

# AVOID COUGHS and COUGHERS!

Coughing  
Spreads  
Disease  
SINCE  
1870  
**SHILOH**  
30 DROPS-STOPS COUGHS  
HALF THE PRICE FOR CHILDREN

When you feel that your  
stomach, liver or blood is  
out of order, renew their  
health by taking

**BEECHAM'S  
PILLS**

Largest Sale of any Medicine in the World.  
Sold everywhere, in boxes, 25c.

**LUXATED  
IRON**

"I believe  
my own  
great  
activity  
is due  
to the  
personal  
use of  
Luxated  
Iron," says  
Francis, Health  
Commissioner  
of the City  
of Chicago.  
From  
my own  
experience  
with  
Luxated  
Iron I feel  
it is such  
a valuable  
blood and  
body  
building  
preparation  
that it ought  
to be used  
in every  
household  
and  
prescribed  
by every  
physician in  
the country.  
Luxated  
Iron helps  
to make  
healthier  
women and  
stronger  
men. Satisfaction  
guaranteed or  
money  
refunded. At  
all good  
druggists."

**THIN PEOPLE  
SHOULD TAKE  
PHOSPHATE**

Nothing Like Plain Bitter-Phosphate To  
Put on Firm, Healthy Flesh and To  
Increase Strength, Vigor and  
Nerve Force.

Judging from the countless  
preparations being advertised for  
the purpose of making thin people  
fleshy, developing arms, neck and  
back and bust, and building up  
the soft curves of health and beauty,  
there are evidently thousands of men  
and women who feel their excessive  
thinness.

Thinness and weakness are usually  
due to starved nerves, our bodies  
need more phosphate than is contained  
in modern foods. Physicians claim  
there is nothing that will supply this  
deficiency so well as the organic phos-  
phate known among druggists as bit-  
ter-phosphate, which is inexpensive and  
is sold by most all druggists under a  
guarantee of satisfaction or money  
back. By feeding the nerves directly  
and by supplying the body cells with  
the necessary phosphoric food ele-  
ments, bitter-phosphate quickly pro-  
duces a welcome transformation in the  
appearance; the increase in weight fre-  
quently being astonishing and carries  
with it a general improvement in the  
health. Nervousness, sleeplessness and  
lack of energy, which nearly always  
accompany excessive thinness, soon  
disappear, dull eyes become bright, and  
pale cheeks glow with the bloom of  
perfect health.

**CAUTION:** Although bitter-phosphate  
is unsurpassed for relieving nervous-  
ness, it should not, owing to its remark-  
able flesh-growing properties, be used  
by anyone who does not desire to put on  
flesh.—Advt.

**Victims of  
Constipation**

Don't suffer another day, don't  
paralyze your system with strong  
cathartics. Munyon's Paw-Paw Pills  
is a purely vegetable compound that  
starts the stomach, liver and bowels  
into action in a natural way.

Never violent  
but gentle and ef-  
fective.  
Munyon's Paw-  
Paw Pills sweeten  
the stomach, pre-  
vent fermentation,  
relieve indiges-  
tion, dyspepsia,  
biliousness. They  
restore the appetite  
and enrich the blood.  
All druggists.  
30c.

**NOW RAISES  
600 CHICKENS**

After Being Relieved of Or-  
ganic Trouble by Lydia E.  
Pinkham's Vegetable  
Compound.

Oregon, Ill.—"I took Lydia E. Pinkham's Vegetable Compound for an organic trouble which pulled me down until I could not put my foot to the floor and could scarcely do my work, and as I took on a small farm and raise six hundred chickens every year I made it very hard for me. I saw the Compound advertised in your paper, and tried it. It has restored my health so I can do all my work and I am so grateful that I am recommending it to my friends."

Mrs. D. M. Alters, R. R. 4, Oregon, Ill.

Only women who have suffered the  
torments of such troubles and have  
dragged along from day to day, real-  
izing the relief which this famous  
root and herb remedy, Lydia E. Pink-  
ham's Vegetable Compound, brought to  
Mrs. Alters.

Women everywhere in Mrs. Alters'  
condition should profit by her recom-  
mendation, and if there are any com-  
plications write Lydia E. Pinkham's  
Medicine Co., Lynn, Mass., for advice.  
The result of their 40 years' experi-  
ence is at your service.

