

## HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the newborn babe with perfect safety. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Sculpture by means of a special photographic apparatus is a recent invention, the result being a portrait in bas-relief deeper than that of the King which appears on our coins.

Minard's Liniment for Garget in Cows.



### With The BOY SCOUTS

The Boy Scouts' motto, "Be Prepared," is more than usually applicable to the work of preventing water accidents. As rewards for Scouts who perform duty especially well in such cases as drowning, the Boy Scouts Association has a series of awards. The highest of these is the Boy Scout Bronze Cross, the second, the Silver Cross, and the third, the Gilt Cross. In some cases letters of commendation are also granted.

The application for a Boy Scout Honor Award is not made by the Scout himself, but by his Scoutmaster. The claim is first examined by a local Board of Honor which considers all the evidence available, and reports its findings to the Provincial Board of Honor which again reviews the evidence and recommends the action which the Dominion Board should take. At the last meeting of the Provincial Board the following instances

of life-saving, reported by local Boards, were dealt with:

Scout Blake Brown, of the 1st New Toronto Troop, did not stay with his troop in camp at Oakville this summer, but one afternoon decided he would cycle over and pay his chums a visit. Just as he arrived on the pier he saw his Scoutmaster's little four-year-old son fall off the end of it into the water. Without hesitating a moment to remove shoes or other garments he dived off the pier and brought the little chap to safety.

Tom Henstock, of the 1st Whitby Troop, and two chums, one a man of twenty-two years of age, dressed in bathing suits, went out in a rowing boat a hundred and fifty yards from shore. Here the man and the other boy dived overboard, Henstock remaining in the boat. They started for shore, but in a few minutes Henstock heard cries from the man for help. Realizing the situation, he called the other boy's attention to it, but he, at first, paid no attention, claiming that the man was only fooling. Henstock, however, turned the boat around and rowed over to where the man was, and him up until the other boy, realizing that there was real danger after all, came over and helped Henstock to get him into the boat, when it was discovered that he was quite unconscious.

A man in swimming at Bayfield, Ontario, became exhausted and started to sink. His calls for help were heard by Scout Stanley Nichols, a boy very much smaller than the man in difficulty. He, however, dived into the water and went to the rescue at once, reaching the man just as he was going down the third time. The clutch his would-be rescuer, but Nichols was quick enough to work around behind him and from there towards the end of a pier where, with the now unconscious man. With the aid of another boy artificial respiration was satisfactorily applied.

### "Cascarets" if Sick Bilious, Headachy From the Bowels

Get a 10-cent box now. You men and women who can't get feeling right—who have headache, coated tongue, bad taste and foul breath, dizziness, can't sleep, are with a sick, gassy, disordered stomach, or have a bad cold. Are you keeping merely forcing a passageway every few days with salts, cathartic pills or castor oil? Cascarets work while you fermenting food and foul gases; take the excess bile from liver and carry out of the system all the constipated phlegm to-night will straighten you out by morning.

From a schoolboy's essay on soap: "Soap is a kind of stuff made in cakes what you can't eat. It smells good and tastes awful. Soap always tastes worst when you get it in your eye. Father says Eskimos don't never use soap; I wish I was an Eskimose."

**MONEY ORDERS.**  
The safe way to send money by mail is by Dominion Express Money Order.

**One of Nature's Wonders.**  
"Green sea" on the ocean and "green water" on the Nile have two quite different meanings. The clear, unbroken wave that sweeps over the deck has no relation to the unpleasant product of the upper part of the great river.

About April 15 the Nile begins its annual rise. A month later the effect is felt at Khartum. A most curious phenomenon accompanies this increase in the appearance of "green water."

It used to be thought that the color came from the swamps of the Upper Nile, lying isolated and stagnant under the burning tropical sun, and polluting the waters with decaying vegetable matter. With the spring rise this fetid water was supposed to be swept into the streams to make its appearance in Egypt.

This theory was abandoned some time ago. The green water is caused by the presence of innumerable numbers of microscopic algae, offensive to the taste and smell. They have their origin way up in the tributaries and are carried to the Nile, where under the hot sun and in the clear water they increase with amazing rapidity, forming columns from two hundred and fifty miles to five hundred miles long.

The weeds go on growing and dying and decaying until the turbid flood waters put them to an end, for they cannot exist save in clear water.

**You Are the Shadow.**  
You yourself, my friend, are the shadow which shuts out our own happiness. All the shadows in your past years are collected into this big one which is barred across your happiness. This is the shadow which shuts out so much of the sunshine with which you expected to warm and cheer your career. There are no real shadows across our life path except those which we cast ourselves; no matter how badly, how cruelly, others may treat us they cast no shadows across our life path.—We cast our own shadows.—O. S. Marden.

Minard's Liniment for Diarrhoea.

## A DESIRE TO EAT WHAT YOU WANT

### Stomachs Can be Restored to a Healthy Condition.

Not to be limited in diet, but to eat whatever he pleases is the dream of every dyspeptic. No one can honestly promise to restore any stomach to this happy condition, because all people cannot eat the same things with equal satisfactory results. But it is possible to so tone up the digestive organs that a pleasing diet may be selected from articles of food that cause no discomfort.

