BRITISH COLUMBIA WATER POWER

EQUAL TO FIVE NIAGARA FALLS.

Capable of Providing Power, Light and Heat For Future Needs.

The water-power wealth of British Columbia, equal, it is said, to five Niagaras—one of the greatest industrial assets this province contains—will be one of the chief resources which will be shown and explained to the delegates of Canada's Industrial Congress when they reach the Coast in June this year. The Congress tour, which commenced in Medicine Hat, Alberta, on June 2nd, reached Vancouver on June 7th, and closed at Victoria on the 10th.

Pouring down from the mountains and from the glaciers that fill the gorges of the northern ranges, comes enough water every day to develop electrical power equivalent to three million horse-power. This figure is not based on flood conditions, but is the estimate arrived at by Government engineers working during low water seasons and using a conservative basis of estimate. The mighty falls of Niagara, when all the water that is available on the Canadian side has been harnessed to the turbine will produce only 650,000 horse-power. British Columbia's mighty rivers and mountain torrents, if they are all harnessed, could supply the homes and the industries of this province with nearly five times as much power.

Enormous Liquid Wealth.

When it is remembered that only 123,000 electric horse-power can be developed by the plants which are at present supplying Vancouver, New Westminster and all the towns of the vicinity with power which drives the motors in the mills and factories, propels the street cars along the city's streets and homes and the heat for the up-to-date kitchens it will be seen that while the power generated at present at the plant of the British Columbia Electric on the North Arm, and of the Western Canada Power Co. on the State river, is ample to take care of present needs, and of the needs of the cities and other communities of the lower mainland for some time to come, the total water-power available in the province is sufficient to provide power, light and heat for forty cities and industrial centres of the size of Greater Vancouver and New Westminster combined. British Columbia possesses in the liquid wealth that pours down the hills the equivalent to five Niagaras—with all that this means for the future of the province industrially when these waters are harnessed and turned to the needs of men.

Savage Substitutes.

There is a common idea that the diet and climate conditions of the Negroes are the cause of their having beautiful teeth, but some authorities dispute this.

Thus, in some parts of Africa, when an infant has gone through the teething period, his mouth is rinsed out with an infusion of the leaves of a native tree, possibly a constituent which causes the gums to shrink, so tightening the teeth.

The natives living near the source of the Nile employ the roots of a pod-bearing plant to relieve toothache, while another tribe use an infusion of kassa seeds for the same purpose.

The toothbrush, as used in this country, is, of course, unknown to the savages, but many of them have an effective substitute. They use a piece of wood from certain trees, which contain beneficial qualities. Further, this stick is free from the great objection of brushes. It can be renewed at frequent intervals, and is thus always fresh and wholesome—a great advantage over the toothbrush of civilized races.

The Smith Family.

Seeing that the Smiths have had over 2,000 years in which to increase and multiply, it is not surprising to learn that in the United States alone they number about a million.

The late Dr. Mahaffy discovered that there was a man named Smith living in Egypt in 227 B.C., and there may have been even earlier Smiths.

The Smiths have always shown themselves more clannish in the United States than in other countries. They once organized a banquet at which the guests were Smiths to a man, and the president was Captain Smith, the Governor of Virginia. The cooks were Smiths, the waiters also, and a Smith said grace. An ode was specially composed for the occasion by a poet Smith, and this was issued in book form by a publisher named Smith.

To Replace Dot and Dash.

English scientists are experimenting wih two musical tones, sent by a telegraph key and received by a telephone, to replace the dot and dash in telegraphy.

Why Mummies Wear.

The extraordinary durability of the ancient Egyptian mummy is believed to be due to the fact that it was finished with a vegetable blue derived from the African locust-bean tree.

AUTO SPARE PARTS

for most makes and models of cars. Your old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfactory or refund in full our motto. **Shaw's Auto Salvage Part Supply, 823-831 Dufferin St., Toronto, Ont.**

Buddha Statue Rivals Sphinx.

For many years it has been known that about fifty miles from Jah-ding, in western China, there is a very large and remarkable statue of Buddha, but it was not until a very few years ago that it was ever described by an Occidental.