# Birds, Their Migratory Habits and Dates of Arrival; Compiled from Figures of Last 40 Years

Interesting Facts and Figures Regarding Canada's  
Feathered Population—Varied Customs of the Fliers  
Noted and Published for Information.

As a result of observations for 40 years by members of the Mollwath Ornithological Club, the following in-  
teresting facts have been compiled  
regarding the habits of birds that are  
to be seen in Canada during the sum-  
mer months. A list of the dates of  
arrival of about 150 different species  
is also given, the observations having  
extended from 1879 to 1918. The  
routes that are taken by the birds in  
their migratory courses are also dealt  
with in the following article which has  
been prepared. It is hoped by the  
members of the club that teachers and  
others will find the information both  
interesting and useful.

**Migration of Birds.**  
Migration is the most distinctive  
phase of bird life. Certain mammals,  
fishes and even insects migrate, but  
no animals approach birds in the ex-  
tent of their migrations. Wholly  
apart from the other species, there is  
fascination and excitement for the  
student in observing the arrival and  
passage of the great army of feathered  
travelers which renews itself every  
year.

Generally speaking, the extent of a  
bird's migration is related to the  
character of its food. Insect-eating  
birds journey much farther than seed-  
eaters, many of which travel but a  
short distance south of their birth-  
place. There are, however, marked  
exceptions to this statement. The  
bobolink, for instance, is largely a  
seed eater, but it winters south of  
the Amazon, while the golden-crowned  
kinglet is insectivorous and is found  
in the north of Ontario in winter.

**Some Long Journeys.**  
About half the species of warblers  
that visit us spend the winter in

**TOO WEAK TO WORK**  
Vermont Woman Tells How She Re-  
gained Her Health.

Albany, Vt.—"I was rundown, no ap-  
petite, and too weak to do my house-  
work until I tried Vinol—I soon noticed  
an improvement, and am now well, strong,  
and able to do my work."—Lillian  
Babba.

The reason Vinol was so successful  
in Miss Babba's case, is because it  
contains beef, and cod liver peptones,  
iron and manganese peptones and  
glycophosphates, the very elements  
needed to build up a weakened, run-  
down system, make rich, red blood  
and create strength.

Taylor Drug Company, and at the  
best drug store in every town and city  
in the country.

**CORNS LIFT OUT!  
COSTS FEW CENTS**

Drops of magic! Doesn't  
hurt one bit! Drop a little  
Freezone on a touchy corn,  
instantly that corn stops hurt-  
ing, then you lift it off with  
the fingers. No pain! Try it!

Why wait? Your druggist sells  
a tiny bottle of Freezone for a few  
cents, sufficient to rid your feet of  
every hard corn, soft corn, or corn  
between the toes, and calluses,  
without soreness or irritation.  
Freezone is the much talked of  
discovery of the Cincinnati genius.

**NOSE CLOGGED FROM  
A COLD OR CATARRH**  
Apply Cream in Nostrils To  
Open Up Air Passages.

Ah! What relief! Your clogged nos-  
trils open right up, the air passages  
are clear and you can breathe  
freely. No more hawking, snuffling,  
mucous discharge, headache, dryness,  
nor struggling for breath at night, your  
cold or catarrh is gone.

Don't stay stuffed up! Get a small  
bottle of Ely's Cream Balm from your  
druggist now. Apply a little of this  
fragrant, antiseptic cream in your  
nostrils, let it penetrate through every  
passage of the head; soothe and heal  
the swollen, inflamed mucous membrane,  
giving you instant relief. Ely's Cream  
Balm is just what every cold and  
just as splendid.—Advt.

**Careless Shampooing  
Spoils the Hair**

If you want to keep your hair looking  
its best, be careful what you wash it  
with. Don't use prepared shampoos or  
anything else, that contains too much  
alkali. This dries the scalp, makes the  
hair brittle, and ruins it.

The best thing for steady use is just  
ordinary mulished coconut oil (which  
is pure and greaseless), and is better  
than anything else you can use.

One or two teaspoonfuls will cleanse  
the hair and scalp thoroughly. Simply  
moisten the hair with water and rub it  
in. It makes an abundance of rich,  
creamy lather, which rinses out easily,  
removing every particle of dust, dirt,  
dandruff and excessive oil. The hair  
dries quickly and evenly, and it leaves  
the scalp soft, and the hair fine and  
silky, bright, lustrous, fluffy and easy  
to manage.