When the stomach lacks tone there is no quicker way to restore it than to build up the blood. Good digestion without rich, red blood is impossible, and Dr. Williams' Pink Pills offer the best way to enrich the blood. For this reason these pills are especially good in stomach trouble attended by thin blood, and in attacks of nervous dyspepsia. Proof of the value of Dr. Williams' Pink Pills in cases of indigestion is given by Mr. John A. McDonald, Tarbot, N.S., who says: "Every sufferer from indigestion has my heartfelt sympathy, as I was once myself a bond slave to it. Eating at all became a trial, and as time went on I became a mere skeleton of my former self. I took all sorts of recommended medicines, doctors' pills, advertised, but to no avail. Then a friend said to try Dr. Williams' Pink Pills. I got a box and I thought before they were done I could feel a change. Then I got six boxes more, and by the time they were used I was eating my meals with regularity and enjoyment. My general health is now good, and it is no wonder that I am an enthusiastic advocate of Dr. Williams' Pink Pills."

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.

### The Need of Population.

For the five years 1909 to 1914 Canada received about 1,861,000 immigrants from all sources, or an average of 372,000 a year. If this rate had been maintained the succeeding eleven years would have brought the Dominion over 2,500,000 new citizens from outside. If for domestic reasons the pace had somewhat slackened, the increase in population from outside from 1914 to 1921 would surely have exceeded 2,000,000.

But the War intervened and the tide of immigration ceased to flow. The influx of newcomers fell off to a mere dribble. Great Britain and the Continent of Europe were practically eliminated as sources of population and the stream of American settlers dwindled to a minimum. During the whole seven-year period we received only about 550,000 from all sources, or 2,000,000 fewer than might have been expected had the world's peace been undisturbed. Nor must sight be lost of the fact that the outbreak of the War and the progress thereof caused

### Classified Advertisements.

**TRAINING SCHOOL FOR NURSES.**  
Registered offers a complete course in nursing, with allowance and maintenance; post-graduate course also given. Further information upon request. Post-Graduate Hospital, 2406 S. Dearborn St., Chicago, Illinois.

**WANTED HOME WORKERS.**  
either sex, good pay for honest work, easily learned, part or full time. The children can help. Send 3 cent stamp for particulars. Address, Dept. of Home Work, 7, Ellsworth Ave., Toronto, Ont.

**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.

**A \$12 Value for a \$5 Bill. Why Employ a Lawyer.**  
when you can get Legal Advice FREE for 2 years (\$4), "Canadian Business & Law," New Edition (\$5), and "Business Methods" monthly, 1 year (\$3), or "Canadian Farmer" weekly, 2 years (\$3), all for \$5. Regular price \$12. You save \$7 and, possibly, hundreds of dollars in lawyers' fees. Write for details. Send no money, but name this paper. Direct Sales Service (Dept. W.L.), Toronto, Ont.

great numbers of newly arrived foreigners to leave the country. Tens of thousands joined the colors of the allied armies. Other tens of thousands fled to the United States to escape service. Add Canada's sixty thousand dead overseas and the children that should have been theirs. Altogether the action of Germany in July and August, 1914, has robbed Canada of perhaps 3,000,000 men, women and children who otherwise would have been here to-day.

This primarily is what is wrong with Canada at the present moment. But for the War the Dominion would have had more people on the land and consequently fewer unemployed in the towns and cities. Under such conditions the nation would have made some show at keeping pace with the overhead charges imposed by two new trans-continental railways constructed before their time. There would have been a growing volume of freight and passenger business which naturally would have reduced the heavy deficits on these roads and gone far to place the whole country on a sound financial basis.

The lesson is plain. More population is the cure for Canada's fiscal and economic ills. The leeway lost during the last seven years must be recovered. Once the general election is over, the government of the day must devote special attention to the task of getting more people on the soil. From 20,000,000 to 30,000,000 acres of idle land along the Western railways must be brought under the plow. There is ample room for tens of thousands of additional farmers in old Ontario, New Ontario, British Columbia and the Maritime Provinces. Closer settlement of the land will mean a growing volume of exports, a wider home market for the products of Canadian factories, the reduction of unemployment in towns and cities, healthier industrial conditions everywhere, rising public revenues, and a progressive easing of the per capita burden of national taxation.

The kind of settlers desired are available in adequate numbers in Great Britain, the United States, Norway, Sweden and other approved countries. What is needed is a forward constructive immigration policy—a policy which while taking note of existing unemployment and safeguarding the interests of organized labor, will not only remove unnecessary obstacles to an intensive land settlement movement but actively promote such a movement in keeping with the needs of the nation. In the working out of such a program invaluable co-operation may be expected from the railways, the Provincial Governments, Colonization Associations and other immigration agencies. That way lies the road back to national prosperity and economic stability for all classes in the community.

## IF IT IS GOITRE

There is one remedy, one quality, one result—guaranteed, the unexcelled, best.