Dr. Sprague, an authority on things Chinese, visited it. At the end of two days' travel he reached the image and found it to be a colossus in size, although not so large as rumor had made it out. The upper half of the hillside consists of a sandstone cliff, and in this a niche fifty feet broad has been cut leaving a central core of stone that is carved in the shape of a figure seated in European style, not cross-legged, as Buddha is so often represented. The traveller found the height of the image to be not less than one hundred feet.

A series of five tiled roofs, descending like a flight of steps, built in front of the image, protects it from the weather, so that only the face can be seen from without.

When the doctor came within sight of the great Buddha he paused and rested from his journey at a point near one of the gates to the walled city that lies in the valley below. As his eyes turned to the great face, which has been gilded until it shines like metal, as the immense size and perfect preservation of the idol made their impression, the thought came to him that "this is more marvellous than many of the world's boasted wonders."

He thought of the colossi at Thebes and the Sphinx. Scarred and ruined and defaced by the hand of man and the effects of time, they are little better than lumps of battered rock. But far in the west of China sits this old Buddha, unnoticed and almost unknown, yet greater in size than the Egyptian colossi, with his proportions preserved intact, with temples above and below him, and with the priests in attendance to keep the incense burning at his feet. There he sits, grimly gazing out over the tiled roofs of the city that lies before him.

Ask for Minard's and take no other.

Black Cat Beliefs.

Why have black cats nearly always been accounted lucky?

Ireland is by no means the only place where superstitions about black cats are or were rife. In Egypt cats were regarded with great reverence. Archæologists have found them in tombs of kings and princes.

Australians have a curious legend about cats. Mityaro, the moon, they say, was a native cat, who fell in love with someone else's wife, and was driven away to wander ever since. To them a cat, black, grey, or white, phophesies only bad luck.

In Japan and China a black cat is regarded as a dangerous demon, often possessing as many as two or three forked tails, and having the power to change itself into an old woman.

The Chinese believe if a cat leaps on or walks over a corpse it will cause the corpse to rise up at once. Any person passing through the room would be in danger of being seized by the corpse when in that state, and would be killed immediately.

In Egypt, according to ancient writings of Herodotus, if a cat died in a private house by a natural death, all the inmates of the house were obliged to shave their eyebrows.

Where Old Uniforms Go.

The denizens of African forests and Eastern deserts are clothing themselves in khaki, and longing for the days when the British army shall return to its more stylish scarlet. For it is to Africa and the East that the Army's cast-off uniforms go to be sold, or to be bartered for rubber, and ivory, and other wealth.

Kilts are considered very good form for barbaric dances, but nothing is more admired than the waistcoat which has adorned a London dandy. A native will show his importance by the number of waistcoats he can acquire, and if he can wear twenty at a time he is very grand indeed.

STYLES FOR SCHOOL GIRLS

9426
Transfer Design
No. 889

9426—Girl's Dress. [illegible] cents. In 5 sizes, 6 to 14 years. [illegible] 14 requires 4⅜ yds. 36 ins. wide.

Transfer Design No. 889. Price, 15 cents.

9405—Girl's Dress (with panel front; with or without bias fold). **Price, 25 cents.** In 5 sizes, 6 to 14 years. Size 14 requires 4⅝ yds. 36 ins. wide.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

CONSTIPATED CHILDREN

Children who suffer from constipation, indigestion or any of the other ailments due to a clogged condition of the bowels will find prompt relief through the use of Baby's Own Tablets. The Tablets are a mild but thorough laxative which can always be depended upon to regulate the bowels and sweeten the stomach. They are absolutely safe and are sold under a guarantee to be entirely free from opiates or other injurious drugs. Concerning them Mrs. Thomas A. Boutot, Lake Baker, N.B., writes: "I am pleased to state that Baby's Own Tablets were of great help to me when my baby was suffering from constipation." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Sing a Song.

If you sing a song as you go along,
In the face of the real or fancied wrong,
In spite of the doubt if you'll fight it out,
And show a heart that is brave and stout;
If you'll laugh at the jeers and refuse the tears,
You'll force the ever-reluctant cheers
That the world denies when a coward cries,
To give to the man who bravely tries.
And you'll win success with a little song—
If you'll sing a song as you go along.

