A SHILE IN EVERY DOSE OF BABY'S OWN TABLETS

Baby's Own Tablets are a regular joy giver to the little ones—they never fail to make the cross baby happy. When baby is cross and fretful the mother may be sure something is the matter, for it is not baby's nature to be cross unless he is ailing. Mothers, if your baby is cross; if he cries a great deal and needs your constant attention day and night, give him a dose of Baby's Own Tablets. They a mild but thorough laxative which will quickly regulate the bowels and stomach and thus relieve constiand indigestion, colds and simple fevers and make baby happy there surely is a smile in every dose of the Tablets. Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville,

High heels for women's shoes were first used 90 years ago.

of the common house fly that we know

man and the higher animals, its mis-

more definite results than that ac-

motive underlying the presence of this

pest, if humanity was only intelligent

mough and educated enough to appre

ciate it. One thing we know definitely

is that the fly will not linger long in

a place that is clean and sanitary. It

of us and finds filth exposed it is

Some day the presence of flies in

mediately be displayed warning the

public of the danger in their midst

and offering a reward for the ap-

it should be, but up to the present

campaigns and other temporarily dras-

These, of course, relieve the trouble

of the miscreant who

in search of food. If it gets the better leaving hospital.

complished by the common fly.
Yet, after all, there may be a good

sion is fulfilled to the letter.

Minard's Liniment For Dandruff.

French Industry in War Zone is Recovering.

Manufacturing industries are rapid resuming operations in the devastated district, says a Paris despatch. This is shown by a report of the Office of Industrial Reconstruction which has been investigating the restoration of factories and workshops which, before the war, employed more

than twenty workmen.
Of the 4,321 establishments in which inquiries have been made, 3,392 have resumed work in whole or in part.

A classification of the various trades concerned shows that 88.4 per cent. of metal works are again active; 81.5 of the potteries, stone and brick works; 80.4 per cent of the chemical indus tries and 70.8 for the textile industries.

The relatively slow rate of progres of the textile factories is said by the bureau to be due to the fact that the looms were deliberately destroyed and it is taking some time to replace the

delicate machinery.

These 4,321 establishments employ ed 778,915 persons in 1914; in Novem ber, 1920, they employed 355,852, or 45.7 of their 1914 personnel.

must have his meats carefully protect-

Other ways by which people get in-fected with disease germs include ac-

tual contact with a patient or the

bedclothes, and discharges from the

nose, throat or ears, as in scarlet

commonest forms of food poisoning is

through meat, the Gaertner bacilli, a

cooked to a degree sufficient to cause

botulinus, but this infection also is

Although all infected meat, whether

An inspection of meat for human

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Ontario Board of Health

Dr. Middleton will be glad to answer questions on Public Health mat-

It is said that every living thing on these little pests abound. Because of

this earth has a definite purpose in the spread of health knowledge, house-

being here. What then, is the purpose wives now shun the dirty, fly-ridden meat market, grocery store or candy

of the common house fly that we know shop. Any tot in the kindergarten class will tell you that flies are dang-

and death and be a general nuisance to erous, hence the meat dealer of to-day

state of hygienic perfection being toxin is produced which resists heating reached, so we resort to "Swat the fly" up to 100 degrees C., and which can

By far the greatest objection to files found at times in hams soaked

creta either directly or indirectly upon dominal pain, etc.

War must be made on the fly even quite pure.

the food. This is not only the most

outside the house and its environs.

comes from the fact that they spread brine. The symptoms are those of ina tremendous amount of disease, as tense nervous prostration, with some

objectionable, but the most dangerous tinned or not, must be condemned, feature of the typhoid fly, and though raising the temperature to a sufficient

we might get used to it as an irrita- height during cooking will kill off or

tion and annoyance, we cannot over-look it in its death-dealing capacity. terial in food suspected of not being

food-serving establishment where or the law can take action.

ters through this column. Address him at the Parliament Bldgs.,

While the factories have for the most part been rebuilt much as they were in 1914, the houses which shelter rkers are mere wooden huts although brick shanties are springing up in the districts where bricklaying practicable. Thus the proportion of resumption

of activity bears no relation to the re-covery of the towns and villages, which it will be impossible to rebuild as formerly.

Watery and Impure.

