### FRIDAY, SEPTEMBER 5, 1924

# lealth and Happiness Camp

With "Fruit-a-tives" table From Fruit Juices and Tomics

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ACR SIT

Maie From Fruit Julices and Tonics
 "Fruit-a tives", the wonderful mode of the greatest means of doing good that this country of ours has ever known.
 "Fruit-a tives" is bringing-bealth to handreds and hundreds of peeple who suffer with chronic Constipation, Billionmess and Dyspepie.
 Mr. Frank Hall of Wysvile, Ort, anys. "I purchased a log of "Fund-a tives" and began the treatment. My condition improved minimilately freedyspepsis consect to be the purchased aread of Constipation".
 BC. a box, 6 for \$2.50, trial lates the At dealers or sent by Fruit-a tives Limited, Ottawa, Ont.

Der yeu can OUR EYES UN ME

FEEL IT HEAL

on ste a ste-TURES Me-At all Drag Store

Say "Bayer" - Insistl

which contains proven directions

Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100-Druggists

Headache

Colds

Rheumatism

Accept only a

Bayer package

nine

For Pain

Neuralgia

Lumbago

Safe

an inace that mind be packed for whiter use. Butter undergoes changes in the keeping, and two things necessary for good results when keeping butter for winter use are best quality of butter and low temperatures for holding. Use Clean, Sweet Flavored Oream. Use cream that has a clean, sweet flavor. Churn it at a temperature low enough to bring the butter in nice, firm granules in from 20 to 80 minutes.

If by any chance the butter comes soft, be very careful to get rid of the buttermilk. It will be necessary in a case of this kind to use an extra

BUTTER OR WINTERUSE

Now to Make and Pack to Best Advantage

Use Classo, Sweet-flavored Orban-Cost the Ber, Incide With Paraffine -Flatch the Package Off Nently-Blade Blight of Qata-Honesty

Agriculture Toronto

Lattended an Institute meeting one ay and heard one of the speakers lose his address with this little

And your better, best; Till rour good is better, And your better, best."

It is the very best butter that we can make that must be packed for

in a case of this kind to use an extra wash water. Salt the butter in the usual way and work it thoroughly. Should the butter soften during the process of working, put it away in a cool place to become firmer before continuing the working. As butter keeps best in a solid form, crocks or boxes are used for winter use.

Ocat the Boxes Inside With Paraffi

The boxes have a coating of paraf-fine on the inside, and it is necessary to line them with heavy parchment paper.

to line them with heavy parchment paper. While many people have a 56-lb. box filed for winter, in some cases it would be much better to have it put in two 28-lb. boxes. The crocks should be in good con-dition, free from cracks or breaks in the glazing. When Packing the butter, he sure to pack solidly. See that there are no openings in the sides, and that the corners are well filed. If there is 8 or 10 lbs. of butter in a churning, do not put the whole lump into the crock and then thy to pack it down. Rather put it in in pleces, making sure that each plece is solidly packed. Finish the Package Off Neatly.

Finish the Package Off Neatly.

Finish the top off evenly, and cover with parchment paper. A thin layer of sail paste may be put over this before fastening down the lid. With crocks it will be necessary to



## A Splendid Laxative For The Baby

Mothers should constantly be on guard to keep heby's howels working freely and his stomach sweet, for nine-tenths of the ailments from which little ones suffer are caused by derangements of the stomach and howels. Baby's Own Tablets are a splendid laxative for the baby. They are mild but thorough; contain neith-er opiates nor marcetics, and are ab-solutely guaranteed to be safe and efficient for either the newborn babe or the growing child. By their action

59.8

WATFORD GUIDE-ADVOCATE

place quite so suitable as Timagami. Almost four million acres in extent, Almost four million acres in extent, plentifully scattered with wonder-fully cool, deep lakes, the whole area traced with a net work of rock-churned rivers or quiet shadowy brooks, Timagami is just the place to get back to the primitive. Canoeists can paddle hundreds of miles through ever-changing scenary or the growing child. By their action on the bowels and stomach they drive miles through ever-changing scenery without a single portage. The waters of Timagami are alive with speckled trout, black bass, while for the nat-

on the bawels and stomach they drive ont constipation and indigestion; break up colds and simple fevers and make the dreaded teething period easy. The Tablets are sold by medi-cine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine 'Co., Brockville, Ont.

Made in Canada

There are many permanent camps throughout the district for those who insist on comparative luxury, or if you wish to establish camp where ever you happen to be, you will find not a single "trespassing forbidden" sign in the whole region.

m's

Any Agent of the Canadian National Railways will gladly give you full information and literature.

