

OUR ROYAL COWBOY

Only a few weeks ago a prominent Labor Member of Parliament stated that the Prince of Wales was "just like one of us," says an English writer. Not only is this true of the people of Britain; by reason of his being a ranch-owner, H.R.H. is also "just like one of us" to Britons overseas.

In days gone by, those who had "blue" blood in their veins prided themselves on their inaccessibility. But our present King is both monarch and man, and the four princes—yes, and the princess, too—resemble him, and are often seen taking part in our sports and pastimes. They also know a good deal about the business side of life.

A huge number of people have chatted to, and shaken hands with, the future King. After his successes on the hunting-field, the racetrack, and the polo-ground, the Prince's holiday this year will consist of a trip to his ranch in Canada, where he will take up the duties of a cowboy; and, in so doing, become the envy of at least half the small boys in Britain.

The Prince's Ranch.

It will be remembered that in August, 1919, the Prince sailed from England for a three months' tour of Canada and the United States. After receiving an enthusiastic welcome from the many large towns he passed through, the Prince made up his mind that he would take a short holiday right off the beaten track.

He had two reasons for choosing a ranch for this purpose. He wanted to know exactly how the men and women lived who toiled out on the prairies, and, like all other boys, he had delighted in his younger days in reading stirring tales of cowboys' adventures.

The Prince's choice fell on Bar U Ranch, owned by Mr. George Lane, and situated in the south-east of the province of Alberta. H.R.H. only stayed a very short time with Mr. Lane, but he was so taken with the free-and-easy life that he made up his mind to have a ranch of his own. So it came about that at a farewell dinner in Winnipeg he announced to a delighted audience that he had bought Beddingfield Ranch.

This ranch, which comprises 4,000 acres of prairie, adjoins the land owned by Mr. Lane, who arranged the purchase. Better known as "E. P. Ranch," the ground bought by the Prince lies near the middle fork of the Highwood River. The nearest market-place is Calgary, with its 50,000 population. This town has grown up in only twenty years.

Red Indians as Neighbors.

Nestling in the foothills of the Rocky Mountains, the E. P. Ranch is in an ideal position for the rearing of prize cattle. It would also make a good setting for an adventure story, because, at no great distance from Beddingfield, is the chief village of the Stony Creek Indians.

This tribe honored the Prince, when he visited them, by making him their chief under the name of Chief Morning Star. For the ceremony the King's eldest son had to dress up in full war paint, and take part in a long and serious investiture, which incorporated all the tribal rites and customs.

During this week the Prince will leave for his second trip to Canada, which he is undertaking solely for the sake of passing an enjoyable month on his own ranch. Travelling as the Duke of Cornwall, he will sail to Quebec on board an ordinary ocean liner, and, during his stay in British North America, he will not take part in more than one or two public functions. It is to be a complete "rest," and all Britishers agree that he deserves it.

It is certain that all the ex-soldiers who are employed on the E. P. Ranch, and W. L. Carlyle, the manager, will be delighted to have the Prince with them. Once again Mr. Lane of Bar U will act as host to H.R.H., but Mr. Lane's task will not be difficult, as the Prince has insisted upon sleeping either in a log cabin or a tent. His days will be fully occupied in roaming the acres and acres of grassland, and in helping his workers to perform the many and varied duties which keep a cowboy "at it" from sun-up to sun-down.

The Car's Baby.

The motor-car was a thing unknown to a native of an out-of-the-way part of Alaska, and he was astonished one day when he saw one go by without any visible means of locomotion. His eyes bulged, however, when a motor-cycle followed closely in its wake and disappeared like a flash around a bend in the road.

"Gee whizz!" he said, turning to his son, "who'd 'a' s'posed that thing had a colt?"

The culture of pecan trees is to be tried in China.

Classified Advertisements

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WE HAVE AN ENQUIRY FOR A WASHINGTON Hand Press that will take 3 pages of columns long. Write Publishing Co., Ltd., 18 Spadina St., Toronto.

DELICATE GIRLS NEED NEW BLOOD

Rich, Red Blood Means Health and Strength.

The anaemia of young girls may be inherited, or it may be caused by bad air, unsuitable food, hasty and irregular eating, insufficient out-of-door exercise and not enough rest and sleep.

It comes on gradually, beginning with languor, indisposition to mental or bodily exertion, irritability and a feeling of fatigue. Later comes the palpitation of the heart, headaches, dizziness following a stooping position, frequent backaches and breathlessness. In a majority of cases constipation is present. There may be no great loss of flesh, but usually the complexion takes on a greenish-yellow pallor.