You can get mulished coconut oil at  
any pharmacy, it's very cheap, and a  
few ounces will supply every member of  
the family for months.—Advt.

travel south by the Atlantic coast and  
return to their breeding-grounds by  
way of the Mississippi valley. The  
reason for some of these variations is  
easily explained, but one thing is  
not yet thoroughly understood is the  
long flights over the water taken by  
some birds, which journey over the  
Hawaii, 2,000 miles over the  
trackless ocean.

Why birds migrate at all is a very  
complicated question about which  
much has been written. It seems to  
be related in some way to tempera-  
ture and food supply, but these are not  
the only causes, perhaps not the real  
cause at all. With birds the season  
of reproduction is peritotic, and the  
migratory species return to their  
nesting grounds in a cycle of events,  
including, in regular order, migration,  
nesting, care of the young, the molt  
and the retreat to winter quarters.

Migration, then, in its simplest form,  
is merely a journey to the nesting  
ground, made without apparent rela-  
tion to either food or temperature.

The following list of birds has been  
compiled by the Mollwath Ornitho-  
logical Club, and is the most complete  
logical list of birds that are seen in  
Ontario. It will be of interest to  
teachers and students, as well as  
others who are nature lovers.

Others are arranged in chronological order  
of their arrival, and the name, the  
average date of arrival, and the date  
of departure are given. For instance,  
the dates of the kinglet, as recorded  
for the past 40 years, have been from  
March 12 to March 15, with the ear-  
liest arrival on March 12, and the latest  
on March 15.

**Different Habits.**  
Some birds migrate chiefly at night,  
others travel chiefly by day. Some go  
singly or by twos and threes, other  
gather in flocks numbering  
thousands before beginning their  
journey south. Some go to their win-  
ter quarters over one winter, others  
in the spring the same way; others

