

WELL SATISFIED WITH BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. Her use of them leads her to believe there is no other medicine to equal them for any of the many minor ailments of childhood. Concerning them Mrs. Eugene Boisvert, East Aldfield, Que., writes: "My baby was terribly constipated, but after the use of Baby's Own Tablets he is entirely well again. I am so well satisfied with the Tablets that I lose no opportunity in recommending them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

His Mistake.

He longed to find the road to fame, But not a highway bore that name. He thought to glory there must be A level path that he should see; But every road to which he came Possessed a terrifying name. He never thought that fame might lurk Along the dreary path called work. He never thought to go and see What marked the road called industry. Because it seemed so rough and high He passed the road to service by. Yet had he taken either way He might have come to fame some day.

"Pape's Diapepsin" Corrects Stomach.

"Pape's Diapepsin" is the quickest, surest relief for Indigestion, Gas, Flatulence, Heartburn, Sourness, Fermentation or Stomach Distress caused by acidity. A few tablets give almost immediate stomach relief and shortly the stomach is corrected so you can eat favorite foods without fear. Large case costs only 60 cents at drug store. Absolutely harmless and pleasant. Millions helped annually. Largest selling stomach correcter in world.—Adv.

The depth of water under a vessel can now be ascertained by the hydrophone, which works on the reflection of the sound of the ship's propeller from the ocean-bed.

Minard's Liniment for Dandruff.

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 the Parliament Bldgs., Toronto.

Good health, strong mentality and an active intelligent viewpoint on life for as many people as possible, are some of the things that Public Health activities are trying to foster and develop in this Province at the present time.

Success in one's chosen occupation is the aim of every man and woman of sense, and there are three rules for success. The first of these is: Go on. The second is: Go on. The third is: Go on. These are good rules, but to carry them out, a man or woman must have the necessary stamina, and the physical make-up must be so ordered and governed that a person need not lag behind in life's race through weakness of the flesh, even though the spirit is willing to succeed. Wendell Phillips says: "The best education in the world is that got by struggling to make a living." This is true if he who is engaged in the struggle is endowed among other things with a clear mind, a sturdy frame, and a good digestive apparatus. But disappointments and handicaps at every turn face the weakling—the man or woman who has not perhaps got a good start, and therefore has been handicapped all through childhood and the years at school.

Wasted opportunity, it is said, is the cause of most failures. How often, however, the wasted opportunity arises through inability of the person affected to grasp the importance of the situation, on account of dull mentality resulting perhaps through no

To My Son.

Do you know that your soul is of my soul such part. That you seem to be fibre and core of my heart? None other can pain me as you, dear, can do; None other can please me or praise me as you.

Remember, the world will be quick with its blame If shadow or stain ever darken your name; "Like mother, like son," is a saying so true: The world will judge largely of mother by you.

Be this, then, my task, if task it shall be, To force this proud world to do homage to me. Be sure it will say, when its verdict you've won, "She reaps as she sowed. —Lo, this man is her son!"

Disposal of Lumbering Slash.

The Dominion Forestry Branch is the pioneer in systematic slash disposal in Canada. On all timber sales in the Dominion-forest reserves, this is one of the terms of the contract. Slash disposal is now generally in effect in timber sales on unlicensed lands in the Dominion forest reserves. Operators find that, once their men become familiar with the work and recognize that it must be done, the cost is by no means prohibitive and competition with timber cut under other conditions is quite possible. The stumpage revenues to the Government are somewhat smaller by virtue of this requirement, but forest officers regard this as a good investment. On Dominion Crown lands under license, slash disposal is not effective, these lands not being under the jurisdiction of the Forestry Branch. In consequence, the fire hazard in forest reserve lands is greatly increased.

In British Columbia considerable progress has been made toward slash disposal in the Coast region, and a beginning has been made in the Interior. This is largely the result of co-operation between the B.C. Forest Branch and the operators, though there is now legislation under which slash disposal made by the operator and the forest protection fund. On the coast, broadcast burning is the rule, this in-

volving comparatively little additional expense. In the eastern provinces, however, broadcast burning is not feasible to any great extent, partly because of damage to the remaining undrained timber, and partly because in many cases the soil itself is highly inflammable. As a rule, under such conditions, slash must be piled for burning, and this necessarily involves material expense, in addition to the cost of burning, which has to be done under careful supervision.

GOOD HEALTH AND GOOD SPIRITS

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

When a doctor tells you that you are anaemic, he simply means, in plain English, that your blood is weak and watery. But this condition is one that may easily pass into a hopeless decline if prompt steps are not taken to enrich the blood. Poor blood, weak, watery blood is the cause of headaches and backaches, loss of appetite, poor digestion, rheumatism, neuralgia, nervous irritability and many other troubles. To poor blood is due the pimpled and blotched, the muddy complexion that disfigures so many faces. To have good health, a good complexion and a cheerful manner, the blood must be kept rich, red and pure. This is easily done through the use of a blood enriching tonic like Dr. Williams' Pink Pills. The whole mission of this medicine is to help enrich the blood which reaches every nerve and every organ of the body, bringing with 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 system. 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 condition 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' Medicine Co., Brockville, Ont.

