

COULD NOT BE WITHOUT BABY'S OWN TABLETS

Mrs. W. Beesley, Mille Roche, Ont., writes: "I have used Baby's Own Tablets for the past eight months and could not be without them. I used them for indigestion and teething and my baby is cutting his teeth without any trouble whatever. I can highly recommend the Tablets to other mothers." What Mrs. Beesley says thousands of other mothers say. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion and making teething easy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Canada Second in Wheat Production.

Canada is now the second wheat producing country in the world, according to 1921 statistics. We produce about half as much wheat as the United States, but they, it must be remembered, have ten inhabitants to our one. Russia, at one time an important factor in this fundamental industry, has apparently fallen by the wayside, for she does not appear in the 1921 list. The C.N.R. has carried this season—September 1st to November 13th—41,320 cars, or approximately nine and three quarter million bushels. For the similar period in 1920 the number of cars handled was 21,858.

Magnet Cranes.

Motor trucks equipped with magnet cranes have been designed to handle loads of iron, the magnet being energized by the engines of the trucks.

Minard's Liniment for Distemper.

Capturing a New Market.

Canada's flour is the standard of the world. This is pretty generally admitted. The writer knows one citizen of the United States who, on every visit he makes to Canada, carries home, under strict instructions from his wife, a number of loaves of bread, she claiming that no bread obtainable in the United States can approach that made from Canadian flour. As an instance of the increasing popularity of Canadian flour, it is interesting to note that Dr. A. H. Stafford, born in Winnipeg but for some time past domiciled in Jamaica, recently said that until the steamships "Canadian Forester" and "Canadian Fisher," of the Canadian Government Merchant Marine Service, came into Kingston last spring, every pound of flour used on the island came from the United States. Now it all comes from Canada. This very valuable market for Canadian products has been captured by three ways, Dr. Stafford affirms: First, the fact that Canada had ships to deliver it there; second, the quality of the flour itself; and third, the fact that the people of Jamaica desire closer commercial and social relations with the people of Canada.

You're Constipated! Take "Cascarets" for Liver, Bowels

Sick headache, biliousness, coated tongue, or sour, gassy stomach—all trace to constipation. Cascarets work while you sleep. They immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels. Get a 10-cent box now and let "Cascarets" straighten you out by morning.

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.

With regard to measles, whooping-cough, and other diseases common among children you will sometimes hear the remark from a parent that the sooner the child gets measles or whooping-cough and has done with it, the better. Until very recently when health education began to reach the masses of the people, there was a prevailing notion that a child had to have one or two of these communicable diseases as part of their normal growth and development. It never seemed to dawn on many parents that there is no need at all for a child to take any communicable disease, in fact, if a child does develop diseases such as measles, whooping-cough, scarlet fever, etc., there is a possibility of its being permanently injured as the result of complications that occur and leave their traces all through life. Some of these complications are deafness, heart disease, rheumatism, kidney disease, etc.

That there is a lot of wrong information going about concerning simple diseases one who invites correspondence on health topics can readily see. Here is a sample letter I received a few days ago, which shows the anxiety of a prospective mother to know the truth, and tells of a woman in the same town who actually tried to bring out hives on her baby five days old:

"What are hives, their causes and effects? Not long ago I saw a mother giving safran infusion to a baby of five days old. I asked her why she was giving medicines to a baby, which seemed to me far too young to support them, and she told me that she gave the baby safran so as to make the hives come out. Then I asked her what was the hives, because I never heard of such a thing before, and she said that it was a baby's dis-

ease, that she had five children, and they all had had the hives when they were babies. She could not explain just what it was, but she told me that she knew a mother whose baby had died, because the hives did not come out well.

"I shall like to know your opinion about that, as also if you think that this mother did well to give safran to such a young baby, or if you blame her."

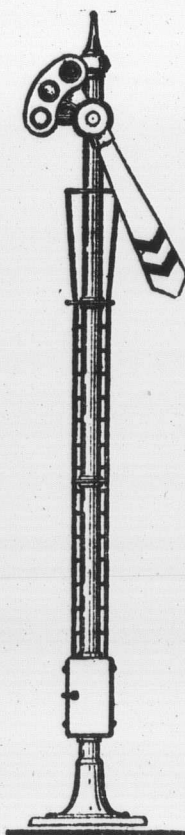
No, I cannot blame this woman for having given safran to the baby, because at the time she did so thinking it might do the baby some good. This is entirely wrong, but the mother had believed it, doubtless having been told by some so called "wise old woman" of the village. Artemus Ward once said very truly, "We know as many things that are not so."