An Oil of Merit .--- Dr. Thomas Eclectric Oil is not a jumble of medicinal substances thrown together and pushed by advertising, but the result of the careful investigation of the healing qualities of certain olls as applied to the human body. It is a rare combination and it won and kept public favor from the first. A trial of it will carry conviction to any who doubt its power to repair ure lover the number of mose, bear and mink to be seen allows ample opportunity to study wild life at

Launder dainty things

twice as often, this way

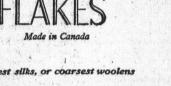
It's not necessary to keep your prettiest things folded and laid away. Wear them-often. Launder them just as often as necessary. But do it this way:

Use Palmolive PRINCESS SOAP FLAKES-and see fragile crepes, silks, laces, come from laun-dering absolutely unharmed. Colors brightened and freshened, if anything.

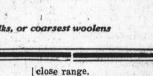
The great foam of suds contains nothing to hart the daintiest fabric, the most delicate coloring. It dissolves the dirt, however, most thoroughly—and washes it away.

If only to try, get some today of your dealer, He has them in handy one-pound packages.

THE PALMOLIVE COMPANY OF CANADA, Limited



For finest silks, or coarsest woolens



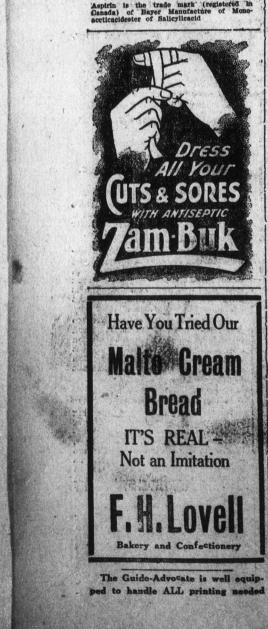
# **Students Storm and Capture Rocky Heights**

**Reigns Supreme** 

To get away from the smoke and tifling heat of the City, to put on

old clothes and live a vagabond's life in the great out of doors, there is no

Where Nature



With crocks it will be necessary to the clean wrapping paper, over the top after the lid has been put on. All butter should be stored in a clean, dark place where the air is pure and the temperature is low and even.—Miss Belle Millar, O. A. C. Gueloh. Guelph.

#### Blade Blight of Oats..

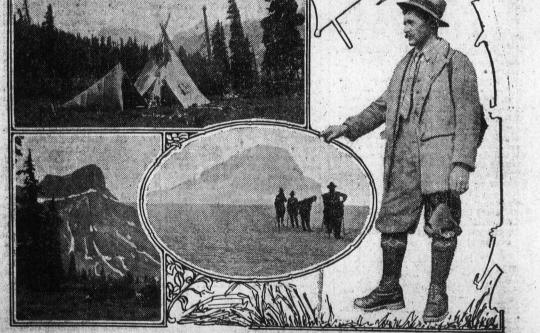
This disease occasionally causes heavy losses in the oat crops of East-ern Canada and Eastern and Central States of America. It attacks also barley, wheat and bluegrass to a limited extent. So says Prof. Dan-Jones, Ontario Agricultural College. It is most noticed in the spring and early summer when it causes the and early summer when it causes the young plants to turn yellow, brown and red, withering them up. In the latter part of the season it induces blast in the beeds blast in the heads. Its spread and the amount of

damage it causes is largely dependent on weather conditions. The seasons when much rain, cloudiness and muggy weather prevail are the sea-sons most favorable for its development.

ment. Frimary infection is chiefly through the stomato resulting from spattering of the leaves by the rain with the organisms from the soil. Two species of bacteria working together are considered necessary to cause the disease. They are found in the soil. They do not, however, affect the plant through the root. Little can be done to prevent or control this disease except to select and breed resistant varieties.

### Honesty Pays.

Honesty Pays. The man who aspires to the accomp liehment of things worth while in the realm of pedigreed live stock, must realize that his integrity as a preder will be one of his greatest assets, and he must guard it, as he would his stocks, from foul admir-trees. As his berds and flocks in-crease and his business expands, he must make certain that, at the same time, there grows up a reputation for about honesty and tair dealing. Only by the help of these essentians can he expect his business to endure and yield to him satisfaction and profits.



Top Left.—Encamped near the Columbia Ice Field. Mount Columbia, second highest peak in the Backles, is seen in the background. Balow.—One of the peaks recently scaled for the first time in history.

Inset.—Field-Harris party nearing their objective. Right.—Edward Fues, famous Canadian Pacific Rall-way Swiss guide, who led the Field-Harris expe-dition, conquering five new peaks in the Col-2 umbia Ice Field.

The peaks in the Canadian Rockies have just been onto the end of the the interval of the the first time by three Harvard and Hotch, and the the end of the first time by three Harvard and Hotch, and the end of the the famous Columbia ice field are Osgood Field.
The famous Columbia ice field are Osgood Field, and the end of the the end of the the end of the the end of Canadian Pacific Railway guide the end of the end