

Banking by Mail

The security afforded by the Province of Ontario Savings Office, together with the facilities extended by every Post Office in Canada and other countries, make it possible for everyone to deposit their savings in this institution. Interest is allowed, compounded half-yearly, with full checking privileges.

The confidence the rural communities have shown in this Savings Office is indicated by the large increase in deposits, which are now over \$20,000,000.

All deposits are secured by the entire resources of the Province of Ontario.

Remittances should be made by Post Office money order, bank cheque, express order or registered letter, and should be addressed to your nearest Branch, where they will receive prompt attention.

Province of Ontario Savings Office

HEAD OFFICE: 15 QUEEN'S PARK, TORONTO

Toronto Branch Offices:

Cor. Bay and Adelaide Sts.	Cor. University and Dundas Sts.
519 Danforth Avenue	

Other Branches at:

Hamilton,	St. Catharines,	Pembroke,
Brantford,	Woodstock,	Ottawa,
Seaford,	Walkerton,	Newmarket and Aymer.

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.

If you are overweight you are not quite so healthy as you would be if you were the correct weight. Besides, there is danger. Statistics prove that the overweight die young. The death-rate from pneumonia among people of excessive weight is very heavy. Bright's disease carries off large numbers of them, and high blood pressure takes a heavy toll. To sum matters up, the motto is plain and self-evident. If you are overweight, you should reduce, and when you get your weight down, keep it down. The great trouble is that many people start to reduce, but comparatively few have the will-power or determination to stick for any length of time to their good resolutions.

The normal man is about twelve per cent. fat. If a man eats each day just a little more food than he uses in his work, and keeps it up, he puts on fat. The amount of excess food required is slight. For instance, an experiment was made by working out a nutritional balance, and then adding two slices of bread and a good sized helping of butter to the daily diet. This was enough to add on fifteen pounds in a year. In all cases obesity results from a disturbance of nutrition. Too much food of all kinds is eaten, and not enough exercise is taken. The body cannot burn the food up into the final products of combustion—carbon dioxide and water. The system cannot get rid of the excess of food, particularly the starchy foods, so it converts it into fat and stores it in the tissues. If the food did not come in such large quantities and at such frequent intervals, if the body were given time and opportunity to oxidize the food by work, it would take the materials essentially needed, burn up the rest, and not be burdened by excessive deposits of fat. Generally speaking, lazy people are fat people. The prevention of obesity rests on regulation of diet, habits and exercise. No more food should be taken than can be used up by the body. All excessive diet of sugar, starch foods and malt liquors should be avoided. The real burning up of food is not accomplished in the stomach, but in the lungs and muscles. Keep your lungs and muscles active.

The treatment for those who suffer, is chiefly along the above lines. Stop feeding the trouble. The diet should be cut to at least one-half the usual amount. Fats and sugars and starches should be limited a little more than the proteins. The amount of liquids should also be limited. Indolence and disinclination to exercise should be strenuously combated. Too much sleep or idle lying abed should not be encouraged. Invalids not able to take

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"The Standard by which other Irons are Judged."

YOU can now obtain a genuine Hotpoint iron for \$5.50. This famous electric servant has for years been the first choice among discriminating housewives. The thumb rest—an exclusive Hotpoint patent—eliminates all strain on the wrist. This is the iron with the famous hot point.

Your dealer sells Hotpoint Irons

A Canadian General Electric Product.

Seed Potatoes

Irish Cobblers and Green Mountains.

Grade A, \$1.50 per bag f.o.b. Brampton or Toronto. Cash with order. Lots of 5 or more bags 10 per cent. less.

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P.O. Box 38 Brampton, Ont.

WE WANT CHURNING CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

Our Present Price is 37 Cents Per Pound Butter Fat.

Nett to you at your station.

Price is subject to change without notice. To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

Bowes Company Limited, Toronto

For references—Head Office, Toronto, Bank of Montreal, or your local banker. Established for over thirty years.

ONTARIO BREED BETTER STOCK LIVESTOCK Improvement Committee

A dairy cow is not worth keeping unless she produces 6,000 pounds of milk or over per year.

