## WELLSATISFIED WITH **BABY'S OWN TABLETS**

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. Experience teaches her that the Tablets are the very best medicine she can give her baby. They are a gentle laxative; mild but thor ough in action and never fail to banish constipation, colic, colds or any other of the many minor ailments of child-Concerning them Mrs. J. Bte. Charest, St. Leon, Que., writes:-"My baby cried continually and nothing seemed to help her till I began using Baby's Own Tablets. These Tablets soon set her right and now I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

#### Electric Popcorn.

The popper that pops popcorn by electricity is a brand-new invention; much more convenient than the old style of popper, and less danger of

It is a small pan of aluminum with a rectangular wire cage on top and a the whole-hearted support of the Dowooden handle. Through the handle passes an electric cord, which has textile manufacturers and breeders of to be plugged into the house sheep. circuit. Then you are ready to pop.

#### Right Back at Him.

Editor (to aspiring writer)-"You should write so that the most ignorant can understand what you mean. Aspirant-"Well, what part of my story don't you understand?

tional Exhibition this year, Hon. Dr. habits.

Cody, of St. Paul's Church, Toronto,

important undertaking of a govern-

Dr. Cody might have gone further and

stated that of all branches of educa-

tion, that of Public Health was in the

in strength of body and of mind to

higher education to follow. Of course

there are exceptional cases where

children of poor physique have turned

students, but this to some extent is

due to over-development of the mind

It behooves all educational and

in spite of weakness of the body.

be exceptionally brilliant

Ask for Minard's and take no other.

## GOOD HEALTH AND GOOD SPIRITS

A Combing Mill Needed.

The woollen industry of Canada is a basic industry and should be a domi-

nant factor in the production of wealth for our Canadian people. Sheep rais-

ing, when properly encouraged, will be

one of the most profitable departments of our agricultural life. The bulk of

wool produced in Canada during the past has, through lack of a combing

mills at a greatly increased value.

and selling of the finished product.

Punctuation.

ternoon a little girl proudly informed

her mother that she had learned to

"You see, mother," explained the

a hatpin after it, and when you ask

To diffuse this very necessary health education, all sorts of attrac

some of which are already in use.

moving picture shows, and practical

Health and School nurses.

"W. G.," of Asquith, Saskatchewan,

lapse. These conditions may arise

from several causes, of which the fol-

of the afteries with increased blood

Just which of these, or what com-

bination of these is causing the

trouble can only be diagnosed by a

(b) Artero-sclerosis or hardening

(a) Heart disease.

(c) Kidney disease.

pressure resulting.

question you put a buttonhook!'

"punctuate."

**HEALTH EDUCATION** 

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health : 15.5-

In an address at the Canadian Na- | knows or cares nothing about health

stated that education was the most tive measures will have to be adopted,

ment to-day. This is admitted, but These include health talks by doctors,

forefront in point of importance. If complains about shortness of breath

the education of the child in its early and dizzy spells, with sometimes a years is directed along the lines of feeling as if he were going to col-

health authorities, therefore, to re-tient thoroughly. It would be impos-

gard public health education as one sible for me, therefore, to try to tell

of the fundamental necessities in the what the origin of the trouble is, and

teaching of the young. Observations I would recommend that "W. G." put

teaching of the young. Observations I would recommend that w. G. put have shown, for instance, that the child who goes to bed early, who sleeps in a well-ventilated room and rises early, who cleans his teeth daily says:—I unfortunately acquired syptomatics.

and drinks cold water between meals, ilis a year ago, and have had good,

who eats plain, substantial foods, thorough treatment since. When will

mind and body for study than the lack-a-daisical, slovenly boy or girl who the patient declared cured.

receive a general education in reading, lowing are the most important:

ters through this column. Address him at the Parliament Bldgs.

