

Sometime! Why not this time?

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

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.

Mark Twain's opinion of man is not very flattering on occasion. He sees human weaknesses and limitations very clearly and tells about them in his own humorous and interesting way. "Man can't sleep out of doors," says Mark, "without freezing to death or getting rheumatism; he can't keep his nose under water over a minute without being drowned. He's the poorest, clumsiest excuse of all the creatures that inhabit the earth. He has to be coddled, swathed and bandaged to be able to live at all. He is a rickety sort of thing any way you take him—a regular British museum of inferiorities."

"He is always undergoing repairs. A machine as unreliable as he is would have no market. "The lower animals appear to us to get their teeth without pain or inconvenience; man's come through after months of cruel torture at a time when he is least able to bear it. As soon as he gets them, they must be pulled out again. "The scot sleep out of doors," says Mark, "without freezing to death or getting rheumatism; he can't keep his nose under water over a minute without being drowned. He's the poorest, clumsiest excuse of all the creatures that inhabit the earth. He has to be coddled, swathed and bandaged to be able to live at all. He is a rickety sort of thing any way you take him—a regular British museum of inferiorities."

SPRING WEATHER HARD ON BABY

The Canadian Spring weather—one day mild and bright; the next raw and blustery, is extremely hard on the baby. Conditions are such that the mother cannot take the little one out for the fresh air so much to be desired. He is confined to the house which is often over-heated and badly ventilated. He catches cold; his little stomach and bowels become disordered and the mother soon has a sick baby to look after. To prevent this an occasional dose of Baby's Own Tablets should be given. They regulate the stomach and bowels, thus preventing or relieving colds, simple fevers, colic or any other of the many minor ills of childhood. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Every person has two educations—one which he receives from others and one, more important, which he gives himself.—Gibbon.

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Steers in Middlesex County

Only one farm in five where grade bulls were used did steers return a profit over the value of the feed consumed.

The steers on over 80% of the farms where good Pure Bred Bulls were used returned large profits over value of feed consumed.

USE PURE BRED BULLS

The Illusion of War.

War is abhorred and yet how sweet The sound along the marching street Of drum and fife, and I forget Wet eyes of widows, and forget Broken old mothers, and the whole Dark butchery without a soul.

Without a soul, save this bright drink Of heady music, sweet as hell; And even my peace abiding feet Go marching with the marching street. For yonder, yonder goes the life And what care I for human life?

The tears fill my astonished eyes And full my heart is like to break And yet 'tis all embannered lies, A dream these little drummers make.

O it is wickedness to clothe You hideous, grinning thing that stalks Hidden in music, like a queen, That in a garden of glory walks, Till good men love the thing they loathe.

Art, thou hast many infamies, But not an infamy like this— Oh, snap the fife and still the drum, And show the monster as she is.

—Richard Le Gallienne.

A RELIABLE TONIC FOR SPRINGTIME

Dr. Williams' Pink Pills Give New Health and Vigor.

Not sick—but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble.

Do not dose yourself with purgatives, as many people do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. Any doctor will tell you that this is true. What you need in the spring is a tonic that will enrich the blood and build up the nerves. Dr. Williams' Pink Pills do this speedily, safely and surely. Every dose of this medicine helps to enrich the blood, which clears the skin, strengthens the appetite and makes tired, depressed men, women and children bright, active and strong.

Proof of the value of Dr. Williams' Pink Pills when the system is run down is shown by the case of Mrs. Lillian Lewis, South Ohio, N.S., who says:—"About a year ago I was badly run down. My appetite was poor, I did not sleep well and my nerves were all unstrung. I could not go upstairs without stopping to rest. As I was a long way from a doctor I decided to take Dr. Williams' Pink Pills, and in the course of a few weeks I felt like a new person. As an all around restorative I can heartily recommend this medicine."

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

Self-Made Monarchs.

In many a group of the East or West Indies, one hears now and then of a white man who has made himself the potentate of some little island unknown to the outside world. The Ross dynasty in the Cocos Islands is a famous case in point, and there are several others.

Early in the nineteenth century a certain French adventurer, Baron de Thierry, at the head of a hundred followers recruited in Australia, proclaimed himself King of New Zealand. He soon discovered, however, that to be a successful king a man must have money, and it was the lack of this that caused the desertion of his subjects and the consequent collapse of his "kingdom."

A man named Antoine de Tounens established a monarchy in Araucania, a country just south of Chile. Antoine was luckier than de Thierry in that he succeeded in escaping to France when his people rebelled against him. He died in 1880 in comparative poverty, bequeathing his crown to his secretary, who, however, wisely elected to govern his kingdom from the safe vantage-ground of his rooms in Paris!

A self-elected potentate who wielded considerably more power than any of those already mentioned was William Webster, "King of Watou." Webster, an American citizen, was formerly a ship's carpenter on a whaler, but had deserted and joined a little band of settlers scattered here and there in Auckland. The great Coromandel chief known as Hooknose took a fancy to this deserter, who married his daughter.

He then established trading stations all over the Gulf and Firth of Thames, through which he reaped a large profit when immigration to New South Wales began on a large scale, buying maize and potatoes from the natives and shipping them to Australia. He also kept a boarding house at the native village of Hershshire for the benefit of the numerous adventurers who kept coming and going.

Hard work may bring you wealth; saving it requires resourcefulness and often courage.

Flattery is the praise we hear given to other people.

Minard's Liniment for Colds.



With The BOY SCOUTS

Fire Marshal Praises Scouts.

The Scout Troops of Woodstock recently had a visitor in the person of Deputy Fire Marshal J. W. Pointon, of Toronto, who addressed them on fire-prevention methods. Mr. Pointon made the statement that Woodstock was the first city he had found in Ontario in which the Scouts were taking courses of instruction on fire-prevention. Recently a fire was halted in its early stages by the good work of two Woodstock Scouts, this being a direct result of their training.

