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**Boy Scout Notes.**

Sudbury Scouts are playing a fast team in this year's Junior Football League.

Grimby and New Toronto Scouts have recently been the recipients of grants from their municipal councils. The Village of Grimby and the Township of Grimby gave \$250 and \$50 respectively, and the Town of New Toronto gave \$50. Winton Scouts similarly benefited from a town grant of \$100.

Brockville Scouts have something more than the very desirable badge awaiting them when they become First Class Scouts, a local merchant having made a splendid lot of Scout equipment available for presentation to the first 19 Scouts to put up the "fleur-de-lis and scroll."

Toronto Scouts held an eight mile bicycle road race on Victoria Day for a cup and prizes donated by the "Ratepayer"—a weekly newspaper circulating in the Beaches District.

Under the heading "A Boost for the Boy Scouts," Toronto's big weekly paper, "Saturday Night," said the following in a recent issue:

"Many circumstances have militated against the Boy Scout Movement holding a large place in the public eye as it did a few years ago, but this Spring and Summer we hope to see a great revival of interest in its highly effective machinery for the development of courage, honor and courtesy in growing boys. During the first

week in April a provincial convention was held at Halifax which was attended by 300 delegates from all parts of Nova Scotia, where the movement has been spreading like wild-fire during the past six months, and a similar re-birth of enthusiasm is looked for in other provinces.

"The aims of the Boy Scout movement are noble and unassailable at every point. Its methods inculcate idealism, and appeal profoundly to the boy-temperament. They stimulate their mental and physical health and create the best kind of patriotic influence. Among all the progressive movements in Canada to-day that of the Boy Scout organization strikes the public as the finest, sanest and most definitely useful."

**Campers and Forest Protection.**

Holiday time is approaching and already some people are getting their tents and canoes and tackle ready for a trip in the woods. This open life in the forest is a form of recreation in regard to which Canadians are especially privileged, and it is a particularly valuable and health-promoting form in these days, when so many people live in crowded cities. Camping in the woods will doubtless increase in Canada from year to year, and so long as campers are careful with fire their presence does the forest no harm. It has been noticed, however, in many quarters, that too often in the past the trail of the camper has been marked by forest fires. If during the coming season every camper will determine that neither from his camp-fire nor from his pipe will he permit fire to escape into the forest, a great stride forward will be made in forest protection. Let all unite in preserving this great natural resource of Canada.

The loss of population in France due to the war has been estimated at 4,000,000.

Minard's Liniment Relieves Distemper

**A WOMAN'S HEALTH NEEDS GREAT CARE**

**When the Blood Becomes Watery a Breakdown Follows.**

Every woman's health is dependent upon the condition of her blood. How many women suffer with headache, pain in the back, poor appetite, weak digestion, a constant feeling of weariness, palpitation of the heart, shortness of breath, pallor and nervousness? Of course all these symptoms may not be present—the more there are the worse the condition of the blood, and the more necessary that you should begin to enrich it without delay. Dr. Williams' Pink Pills are a splendid blood-building tonic. Every dose helps to make better blood which goes to every part of the body and brings new health to weak, despondent people. Dr. Williams' Pink Pills are valuable to all women but they are particularly useful to girls of school age who become pale, languid and nervous. There can be neither health nor beauty without red blood which gives brightness to the eyes and color to the cheeks and lips. Dr. Williams' Pink Pills build-up the blood, as is shown by the experience of Mrs. Jos. E. Veniotte, West Northfield, N.S., who says: "For several years I was in a bad state of health. I was pale and nervous, my appetite was poor, and I suffered from weakness, headache and a feeling of oppression. I got so nervous that I was afraid to stay in the house alone. All this time I was taking medicine, but it only did not help me, but I was growing weaker. Finally I decided to try Dr. Williams' Pink Pills, and after using six boxes I felt much better. I had a better appetite, slept better and felt stronger. However, I continued taking the pills for a couple of months longer and now I am feeling as well as ever I did. I give all the credit to Dr. Williams' Pink Pills, and hope that my experience may be of benefit to some other weak woman."

You can get Dr. Williams' Pink 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.

**Hills of Home.**

After long days when I come Once more from far roving home, While I watch with eager eyes Old loved landmarks, friendly-wise Sudden bursting into view Sharp etched on the skies' clean blue, Lo, the hills of home arise.

Always round the curve they lie Waiting hid as I draw nigh, Till I pass the angled bend, And the last long slope ascend, And the shortening road runs straight There to welcome me they wait— Hills of home, and Journey's end.

Hoof beats quickening on the trail— Grind of train wheels on the rail— Motor swerving sharp and sheer— Steamboat reaching for the pier— Curve or headland, break or bend I must pass, and at the end Stand the home hills, clean and clear.

