



Windsor Losses President.  
The Boy Scouts of the Border Cities are in mourning as the result of the death of their president, Mr. W. F. H. Hackney, of Windsor. Mr. Hackney has taken a keen interest in Scouting in Windsor and the surrounding district for many years, and within two or three days of his death was working hard in connection with a special piece of work which one of the local Association committees had on hand. His sudden death came as a complete shock to all his associates, and left a vacancy in local Scouting which will not be an easy one to fill. Two hundred and seventy-five Scouts of the Windsor, Walkerville, Sandwich and Ford troops attended the funeral, forming special guards of honor at the deceased president's home and at the cemetery. A "minute of silence," ordered immediately after the burial service had been read, was one of the most impressive features of the ceremony.

**Good Scouting Prospects in Cornwall**  
Quite recently nearly one hundred and fifty boys of the town of Cornwall assembled at the local High School in response to an invitation to attend a meeting for the purpose of considering the advisability of organizing an association of Boy Scouts in Cornwall. Several prominent gentlemen of the town were also present. The chairman, after delivering a short address of welcome to the boys, called upon Mr. H. Lister, of Ottawa, Field Secretary, who, in a clear and forceful manner, explained the aims and objects of the Boy Scout Movement. Mr. Lister's address was listened to with deep interest and at its conclusion a hearty vote of thanks was tendered the speaker. The majority of the boys present registered their names with the local gentlemen who have interested themselves in the movement and the prospects for a Cornwall Association of Boy Scouts are very bright.

#### "The Best All-Round Scout."

At a recent meeting of the Brockville troop voting took place for the purpose of deciding the winner of the Rev. Mr. Whalley's cup, presented for the best all-round Scout in the troop. The meeting unanimously decided that Patrol Leader Stanley Milson was their model of efficiency and he was accordingly presented with the cup. The Brockville enthusiasts are also anxiously waiting the formation of a new patrol owing to the fact that quite recently a large number of recruits have been incorporated into the Brotherhood.

#### Scouting Grows.

During the past few weeks the Ontario Boy Scout Headquarters, Bloor and Sherbourne Streets, Toronto, has issued charters for new troops in the following centres: Rodney, Foley, Plattville, Galt, Stevensville, Pakenham, Kemptville, Westmount, Lucknow, Port Arthur, Renfrew, Thamesville, Galetta, Vars, Beachburg, North Gower, Navan, Ridgetown, Lucan and Burlington. Twenty more centres have decided to try the worth of Scouting. This speaks well for the recent progress of Scouting in Ontario. Scouting grows in proportion to the impressions of worth and efficiency it creates in a community. Let your winter's work be governed by this inexorable law. The patrons of Scouting and even those who are not directly interested in boy welfare are watching you. Show them why and how.

The Mohammedans hold their Sabbath on Friday.

## WHAT TO DO FOR STOMACH TROUBLE

### Good Advice From One Who Had Suffered Much.

Nine tenths of all forms of indigestion or so-called stomach trouble are not due to the condition of the stomach at all, but are caused by other influences. The great contributing cause of indigestion is thin blood. Good blood and plenty of it is required by the stomach to take care of the food. If the blood is thin the stomach functions sluggish, food lies undigested, gas forms and causes pains in various parts of the body. Instead of getting nourishment from the blood the system gets poison.

Relief from this condition can be obtained by the tonic treatment which Mr. D. Shaw, Mt. Stewart, P.E.I., tried and now warmly recommends to others. Mr. Shaw says: "I suffered from indigestion for over four years, and have tried many of the well-known remedies for such troubles, but never obtained more than temporary relief. The trouble was aggravated by constipation setting in owing to the stomach failing to do its work, and laxatives only gave relief to the bowels and left the stomach in worse condition. The result was my blood was growing more and more anaemic, I did not sleep well at night and was growing despondent. I was in this wretched condition when a friend advised me to try Dr. Williams' Pink Pills. I got three boxes and by the time they were finished there was some change for the better. This greatly encouraged me and I continued taking the pills for some three months, by which time my stomach was all right again, my blood good, nerves strong and life was again worth living. My advice to all who suffer from stomach trouble is to give Dr. Williams' Pink Pills a fair trial." Dr. Williams' Pink Pills can be obtained through any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### Origin of Fruits.

The strawberry comes from a cross between the native strawberry of Virginia and that of Chile. The raspberry is native in temperate Europe and Asia. The apricot originated in China. The peach was originally a Chinese fruit. The cherry originated around the Caspian Sea. The plum comes from the Caucasus and Europe and Western Asia. The quince comes from South-eastern Europe, the Caucasus and the Caspian region. The apple, one of the oldest fruits, originated in Persia. It is generally believed. The almond comes from Persia. The fig originated in Syria. The grape is native in southern Europe.

