

SMOKE

in 1/2 lb. tins and 15¢ pkts.

OLD CHUM

The Tobacco of Quality

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.

In view of the tremendous advances made in public health work in this province during the past decade it is interesting to recall what was being done prior to 1912, and how the Provincial Board of Health, though at that time handicapped by lack of funds, was nevertheless carrying on an active campaign in many fields of public health activity. Here is an interesting account of the work, taken from the Canadian Magazine of November, 1912.

"Advanced indeed have been the steps in the last seven years for the protection of public health. Milk, that prime incubator of germs and disseminator of disease, is now produced and marketed under sanitary conditions. In 1919 the Government appointed a Milk Commission whose members awakened the province to the evils arising from unclean dairying and careless handling of milk. The recommendations of the Commission are embodied in one of the most progressive statutes of any State. The consumer now receives a supply measuring up to a strength, and delivered as carefully as testing and inspection can ensure.

Rivers and streams are no longer allowed to be polluted with sewage. Tuberculosis is now classed as a communicable disease, and every medical man is compelled to notify the local and provincial officers of health of all cases of communicable disease com-

BABY'S OWN TABLETS OF GREAT VALUE

Mrs. Hermadis Chagnon, Ste. Theodose, Que., writes:—"Baby's Own Tablets have been of great value to me in keeping my little one well and I would not be without them." Thousands of other mothers say the same thing. They have learned by actual experience the value of the Tablets in regulating the bowels and stomach; banishing constipation and indigestion; breaking up colds and simple fevers; and keeping the baby free from the many simple ailments of childhood. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Pine-Wood.

The pine-wood's keeping a heart so chilly
Dark on the glittering blue
In the full summer of rose and lily
Here is the dusk and dew.

High in the blue the noon-sun's burning
The sea's glaring, unkind—
Here in the pines is the cool of morning
Deep shadow and a fresh wind.

Her heart, so cold in the blaze of summer
Is white fire, for she knows
The days are bringing the north wind's rumor
Of icebergs and the snows.

When the world is frozen and life departed
She knows the bliss that will be
The snow, her lover, coming full-hearted
Over land and sea.

The pine-wood dreams of the snow, her lover,
Dreams—she trembled and sighed—
They shall clasp, they shall kiss, where none discover
Bridegroom and bride.

Katharine Tynan.

Medicine Found in Fish.

At a time when there is a world shortage of insulin, a valuable extract used to cure diabetes patients, new sources have been found.

In the past this white powder has been obtained from portions of the ox, but it has recently been discovered that potent insulin preparations can be readily and inexpensively made from the principal islets of two readily available fish—the angler and the sculpin.

Writing to this effect in the "Lancet," Dr. H. F. Moore adds that several laboratories and commercial houses are investigating the problems of producing the substance in large quantities.

Silent contempt is oft the sharpest reproof.

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

Word comes from England that an important weekly has begun the use of the new rubber-latex paper, in which up to five per cent. of raw rubber is incorporated with the pulp.

Minard's Liniment used by Physicians.