If you'll sing a song as you plod along,
You'll find that the busy, rushing throng
Will catch the strain of the glad refrain;
That the sun will follow the blinding rain;
That the clouds will fly from the blackened sky,
That the stars will come out by and by,
And you'll make new friends, till hope descends
From where the placid rainbow bends,
And all because of a little song—
If you'll sing the song as you plod along!

If you'll sing a song as you trudge along,
You'll see that the singing will make you strong,
And the heavy load and the rugged road,
And the sting and the stripe of the tortuous goad
Will soar with the note that you set afloat;
That the beam will change to a trifling mote;
That the world is bad when you are sad,
And bright and beautiful when glad,
That all you need is a little song—
If you'll sing the song as you trudge along.

That Unusual Flavor
Wholesome, Rich, Delightful
that comes from blending malted barley with whole wheat is distinctive of
Grape-Nuts
This food is ready cooked, economical, easily digested and very nourishing.
Sold by grocers

Never Give Up.

Never give up!—it is wiser and better
Always to hope than once to despair;
File off the load of doubt's cankering fetters
And break the dark spell of tyrannical care.
Never give up, or the burden may sink you—
Providence kindly has mingled the cup;
And all trials and troubles bethink you,
The watchword of life must be, "Never give up!"

Never give up; there are chances and changes,
Helping the hopeful a hundred to one,
And through the chaos His wisdom arranges
Ever success, if you'll only hold on.
Never give up; for the wisest is boldest,
Knowing that Providence mingles the cup,
And of all maxims, the best as the oldest,
Is the stern watchword of "Never give up!"

NOURISHING FOOD AND GOOD HOURS

Help You to Resist Disease—Aid These With a Tonic to Keep the Blood Pure.

The power of your body to resist disease and to fight it after disease gets a foothold, is one of the most precious possessions you have. You weaken this power when you let your general health run down, your blood gets thin and your nerves unsteady.

You weaken it when you worry, when you over-work, when you do not get sufficient sleep, and when you are under-nourished, either because you do not eat the right kind of food or because your digestion is out of order.

You preserve your power to resist disease when you keep good hours and eat proper food at regular intervals. You further increase and strengthen resistance to disease when you build up your blood and nerves by the occasional use of a tonic like Dr. Williams Pink Pills, which are free from opiates and harmful drugs of any kind. The value of these pills as a health builder is fully shown by the experience of Mrs. E. C. Taylor, Hanover, Ont., who says: "At various times since I was a girl of fifteen I have proved the value of Dr. Williams' Pink Pills. At that age I was in a much run down condition, suffering from many of the well known symptoms of anaemia. My mother procured a supply of Dr. Williams' Pink Pills, and after taking about a half dozen boxes I was restored to normal health. Again after my marriage, and before my boy was born, I felt miserable and again took Dr. Williams' Pink Pills, which once more met all my expectations and fully restored my health. My latest experience with these pills was following an attack of pleurisy, which left me completely broken in health. Part of the time I was under the care of two doctors, and for three months I was practically between life and death. Again at my mother's suggestion I started the use of Dr. Williams' Pink Pills. I had not been taking them long before I could tell that they were helping me. Day by day I could feel my strength returning, and was soon enjoying good health once more. In view of my experience I think I can safely say there is nothing in the way of medicine better than Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills are sold by all medicine dealers or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

How He Worked It.

A good story concerning Henry Labouchere's grandfather is related by George Grenville in his "Memories of an Old Etonian."

When he was quite a young man, it appears he was a clerk in a bank at a salary of £80 a year. But he moved in good society, amongst other families he was on visiting terms with that of Sir Francis Baring, the millionaire financier.

This gave him an idea. Presenting himself before the senior partner of the bank where he was employed, he inquired whether it would be possible for him to become a partner forthwith.

"Certainly not!" was the reply. "Why, you are only a junior clerk."

"But supposing," rejoined Labouchere, "that I had received the consent of Sir Francis Baring to marry his daughter?"

"Oh, that alters the matter entirely! In that case we shall be only too pleased."

Labouchere next approached Sir Francis, and asked him for his daughter's hand, only to meet once more with a curt refusal.

"But supposing," said Labouchere, "that I am not a mere clerk, as you suppose, but a partner in the bank?"