Cases of this kind, if neglected, become more serious, but if taken in time there is no need to worry. Dr. Williams' Pink Pills, which are free from any harmful or habit-forming drug, are just the tonic needed to remedy this wretched state of health. Though it is not noticeable, improvement begins with the first dose. As the blood is made rich the pallor leaves the face, strength and activity gradually return and the danger of relapse is very slight.

If any symptom of anaemia appears, prudence suggests that Dr. Williams' Pink Pills should be given at once, and the sooner they are taken the more speedily will their action improve the blood. You can get these 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.

Finding the Weight of Fish by Measuring Them.

In a camp where there are no scales at hand to weigh the prize some one is sure to catch a big fish. Here is a simple formula for determining the weight of a fish from its length and its greatest girth in inches: Square the girth in inches; multiply the result by the length in inches and divide the product by 800.

For large sea fish, like the tarpon, that are symmetrical in form the rule gives a close approximation to the exact weight, and indeed for symmetrical fish of any kind the formula is accurate enough to be useful. The following examples of its accuracy are taken from the records of fish entered in the fishing contests of a sporting magazine:

A striped bass that took a first prize was 49½ inches long and 28 inches in greatest girth. The weight as found by the formula was 48½ pounds; by scales it was 48 pounds.

A trout that took a first prize was 24 inches long and 14½ inches in girth. It was reported as weighing 7 pounds; the formula gives 6½ pounds. In the rainbow trout class a first prize went to a fish that actually weighed 13½ pounds and that was 33 inches in length and 18 inches in greatest girth. The formula gives a weight of 13 pounds and 6 ounces.

Even in the case of comparatively small fish that are symmetrical the formula gives fairly accurate results. For example, a brook trout that was 15½ inches in length and 11 inches in girth weighed 2½ pounds. The formula gives a weight of 2 pounds and 6 ounces.



The Acid Test.

Military Expert—"There is one more test this bullet-proof shirt of yours must undergo before we can accept it."

Inventor—"And what is that?"
M. E.—"You must allow us to send it to one of the laundries."

Russian Iron Ore.

More cheering than most news from Russia is the report that a vast vein of iron ore has been discovered in the province of Kursk, three hundred miles south of Moscow. The vein is one hundred and fifty miles long and lies at a depth of from five to eight hundred feet. Many years ago it was observed that the compass in that region was deflected as much as fifteen degrees from the magnetic north, but why it was deflected was not then discovered.

Our bodies are constantly changing, our nails grow, our hair grows. Scientists tell us we have an entire new body once in seven years. If our minds are active we will be able to see things differently than we did last year.

Farmers' organizations in South Africa have destroyed during the last five years 66,184 baboons, 224,642 jackals, 18,380 lynxes, and 54,963 wild cats; there are, however, enormous numbers still remaining.

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.

On the international boundary between British Columbia and the State of Washington stands a large white arch of artistic design. Along the top of the arch is inscribed in the stone-work these words: "Children of a Common Mother." In the arch below are two iron gates, wide open, and cut into the wall above is the significant phrase: "May these gates never be closed."

It is a nice idea, this memorial arch built to commemorate 100 years of peace and concord between Canada and the United States. It brings pleasant thoughts, and pleasant thoughts bring a general feeling of comfort and well-being.

In our efforts to promote good health among the public, I think this question of our mental attitude towards our neighbors or even towards the members of one's own family, has not been given the attention it deserves. We have emphasized the value of a healthy body; we have warned people against the practice of neglecting seemingly trifling ailments until they become chronic; we have told the dangers arising from a focus of infection poisoning the blood and damaging the heart, kidneys, etc. These and many more dangers we have pointed out, but have we made it plain that without a contented mind, the body will never be healthy? If we are incessantly worried about something or other, if we harbor a grudge

against some person, if we do not live with peace and harmony in the family circle, think of what may happen, and is likely to happen. First of all, our sleep will be impaired at night. Loss of sleep will bring about irritability and nervousness. These latter will affect our digestive apparatus and cause loss of appetite, heartburn and many other symptoms of physical illness. Yet the primary cause of all the trouble is mental. We sometimes hear of individuals suffering from an "attack of nerves," and while the cause may have something trifling, it is a very real cause to the sufferer and may be attended with a complete breakdown in health.

In this post-war period of unrest and distress among the nations, the Memorial Arch between Washington and British Columbia stands forth as something refreshing and hopeful. It tends to allay international hysteria and sets an example which the rest of the world might follow with advantage.