Don't support a low producing herd. Start now to weed out the poor ones. Breed the best ones to good bulls and feed properly—then watch results.

Does it pay? Ask the successful dairy farmer.

BETTER BULLS PAY

Prosecuted.

active exercise should practice passive movements. The skin and kidneys should be kept active.

In most cases people can fight off fat if they are determined and persistent in their efforts.

Wasps and Bees Know Color and Have Favorite Shades.

Wasps have a keen sense of color. Lord Avebury placed colored paper over a wasp's nest with a hole to allow free entrance. He constantly removed the papers to various distances from the nest, replacing them by others of different colors. The wasps flew to the colored papers to which they became accustomed.

Bees, too, have a very keen sense of color, and the ability to discriminate between variations in shades. Blues are favorites, including pale blue and violet, and though purple reds are visited and in favor, yet scarlets are disliked. Yellows or greens are passed by if flowers of more favored colors are present.

In some of the delightful rural spots in England people still believe that bees are interested in world affairs, especially when these affairs affect their owners. Failure to inform the bees is a serious breach of confidence, so grievous indeed that they are liable to die of disappointment. To prevent disaster it is customary to visit the hives and tell the news to decorate them on feasts and holidays and on the occasion of a marriage or a birth, to use colored cloth, while a death puts the bees into mourning and black crepe is fastened to the hives. Good news or bad, the owner taps three times and tells all he can. It is always better to use the front-door key to tap with.

WHEN THE SYSTEM IS ALL RUN DOWN

Often All That is Needed is a Tonic to Build Up the Blood.

There are many women who have been invalids or semi-invalids so long that they accept their condition as a life burden. They have endured broken sleep, stomach trouble, nervousness, headaches and weakness so long that they have given up hope of enjoying good health. In most of these cases a well chosen diet, fresh air and a tonic to build up the blood would do wonders. To all run-down, nervous people the experience of Mrs. H. J. Cameron, Waterville, N.S., will be of deep interest. She says:—"About two years ago I was in a miserable run-down condition. I was unable to do my work, my head ached day and night, my nerves were all unstrung, and for three weeks I could not eat or sleep. I then decided to give Dr. Williams' Pink Pills a trial and got six boxes. By the time I had used half of them I felt much better, and when I had taken the six boxes I was as well as ever. I could work all day and not feel tired and have been strong and healthy ever since. I have never taken any medicine that did me so much good and will always highly recommend Dr. Williams' Pink Pills.

You can get these Pills from any medicine dealer, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Good Beef Sires Pay.

Some men breed beef cattle for pleasure, but most men breed them for profit. If you expect to make profit you should breed what the butcher wants, who is the final judge of all block animals.

The butcher wants a steer low down, square, thick fleshed and fat. If you are using a scrub sire can you ever expect to produce such animals?

The answer is "no," because such sires do not possess the low down, blocky, thick-set form. A beef bull breeds into his calves what has been bred into him for generations. If this is scrub blood he will breed scrub calves. If it is good blood he will breed good calves.

The market wants thick, meaty steers, and will pay a premium for them. The right kind of a sire will put the meat over the back loins and in the thighs. This is what the butcher wants when he buys a steer.

If you are using a scrub sire you are producing steers that are small in size, thin fleshed over the back and loins, and which usually have a large paunch. This is cheap meat and sells for a low price.

Can you afford to continue this practice? Not if you expect to put your business on the same plane as the banker. If you do not have ready money most banks will loan you a sufficient amount to purchase a good beef sire.

A good sire will increase the milk production—will increase the fat production—will enable one to get more product from same amount of feed—will increase selling price of surplus stock. All these will increase the net profit.

The milk production of the heifers out of ordinary cows sired by Holstein, Ayrshire, Jersey, and Guernsey bulls increased over that of their dams by 64 per cent. The fat production increased by 52 per cent.

The second generation increased in milk production over the original cows 130 per cent. In fat production 109 per cent.

Try to find a short cut to success has developed a great many failures.

For Colds.

A Mystery of the Sahara.