### Silence Pays.

Silence is the most satisfactory substitute for wisdom. Have you ever stopped to think how thin our forests were if there were no forests—no wood to supply the thousand and one necessities of domestic life?

The longest journey taken by any known creature is the annual migration of the golden plover. The plovers nest along the Arctic coast of North America. They fly to the Labrador coast as soon as their young can care for themselves, and then start on their extraordinary flight to the shores of South America. From there they fly to their winter home in Argentina. They stay there six months and then return to Northern Canada, having made their annual round trip of more than 22,000 miles.

### Cheating Hungry Lions.

At lonely spots on the Madras Railway, in India, may be seen small stone-built huts with iron gates. They are referred to by railwaymen as "tiger boxes."

The object of these little cabins is to afford protection for pointsmen and other workers against the tigers that frequent the jungles in the vicinity.

These ferocious animals have in the past manifested a peculiar taste for railwaymen, and it was found necessary to place retreats at the more isolated parts of the track. In each hut is placed half a gallon of water and a rough bunk.

In East Africa railway workers use monkeys to warn them of the presence of lions and other wild beasts. The monkeys are placed in cages on high posts or other prominent positions. They scream when they scent the approach of lions.

On the Uganda line, a telegraph operator, on returning to his station, found the station-master and staff barricaded in a hut, while two big lions patrolled the platform! He wired the information down the line, and a locomotive carrying a crack shot was sent to drive the animals away.

### Do Automobiles Start Forest Fires?

Officers of the Massachusetts forest service declare that the number of fires in the forests in the state bears a direct relation to the number of automobile licenses issued. As the automobiles increase so do the forest fires. They claim that city people, touring through the woods by automobile, leave their noonday camp-fires burning and so start forest fires. The statement is possibly justified, but analyzed it simply means, "more tourists, more fires." The remedy is not fewer automobiles but more widespread education as to the dangers of careless handling of fires in the forests. The more city people here who go for their recreation to the forest, the better will the value of the forest be appreciated and the easier it will be to have conservation measures carried out. If the subject is approached in this way the automobile will become not a menace to the forest, but a great aid to forest conservation.

## THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### The Voices.

I heard the voice of the city Calling again and again, And into her arms there hastened Millions and millions of men. And I heard the voice of old gardens, Of quiet woodland ways; But few there were who would heed them. In the rush of the busy days. The cities grow old and vanish. And their people faint and die; But the gardens are green forever, Forever blue is the sky.

### Selling War's Surplus.

War materials on hand at the time of the armistice have been an asset of Governments to be liquidated. This operation has now proceeded to a point where the results run into large figures. To the end of June England had made sales of 88 per cent. of its war materials, realizing £582,000,000, at par of exchange, \$2,670,000,000. The depression in the market for such materials as copper can be understood when it is noticed that England had stocks of non-ferrous metals which it sold for something like \$200,000,000. Textiles, leather and equipment realized \$150,000,000. Food supplies brought in only \$35,000,000.

### A Little Wisdom.

The cost of civility is—nothing. Creditors have better memories than debtors. He who courts needless danger is more fool than hero. It is a good habit now and again to examine your habits. Better an ass that carries than a horse which throws. If you give no occasion for suspicion no suspicion will arise. The best advice is not the most pleasant but the most useful. If you want good friends all the year round, get some good books. He who makes it his law to do what he likes will not always like what he has done. Tact is as much not saying the right thing at the wrong time as saying the right thing at the right time. A novel periscope enables an automobile driver from his seat to examine all the tires on a car. A great many men reason in a circle; that's why there is no end to their arguments.

Minard's Liniment Lumberman's Friend

## 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.

Diet is a matter of great importance at any time of life, but at weaning time it is especially so. When the baby is about twelve months old it begins to demand something more than a milk diet for its ordinary sustenance; it has passed from the infant stage and begins to train its stomach for the mixed diet of childhood. What to give the child at this crucial time of life is of very great concern. The best substitute for a whole diet of milk is cereal, such as oatmeal, cornmeal or cracked wheat, which should be well cooked and fed to the baby twice a day; for two or three months the cereals should be strained. In addition to the cereal he should have four cupfuls of milk daily, and a little fresh fruit juice.

When fifteen months old he may have at first a teaspoonful, later one tablespoonful of rare scraped beef, mutton or chicken; when eighteen months old, he may have one-half of a mealy, baked potato, daily.

