA

FATHER GETS UP FIRST

Tells How Hé Keeps the Family Fit

"I have a family of six—four boys, two girls—ranging from 23 to 12 years of age, and a delicate wife, and four years ago it was owing to a sickly household that I took matters in my own hands, Their foods were not relished, and to take medicine was like administering punishment. For four years now I have regularly used Kruschen Salts about four or five times a week, unknown to any of my family or wife to this day. I get up first always, and I put half a teaspoonful of Kruschen in the teapot or coffee-pot, and they all have their first cup therefrom. So what was a sickly household four years ago, I am glad to see now a healthy and robust family.

"They are always ready for and clear up their meals. Always alert, quick, and active, and never seem tired, all due to my secret way of using about half a teaspoonful of Kruschen Salts in the morning tea or coffee."—C. D. If only more parents were as careful about their children's internal cleanlishment.







in the morning tea or coffee."—C. D. It that these organs of elimination of their children's internal cleanliness as about their external cleanliness there would be fewer sick headaches, fewer finicky appetites, fewer fits of the sulks and fewer sallow faces. Drug Stores at 45c, and 75c, per least the sulks and fewer sallow faces.