**DATES OF SPRING ARRIVALS.**

Species.	Years.	Av.	Earliest.
Prairie Horned Lark	40	Feb. 10	Jan. 10-14
Rough-legged Hawk	40	Feb. 12	Jan. 21-15
Bluebird	40	Mar. 12	Feb. 3-12
Pine Siskin	40	Feb. 21	Mar. 1-10
Song Sparrow	40	Mar. 12	Feb. 20-15
Robin	40	Mar. 17	Feb. 5-16
Red-tail Hawk	40	Mar. 19	Mar. 2-85
Meadowlark	40	Mar. 20	Mar. 7-10
Bronze Grackle	40	Mar. 20	Mar. 13-15
Hooded Merganser	40	Mar. 20	Feb. 27-02
Red-shoulder Hawk	40	Mar. 21	Mar. 14-14
Loon	40	Mar. 22	Mar. 14-14
Mallard	40	Mar. 22	Mar. 10-98
Killdeer	40	Mar. 25	Mar. 10-98
Red-wing Blackbird	40	Mar. 26	Mar. 10-98
Tree Sparrow	40	Mar. 27	Mar. 14-11
Cowbird	40	Mar. 27	Mar. 14-14
Black Duck	40	Mar. 30	Mar. 11-17
Canada Goose	40	Mar. 31	Mar. 9-78
Phoebe	40	Apr. 1	Mar. 1-94
Sparrowhawk	40	Apr. 1	Mar. 1-94
Golden-crown Kinglet	40	Apr. 2	Apr. 2-15
Pectoral Sandpiper	40	Apr. 3	Mar. 12-99
Rusty Grackle	40	Apr. 4	Mar. 11-05
Cooper Hawk	40	Apr. 4	Mar. 17-03
Vesper Sparrow	40	Apr. 4	Mar. 2-05
Kingfisher	40	Apr. 6	Mar. 25-03
Woodcock	40	Apr. 6	Mar. 22-13
Fox Sparrow	40	Apr. 7	Mar. 17-14
Marsh Hawk	40	Apr. 7	Mar. 7-85
Sharpshin	40	Apr. 8	Mar. 19-10
Great Blue Heron	40	Apr. 9	Mar. 14-90
Winter Wren	40	Apr. 10	Mar. 15-11
Least Sandpiper	40	Apr. 10	Mar. 15-11
Buffhead	40	Apr. 11	Mar. 16-14
Flicker	40	Apr. 11	Mar. 30-88
Sapsucker	40	Apr. 11	Mar. 25-11
Lesser Scaup	40	Apr. 11	Mar. 25-11
Redhead Duck	40	Apr. 11	Mar. 15-15
Chewink	40	Apr. 13	Apr. 1-16
Savanna Sparrow	40	Apr. 13	Apr. 1-10
Chipping Sparrow	40	Apr. 13	Mar. 25-03
Mourning Dove	40	Apr. 14	Mar. 25-03
Field Sparrow	40	Apr. 14	Apr. 4-90
Ruby-crowned Kinglet	40	Apr. 16	Mar. 25-11
Pied-billed Grebe	40	Apr. 16	Mar. 31-17
Horned Grebe	40	Apr. 17	Mar. 31-88
Wilson's Snipe	40	Apr. 18	Mar. 26-03
Swamp Sparrow	40	Apr. 18	Apr. 17-55
Vigors Hawk	40	Apr. 18	Apr. 16-14
Holboell's Grebe	40	Apr. 18	Apr. 4-16
Loon	40	Apr. 19	Mar. 27-16
Coot	40	Apr. 19	Apr. 2-07
Tree Swallow	40	Apr. 20	Apr. 12-05
Duck Hawk	40	Apr. 20	Apr. 16-10
Blue-winged Teal	40	Apr. 20	Apr. 18-17
Old Squaw	40	Apr. 20	Apr. 13-13
American Bittern	40	Apr. 21	Apr. 18-18
Thrasher	40	Apr. 21	Apr. 18-18
Barn Swallow	40	Apr. 22	Apr. 5-17
Purple Martin	40	Apr. 22	Apr. 6-55
Bronzed Hawk	40	Apr. 24	Apr. 18-05
Spotted Sandpiper	40	Apr. 25	Apr. 18-12
White-throat Sparrow	40	Apr. 26	Apr. 20-16
Buzzard	40	Apr. 26	Apr. 11-17
Fish Hawk	40	Apr. 26	Apr. 24-13
Ruddy Duck	40	Apr. 26	Apr. 24-13
Swift	40	Apr. 28	Apr. 12-78
Even Swallow	40	Apr. 28	Apr. 14-15
Merle Warbler	40	Apr. 29	Apr. 13-70
House Wren	40	Apr. 29	Apr. 13-70
Greater Yellowlegs	40	Apr. 30	Apr. 18-17
Bartram's Sandpiper	40	Apr. 30	Apr. 17-14
Rough-wing Swallow	40	Apr. 30	Apr. 17-14
Yellow Warbler	40	Apr. 30	Apr. 19-26
Titlark	40	May 1	Apr. 13-10
Red-breast Nuthatch	40	May 1	Apr. 23-85
Black and White Warbler	40	May 1	Apr. 21-06
La. Water-thrush	40	May 1	Apr. 21-06
Pine Warbler	40	May 2	Apr. 19-06
Lesser Yellowlegs	40	May 3	Apr. 14-09
Headed Woodpecker	40	May 3	Apr. 14-09
Whippoorwill	40	May 3	Apr. 23-89
Black-throat Green Warbler	40	May 3	Apr. 26-86
Catbird	40	May 3	Apr. 26-86
Warbling Vireo	40	May 4	Apr. 26-86
Least Flycatcher	40	May 4	Apr. 27-86
Bobolink	40	May 4	Apr. 25-13
Balto. Oriole	40	May 5	Apr. 28-15
Palm Warbler	40	May 5	Apr. 28-15
Ovenbird	40	May 5	Apr. 23-14
Sora Rail	40	May 5	Apr. 21-00
Green Heron	40	May 5	Apr. 21-00
Gnatcatcher	40	May 6	Apr. 29-06
Wilson's Thrush	40	May 6	Apr. 28-11
Red-head Vireo	40	May 6	Apr. 28-11
Goldfinch	40	May 6	Apr. 28-02
Crested Flycatcher	40	May 6	Apr. 27-14
Kingbird	40	May 7	Apr. 29-01
Bank Swallow	40	May 7	Apr. 28-02
White-throat Vireo	40	May 7	May 7-16
Pintail Duck	40	May 7	May 1-99
Virginia Rail	40	May 8	May 1-99
Wood Thrush	40	May 8	May 2-87
White-crown Sparrow	40	May 8	May 2-87
Rosebreast Grosbeak	40	May 8	May 2-87
Scarlet Tanager	40	May 9	May 3-12
Maryland Y. Thrush	40	May 9	May 2-15
Sora Rail	40	May 9	May 2-15
Blackburn Warbler	40	May 9	May 4-13
Nashville Warbler	40	May 10	May 3-02
Parula Warbler	40	May 10	May 3-02
Black-throat Blue Warbler	40	May 10	May 1-14
Gallinule	40	May 10	May 1-14
Solitary	40	May 10	Apr. 28-15
Redstart	40	May 11	May 1-94
Red-eyed Vireo	40	May 11	May 3-02
Cerulean Warbler	40	May 11	May 1-16
Ches-side Warbler	40	May 11	May 10-17
Lincoln Sparrow	40	May 12	May 2-87
Orchard Oriole	40	May 12	Apr. 28-15
Golden-wing Warbler	40	May 12	May 3-02
Magnolia Warbler	40	May 12	May 4-00
Tennessee Warbler	40	May 12	May 5-06
Nighthawk	40	May 14	May 1-14
Cape May Warbler	40	May 14	May 1-14
Olive-back Thrush	40	May 15	Apr. 29-02
Orange-crown Warbler	40	May 15	May 1-01
Fayre-bird Warbler	40	May 15	May 10-94
Canada Warbler	40	May 16	May 5-12
Grey-cheek Thrush	40	May 17	May 5-02
Indigo Bunting	40	May 17	May 5-02
Hummingbird	40	May 17	May 6-16
Wood Pewee	40	May 17	May 7-83
Yellow-breast Flycatcher	40	May 18	May 9-97
Grasshopper Sparrow	40	May 18	Apr. 27-17
Philadelphia	40	May 19	May 10-17
Black-billed Cuckoo	40	May 19	May 6-84
Red-back Sandpiper	40	May 21	May 13-05
Mourning Warbler	40	May 21	May 12-15
Blackpoll Warbler	40	May 21	May 12-15
Yellow-bill Cuckoo	40	May 21	May 8-12
Wilson's Warbler	40	May 22	May 16-09
Connecticut Warbler	40	May 22	May 14-05
Chat	40	May 24	May 2-11
Alder Flycatcher	40	May 24	May 11-83
Olive Side Flycatcher	40	May 26	May 16-01
Least Bittern	40	May 27	May 24-15
Prairie Warbler	40	May 30	May 30-17