When I think of the harm that can be done by these samples of advice handed out by "wise" women, I have in mind the old lady who left a Child Welfare meeting in disgust. Shaking her hand at the speaker, she exclaimed, "The nerve of him trying to teach ME how to bring up children. I've buried six of them."

Hives should never be encouraged to "come out" on anybody, whether infant or grown-up. They are caused by some irregularity in digestion. The eruption is in the nature of a neur-

algia and consists of raised, red weals which are intensely itchy. Hives are believed to be caused by the person eating some substance that disagrees with him, and which on being absorbed from the intestines acts like a poison. To counteract this condition, the diet must be regulated and the bowels kept open. Moreover, the family doctor should be consulted, but remember, never give safran to "bring out" hives.

The Block Signals Are Working—



In some respects, human experience is like railroading.

Every moment of the business and social day the block signals are giving right of way to keenness and alertness—while the slow and the heavy must wait on the sidetrack for their chance to move forward.

The ability to "go through" and to "get there" depends much on the poise of body, brain and nerves that comes with correct diet and proper nourishment.

That's why so many choose Grape-Nuts for breakfast and lunch. Served with cream or milk it is completely nourishing, partly pre-digested, and it supplies the vital mineral salts so necessary to full nutrition.

Grape-Nuts has a rich, delightful flavor, is ready to serve on the instant—and is distinctly the food for mental and physical alertness and speed. At all grocers.

"There's a Reason"
for Grape-Nuts



Under the leadership of Scoutmaster W. E. Bradley and Assistant Scoutmaster Rev. Father J. A. Murray, sixteen members of the 1st Penetanguishene Troop had a wonderful canoe trip during October. On the fifteenth of the month they left Penetanguishene in six canoes and crossed Georgian Bay, paddled up the Muskoka (Muskoka) River to Bala on Lake Muskoka. From this point the party proceeded through Lake Muskoka and the Indian River to Port Carling. Lake Rosseau was then crossed to its west end, or Morgan's Bay. The party then portaged across to Little Lake, Joseph River, West Lake Rosseau, Port Carling, and from that point back to Penetanguishene by the outgoing route. On October 25th the Scouts reached Pinery Point, four miles from home, having paddled over 45 miles that day, portaged ten times (two of the portages being over half a mile long), and crossed Georgian Bay (16 miles) by moonlight. According to Mr. Bradley it was "a great trip!"

Ten years ago Scouting took its latter form, that of training boys for the duties of citizenship. Various ideas of training the youth of a people have been suggested and practised from the time of Epictetus, by the Spartans, by Pestalozzi, by Peter the Great, by Cahulain in Ireland, by John in Germany, by John Pounds, the Zulus, Sinrot of Spain, the Boy Orderlies of Mafeking, Sir W. A. Smith, Thomas Seaton, Dan Beard and a number of others.

There is nothing especially original about Scouting. It is a natural evolution of many ideas reduced to a system, the main point about it being to recognize the basic needs of the nation and to have an elastic system whereby to encourage the individual future citizen to develop in himself the qualities that are wanted.

The Manchester Guardian says: "Boy Scouting will not, as a few of its most ardent eulogists suggest, solve all our moral and social difficulties. But it is one of the few great original social inventions of our time. It rests on real insight into the mind and soul of boyhood, and the training that it gives is attended by the delight that fuses a new piece of knowledge right into the character and makes it a treasure for life."

Mother! Move Child's Bowels With California Fig Syrup

Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

A Butterfly-Breeding Ranch.

A butterfly ranch is the interesting and lucrative venture of a Maine woman. While the ranch does not pay her so well as the chicken farm, which she also owns, it calls for less work, smaller equipment, and nowhere near so large an investment. A few boxes, some bark, moss, gravel, and earth, form the whole outfit.

In the early days of her venture she depended upon finding the cocoons from which the butterflies and moths are hatched in the woods near her home, but for some time she has been breeding them on the ranch. Hatching boxes are manufactured at home.

The great difficulty in the breeding of moths from home-produced cocoons is that of keeping the caterpillars where it is possible to get the cocoon once it is formed. The moths lay their eggs on the bark of trees, on leaves, and in other places. The eggs are closely observed until the caterpillar, which is the embryonic butterfly or moth, hatches. Then the caterpillar is placed on a tree branch until the cocoon has been formed. The latter is placed in the hatching box to remain until the moth comes forth, when the process is repeated. The moths are mounted and sold to collectors, schools, and museums.

High Prices for Stock.