As Time Passes.

I know that over yonder, just beyond the cloud so gray, A bird is sweetly singin' of the April an' the May, With the rainbow lightly playin' when the silver showers drop— Keep a tickin', Mr. Clock—an' don't you dare to stop. I know that over yonder, jes' beyond the leafless tree, A garden filled with blossoms tempts the butterfly and bee, With the perfume of the moonflower's breathin' out a silent song— Keep a tickin', Mr. Clock. The journey's not so long.

"Cascarets" If Sick, Bilious, Headachy

To-night sure! Let a pleasant, harmless Cascaret work while you sleep and have your liver active, head clear, stomach sweet and bowels moving regular by morning. No griping or inconvenience. 10, 25 and 50 cent boxes. Children love this candy cathartic too.

The Boy Scouts Association.

The Tenth Annual Meeting of the Provincial Council for Ontario of the Boy Scout Association held in Toronto on Friday, January 28th, was the most largely attended meeting that body has ever had, some fifty members of the Council and representatives from various sections of the province being in attendance. Mr. J. W. Mitchell, Vice-President of the Council, presided in the absence of the President, Mr. Gilbert E. Fauquier, who is spending the winter in Italy.

Reports presented to the meeting indicated that the organization in Ontario is now reaching practically 9,000 boys, there having been a substantial increase both in the number of troops and in public interest in the Scout movement since the early summer. It was also stated that the Provincial Board of Honour which deals with all applications for awards for life-saving, etc., dealt with seven meritorious cases during the first six months it was in office. Of these, two were for saving persons from death by fire, four for gallantry in water accidents, and one for specially good services rendered to the Boy Scout Movement. One boy saved two children from certain death in a fire which destroyed their home in which they were quarantined because they were suffering from scarlet fever. The scout not only performed the rescue at great risk to

Used Autos

BREAKER SELLS THEM; USED BY CARS of all types all cars sold subject to delivery up to 300 miles, or test run of same distance if you wish, in a good order as purchased, or purchase price refunded. BRING mechanic of your own choice to look them over, or ask us to take any car to city representative for inspection. Very large stock always on hand. Breaker's Used Car Market, 408 Yonge Street, Toronto.

himself, but in doing so contracted a severe attack of the disease. For the year 1921 Mr. Gilbert E. Fauquier, of Ottawa, was re-elected President, and Mr. W. K. George, of Toronto, Provincial Commissioner. Mr. J. W. Mitchell, of Toronto, and Rev. Fr. Hebert, of Ottawa, are the Vice-Presidents, and Messrs. H. A. Laurence and G. H. Ross respectively are the Provincial Secretary and Provincial Treasurer. The new Executive Committee consists of Sir John Eaton, C. Q. Ellis, A. B. Fisher, J. E. Ganong, J. G. Gibson, Lt.-Col. Hendrie, John G. Kent, Lt.-Col. Noel Marshall, C. B. McNaught, John A. Northway, A. J. Mitchell, J. F. M. Stewart, H. R. Tudhope, A. J. Gough and J. J. Vaughan. Messrs. Frank Arnold, K.C., H. A. Laurence, T. Albert Brown and A. T. Reid were re-elected to the Board of Honour.

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 New 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 to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York City, will be given a prompt reply. advt.

For Future Canadians.

A country with forests—and no country is more richly blessed in this regard than Canada—has a distinct obligation to see that these forests are conserved so that future generations shall not seriously lack one of the most important contributions to culture and comfort. Finland can teach us a good lesson in the proper care of the forests. Finland, like Canada, must depend in a large measure on the product of the forest to maintain and improve her economic status. To neglect this source of wealth is to invite national bankruptcy. It is most astonishing to us that Canadians have so largely failed to realize the absolute necessity for a proper forest policy for the whole Dominion.

Minard's Liniment Relieves Discomfort For a Chinaman to wear spectacles in company is considered an act of discourtesy.

In the French war zone, Arras now has a population of 41,500, Bethune of 20,000, and Lens of 9,000.

FREEZONE.
Corns Lift Off with Fingers

Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. It doesn't hurt a bit. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without a particle of pain.

Cause of Early Old Age
The celebrated Dr. Michenoff, an authority on early old age, says that it is "caused by poisons generated in the intestines." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound. 10

ASPIRIN

"Bayer" is only Genuine



Warning! It's criminal to take a chance on any substitute for genuine "Bayer Tablets of Aspirin," prescribed by physicians for twenty-one years and proved safe by millions. Unless you see the name "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, Tooth Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

BITS OF HUMOR FROM HERE & THERE

A Mistake.
Colonel (who suffers with corns)—"Look here, sergeant, I believe you have a man named Smith who is a chiropodist?"
Sergeant—"Misinformed, sir—'s Church of England."