Returning from school the other af-

tries

Depend Upon the Condition of the Blood-Keep it Rich, Red and Pure.

mill, been exported to foreign counwhere, after being combed, it has When a doctor tells you that you are anaemic, he simply means, in plain English, that your blood is weak and been shipped back to our worsted Something like twenty-four million But this condition is one that (24,000,000) pounds of wool was grown may easily pass into a hopeless dein Canada last year. This quantity is sufficient to provide for something like cline if prompt steps are not taken to enrich the blood. Poor blood, weak. eight million (8,000,000) suits of clothes, which would sell for in the watery blood is the cause of headaches and backaches, loss of appetite, poor neighborhood of Four hundred Million digestion, rheumatism, neuralgia, ner vous irritability and many other Dollars (\$400,000,000). If the various processes of manufacture were comtroubles. To poor blood is due the pimples and blotches, the muddy completed in Canada this large sum would be set circulating in Canada through plexion that disfigures so many faces thousands of people employed in the To have good health, a good complex combing and spinning of the wool, the ion and a cheerful manner, the blood weaving of the cloth and the tailoring must be kept rich, red and pure. This is easily done through the use of a The establishment in Canada of a blood enriching tonic like Dr. Williams' Pink Pills. The whole mission wool combing mill would prove a tremendous benefit to the country as a of this medicine is to help enrich the whole and would undoubtedly receive blood which reaches every nerve and every organ in the body, bringing with minion and Provincial governments, it health, strength and new activity That is why people who occasionally use Dr. Williams' Pink Pills always feel bright, active and strong.

Mrs. E. E. Cook, Simcoe, Ont., gives strong testimony to the value of Dr. Williams' Pink Pills when the blood is in an anaemic condition. She says: I have been a sufferer for some years from a run down condition of the syschild, "when you write 'Hark!' you put tem. I suffered from pains in the back, twitching of the nerves and muscles, my appetite was poor, I had indigestion and would get drowsy after eating. My hands and feet were almost always cold, and though I was constantly doctoring, the medicine I took did not help me. I had practically given up hope of good health, until a friend from Hamilton came to visit me, and urged me to try Dr. Williams' Pink Pills. It took some persuasion but finally I consented to try them I have reason to be grateful that I did, for after using seven boxes I felt like a new person. I have gained in weight, have a better color and my work is now a pleasure. For this con dition my thanks are due to Dr. Williams' Pink Pills, and I cannot praise

them too highly." You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medidemonstrations and clinics by Public cine Co., Brockville, Ont.

## The New Chief Scout.

His Excellency, Baron Byng of Vimy, Governor-General and Chief Scout for Canada, presided at a recent meeting of the Dominion Council of the Boy Scouts Association. A resolution was adopted expressing gratification at His Excellency's acceptance of the highest office in the gift of the Scout

movement in Canada. In reply to the resolution, His Ex cellency expressed the satisfaction and pleasure he felt at becoming head of so worthy and important an organization. He believed whole reartedly in the worth of the Boy Scout Movement and its benefits to the entire country. Very amusingly and with not a little pride, His Excellency told of how, before the war, he became so thoroughly interested in Scouting that every grade, finally winning the Silver Wolf, which is the highest decoration a prompt reply in the Scout movement. He recalled who eats plain, substantial roods, thorough treatment since. When will drinks milk and avoids tea, coffee, pastry, candy, pics, etc., and who spends definite times each day in outdoor play and exercise, who bathes door play and exercise, who bathes after treatment has been commenced sion, he said he accounted it a pleament since. When will twenty-eight troops in the country in which he lived. He had also started one of the first, if not the first, scoutmasters' training course. In conclusion, he said he accounted it a pleament since. the occasion when he had formed sure, while in Canada, to do every-

regularly and attends to his personal and then only after a thorough exhygiene is in a far better state of amination and blood test has been thing he could to help the movement. Very stimulating reports were heard in connection with the progress throughout the provinces, the province of British Columbia receiving special mention. His Grace Archbishop Mc-Neil, of Toronto, was appointed to the Canadian General Council, and Right Rev. Bishop Fallon, of London, was made a member of the Dominion Executive Committee. Plans were discussed for the publication of further Scouting works, and the extension of the stores department for supplies of uniforms, the ebject being to have one standard uniform for the whole of Canada.

The Boy Scouts of Fort William, Ont., have proved conclusively to the local Rotarians in that vicinity the splendid worth of Scouting to the community and also the value of sympathetic interest on the part of the Rotary Club. At a recent demonstration of scoutcraft given before a large gathering of Rotarians, one of the wellknown doctors of Fort William pronounced the bandaging and other demonstrations of First-Aid knowledge to

have been done "without a flaw."

Scoutmaster Cooper vividly descrited the heroic action of two of the local Scouts in rescuing another Scout from drowning during the latter part of the summer and expressed the hope that they would shortly be presented with the Scouts' life-saving Aspirin." Unless you see the name medal and also the Royal Humane Society's medal. Hearty and prolonged cheers from the Rotarians present

greeted this announcement. President Jackson of the Rotary Club thanked the Scouts for their splendid entertainment and many times reiterated that co-operation and sell larger packages. Made in Canahelp in the splendid work would ever be the aim of the local Rotarians.