The auction sale of animals that have passed the Culling Committee has always been a feature of the Toronto Fat Stock Show, and the prices paid by the various local and out-of-town packers and butchers have always well repaid exhibitors for the extra labor and feed necessary to produce show stock. It is anticipated that there will be a large number of buyers on hand this year and prices obtained be more than satisfactory to the large number of exhibitors who feed animals of the highest quality for show and sale. Entries close November 26th. Prize List and Entry Form on application to Secretary, c/o Union Stock Yards, Toronto.

Earl Hall is 60 years of age. Hand-bombs were used in warfare as early as the 15th century.

KEEP HEALTHY DURING WINTER

Colds and Diseases May be Avoided if the Blood is Kept Pure.

Do not let your blood get thin this winter. For people who have a tendency towards anaemia, or bloodlessness, winter is a trying season. Lack of exercise and fresh air, and the more restricted diet, are among the many things that combine to lower the tone of the body and deplete the blood.

As soon as you notice the tired feeling, lack of appetite and shortness of breath that are warning symptoms of thin blood, take a short course of treatment with Dr. Williams' Pink Pills. Do not wait until the color has entirely left your cheeks, until your lips are white and your eyes dull. It is so much easier to correct thinning of the blood in the earlier stages than later. This is well illustrated in the case of Mrs. E. Williams, Elk Lake, Ont., who says: "I take great pleasure in letting you know the benefit I have found in the use of Dr. Williams' Pink Pills. I was in an anaemic condition, and was very weak and run down. The least exertion would leave me breathless and it was with difficulty that I did household work. I was advised to try Dr. Williams' Pink Pills, and after the use of four boxes I felt like a new person. In fact my system seemed filled with new energy and new life. I strongly recommend this medicine to all who feel weak or run down."

The purpose of Dr. Williams' Pink Pills is to build up the blood. They do this one thing and they do it well. They are for this reason an invaluable remedy in diseases arising from bad or deficient blood, as rheumatism, neuralgia, after-effects of the grip or fevers. The pills are guaranteed to be free from opiates or any harmful drug and cannot injure the most delicate system.

You can procure Dr. Williams' Pink Pills through any dealer in medicine, or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

Reproduce Finger Prints.

Steel stamps have been invented to reproduce the finger prints of men who use them for identifying papers that must be protected against forgery.

If you have to eat humble pie, eat it as if you enjoyed it. It tastes better.

Minard's Liniment Co., Ltd., Halifax, N.S. Gentlemen—I have used Minard's Liniment and have found it a good remedy. After the explosion I was pretty well shaken up, having quite a number of bruises and cuts, but thanks to Minard's Liniment I am my old self again. It healed the sores and bruises and gave me much relief. It is true to its name as the King of Pain, for it stopped the pain almost at once. I first noticed the ad. in the Montreal Standard and decided to invest in a bottle, for which I am not sorry, but can say with truth that I am thankful for it having done all it claimed to do, and in my case much more, and a satisfied customer is the best ad. one can possibly find. That is my view of it and I think you will agree with me too. Yours very truly, (Signed) ALFRED ELAIN, 184 Agricola St. Halifax, N.S.

**COARSE SALT
LAND SALT**
Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author,
H. Clay Glover Co., Inc.,
112 West 21st Street
New York, U.S.A.

Creature That Never Dies.

If you take a drop of water from any puddle, a low-powered microscope will reveal the presence of a creature that never dies.

Moving about in the drop that we examine are a number of weird shapes that look like tiny jellyfish. They are made of the same transparent substance, but instead of swimming they crawl. Each of them is an amoeba.

The amoeba has no eyes, no ears, and no brain. It is nothing but a stomach surrounded by jelly. It has no limbs, yet it can move by expanding and contracting the jelly of which it is made.

It can increase in one way only, and that is by dividing itself into two. If you watch one of these creatures for a time you will see that a kind of waist appears gradually in the middle of it. At first it is round; then it begins to look like a dumb-bell. At length the waist becomes thinner and thinner, until finally it breaks, and there are two complete creatures instead of one.

The creatures we see to-day are merely subdivisions of remote ancestors that lived perhaps 100,000,000 years ago.

Machine Distributes Hay in Loft of Barn.

The hayfork, which lifts hay from the wagons to the haymow, has been one of the greatest labor savers on the farm and it is now supplemented by a "mower," a machine which distributes the hay in the loft and so eliminates one of the most disagreeable parts of the work. The mower consists of a board platform swung from the middle of a steel frame in the loft. As the hayfork brings up a load, the mower moves under it, receives the load and moves along the barn on a double track to the point where the hay is to be deposited. It then tilts, to one side or the other, and dumps the hay in the desired spot.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

The Greatest Life Enricher.