FREQUENT HEADACHES

People with thin blood are much

the digestive organs. Whenever you have constant or re-curring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up your blood. A fair treatment with Dr. Williams' Pink Pills will do this effectively, and the

More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment, and you may be troubled with insomnia, neuritis, neuralgia, or sciatica. Muscles subject to strain are undernourished and you may have muscular rheumatism or lumbago. If your blood is thin and to do things. Scoutcraft includes in you begin to show symptoms of any of these disorders, try building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition every symptom of the trouble will disappear. There are more people who owe their present state of good health to Dr. Williams' Pink Pills than to any other medicine, and most of them do not hesitate to say so.

on is fulfilled to the letter.

Of all the agencies by which disease dust when dry can spread the germs germs are transmitted, few could show of tuberculosis very readily, as infect-You can get Dr. Williams' Pink Pills through any dealer in medicine or by ed persons have not yet learned to \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

Wordless Telephones.

fever. Patients detained in an isola An invention which makes it pos tion hospital with communicable disgoes where filth abounds; and in doing ease should be free of any discharges sible to carry on a conversation direct so it is only acting in its own interests from the nose, throat or ears before from the throat instead of the mouth promises to revolutionize telephonic Unsound food and impure water are

any locality will bring a blush of group of organisms much resembling shame to the official face of the local shame to the official face of the local the typhoid germ, being generally responsible. This infection sometimes The transmitter is about the size of gains access to the meat from outside a wrist watch. It gathers up the visources either due to contamination of the food by carriers, or else the when it is placed in contact with the animal slaughtered was at the time was responsible for the coming of the fly. Indignation meetings will Gaertner group of bacilli. The danger heard in the receiver. most probably be held, and the guilty of this bacillus in poisoning food is parties brought to boot. This is as that although infected meat may be

A special apparatus has been designed for fire brigades, enabling a superintendent to be in constant touch there is no indication of this desired the death of the germ, a powerful with his masked men, and to converse with them readily. Hose men working telephonic touch with those working

cause an outbreak of food poisoning. Well cooked food is therefore, not only palatable, but is also much more likely temporarily but do not strike at its to be free from infection: the cooking When we learn to appreciate preserves the meat from putrefactive the fly in his true light we will pre- changes by heat sterilization and may ger, in noisy workshops, in railway vent his breeding by abolishing his somewhat in crease its digestibility. breeding places. The real purpose of Sausage poisoning or botulism is now tunnels, and in marine engine-rooms somewhat in crease its digestibility. The submarie worker can talk to men son he will eventually teach us is one sometimes infected with the bacillus

TAKE NOTICE.

well as being a great discomfort and times impairment of vision, speech, monials from well-known a carrier of filth. Besides actually and general lack of co-ordination. This monials from well-known people, not

legs, flies may transmit disease by discharging their vile disease-laden excharging their vile disease-laden excharging their vile disease-laden exchanging the exchanging their vile disease-laden exchanging their vile disease-laden exchanging their vile disease-laden exchanging the

Yarmouth, N.S., Branch Factory, St. John's, Nfid.

Nobles as Navvies.

This fact is being rapidly brought consumption, is now carried out in all This fact is being rapidly brought consumption, is now carried out in all their old glory, the exiled Russian home to the food purveyor, whatever cities and towns, and in addition all noblity who formerly adorned the his particular line may be, for people foods exposed for sale and intended nowadays are beginning to avoid the

There are in France hundreds of these nobles engaged in different industries, and some are actually doing manual work as navvies. Moreover, many officers who once held high rank in the Russian army are now taxi drivers in Paris

Count Paul Ignatieff, who was a close friend of the murdered Tsar, now sells milk in Garches. His wife, who was the most beautiful woman in Petrograd, milks the cows at dawn while the Count's second son grows mushrooms at Saint-Germain.

The most dashing cavalry officer of Russia, Colonel Skouratoff, has exchanged the sword for the hoe, and is becoming an agricultural expert. At

a wholesale firm in Paris.

lively interior decorations for had to pawn his jewels.

AUTO SPARE PARTS

The Boy Scouts Association.

A Sure Sign That the Blood is

ore subject to headaches than fullblooded persons and the form of anaemia that afflicts growing girls is almost always accompanied by headaches, together with disturbance of

rich red blood made by these pills will

emove the headache

mail at 50 cents a box or six boxes for

conversation. more discredit to us than blame to also sources of infection. One of the

Known as the Laryngophone, the invention enables a person to talk in noisy surroudings or under abnormal conditions, and at the same time leave days or days to the personal leaderthe mouth free for breathing pur-

brations direct from the vocal chords throat, and the sounds are plainly

in other parts of a burning building.