The troop hailing from Haileybury cylicacid.

foot Test, and it will be impossible take any more recruits until the boys have passed the test. This is the stuff that counts. Keep your troop to capacity strength. It stimulates interest from within and without.



His Preference English Walter-"Which side of the table do you wish to sit on, sir?"

American Guest—"I prefer to sit on chair, thank you." Cutting Him Down. Scot (at the baths)-"What's the

rice of a bath?" Attendant-"One shilling." Scot-"Hech, man, that's a lot. Can ye no say saxpence and put in less

#### Never Touched.

"Now, sir," said the lawyer, crossexamining a witness, "your answers are not satisfactory. I am afraid you are slightly ambiguous.' Witness (with great indignation)-"I am naething o' the kind, sir. I'm a strict teetotaler."

#### Reason for Asking.

Little Teddie-"What time does the tide come in, Mr. Fisherman?" "Why, you young rascal, I've told

5.55. Little Teddie-"Yes, I know; but I like to see your whiskers wobble when

#### Enough at a Time.

you say '5.55.'

Little Bertie obstinately refused one day to say his lesson to his teacher. "But you know it quite well, I'm sure," protested the young lady.

'Yes." he admitted. "Well, why don't you say it?" she nquired.

"What's the use?" he replied. "If I say it you'll only make me learn some

## A Stickler for Politeness.

"I'm shocked at you, kicking your little playmate," scolded Raymond's mother. "I got tired of playing with him

and I wanted him to go home," the youngster excused himself "Then why didn't you ask him to go home?"

"Why, mamma," he said in amaze-"that wouldn't have been

### His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in York City. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated, or wholly destroyed natural drums. A request for information he had studied and gone right through to A. O. Leonard, Suite 437, 70 Fifth a prompt reply.

#### Buying a Wife in Asia.

In Turkestan every wedding engagement begins with the payment of a asideration to the girl's parents. If the girl jilts her lover the engagement gift has to be returned unless the parents have another daughter to give as a substitute.

Morality, study, and gayety are three sisters who should never be separated.-Voltaire

expedition of Mr. Donald B. MacMillan, now well up in the Arctic regions, has one advantage that no previous expedition to those regions possessed: a wireless outfit, with which it expects to keep in some degree in touch with civilization. time signals sent out from the Naval Observatory at Arlington will be received on shipboard daily, and it will probably be some comfort merely to pass the time of day.

# **ASPIRIN**

Only "Bayer" is 'Genuine



Warning! Take no chances with substitutes for genuine "Bayer Tablets of "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also da. Aspirin is the trade mark, (registered in Canada), of Bayer Manufacture of Monoaceticacidester of Sali-

From Helpless Invalid to Comolete Restoration of Health, Strength and Happiness Is Wonderful Change Mrs. Root Experienced in Three Weeks-Statement One of Most Remarkable On Re-

"Just a week before I started taking Tanlac I was down in bed so crippled up with rheumatism I could not move without pain. My son had taken Tar lac, and it had done him a world of good, so one day he brought home a bottle and said, "Mother, I want you to take this." When I had finished that bottle, I felt like a different wo-man, and by the time I had finished my second bottle, I was out in the garlen heeing.

"Tanlac has simply done wonders for me; it almost seems like a mira-This is the remarkable state cle." ment made recently by Mrs. Jennie Root, residing at 1409 Powers St., Portland, Oregon, and is only one of tens of thousands from well-known men and women who are daily testi-

fying to the powers of Tanlac. Continuing her wonderful state-ment, Mrs. Root said, "For years I you three or four times already. At suffered terribly with rheumatism, and would often be down in bed for days at a time. In the last five years there was not a time that I didn't feel those rheumatic pains all through my body. About two months ago I got less and couldn't even hold a pen to not do any housework. I couldn't even sleep, and had no rest day or night. Even to walk a few steps would could not stoop over far enough to

get my shoes on. "I never knew what a night's sleep was, and would lie awake for hours. At times I would get very cold and would have to get up and sit by the fire all huddled up, and my daughters would put hot water bottles all around me. I was treated by four doctors, everywhere.