During the second year, the child should have four meals a day, at 6 a.m., 10 a.m., 2 p.m., and 6 p.m. Nothing but water should be allowed between meals.

When two years old he may have most of the fresh green vegetables when they are thoroughly cooked and finely mashed.

Tea, coffee, cider, wine, beer, soda water and candy should NEVER be given a young child, nor should pies be given it. It would be a good plan indeed to tell the child when it grows older not to touch pies, as they are not good for little children. This can usually be done before the child acquires a taste for pies or pastry, and I remember a few months ago meeting a child of five who did not know the taste of pie and did not want to know, because the parents had taught her to avoid it. Although the juice of fruits is the

best, cooked fruits such as baked apple or apple sauce, are appetizing and helpful. They should be given once a day after a child is eighteen months old, but the fruit should first be strained. Stale raw fruits are dangerous, especially in the city in summer.

For a child of from two to three years of age, a suitable diet is as follows:

Breakfast—7.30 a.m., the juice of one sweet orange, or the pulp of four or five stewed prunes, or apple sauce. Either a well-cooked cereal—cornmeal, oatmeal, cracked wheat, wheatena—all well salted and with not more than one-half teaspoonful of sugar and milk added; or, soft boiled or poached eggs with stale bread or crisp toast. Glass of warmed milk. 10.30 a.m. Glass of warmed milk.

Mid-day lunch—1.30 to 2 p.m. One-half cup of broth or soup, which may be chicken, beef or mutton, thickened with barley or rice. Chop, rare roast beef, rare steak, chicken or broiled fish, boiled or baked potato. Asparagus tips, carrots, string beans, peas, spinach. All vegetables should be very thoroughly cooked and mashed. The vegetables should be cooked quickly, and not allowed to stay long in the water and lose any vitamins they may contain.

Baked apple, plain bread or rice pudding, corn starch, custard, junket, or stewed prunes with skins removed.

Supper—5.30 p.m. Well-cooked cereal, bread and milk, bread and butter and cocoa, stewed fruit, apple sauce. Glass of warmed milk. No food between meals. Water several times a day.

If the lady signing herself "A. T. Turritt" will kindly send her name and address to Dr. Middleton at Spadina House, Spadina Crescent, Toronto, he will answer her letter.

### Arabs Like Hyena Stew.

Some Arabs are extremely fond of hyena stew, and this despite the fact that even a dog turns from hyena meat in disgust.

### MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

Life is like the old farm—we turn one furrow at a time, and only the man who keeps plowing is ready for the sunset.

### Ask for Minard's and take no other.

During the last forty years over eight thousand wrecks have occurred on the coasts of Great Britain.

The English language is now taught at London Universities exactly as it is spoken.

### Cascarets To-Night for Liver, Bowels, if Bilious, Headachy.

Get a 10-cent box now. You're headachy! You have a bad taste in your mouth, your eyes burn, your skin is yellow, your lips parched. No wonder you feel mean. Your system is full of bile not properly passed off, and what you need is a cleaning up inside. Don't continue being a bilious nuisance to yourself and those who love you, and don't resort to harsh physics that irritate and injure. Remember that most disorders of the stomach, liver and bowels are gone by morning with gentle, thorough Cascarets—they work while you sleep. A 10-cent box will keep your liver and bowels clean; stomach sweet, and your head clear for months. Children love to take Cascarets too because they never gripe or sicken.

### 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., 118 West 31st Street, New York, U.S.A.

### 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 Health Saving REMINDER:

Don't wait until you get sick—USE



### USE SLOAN'S TO EASE LAME BACKS

You can't do your best when your back and every muscle aches with fatigue. Apply Sloan's Liniment freely, without rubbing, and enjoy a penetrating glow of warmth and comfort. Good for rheumatism, neuralgia, sprains and strains, aches and pains, sciatica, sore muscles, stiff joints and the after effects of weather exposure.

For forty years pain's enemy. Ask your neighbor. Keep Sloan's handy. At all druggists—35c, 70c, \$1.40. Made in Canada.

Sloan's Liniment (Pain's enemy)

## TORONTO WOMAN GAINS 35 POUNDS

ONLY WEIGHED NINETY POUNDS, SHE SAYS.

### Now Feels Fine and Strong and Gratitude to Tanlac is Unbounded.

"Tanlac has built me up from a mere frame weighing only ninety pounds to a strong woman weighing one hundred and twenty-five pounds and my gratitude is unbounded," said Mrs. Lydia Pickup, 12 Ramsay Lane, Toronto, Ont.