The invention can also be used between chauffeur and motor-car passenger, between air pilot and passenbreeding places. The real purpose of the fly, therefore, is to serve as a perpetual, tormenting, disgraceful reminder of uncleanliness, and the lessingle of the large Cambridge type, is ally the large Cambridge type, is all the large type, is all the larg

We publish simple, straight testi-

dropping the germs from the feet and is in contrast to food poisoning by the From all over America they testify to the merits of MINARD'S LINI-

MINARD'S LINIMENT CO., LTD.

Now that they can never regain

a Paris garage another famous colonel may be seen any day in overalls.

General Nicolajeff, commander of the Russian troops in France during the war, now drives a motor-lorry for

Two princes are bank clerks, and many nobles and officers have become motor mechanics. Prince Boris paints teaux. In order to buy his ortfit he

As an organization, the Scout Move nent is neither militaristic in thought, form nor spirit, although it does instill in boys the military virtues such as nor, loyalty, obedience and patriot

The purpose of the Boy Scout Move-ment is to develop character, initia-tive and resourcefulness in boys by cultivating their interest in the cinating outdoor activities of the

It is in the wearing of the uniform and doing of things together, as Scouts, that they absorb the force truth of the Scout law, which states: "A Scout is a friend to all and brother to every other Scout.'

The Movement aims to supplement the various existing educational agencies, and to promote the ability in boys to do things for themselved and others. It is not the aim to get up a new organization to parallel in its purposes others already establish The opportunity is afforded other organizations, however, to introduce into their own programs unique fea tures appealing to interests which are universal among boys. The method is summed up in the term Scoutcraft, and is a combination of observation deduction and handiness, or the ability struction in first aid, life saving, tracking, signalling, cycling, nature study, camperaft, seamanship, woodcraft chivalry, patriotism and many other subjects. This is accomplished in games and team play, and is pleasure, not work, for the boy. All that is needed is the out-of-doors, a group of boys and a competent leader.

Something to do, something to think about, and something to enjoy, with a view always to character build. ing; for manhood, not scholarship, is the first aim of education."

The Boy Scout Movement is developed in practically every country of the as well as in all the overseas dominions and colonies of Great Britain and the United States. According to a pamphlet just issued by the Provincial Headquarters of the Boy Scouts Association, Bloor and Sherbourne Streets, Toronto, there are in Canada alone some 22,692 registered Scouts, 4,288 Wolf Cubs (junior members), and 1,648 unpaid Scoutmasters and Assistant Scoutmasters who give at least 52 nights a year, and 24 half ship of their boys. Quite a citizen ship contribution.

"Pape's Diapepsin" Corrects Stomach.

"Pape's Diapepsin" is the quickest, surest relief for Indigestion. Gases 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 on ladders and roof tops can keep in eat favorite foods without fear. Large case costs only 60 cents at drug store Absolutely harmless and pleasant Millions helped annually. Largest selling stomach corrector in world.

> The bagpipes are by no means merely a picturesque survival of a barage. One hundred and fifty pipers performed individual feats of heroism during the world war, and a piper of the Scottish Borderers won the Victoria Cross by standing on a parapet during a gas attack at Loos and piping his battalion together with Blue Bonnets Over the Border. is something that quickens the blood in such tunes as Blue Bonnets and The Campbells are Coming; there is something profoundly stirring in the wail of a pibroch. So long as there are fighting Highlanders, we need have no fear that the "Campbells' will cease to come.

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

Canada has the second largest tele scope in the world, near Victoria, B.C. It is second in point of size and equal to the best in efficiency.

If you are a real salesman you will work; if you don't work you will be a "nearly one" all your life.-H. R.

Wardell. The breweries of Great Britain have a combined annual output of between 15,000,000 and 20,000,000 standard barrels of beer.

> Caught in draught -stiff neck or back won't last long if

BEWARE OF SUBSTITUTES \$1.00 a tube.
THE LEEMING MILES CO., LTI
MONT REAL RELIEVES PAIN



His Complaint.

The doctor said, as he bent over the patient, "I don't quite like your heart action." Then, as he again applied Then, as he again applied the stethoscope, he added:

"You have, I take it, had some trouble with angina pectoris?"
"Well, doc," said the youn said the young man, rather sheepishly, "you're partly right; only that ain't her name."

A prosperous grocer in a certain town had occasion recently to engage a new errand boy for the Christmas Trade was very brisk, and the lad had a great deal of work to do in delivering the parcels in different parts of the town.