The baronet's manner changed. "That being so," he said, "I will talk the matter over with my daughter."

The result was that Labouchere married Sir Francis Baring's daughter, and became, at the same time, a partner in the bank.

One of the most important things in life is to stop when you have said enough.

SCIATICA

Would you be rid of that sickening pain—that sharp knife-like thrust along the sciatic nerve-course at every movement? Thousands have found lasting relief in

Templeton's Rheumatic Capsules

Many doctors prescribe them.
Write Templetons, 142 King St. W., Toronto, for free sample.
Sold by reliable druggists everywhere for $1.0[illegible].

ASTHMA

Templeton's RAZ-MAH Capsules are guaranteed to relieve ASTHMA. Don't suffer another day.
Write Templetons, 142 King St. W., Toronto, for freesample.
Reliable druggists sell them at $1.0[illegible] a box.

Blooming Railway Stations.

Flowers are amongst the assets of the Canadian Pacific Railway. Flowers bloom in C.P.R. gardens at most of the principal stations from one end of the country to the other. There are flower knots outside the Algonquin Hotel at St. Andrews, on the Atlantic coast, and one of the most beautiful flower gardens in America blooms around the Empress Hotel in Victoria.

In the old days most of the pioneers were too busy opening up the untrodden ways to give much attention to the cultivation of flowers. Yet flower cultivation along the C.P.R. seems to have progressed with the commercial prosperity of the railway system itself, for it is now thirty-one years since one of the C.P.R. employees produced a few varieties of flower seeds in his own plot and distributed them amongst his friends at some of the stations—with the object of starting flower gardening along the line. The start was auspiciously made, and now the C.P.R. has a floral department with headquarters at Windsor Street Station, Montreal. Mr. B. M. Winnegar is the horticulturist and forester.

Every year thousands of packets of flower seeds, bulbs, trees, shrubs, grass seed, and large quantities of fertilizers are distributed free of charge to station agents, section foremen, caretakers of round houses and employees living on the property of the company. The seeds that will flower along the railway in the summer and autumn are sent out in March. Full particulars for cultivation are printed on each seed packet. Bulbs for spring flowering are sent out in the fall.

Seeds and plants of the best kind are always provided. Standard flower seed packets contain nasturtiums, alyssum, mignonette, sweet peas, phlox and kochia. Ferns and house plants are sent to large stations. An endless variety of perennials are distributed, and amongst the varieties of trees supplied are maple, birch, beech, poplar and catalpa. Shrubs include laurel leaf willow, sumac, berberries and weigelia.

In all cases the cultivation of flower beds is done by the employees of the company, many of whom have become expert gardeners. On each division of the C.P.R. prizes are given every year for the best display of flowers, and some of the products of gardens kept by the railway amateurs have won prizes at Canadian and United States floral exhibitions.

During the last thirty-one years the encouraging influence of the C.P.R. flower growers has materially assisted in the inauguration of floral societies all over the country. Many of the railway officials are members of these societies. Flowers have improved the appearance of the railway stations, and inspired by the beauty of the stations, residents of the towns have planted flowers that beautify their homes. A little flower flame along the C.P.R. has often thrown the spark that ignited a fire of flowers.

Spanish Flu

Claims Many Victims in Canada and should be guarded against.

Minard's Liniment

Is a Great Preventative, being one of the oldest remedies used. Minard's Liniment has cured thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma and similar diseases. It is an Enemy to Germs. Thousands of bottles being used every day, for sale by all druggists and general dealers.

MINARD'S LINIMENT CO., LIMITED, Yarmouth, N.S.

Soft Pedal for Typewriter.

To make typewriters less noisy a Cleveland inventor has patented a platen core that changes the loud click of the type to a dull thud.

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

SINCE 1870
SHILOH
30 DROPS STOP COUGHS

ED. 7. ISSUE No. 24—'20.

BITS OF HUMOR FROM HERE & THERE

Why?

She had just accepted him, and they were blissfully discussing the "might-have beens."

"Darling," he enquired in the tone of one who knows what the answer will be, "why didn't you accept that little donkey of a fop?"

"Because," she answered, dreamily, "I loved another."

The Closest Race.