"My stomach troubled me so much during the past three years that my life was a perfect burden. My appetite was gone entirely, gas would form and nearly set me wild with pain in the pit of my stomach. The gas nearly smothered me and my heart acted so queerly that it alarmed me. I could get scarcely any sleep and was tired and dull and all worn out. I often turned so dizzy I could hardly stand up, and at times my head hurt like it would burst open. I lost weight until my clothes were entirely too large and I was so weak I could hardly move.

"One day I saw a statement about Tanlac and I determined to try it. I have now taken ten bottles in all and my appetite has come back, I eat anything I want and as much as I want at every meal without pain or any uncomfortable feeling afterwards. I do not have headaches or dizzy spells any more, I sleep soundly every night and get up feeling fine and strong in the morning."

Tanlac is sold by leading druggists everywhere. Adv.

Energy will do anything that can be done in this world; no talents, no circumstances, no opportunities will make a two-legged animal a man without it—Goethe.

### 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.

## COARSE SALT LAND SALT

Bulk Carlots  
TORONTO SALT WORKS  
C. J. CLIFF TORONTO

## CUTICURA HEALS SKIN TROUBLE

In Pimples On Face, Itched So Had To Rub Them. Burned and Hurt.

"My face was a mass of pimples and I had an unusual amount on my forehead and chin. They were hard and red and later they came to white heads. They itched so I would rub them, and then they started to burn and hurt.

"I saw an advertisement for Cuticura Soap and Ointment and tried them and found they helped me. I purchased more and when I had used three cakes of Cuticura Soap and one and a half boxes of Cuticura Ointment I was completely healed." (Signed) Miss Anna Fyalka, Carrolls, Wash., Dec. 6, 1919.

Give Cuticura Soap, Ointment and Talcum the care of your skin. Soap 25c, Ointment 25c and 50c, Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 244 St. Paul St., W., Montreal.

## TO WOMEN OF MIDDLE AGE

This Woman's Letter Tells You How To Pass The Crisis Safely.

Lascalles, P.Q.—"During the Change of Life I felt so weak and run down I could hardly do my work. The perspiration would pour over my face so that I couldn't see what I was doing. We live on a farm, so there is lots to do, but many who felt as I did would have been in bed. I took Lydia E. Pinkham's Vegetable Compound and it did me a world of good. I tried other remedies but I put Vegetable Compound ahead of them all, and I tell every one I know how much good it has done me."—Mrs. DUNCAN BROWN, Lascalles, Prov. Quebec.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ear, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness should be heeded by middle-aged women, and let Lydia E. Pinkham's Vegetable Compound carry them safely through this crisis as it did Mrs. Brown.

You are invited to write for free advice. No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass.

ISSUE No. 44-21.

## The foolish man who built his house on the sand—

He gave an example in folly which anybody can understand.

It isn't so easy, however, to sense the mistake of trying to build the body on foods which lack essential nourishment.

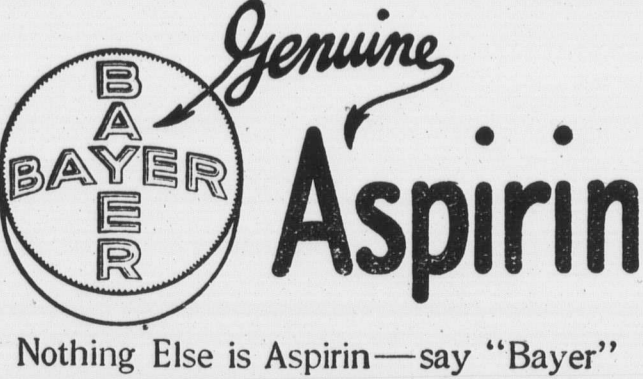
Here, again, is a foundation of sand which gives 'way when the test comes.

Many a food that tastes good lacks honesty of nourishment to equal its taste. Thus it tempts the appetite into mistakes that often are costly.

Grape-Nuts is a food which helps build bodily endurance for life's stress and storm. The full nourishment of wheat and malted barley, together with the vital mineral salts so necessary to bone structure and red blood corpuscles, with phosphates for the brain, is retained in Grape-Nuts. The long baking process by which Grape-Nuts is made gives the food a natural sweetness and an unusual ease of digestibility and assimilation.

Served with cream or milk, Grape-Nuts is fully nourishing, and whether eaten as a cereal at breakfast or lunch, or made into a pudding for dinner. Grape-Nuts has a particular delight for the appetite. Sold by grocers.

Grape-Nuts—the Body Builder  
"There's a Reason"



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.

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 Monacetenedester 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 "Bayer Cross."