Specimens of fish that swim beneath the sands of the Sahara Desert are being exhibited at the American Museum of Natural History.

They were taken from subterranean desert water-pools, and are not of rare species, as might have been expected. One kind is a member of the minnow family. Others resemble perch.

The presence of these fish in the desert remains a mystery. One theory is that the eggs are transported here in particles of mud, or weeds, carried in the claws of birds that visit the desert water-holes.

UNSURPASSED FOR CHILDHOOD AILMENTS

Mrs. Howard King, R.R. No. 5, Truro, N.S., says:—"I am the mother of four children and have always used Baby's Own Tablets when any of them needed a medicine, and I can recommend the Tablets as being unsurpassed for childhood ailments." Thousands of other mothers agree with Mrs. King as to the merits of the Tablets. There are thousands of homes throughout Canada where the Tablets are always kept on hand in readiness for the least sign of any of the minor ailments which afflict little ones. Baby's Own Tablets never fail to regulate the stomach and bowels, thus they banish constipation and indigestion; break up colds and simple fevers; relieve colic and bring the baby through that dreaded teething period in safety. The Tablets never do harm—always good—as they are guaranteed absolutely free from any injurious drugs. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"Say 99."

Why does a doctor always demand of a patient, as he applies his ear to the stethoscope: "Say 'ninety-nine'?" Why is that particular number chosen?

Why not "Say 'one hundred'?"

Sir William Hale-White, president of the Royal Society of Medicine, has let the secret out. He explained in a recent address on "Auscultation" (listening) that a physician can often obtain evidence of the condition of his patient's chest by noting how the spoken voice is carried through it. The trained ear can quickly discern whether the chest contains air, solid, or fluid.

Since the words "ninety-nine" are produced in the larynx, they are the most suitable for this test.

SORRY—ONLY TWO LEFT.

Bride—I bought three hams here recently and they were fine—

Butcher—I'm glad you liked them, lady.

Bride—Well, can you send me up three more off the same pig?

An English cattle dealer reports that recently he received 8 cents a pound less for Canadian hides than for English of similar quality on account of brand marks.

The moral standard of a country will always be set by the standard the women set.—Dame Beatrice Lyall.

A transparent umbrella, which permits the user to see where she is going, and scissors with interchangeable blades, are two novel inventions recently patented by women.

USE SIMONDS SAWS

Their teeth are of a toughness which makes them hold their keen cutting edge under every usage.

SIMONDS CANADA SAW CO. LIMITED
VANCOUVER MONTREAL ST. JOHN, N.B.

The Ritz-Carlton Hotel

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America's Smartest Resort Hotel.

Famous for its European Atmosphere.

Perfect Cuisine and Service.

Single rooms from \$5.00
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New Hydratric and Electro - Therapeutic Department.

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Old People

Bilro-Phosphate feeds the nerves and old people need it to make them feel and look younger. It's the one best nerve builder for weak, nerve-exhausted men and women and that is why we guarantee it. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Order from your grocer his best tea he'll usually send "Red Rose."

RED ROSE TEA

"is good tea"

The same good tea for 30 years. Try it!



He—"You remind me so much of my first wife. Will you marry me?"

She—"No. I wouldn't marry a man who could ever remember what his first wife looked like."

In Bulgarian Villages.

Bulgarian villages are very oriental in appearance, and most of the houses are built of mud or wood and rubble work.

For Sore Throat Use Minard's Liniment

The world's longest railway platform, the total length of which is 2,175 feet, has been created through the linking up of the Victoria and Exchange stations at Manchester.

BERMUDA

Ideal Spring Vacations
Only 2 Days from New York

Go in April and May
when Bermuda is ablaze with flowers—perfect days for rest or play.

Palatial, Twin-Screw Steamers
"FORT VICTORIA" and
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for DEAFNESS and HEAD NOISES

Price \$1.25
At All Druggists

DON'T DO THIS
FINDER ABOUT DEAFNESS ON REQUEST.
A. O. LEONARD, INC.
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For Liver Troubles-- Jaundice--Gallstones Flatulency--Acidity

Warner's Safe Kidney and Liver Remedy. A most reliable medicine used for nearly 50 years all over the world and attested by medical men and thousands of persons who found this remedy a great boon.