**Dr. Tefft's Famous Goitre Treatment "Siccantia"**  
Write for full and free information direct to Dr. Tefft's Laboratory, 110L Grace St., Toronto.

## ACHES AND PAINS—SLOAN'S GETS 'EM!

**AVOID** the misery of racking pain. Have a bottle of Sloan's Liniment handy and apply when you first feel the ache or pain. It quickly eases the pain and sends a feeling of warmth through the aching part. Sloan's Liniment penetrates without rubbing.

Fine, too, for rheumatism, neuralgia, sciatica, sprains and strains, stiff joints, lame back and sore muscles. For forty years pain's enemy. Ask your neighbor. At all drug stores—35c, 70c, \$1.40. Made in Canada.

## Sloan's Liniment (Pain's Enemy)

## 625,000 BOTTLES SOLD IN NEW YORK

### ENORMOUS DEMAND IS UNPRECEDENTED.

#### Tanlac Biggest Thing of Kind Ever Seen There, Says Big Wholesaler.

The fact that 625,000 bottles of Tanlac have been sold in the state of New York since its introduction there less than one year ago, is a big business item that will attract unusual attention throughout the entire East, for nothing like it has ever happened before. It breaks all records.

Mr. George B. Evans, manager of the Gibson-Snow Company, the well-known wholesale druggists, with branches in Albany, Buffalo, Rochester and Syracuse, recently announced that the preparation was now selling in their trade territories alone at the phenomenal rate of approximately 600,000 bottles a year.

"If the present rate continues," said Mr. Evans, "this state alone will probably require considerably over 750,000 bottles a year. This is a tremendous figure, but I am really conservative in making this statement."

Tanlac is sold by leading druggists everywhere. Adv.

A broken heart is a physiological possibility; excess of emotion, especially joy, may rupture that organ.

A good jackknife is closed when it's not in use.

Minard's Liniment Co., Limited. Sirs,—I have used your Minard's Liniment for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any to equal yours.

If rubbed between the hands and inhaled frequently, it will never fail to relieve cold in the head in 24 hours. It is also the best for bruises, sprains, etc.

Yours truly, J. G. Leslie.

America's Pioneer Dog Remedies Book on DOG DISEASES and How to Feed Mailed Free to my Address by the Author. Clay Glover Co., Inc. 118 West 31st Street New York, U.S.A.

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

### Mother, Quick! Give California Fig Syrup For Child's Bowels

Even a sick child loves the "fruity" taste of California Fig Syrup. If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender, little bowels and gives you a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child tomorrow. 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.

## THIS WOMAN'S MISERY

Ended by Lydia E. Pinkham's Vegetable Compound. Remarkable Recovery of Mrs. Church.

Smiths Falls, Ont.—"I suffered with falling of my organs, pains around my heart and in bowels and down my legs, neuralgia in my face and head, and that terrible sinking feeling. I felt that I could not live and would fix my house in order every night so there would be no trouble if I dropped off in the night. My husband went to the druggist to get the best remedy he had and he gave him Lydia E. Pinkham's Vegetable Compound. I took six bottles and felt a lot better. I will always recommend the Vegetable Compound, and you can use these facts as a testimonial."—Mrs. J. O. Church, Box 845, Smiths Falls, Ont.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from: nervous prostration, displacements, inflammation, ulceration, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion and dizziness. Lydia E. Pinkham's Vegetable Compound is the standard remedy for female ills. There are any complications about which you need advice write in confidence to Lydia E. Pinkham Medicine Co., Lynn, Mass.

ISSUE No. 46-21.

## Why should you follow a crooked path?

Often a cowpath has been allowed to become a village street, and as the village expanded, tradition has made the winding way an expression of a cow's will.

Habit is always forging chains to enslave us, so that what has been found bearable by the fathers is accepted by the sons.

As children, we were not permitted to drink tea or coffee, because it would stunt our growth or make us nervous and irritable. When older, however, we craved a hot drink with meals, and custom gave us our tea or coffee.

Finally upon the instructions of the doctor, Mother gave up her tea and coffee. But that meant nothing in our young lives. Our vitality was then strong enough to throw off any ill effects.

But our time came, and we learned by experience that we could not drink tea or coffee. When we had it for breakfast it put our nerves on edge. When we drank it at the evening meal, we tossed about in wakefulness most of the night.

And then we found Postum, a pure cereal beverage, free from the harmful drug, caffeine, in tea and coffee. We liked the rich, satisfying flavor of Postum—and also the better health which resulted. And, too, we were surprised to find how many of our neighbors had made the same discovery—had learned the value of "health first."

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes. Sold by all grocers.

## Postum for Health "There's a Reason"

say  **Aspirin**

Nothing Else is Aspirin—say "Bayer"

Warning! Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances? Accept only an unbroken "Bayer" package which contains directions worked out by physicians during 21 years and proved safe by millions for Colds, Headache, Earache, Toothache, Neuralgia, Rheumatism, Neuritis, Lumbago, and Pain. Made in Canada. All druggists sell Bayer Tablets of "Bayer Cross."

Aspirin in handy tin boxes of 12 tablets, and in bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. 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