



**Hope of the Future**

Looking into the faces of a group of children the thought is suggested that here are some of the proprietors of the future. Labor as faithfully and as wisely as it may, the present generation will leave great tasks for those that come after; and the future will have its problems, possibly as difficult to solve as those which confront us today. Tomorrow's work and problems will confront today's children—these boys and girls, who are the trustees to whom will be handed over all the nation's assets of material wealth, of institutions, of traditions and of aspirations.

How high a value then should be set upon child life? What safeguards should be thrown around it? What efforts should be made to secure for each child the environment, the food and clothing, the mental and moral training that will assure, so far as such assurance is possible, the development of a man or woman sound in body and in mind, fit for life's tasks and willing to perform them? Child welfare work has in mind not only the betterment of conditions under which children are living. That alone is a worthy end, but it is a means to another. In our national utilities we are laying the foundations of fur-

ther and greater development; in saving child life, provision is being made for the army of workers upon whom that future development must depend.

**Healthy Children are Happy Children**

The well child is always a happy child—it is a baby's nature to be happy and contented. Mothers, if your little ones are cross and peevish and cry a great deal they are not well—they are in need of medicine—something that will set their bowels and stomach in order, for nine-tenths of all childhood ailments arise from a disordered state of the bowels and stomach. Such a medicine is Baby's Own Tablets. They are a mild but thorough laxative which regulate the bowels, sweeten the stomach, and thus drive out constipation, colic, indigestion; break up colds and simple fevers and make the baby healthy and happy. Concerning them, Mrs. Albert Hamel, Pierreville, Que., writes:—"Baby's Own Tablets are the best medicine I know of for little ones. They relieved my little girl from constipation when nothing else would and I can strongly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

**"Your Teeth"**

BY REA PROCTOR MCGEE, M. D., D. D. S., PITTSBURGH, PA. THE X-RAY

The invention of the X-ray was purely accidental. The Crookes' tube that projects the ray was a scientific plaything. One day old Mr. Roentgen in Boscheland was fooling with a Crookes' tube, a black velvet cloth and some fluoride of lime. A lucky combination of the three enabled him to see through the bones, cloth and the skin on his hand and for the first time human eye could look through an opaque substance.

Until the X-ray was perfected, we could not see into the bones of the jaw and tell what was going on inside. Now it is comparatively easy to look into the bones and see the shape, size and position of the tooth roots and to examine for abscesses and pyorrheal pockets. By the light and dark spots we can tell the shape, size and direction of pus tracts, locate foreign bodies, find spots of decayed bone, and plainly see impacted teeth. When it becomes necessary to remove a nerve and fill a root-canal, the work can be checked up by an X-ray picture instead of waiting to see whether it abscesses or not.

Formerly it was necessary to wait for "developments" when-

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Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good.  
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ever there was a pain in the face or mouth. This not only caused a great amount of suffering but made the condition of the patient far more serious than it would have been if there had been some prompt way of diagnosing a deep inflammation in the early stages. There are so many diseases of the body in general that come from the mouth and teeth and jaws, that it is often necessary to X-ray the jaws when there has been no local disturbance that would lead you to suspect a blind abscess or a pyorrheal pocket or a necrosed spot of bone. In these examinations it is very surprising to find, frequently, the cause of a stubborn inflammation in a far-distant portion of the body. This is repeatedly proved a valuable and correct method of diagnosis because the removal of the focus of infection, not before suspected, so often results in a cure that no diagnosis is now regarded as complete until an X-ray is taken.

Consequently, we are all much obliged to Sir William Crookes and Dr. Roentgen for their discovery and invention.

Orders for engraved calling cards, wedding invitations and announcements taken at the office of THE ACADIAN. Get our prices before going elsewhere.

That there is every prospect of an immense apple crop in Ontario this year is the opinion of the agricultural committee in the federal house.

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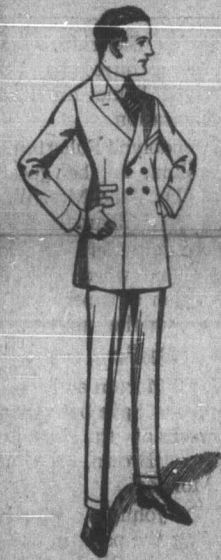
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It is the price of sugar which makes so many people look sour.

Paper napkins, 5 cents a dozen, at THE ACADIAN store.

**Another Royal Suggestion**  
**COOKIES and SMALL CAKES**

From the NEW ROYAL COOK BOOK

WHEN the children romp in hungry as young bears, here are some wholesome, economical delights that will not only be received with glee, but will satisfy the most ravenous appetite in a most wholesome manner.

**Cookies**  
1/2 cup shortening  
1 cup sugar  
1/2 cup milk  
2 eggs  
1/2 teaspoon grated nutmeg  
1/2 teaspoon vanilla extract or  
grated rind of 1 lemon  
4 cups flour  
1 1/2 teaspoons Royal Baking Powder  
Cream shortening and sugar together; add milk to beaten eggs and beat again; add slowly to creamed shortening and sugar; add nutmeg and flavoring; add 2 cups flour sifted with baking powder; add enough more flour to make stiff dough. Roll out very thin on floured board; cut with cookie cutter, sprinkle with sugar, or put a raisin or a piece of English walnut in the center of each. Bake about 12 minutes in hot oven.

**Cocoa Drop Cakes**  
4 tablespoons shortening  
1 cup sugar  
1 egg  
1/2 cup milk  
1/2 cups flour  
1 1/2 teaspoons Royal Baking Powder  
1/4 cup cocoa  
1/2 teaspoon salt  
1/2 teaspoon vanilla extract

**ROYAL BAKING POWDER**

Absolutely Pure

MADE IN CANADA

Cream shortening; add sugar and well-beaten egg; beat well and add milk slowly; sift flour, baking powder, salt and cocoa into mixture; stir until smooth, add vanilla. Put one tablespoon of batter into each greased muffin tin and bake in moderate oven about 20 minutes. Cover with boiled icing.

**Orange Cakes**  
4 tablespoons shortening  
1 cup sugar  
1/2 cup milk  
1 egg  
1/2 cups flour  
1 1/2 teaspoons Royal Baking Powder  
1/4 teaspoon salt  
1/2 teaspoon orange extract  
grated rind of 1 orange

Cream shortening; add sugar slowly, beating well; add milk a little at a time; then add well-beaten egg; sift flour, baking powder and salt together and add to mixture; add flavoring and grated orange rind; mix well. Bake in greased shallow tin, or individual cake tins, in hot oven 15 to 20 minutes. When cool cover with orange icing.

**COOK BOOK FREE**

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