Well, George, how did you get on on Saturday?" asked the grocer on

Mondaay morning.
"Oh, fine," replied the boy; "but I'll e leavin' at the end of the week.' "Why, what's up now?" queried his

nough?" "I'm not fiindin' any fault with the pay," replied the boy, "but the fact is, I'm doing a horse out of a job here."

"Are the wages not high

What Was the Harm? -Schoolmaster Robinson was stern wore long hair, and believed in dis-

One morning Wille Jinks' mishe haved himself to the extent that it was necessary to administer punishment. Soon his parents heard the nature

of his offence, and they also remon strated with him. Nevertheless, he cared not.

"Look 'ere, mother," he spoke up, manfully. "Nothing much to scold about. I only went up to the desk and said, 'Please, Mr. Robinson, are you any relation to Crusoe?'

The British Museum contains more than 16,000 copies of the Bible.

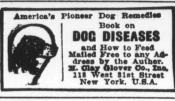
It is estimated that there are 550 American branch factories in Canada, 200 of which have been established since the war.

DANDERINE"

Stops Hair Coming Out: Doubles Its Beauty.



A few cents buys "Danderine." After a few applications you cannot find a fallen hair or any dandruff, beside every hair shows new life, vigor brightness, more color and abundance



send for list of inventions wante

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

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 Advertisem

FARM WANTED. WANTED. SEND DESCRIP and price. John J. Black Falls, Wis.

SMORING TOBACCO YOUR SMOKING TOBACCO ect from grower. Write for Chas. Barnard, Leamington,

AGENTS WANTED.

A GENTS WANTED. BLISS NATIVE Herbs is a remedy for the relief of Constipation. Indigestion. Billousness, Rheumatism. Hidney Troubles. It is well-known, having been extensively advertised, aince it was first manufactured in 1888, by distribution of lavre quanties of Almanacs. Cook Books. Health Books, etc., which are Turnished to agents free of charge. The remedies are sold at a price that allows agents to double their money. Write Along O. Bliss Medical Co., 128 St. Paul St. East, Montreal. Mention this paper.

Say, "Hello!" Stop a minute and say "Hello"

As down Life's Road you go; For a kindly word and a cheery smile Will shorten the way by many a mile For some poor fellow slow.

Stop a minute—and say "Hello."

Minard's Liniment Relieves Dister

Rainbow Myths.

In many countries the rainbow is spoken of as a great bent pump or siphon tube, drawing water from the earth by mechanical means. In parts of Russia, in the Don country, and also in Moscow and vicinity, it is known by a name which is equivalent to "the bent water-pipe."

When a man feels like a king, he can look kingly. Majesty, more regal than ever sat on a throne, will look out of his face when he has learned how to claim and to express the di-vinity of his birthright.



OLD STANDBY, FOR ACHES AND PAINS

Any man or woman who keeps Sloan's handy will tell you that same thing

ESPECIALLY those frequently attacked by rheumatic twinges. A counter-irriant, Sloan's Liniment scatters the congestion and penetrales without rubbing to the afflicted part, soon relieving the ache and pain.

Kept kandy and used everywhere for reducing and finally eliminating the pains and aches of lumbago, neuralgia, muscle strain, joint stiffness, sprains, bruises, and the results of exposure.

You just know from its stimulating healthy odor that it will do you good! Sloan's Liniment is sold by all druggists—35c, 70c, \$1.40.

"Bayer" is only Genuine



Warning! It's criminal 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, Toothache, Lumbago and for Pain. Handy tin boxes of twe!ve tablets cost few cents. Dru gists also sell larger packages. 'Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monoaceticacidester of Salicylicacid.



FOR HAIR AND SKIN

For promoting and maintaining beauty of skin and hair Cuticura Soap and Ointment are unexcelled. Cuticura Talcum is an ideal powder, re-freshing and cooling to most delicate skins.

Soap 25c. Ointment 25 and 50c. Talcam 2: throughout the Dominion. Canadian Lymans, Limited, 344 St. Paul St., W., W.

ISSUE No. 2-'21.

Look into it! If tea or coffee drinking dis-

TO KREEKHEEKKEE KERKEEKEEKEKKEKK

turbs health or comfort, switch to **ISTANT POSTUM**

There's a big gain toward health, with convenience, economy, and no loss in satisfaction

GROCERS EVERYWHERE SELL POSTUM