Thus, when fate my spirit brings To the ordained end of things, I shall come as now I come Through far spaces weariest, Till the shrouding veils that lie Twixt time and eternity; Till they blaze against the sky Gold and jade—the hills of home.

**A War Mystery Solved.**

The mystery about the "Big Bertha" which shelled Paris from a distance of 75 miles during the war, has been solved. The Allied officers who have been trying to find out why guns of the supposed dimensions were not surrendered by the Germans under the treaty, and why they could find no trace of them anywhere in the war area, have at last discovered that the "super-gun" never existed. The shells that fell into the streets of Paris were fired by ordinary naval guns of twelve or fourteen inches. The barrels were strengthened by introducing a steel bushing that reduced the calibre to about nine inches, and the breeches were reinforced by a massive steel jacket. In guns thus strengthened double charges of explosive would be used; and by making the shells longer and more pointed, and by grooving them to fit the rifling, several additional miles were gained. Guns so built had never before been used because artillerymen had never before been willing to sacrifice accuracy to distance. The "Big Berthas" were not accurate and did not need to be, for the Germans were firing at a mark several miles wide. So long as they hit some part of the city of Paris they were satisfied, for their object was merely to spread terror among the Parisians. As it was, several of their shots missed the target altogether and fell some distance away from the city.

**Migratory Birds.**

An amendment to the Migratory Birds Convention Act increases the penalty for violation of the act from \$100 to \$300. Section 12 now reads as follows: "Every person who violates any provision of this Act or any regulation shall, for each offence, be liable upon summary conviction, to a fine of not more than three hundred dollars and not less than ten dollars, or to imprisonment for a term not exceeding six months, or to both fine and imprisonment."

**BITS OF HUMOR FROM HERE & THERE**

**Nothing New.**  
 Irrate Visitor—"Mr. Editor, I've been told that you have printed in your sheet that I am the greatest swindler the world has ever known?"  
 "No, sir! Not in my paper. It contains only the latest news."

**Housing Problem.**  
 The Policeman—"You folks can't stay in the park all night. You'll have to go home."  
 Mr. Doubleup—"But it's not our turn, officer. We share our flat with another family and they occupy it tonight."

**Cork to Cork.**  
 Three men were travelling in a train in Ireland en route for Cork. The train was very late, and to make matters worse it was held up frequently between the stations. At last they reached a station where an inspector came down the train to examine the tickets.

"Where for?" he demanded, as he looked into the compartment occupied by the three men.  
 "Cork," they replied in unison.  
 "Then you're all Cork," replied the inspector wittily.  
 "Yes," replied one of the three men; "and if your train was all cork, too, maybe it would be easier to draw. At present it's the best stopper I've seen."

**He Knew How to Do It.**  
 A lady took her four-year-old girl to a photographer. The child couldn't be made to keep still. He of the camera was as naive as he could be, and working every device of gentle persuasion to make the little wriggle sit without moving. Finally, he said to the despairing mother:  
 "Madam, if you will leave the little dear alone with me a few minutes, I think I can succeed."

The mother had scarcely withdrawn when she was summoned back by the triumphant photographer, who said he had taken a satisfactory negative.  
 When they reached home the mother asked: "Nellie, what did the man say to you when I left you alone with him?"  
 "He said," replied Nellie, "Sit still, you little rascal, or I'll shake you."

**WHEN BABY IS SICK**

When the baby is sick—when he is cross and peevish; cries a great deal and is a constant worry to the mother—he needs Baby's Own Tablets. The Tablets are an ideal medicine for little ones. They are a gentle but thorough laxative which regulates the bowels, sweetens the stomach, banishes constipation and indigestion, break up colds and simple fevers and make teething easy. Concerning them Mrs. Philippe Payen, St. Flavien, Que., writes: "Baby's Own Tablets have been a wonderful help to me in the case of my baby and I can strongly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**Canadian Trees for British Forests.**

The demand for timber during the war aroused interest in Great Britain in the subject of forestry. It was seen that even in the thickly populated Motherland there were very considerable areas which would give a greater return in growing trees than if handled in any other way. In fact, as foresters have been pointing out for years, many areas cannot be made to produce anything but trees. The British Forestry Commission have undertaken a programme of planting and seeding these. It has been found that certain Canadian trees do well in the British Isles, and through the Forestry Branch of the Department of the Interior, a quantity of tree seeds has been collected and forwarded for sowing on certain areas. These shipments have been sent for several years in succession and have amounted to as much as half a ton in a year. The trees most favored in this connection are Douglas fir and Sitka spruce and a recent visitor to England reports the plantations of these species as doing remarkably well. Some consignments of Canadian tree seeds have also been sent to Belgium to help restore the devastated forests of that country.

**MONEY ORDERS.**

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

Canada has a vast coal deposit on the upper Mackenzie River that was on fire when Alexander Mackenzie discovered the river in 1789, and it has been burning ever since—a seam more than a mile long.