An Englishman, a Scotsman, and an Irishman were indulging in reminiscences of sporing occasions.

"The closest race I ever saw was a yacht race," said the Englishman, "in which one of the boats that had been recently painted won by the breadth of the coat of paint."

"The closest race I ever saw," declared the Scotsman, "was one in which a horse, stung by a bee, won by the height of the swelling on his nose."

"The closest race I ever saw," said the Irishman, "is the Scotch."

Clever Biddy.

"Biddy," remarked the newly-wed Irishman, "go down and feed the pigs."

"Faith and I will not," replied the bride.

"Don't be after contradicting me, Biddy," retorted the husband. "Haven't I just endowed you with all my worldly goods, and if you cannot feed your own property, then it's ashamed of you I am."

This was a new point of view, so off Biddy went.

Presently she returned.

"Have you fed the pigs, Biddy?" demanded her husband, sternly.

"Faith, and I have not," she answered, "I have done a great deal better. As they were my property I have sold them, and shall not be bothered with them again."

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

Shade Best for Flowers.

Flowers are more fragrant when the sun is not shining on them, it is contended by a French scientist, because the oils which produce the perfume are forced out by the water pressure in the plant cells and thus is diminished by sunlight.

Minard's Liniment for sale everywhere

New Germ Foe.

Recent study has proved that the juices of lemons, oranges, onions and garlic kill disease germs. Those of lemons and garlic are most effective in this way. It is the free acid in the fruit juices that does the business.

Buy Thrift Stamps.

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."

Classified Advertisements.

FERTILIZER.

STEVENS' COMPLETE FERTILIZER will pay you. George Stevens, Peterborough, Ontario.

FOR SALE

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,500. Will go for $1,200 on quick sale. Box 63, Wilson Publishing Co., Ltd., Toronto.

SOFT ELM WANTED.

SOFT ELM WANTED, 2 IN. AND thicker, shipped green from saw. Do not sell until you communicate with us. Keenan Bros. Limited, Owen Sound, Ont.

TRAINING SCHOOL FOR NURSES.

REGISTERED TRAINING SCHOOL for Nurses: St. Elizabeth Hospital, 204 South Broad Street, Elizabeth, New Jersey. Complete course. Monthly allowance: first year $5.00, second $10.00, third $15.00. Address: Superintendent.

HELP WANTED.

WANTED, FIRST-CLASS BENCH carpenters to work on interior fittings. Good wages, steady work. Apply Laidlaw Lumber Company, 2289 Dundas W., Toronto.

LADIES WANTED.

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time; good pay, work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

The Kodiak, Alaska, bear is the largest carnivorous animal in the world.

DOUBLE BEAUTY OF YOUR HAIR

"Danderine" creates mass of thick, gleamy waves

In a few moments you can transform your plain, dull, flat hair. You can have it abundant, soft, glossy and full of life. Just get at any drug or toilet counter a small bottle of "Danderine" for a few cents. Then moisten a soft cloth with the "Danderine" and draw it through your hair, taking one small strand at a time. Instantly, yes, immediately, you have doubled the beauty of your hair. It will be a mass, so soft, lustrous, and so easy to do up. All dust, dirt and excessive oil is removed.

Let Danderine put more life, color, vigor, and brightness in your hair. This stimulating tonic will freshen your scalp, check dandruff and falling hair and help your hair to grow long, thick, strong and beautiful.

Cuticura Is All You Need For Your Skin

Bathe with Cuticura Soap to cleanse and purify the pores. If signs of pimples, redness or roughness are present smear gently with Cuticura Ointment before bathing to soothe and heal. For every purpose of the toilet, bath and nursery Cuticura Soap and Ointment are ideal.

Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal.
Cuticura Soap shaves without mug.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

BAYER

The name "Bayer" is the thumb-print of genuine Aspirin. It positively identifies the only genuine Aspirin,—the Aspirin prescribed by physicians for over nineteen years and now made in Canada.

Always buy an unbroken package of "Bayer Tablets of Aspirin" which contains proper directions for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Neuritis, Joint Pains, and Pain generally.

Tin boxes of 12 tablets cost but a few cents. Larger "Bayer" packages.

There is only one Aspirin—"Bayer"—You must say "Bayer"

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. 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."