These troubles cause more suffering and disturbances in the human organism than any other.

Sufferers should not delay in putting faith into this remedy, as a trial will convince the most skeptical.

Sold by all druggists. Price \$1.25 a bottle. Warner's Safe Remedies Co., Toronto, Ont.

WARNER'S
Safe Kidney and Liver Remedy.

Genuine BAYER ASPIRIN

Say "Bayer" - Insist!

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians for 25 years.

Safe Accept only a Bayer package

which contains proven directions
Handy "Bayer" boxes of 12 tablets
Also bottles of 24 and 100—Druggists

Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing Co. of Monrovia, Germany.

Classified Advertisements

FREE CATALOGUE.

RASPBERRY BUSHES, GLADIOLAS, Iris, Peony, Fancy Dahlias and Barred Rock Eggs. The Wriggall Farm, Brockville, Ont.

MONEY TO LOAN.

FARM LOANS MADE. AGENTS wanted. Reynolds, 77 Victoria, Toronto.

Mapping Canadian Wilds.

Approximately 2810 miles were flown and 1700 photographs taken by the Royal Canadian Air Force in conjunction with the topographical survey in producing maps of the little known regions of Western Canada in 1924. Ground traverse work was also conducted by the survey and upon the completion of the latter it will be possible to plot an area of about 15,000 square miles.

Loud speakers sometimes need to be tuned down.

MURINE You Cannot Buy New Eyes

But you can Promote a Clean, Healthy Condition

YOUR EYES Use Murine Eye Remedy "Night and Morning."

Keep your Eyes Clean, Clear and Healthy. Write for Free Eye Care Book. Murine Eye Remedy Co., 9 East Ohio Street, Chicago

STIFFNESS

Rub in Minard's with the finger tips. It penetrates and heals. Removes inflammation. A remedy for every pain.

MINARD'S "KING OF PAIN" LINIMENT

ITCHY ECZEMA ALL OVER FACE

In Pimples and Blisters. Healed by Cuticura.

"Eczema broke out in pimples and blisters and spread all over my face. It itched and burned causing me to scratch which made it worse. I could not sleep on account of the irritation, and could hardly talk because the sore eruptions were all around my mouth. The trouble lasted several months.

"I tried everything I could get but nothing helped me. I began using Cuticura Soap and Ointment and got relief. I continued the treatment and in about eight weeks I was completely healed." (Signed) Wm. J. Romanchuk, Samburg, Sask.

Cuticura Soap, Ointment and Talcum are ideal for daily toilet uses. Sample each free by mail. Address Canadian Depot: "Cuticura, Ltd., Montreal." Price, Soap 25c, Ointment 50c and Talcum 25c. Cuticura Shaving Stick 25c.

ASK THIS HALIFAX NURSE

She Is Willing to Answer Letters from Women Asking About Lydia E. Pinkham's Vegetable Compound

Halifax, Nova Scotia.—"I am a maternity nurse and have recommended Lydia E. Pinkham's Vegetable Compound to many women who were childless, also to women who need a good tonic. I am English and my husband is American, and he told me of Lydia E. Pinkham while in England. I would appreciate a copy or two of your little books on women's ailments. I have one which I keep to lend. I will willingly answer letters from any woman asking about the Vegetable Compound."—Mrs. S. M. COLEMAN, 24 Uniacke Street, Halifax, Nova Scotia.

Could Not Sleep Nights

Dublin, Ontario.—"I was weak and irregular, with pains and headaches, and could not sleep nights. I learned about Lydia E. Pinkham's Vegetable Compound by reading the letters in the newspapers and tried it because I wanted to get better. I have got good results from it and I feel a lot stronger and am not troubled with such bad headaches as I used to be and am more regular. I am gaining in weight all the time and I tell my friends what kind of medicine I am taking. You may use my letter as a help to others."—Mrs. JAMES RACHO, Box 12, Dublin, Ontario.