### Old Man Worry.

Old man worry came around the other day, He said: "It's only foolishness to smile

or sing or play: The sunshine may be pleasant, But it's only for the present;

And you may as well get ready for the clouds all cold and gray."

A feller with a fiddle heard the things he had to say. He set 'em to a tune, an' then he started in to play.

Old Man Worry Feit his feet begin to hurry.

And pretty soon he laughed and went a-dancin' on his way. MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

Little Robert went to call on a some time, Robert," said she. "Have you been sick?" "Yes," said Robert. "And what was the trouble?" "Four apples," was the laconic reply.

## Fisherman's Friend.

The Original and Only Genuin



When 4 Days Old. Cross and Cried. Cuticura Heals.

"My baby brother had eccema which began when he was about four days old. It came in little pimples and then a rash, and he was covered. He was so cross that he could not also." that he could not sleep, and he cried. "This lasted about two months before we used

months before we used Cuticura. It helped him, so we bought more, and he was all healed after we had used two cakes of Soap and two boxes of Ointment." (Signed) Mico Almeda Williams, Younge Cove, N. B., May 22, 1918.

Use Cuticura Soap, Ointment and Talcum for all toilet purposes.

Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Deput Lymans. Limited, St. Paul St., Montred.



MRS. JENNIE ROOT

and took all kinds of medicine. Nothing ever did me any good. I am just very much worse and my arms and like a different person now. All those legs were so bad I was almost help- terrible aches and pains have left me, and only the other day I was able to sign my name. I was so weak I could walk up four flights of stairs in an office building when the elevator was out of order.
"My appetite is just spiendid now,

tire me out completely. When I tried and just to day for the first time in to walk a little way and sat down I years, I felt so hungry that I had to could not get up without some one go and eat a piece of pie between helping me. I had no appetite and meals. In fact, I can't remember the meals. In fact, I can't remember the hardly ate enough to keep me alive. I time that I have felt as well as I do now. I have not only regained my health and strength, but I have gained fourteen pounds in weight. To tell you the truth, I wouldn't exchange the benefit I have received from Tanlac for the best ranch in Oregon, and I will praise it as long as I live'

Tanlac is sold by leading druggists

Getting No Better Fast.

The old gardener's wife had been very ill, and on seeing him I asked

him about her.
"Oh, ma'am," the old man replied sorrowfully, "the doctor don't give us no encouragement either way.'

Minard's Liniment Lumberman's Friend

Thirty thousand people are killed or injured in the United States every day; five persons, it is estimated, meet death by accident there every minute.

#### COARSE SALT LAND SALT

Bulk Carlots TORONTO SALT WORKS





STAYED IN BED Young Mrs. Beecroft Had Miserable Time Until She Took Lydia E. Pinkham's Vegetable Compound.

Hamilton, Ont.—"I have suffered for three years from a female trouble and consequent weakness, pain and irregularity which kept me in bed four or five days each month. I nearly went crazy with pains in my back, and for about a week at a time I could not do my work. I saw Lydia E. Pinkham's Vegetable Compound advertised in the Hamilton Spectator and I took it. Now I have no pain and am quite regular unless I overwork or stay on my feet from early morning until late at night. I keep house and do all my own work without any trouble. I have recommended the Compound to several friends."—Mrs. EMLY BEECR FT. 269 Victoria Ave. N., Hamilton, Ontario.

For forty years women have been telling how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills. This accounts for the enormous demand for it from coast to coast. If you are troubled with any ailment peculiar to women why don't you try Lydia E. Pinkham's Vegetable Compound? It is made from native roots and herbs and contains no narcotics or harmful drugs.

For special advice women are asked to write the Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of forty years experience is at your service.

ISSUE No. 42--21.



The Man Who Said: "The proof of the pudding is in the eating" was only half through

He started a good puddingproof, but he didn't finish it.

There's a lot of trouble in the world from puddings that taste good but don't do good.

They "eat" well, but that ends the recommendation.

Sanitariums are full of pudding-eaters who stopped the test at tasteand forgot to inquire whether their food gave the body what it needed-until the body rebelled.

Grape-Nuts is a food that tastes good and does good. The proof of Grape-Nuts begins in the eating and goes on through the splendid service which Grape-Nuts renders as a real food. Grape-Nuts is the perfected goodness of wheat and malted barley delicious to taste, easy to digest, and exceptionally rich in

nourishment for body and brain.

"There's a Reason" for Grape-Nuts