U.S. Scouts at Sarnia.

A splendid spirit of co-operation exists between the Boy Scouts of America and the Canadian Boy Scouts at all towns and cities along the Canadian-American border. This was recently demonstrated at Sarnia, where the Scouts of the 11th Port Huron Troop, Boy Scouts of America, presented their fine play, "The Boy Scouts," under the auspices of the 2nd Sarnia Troop.

A Library Helps Scouts.

Ashcroft, B.C., has a public library which takes particular interest in Boy Scout readers. The librarian, in addition to making available books on subjects of general interest to Scouts, has picked out a set of 66 books covering the 66 proficiency badges which Scouts can earn. This is a great help to the local troop. Show this note to your local librarian and see if something similar can be arranged for your troop.

A Boy Scout Orchestra.

Bridgeburg, Ont., has a fine Boy Scout orchestra. They recently gave their first public entertainment and were greeted by a splendid audience. Scoutmaster Bruce Hogg is the leader.

Mr. Irwin at Perth.

Assistant Provincial Commissioner Frank C. Irwin, of Toronto, spent an evening recently with the 1st Perth Troop. This is one of the oldest troops in the eastern part of the province and has been doing consistently good Scouting ever since its inception. It is fortunate in the possession of a very fine camp property on Rideau Lake, just at the end of the Tay Canal. Here it has a big stone house, a bunk house, row boats and a disappearing propeller motor boat. This property was given to the troop by a Perth lady who has always been most appreciative of the good work Scoutmaster Holmes has been doing for the boys of Perth.

An Old Boy Returns.

Way back in 1912 a little fellow joined the 10th Ottawa Troop under the then Scoutmaster, Mr. W. A. Proctor, and played away and worked away until he became a First Class Scout. But that was not enough; he sought knowledge, and finally there were 23 bright proficiency badges in rows on his arms. He kept on with the Troop through many affairs up hill and through defeat, but one day it changed

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ASPIRIN

Proved safe by millions and prescribed by physicians for

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Accept only "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 Manufacture of Monacette-ascender of Salicylic Acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Classified Advertisements

REMNANTS.
BARGAIN PARCEL, \$2.50 LBS.
Patches, \$2.00. McCree, Chatham, Ontario.

FREE CATALOGUE.

RASPBERRY BUSHES, GLADIOLAS, IRIS, PEONY, FANCY DAHLIAS and Barred Rock Eggs. The Wright Farm, Brockville, Ont.

AGENTS WANTED.

AGENTS WANTED TO EARN five to ten dollars daily selling Hosiery for the family, from mill to consumer. Samples free. Sterling Hosiery Mills, Toronto, Ont.

MONEY TO LOAN.

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

Golf in Germany.

When the war broke out golf was just beginning to be popular in Germany. It now seems likely to regain its old standing. The Berlin Golf Club, says a despatch from that city, will soon open its new eighteen-hole course—an event that, even if it should please no one else, is sure to please the diplomatic corps in Berlin, especially the members of the American, the British and the Japanese embassy. The most flourishing golf club in Germany is at Bremen, where there are large American and English colonies of cotton merchants. Baden-Baden, Hamburg, Wiesbaden, Munich, Frankfurt, Cologne and Dresden also have golf courses.

Many a sharp answer is made in blunt language.

BURNS!

Mix Minard's with sweet oil and apply at once. It removes inflammation, stops the pain and heals quickly.



Nervous People

That haggard, care-worn, depressed look will disappear and nervous, thin people will gain in weight and strength when Nitro-Phosphate is taken for a short time. Price \$1.00 per package. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

BOTHERED WITH LARGE PIMPLES

Burned and Made Face Sore. Cuticura Healed.

"For four years I was bothered with hard, large, red pimples in blotches on my face and neck. The pimples came to a head and festered and looked terribly, and at times burned and made my face very sore. My face looked so badly that I used to feel embarrassed when I went in public."

"I began using Cuticura Soap and Ointment and they helped me, and after using three or four cakes of Cuticura Soap and a few boxes of Cuticura Ointment I was completely healed in three months." (Signed) Miss Vera Sweny, 1 Gibson Ave., Toronto, Ont.

Use Cuticura Soap, Ointment and Talcum for daily toilet purposes. Sample Book Free by Mail. Address: Canadian Dept., "The National" Ltd., Montreal, P.Q. Dept. 100. Ointment 25c and 50c. Talcum 25c. Soap 25c. Cuticura Shaving Stick 25c.

FULL OF ACHES AND PAINS

Toronto Mother Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—"I have found Lydia E. Pinkham's Vegetable Compound a splendid medicine to take before and after confinement. A small book was put in my door one day advertising Lydia E. Pinkham's medicines, and as I did not feel at all well at the time I went and got a bottle of Vegetable Compound right away. I soon began to notice a difference in my general health. I was full of aches and pains at the time and thought I had every complaint going, but I can truthfully say your medicine certainly did me good. I can and will speak highly of it, and I know it will do other women good who are sick and ailing if they will only give it a fair trial. Lydia E. Pinkham's Liver Pills are splendid for constipation. You are welcome to use my letter if you think it will help any one."—Mrs. HARRY WESTWOOD, 543 Quebec Street, Toronto, Ontario.

The expectant mother is wise if she considers carefully this statement of Mrs. Westwood. It is but one of a great many, all telling the same story—beneficial results.

Lydia E. Pinkham's Vegetable Compound is especially adapted for use during this period. The experience of other women who have found this medicine a blessing is proof of its great merit. Why not try it now yourself?

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