Chinese make pineapple cloth from the leaf fibres of the plant, extracted by hand labor, obtaining about a pound of fibre from each 100 pounds of leaves.

Besides a salary of \$45,000 a year, the President of the United States has traveling expenses and the upkeep of White House paid for him.

Minard's Liniment for Dandruff.

**Prominent Western Man Praises Tanlac**



G. W. Logan, Peabody, Kansas, U.S.A.

"Tanlac has completely restored my health and I feel finer than in years," was the straightforward statement made recently by Mr. George W. Logan, of Peabody, Kansas, U.S.A. "It has not only made a new man of me but I have actually gained thirty-five pounds in weight and feel as well as I ever did in my life. I am telling all my friends about Tanlac but they can see for themselves what it has done in my case."  
 "When I began taking Tanlac I was in an awfully run-down condition. I was away off in weight, felt weak and nervous all of the time and couldn't take any interest in my work or anything else. My main trouble was indigestion. Nothing seemed to agree with me. At times I would have dizzy spells and at other times my back would ache so bad that I could hardly get up and down in my chair. This is just the condition I was in when I started to take this medicine. It took just six bottles to make a well man of me. I now have a fine appetite, everything tastes good and my digestion is perfect."  
 "My wife was also troubled with indigestion at times and it relieved her the same way. You may publish my statement wherever you like and if anyone doubts it, just tell them to see me."

Tanlac is sold by leading druggists everywhere.

**Walk With Your Feet Parallel, Advises Doctor.**

Mothers who train their children to walk with toes pointing outward and counsel their little girls never to wear high heels when they grow up have been told they were all wrong by Dr. W. H. Thethowan, orthopedic surgeon, in an address at the Institute of Hygiene, in London.  
 "To walk properly," he said, "the feet should be kept absolutely parallel. The 'quarter to six' attitude is one of the big mistakes of physical training. Three minutes to twelve and three minutes past is what you want when standing."  
 "A long stride is not good for the feet. A slow, short step is better, for it makes you rise on the toe."  
 "Never discourage a child who is turning his toes in unless he has an actual deformity of the foot. He is probably trying to cure himself of knock-knees or weak ankles."  
 Reasonably high heels are very excellent things, the surgeon said. Low heels are all right for children, or for adults with a perfect foot, but unfortunately no foot is perfect.

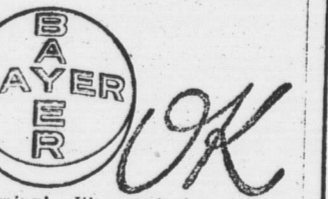
**Good Pasture.**

Smithson called one day on an old school friend, and was shown into a room where his chum's sister was busy arranging some dried grass she had collected.  
 "What a quantity of dried grass you have collected, Miss Ritchie!" he said.  
 Then his humor burst forth. "Nice room for a donkey to get into."  
 "Then make yourself at home, Mr. Smithson," said the girl, pleasantly.

If all the houses and buildings in London were placed side by side in a long line, they would reach across the three great continents of Europe, Asia, and America.

**ASPIRIN**

"Bayer" is only Genuine



Warning! It's criminal to take a 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 twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetateidester of Salicylicacid.

**Lifelong Health Conditions Noted in One Certificate.**

A very comprehensive form of health certificate is proposed for use in Germany. If adopted, it would form a record of the health of each individual at any stage of life, and at death would furnish a complete history of that individual's whole physical life. This record would constitute a single health certificate, in which would be combined the certificates of birth, of vaccination, the health reports of school medical examiners, and in later life the reports of health-insurance societies, in which all Germans in industrial life are registered. The result would be of value, during the life of the individual, in furnishing any attending physician with a complete family history; and after death, these certificates would be collected in a central bureau, where they would furnish material for the study of heredity.

At the Yarmouth Y.M.C.A. Boys' Camp, held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sunburn, an immediate relief for colic and toothache.  
 ALFRED STOKES,  
 General Sec'y.

**America's Pioneer Dog Remedies**  
 Book on **DOG DISEASES**  
 and How to Feed Mailed Free to any Address by the Author  
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**For Hair And Skin Health Cuticura Is Supreme**

The majority of skin and scalp troubles might be prevented by using Cuticura Soap exclusively for all toilet purposes. On the slightest sign of redness, roughness, pimples or dandruff, apply a little Cuticura Ointment. Cuticura Talcum soothes and cools the skin and overcomes heavy perspiration. Delicate, delightful, distingué.  
 Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 244 St. Paul St., W., Montreal.  
 Cuticura Soap shaves without soap.

**Ready to Eat and Every Bit Eatable Grape-Nuts**  
 is convenient, free from waste, and moderate in price.  
 Skilled blending and long baking bring out the full flavor and richly-nourishing qualities of this cereal food, and make it easy to digest.  
 "There's a Reason" For sale by all grocers