I would rather be a radiator of sunshine an encourager, a helper a lifter, a friend to the friendless and the down and out, and yet be poor in material things, than have the wealth of a Croesus, a starved, pinched, gloomy nature, and a loveless life therewith. A love that reaches out to every living thing on God's earth is the greatest of all life enrichers.—O. S. Marden.

MOTHER SEIGEL'S SYRUP
is excellent for indigestion because it assists stomach and liver to do their work naturally and efficiently. With the organs in perfect working order—indigestion is impossible. Try it today!
For INDIGESTION
Mother Seigel's Syrup is sold in 50c. and \$1.00 bottles.

DID PAIN DISTURB YOUR SLEEP?

THE pain and torture of rheumatism can be quickly relieved by an application of Sloan's Liniment. It brings warmth, ease and comfort and lets you sleep soundly. Always have a bottle handy and apply when you feel the first twinge. It penetrates without rubbing.

It's splendid to take the pain out of tired, aching muscles, sprains and strains, stiff joints, and lame backs. For forty years pain's enemy. Ask your neighbor.

At all druggists—35c, 70c, \$1.40. Made in Canada.

Sloan's Liniment (Pain's enemy)

WONDERFUL GAIN IN WEIGHT REPORTED

YOUNG WOMAN WEIGHED ONLY 75 POUNDS.

She Now Weighs Over One Hundred and Is Improving Every Day.

"Before I began taking Tanlac I only weighed 76 pounds. I now weigh over one hundred and am gaining every day," said Miss LaRue Davis, of Chattanooga, Tenn.

"I bought my first bottle of Tanlac at Gas City, Ind., and it helped me so much that I continued using it. I have always been very delicate and suffered a great deal from stomach trouble and rheumatism. I rarely ever had any appetite and simply could not relish anything. I fell off until I only weighed 76 pounds and was so thin I looked perfectly awful. This is the condition I was in when I began taking Tanlac.

"Oh, I feel so different now. Even my complexion is improved. My appetite is good and I can hardly get enough to eat. Tanlac is simply grand, and I can truthfully say it is the only medicine that has ever done me any good."

Tanlac is sold by leading druggists everywhere. Adv.

Any Man's Biography—Chapter 1, born; chapter 2, bred; chapter 3, caught; chapter 4, wed; chapter 5, worried; chapter 6, dead!

Minard's Liniment for Garget in Cows.

In France the doctor's claim on the estate of a deceased patient has claim over all others.

Haddocks will lay as many as 1,500,000 eggs each in one season.

Classified Advertisements.

PLAYER PIANO FOR SALE.

BELL PLAYER PIANO IN GOOD condition, with a large number of music rolls, for sale at a bargain. L. Costello, 73 West Adelaide Street, Toronto.

BELTING FOR SALE

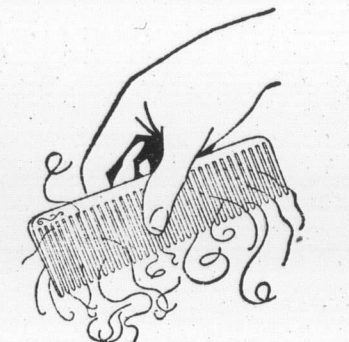
ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.

HELP WANTED.

LADIES WANTED—TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

DANDERINE

Stops Hair Coming Out; Thickens, Beautifies.



25-cents buys a bottle of "Danderine" at any drug store. After one application you can not find a particle of dandruff or a falling hair. Besides, every hair shows new life, vigor, brightness, more color and abundance.

WOMEN OF MIDDLE AGE

May Pass the Critical Period Safely and Comfortably by Taking Lydia E. Pinkham's Vegetable Compound.

Regina, Sask.—"I was going through Change of Life and suffered for two years with headache, nervousness, sleepless nights and general weakness. Some days I felt tired and unfit to do my work. I gave Lydia E. Pinkham's Vegetable Compound a trial and found good results, and I also find it a very helpful Spring tonic and useful for constipation from which I suffer much. I have recommended Veg. Compound to several friends, and am willing you should publish this."—Mrs. MARTHA W. LINDSAY, 810 Robinson St., Regina, Sask.

If you have warning symptoms such as a sense of suffocation, hot flashes, headaches, backache, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness, get a bottle of Lydia E. Pinkham's Vegetable Compound and begin taking the medicine at once. We know it will help you as it did Mrs. Lindsay.