The value of courtesy and friendship is no more necessary among nations than among individuals. Let us by all means have pure water and safe milk; let us have sanitary conveniences and garbage disposal plants, but in our efforts to promote good health and protect ourselves against the ravages of disease let us never forget the value of a happy, contented mind, and harmonious relations with those with whom we come in contact.

CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded summer complaints. They are an absolutely safe medicine, being guaranteed by a government analyst to contain no opiates or narcotics or other harmful drugs. They cannot possibly do harm—they always do good. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Made Their Own Rain.

Visitor—"Why is it your onions look so much better than anything else in this dry weather?"

Farmer—"Well, you see, whenever I work them they make my eyes water so they get all the moisture they need."

Service of Music Clubs.

The music club can absolutely fix and maintain the standard of musical appreciation of its community. It can make a music loving community out of an indifferent or really antagonistic atmosphere. The pioneer work of a music club is directly responsible for most of the visits of prominent artists to the cities, while indirectly the musical progress of the community can be invariably traced to the unselfish work accomplished by the club's agency.

But after all a real musical Canada depends upon the musical education of our boys and girls while they are in the public schools. And we have never yet had the proper recognition given to music by all our public schools, in fact, very few of them have even approximated it. The music club can render a very definite service in its community by securing, through enlightened public opinion, the proper recognition of music in the school curriculum. It can encourage the establishment of music appreciation classes, classes for the study of applied instrumental music, and of public school orchestras which will ultimately provide the material for the symphony orchestras, and will undoubtedly make for the greater appreciation of music as played by the visiting orchestras which come from larger musical centres.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

We cannot make progress towards perfection ourselves unless we earnestly seek to carry our fellowmen along with us.—Professor J. C. Schairp.

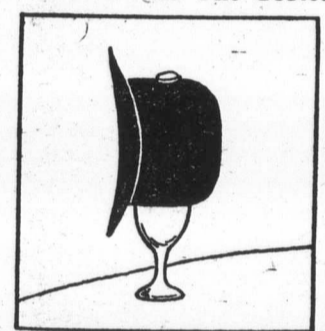
Some souls live in a house of mirrors. They see only self whichever way they turn.

Keep Minard's Liniment in the house.

EASY TRICKS

No. 42

The Coin And The Goblet



Put a derby hat on a goblet as in the illustration. Put a half dollar on the top of the hat.

The problem is to knock the hat away so that the half dollar will fall into the goblet. There are two ways in which the trick may be presented. The first is to tell what is to be done and letting your friends try it. After they have failed, as they will, you can show how easy it is to do it. The better way is to practice the trick until you can do it well. Then do the stunt, relying upon your skill to hide the method by which the result is accomplished. Pretend to strike the hat two or three times as if you were gauging the amount of force needed and the exact direction of the blow. When you strike, however, do not strike the outside of the hat. Strike inside, as near the brim as possible. If you do it that way, the coin will fall into the glass. A little clever acting will persuade your friends that you struck where you pretended you were going to strike—on the outside of the hat. Try it.

(Clip this out and paste it, with other of the series, in a scrapbook.)

Ask for Minard's and take no other.

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OLD CHUM

The Tobacco of Quality



He Does It's Burnt.

"He's got money to burn."
"And is always having a hot old time of it, I suppose?"

Early Start.

In an essay entitled "Our Country" a student, after referring to the Antipodes, explained:

"One reason why we keep so far ahead of other nations is because we are getting up and going to work every morning while people on the other side of the globe are just going to bed."



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The Kangaroo.
The kangaroo is a very gentle and timid creature, and generally defensive. You will notice, if you see one at the Zoo, how it will sit on its tail and rest. Its hind foot has a fourth toe, enormously developed, and a great hoof-like nail. It is said to use its fore-arms for clutching an enemy and holding it where it can kick out with its hind foot.

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Toronto, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache and for weak and dreary feelings caused by my condition. Sometimes I felt so bad that I couldn't do my housework. My neighbor told me of your medicine and I read about it in the 'Toronto Telegram' and thought I would take it. I got very good results. It built me up and I have told several friends what it has done for me. You may use this testimonial as it may be of help to some one who has suffered as I have."—Mrs. J. LEE, 25 Harvie Ave., Toronto, Ont.

Mrs. Lee is willing to write to any girl or woman suffering from such troubles, and answer any questions they may like to ask.

Women suffering from female troubles causing backache, irregularities, pains, bearing-down feelings and weakness should take Lydia E. Pinkham's Vegetable Compound. Not only is the worth of this splendid medicine shown by such cases as this, but for nearly fifty years letters like this have been received from thousands of women.

You might be interested in reading Mrs. Pinkham's Private' ext-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario.

ISSUE No. 78-23.

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