New to Him.
"Have you any worth-while books in here?" asked the superior person.
"We have thousands of volumes, sir," replied the clerk. "I'm sure there is something in our stock to suit the most exacting taste. What do you require?"
"I want a book on synonyms."
"Just a moment, sir, until I speak to the boss. I don't believe we have any of—er—Synonym's works."

Boiled Locomotive.
Picking her way daintily through the locomotive plant, a young woman-visitor viewed the huge operations with awe. Finally, she turned to a young man who was showing her through, and asked:
"What is that big thing over there?"
"That's a locomotive-boiler," he replied. She puckered her brows.
"And what do they boil locomotives for?"
"To make the locomotives tender," and the young man from the office never smiled.

A Purchasable Article.
A Belgian woman, who lost her husband in a railroad accident, received from the company \$2,000 by way of compensation. Shortly afterwards she read of a traveller getting twice as much for the loss of a leg. She went to the company and protested that the difference was unfair.
"Madam," said the official, "the two awards are perfectly fair. Four thousand dollars won't provide the man with a new leg, but for \$2,000 you can easily get a new husband."

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

A Kindly Word.
"Oh, let the sympathy of kindly words Sound for the poor, the friendless, and the weak, And He will bless you! He who struck these chords Will strike another when in turn you seek."

Women in the United States now number nearly 30,000,000.

MOTHER!

"California Syrup of Figs" Child's Best Laxative



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California."

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

"Pain's enemy" —I'll say it is!

WHEN you want quick comforting relief from any "external" pain, use Sloan's Liniment. It does the job without staining, rubbing, bandaging. Use freely for rheumatism, neuralgia, sprains and strains, backache, sore muscles.



Keep it handy At all druggists

Classified Advertisements.

THE TORONTO FREE HOSPITAL, near Weston, Ontario, in affiliation with Bellevue and Allied Hospitals, New York, offers to young women desirous of becoming qualified nurses a three-year course of general training; attractive residence; single rooms. For salary and other information apply Lady Superintendent, Toronto Free Hospital, Weston, Ontario.

MINARD'S "KING OF PAIN" LINIMENT

RHEUMATISM
Lumbago, Neuralgia, or any other pain, apply Minard's Liniment to the aching spot and get quick relief. Minard's is the remedy your grandmother used. There is nothing to equal it. FOR SALE EVERYWHERE.

The New Car.
Pedestrian (conversing with friend in automobile)—"Is it a self-starter?"
"No, I have to crank the old boat. I'll say she's a self-stopper, though."

Wily Tommie.
Tommie—"Grandma, if I was invited out to dinner some place, should I eat pie with a fork?"
Grandma—"Yes, indeed."
Tommie—"You haven't got a piece of pie around the house that I could practice on, have you, grandma?"

Although ducks, of which there are nearly 200 species, are the most numerous in northern regions, they are found all over the world.

You don't have to suffer **BAUME BENGUE** relieves pain of headache, neuralgia, sciatica, lumbago, rheumatism. BEWARE OF SUBSTITUTES! THE LEEMING BROS. CO., LTD. MONTREAL. Agents for Dr. Baume Bengue RELIEVES PAIN

"DANDERINE"

Girls! Save Your Hair! Make It Abundant!



Immediately after a "Danderine" massage, your hair takes on new life, lustre and wondrous beauty, appearing twice as heavy and plentiful, because each hair seems to fluff and thicken. Don't let your hair stay lifeless, colorless, plain or scraggy. You, too, want lots of long, strong, beautiful hair. A 35-cent bottle of delightful "Danderine" freshens your scalp, checks dandruff and falling hair. This stimulating "beauty- tonic" gives to thin, dull, fading hair that youthful brightness and abundant thickness.—All druggists!

MONTH OLD BABY HAD SKIN TROUBLE

On Face and Hands. Itched and Burned. Cuticura Heals.

"My baby was only a month old when her face and hands started to get red and scaly. The eczema started in the form of water blisters and itched and burned. She was so cross and fretful she could not sleep."
"It lasted nine months when I tried Cuticura Soap and Ointment, and I used three cakes of Soap with two boxes of Ointment when she was healed." (Signed) Mrs. Oscar Pilon, Amherstburg, Ontario, May 7, 1918.
Cuticura Soap, Ointment and Talcum are all you need for all toilet uses. Bathe with Soap, soothe with Ointment, dust with Talcum.
Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Dept: Lyman, Limited, St. Paul St., Montreal.
Cuticura Soap always without soap.

WANTED

Send for list of inventions wanted by Manufacturers. Fortunes have been made from simple ideas. "Patent Protection" booklet and "Proof of Concealment" on request. HAROLD C. SHIPMAN & CO. PATENT ATTORNEYS 20 SHIPMAN CHAMBERS, OTTAWA, CANADA

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The Sweetness of Wheat and Malted Barley is the sweetness of **Grape-Nuts**

The delicately rich flavor, natural to the grains, is developed through 20 hours baking. Grape-Nuts needs no added sugar, and is rich in nourishment of a form easy to digest.

This ready-cooked food is economical "There's a Reason"