# COMPULSORY TO ATTEND SCHOOL UP TO 18 YEARS

Ontario Builders Urge It—  
Ask Govt. For National  
Educational Policy.

FAVOR APPRENTICE PLAN

Londoner Elected Secretary  
of Association—H. Elgie of  
Toronto Is Preside.

CHATHAM, Feb. 13.—H. Elgie of  
Toronto was today elected president of  
the Ontario Builders' and Supply As-  
sociation. Mayor (Lieut.-Col.) J. L.  
Young of Stratford is vice-president;  
John Hildreth of Chatham, second  
vice-president; T. R. Wright, London,  
secretary-treasurer; directors, W. H.  
Palmer of Chatham, L. A. Bess of Lon-  
don, R. M. Norton of Sarnia, George  
W. Murray of Hamilton, R. H. Nicholson of Stan-  
ley, George A. Crain, Ottawa.

The association went on record by  
resolution as strongly in favor of tech-  
nical education and the vocational  
school, and in support of re-establish-  
ment of the apprentice system on a  
basis suited to present day require-  
ments, the employers to be urged to  
continuous co-operation with the  
school during the time of apprentice-  
ship.

The Government was urged to con-  
sider a Canadian national policy of edu-  
cation, and grants for technical educa-  
tion. The Provincial Government is  
urged to amend the regulations so that

there will be no restrictions on the  
amount of salaries paid in any one in-  
stitution for technical education, and  
that the Government will pay half the  
salaries.

**Uniform Standards.**  
Domestic jurisdiction of uniform  
tests, examination standards, and text-  
books for all provinces, was favored.  
Another resolution called for com-  
pulsory national education of the boy  
up to 18 years of age. The merit  
of the desirability of the workmen's  
compensation act was approved, and  
it was also decided to put on an effort to  
exchange in all possible places affilia-  
tion with the provincial body.  
The provincial body plans to as-  
sociate with the Association of Canadian  
Builders and Construction Industries.  
Some very interesting discussions fea-  
tured the sessions, which ended today.  
A feature of the gathering was the an-  
nual banquet of the "Builders' Ex-  
change," at which the visitors were  
guests, and at which Dr. Merchant  
gave a very forceful, clear and con-  
cise address dealing with the techni-  
cal education plans of the department  
of education, and in which