EASY TRICKS

No. 31
I'll Tell Your Age

```

99
-18 your age
 81
+33 your friend's age
114
Take away the left hand figure
 14
Add it to the right hand figure
 15
+18 your age
 33 your friend's age
  
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In this trick you discover, by means which seem mysterious, the age of your friend. There is one little drawback to the problem—it will work only if your friend is older than you are.

Subtract your age from 99. Let your friend mentally add the remainder to his age. Then he is to take away the first figure of the total and add it mentally to the last figure and tell you the result. If you will add the number he gives you to your age you will have his age.

For example: Suppose you are 18. Subtract that from 99. That leaves 81. Ask your friend to add (mentally) 81 to his age. If his age is 33, that will give him 114. When he takes away the first figure he has 14. Adding the 1 to the 14, he has 15. Adding your age, 18, gives 33—and there you are.

(Clip this out and paste it, with others of the series, in a scrap-book.)

HOW DELICATE GIRLS ARE MADE STRONG

Rich, Red Blood Needed to Keep Up Their Vitality.

It should be constantly borne in mind that pale, bloodless girls need plenty of nourishment, plenty of sleep and regular out-of-doors exercise. But a lack of appetite and tired aching limbs tend to hinder progress. To save the weak, thin-blooded sufferer, she must have new, rich red blood and nothing meets a case of this kind so well as Dr. Williams' Pink Pills. These pills not only enrich and increase the blood supply, they help the appetite and aid digestion, relieve the weary back and limbs, thus bringing new health and strength and transforming anemic girls and women into cheerful, happy people. Among the thousands of girls who have obtained new health through the use of Dr. Williams' Pink Pills is Miss Lyla G. Garneau, Freeman, Ont., who says:—"About two years ago I was in a very nervous and run down condition. I could not eat, did not sleep well and was fast becoming an invalid. I was subject to fainting spells which made it very embarrassing to go in company as I never knew when a fainting spell might come on. After several fruitless treatments I was advised to try Dr. Williams' Pink Pills, and by the time two boxes were used I felt an improvement. I kept on taking them, and am now thankful to say that I owe my present health and happiness to this medicine, which I cheerfully recommend to other run-down girls."

If you are weak or ailing, avail yourself at once of the home treatment which Dr. Williams' Pink Pills so easily afford, and you will be among those who rejoice in regained health. These pills are sold by all dealers in medicine, or may be had by mail at 50c a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Not So Bad a House

Lady—"Aren't you ashamed to come to a house like this to beg?"
Hobo—"Oh, don't apologize, ma'am—you ought t' see some o' th' houses I've went to to-day!"

Health is an international problem, a national problem, a local problem, a family problem and a personal problem.

Pieces of linen, made in Egypt more than 2,000 years ago and still preserved in the British Museum, are so finely woven that they contain 540 threads to the inch. Our finest cambric to-day has about 120 threads to the inch.

At the Montreal sale of the Canadian Fur Auction Sales Company the best silver fox skins brought \$325, a few sold for \$200, but most of those of fair quality fetched between \$70 and \$125. The American import duty of fifty per cent. on furs kept away many buyers from the United States.

CORNERS

Lift Off with Fingers

Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

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Minard's Liniment for sale everywhere.

Roads

Oh, you may take the smooth paved road,
The highway, if you will;
But I will take the country road
That straggles up the hill.

What fun is there in wandering
If you must always know
Where every road will take you to
And where you want to go?

Give me the road where every turn
Will bring a fresh surprise
Of cozy farms and apple trees
And shade to rest the eyes;

The dusty road, the country road
Where friendly birds fly low,
Where lazy carters ramble past,
And scented breezes blow;

Where rats are grown with tufts of grass
And daisies spring between;
On either side long fields of grain
That billow gold and green.

So take the highway if you will
From town to smoky town,
And rest you in a stuffy inn
When velvet night comes down;

But think of me beneath the stars,
All pillowed in the hay,
With song of birds to waken me
And send me on my way.

—Abigail Cresson.

A Modern Queen Elizabeth.

There are several instances of adventurous white men who by their courage or force of character have imposed themselves as rulers on the less advanced dark people of the Pacific Islands. Perhaps the Brookes, who have for three generations been rajahs of Sarawak, are the most famous. Another royalty, a woman who has received little if any advertisement, is referred to in a news dispatch in an English newspaper, Elizabeth Mahoney, the "White Queen of the Pacific," says the Manchester Guardian, has just returned to Sydney after a reign of thirty-three years in one of the South Sea Islands, the "Southeast Isle," which lies on the extreme south-east of Papua.

Mrs. Mahoney and her husband first settled on the island more than thirty years ago. Both were much respected, and when her husband died eighteen years ago Mrs. Mahoney took upon herself his varied activities of trading, engineering, carpentering, farming, gold digging and navigating. She gained enormous influence over the natives and was their unconditional sovereign. She extended her trading and employed native labor to dig for gold. She has become extremely wealthy and owns a little fleet of ships, the largest of which is of twenty tons; she has often acted as pilot and engineer on it.

The population of the island numbers five more whites—Mrs. Mahoney's son, his wife and three employees. There are seventeen thousand natives, and virtually all are subject to her.

Cock-Crowing Contests.

The Belgian artisan spends his leisure in a novel manner. He breeds a special cock for crowing, and the bird that can outcrow his fellows has reached the highest pinnacle of perfection. The plan adopted is to place the cages containing the roosters in a long row, as proximity creates the spirit of emulation without which the proceedings would fall flat.

A marker appointed by the organizers of the show is told off for each bird, his duty being to note carefully the number of crows for which it is responsible. The customary duration of the match is one hour, the winner being the cock which scores the highest number of points in the allotted time.

The Liege district is a famous centre for such competitions.

It is the opinion, the interests, the ideals, and the goodness of the average man and the average woman which makes the character of the nation.—Colonel E. Kitson Clark.

IS SURPRISED TO FIND SHE IS ALIVE

Mrs. Gorman Says She Didn't Expect to Survive Her Troubles—Praises Tanlac.

"Three years ago, before I got Tanlac, if anyone had told me I would be alive now I couldn't have believed it," said Mrs. Hannah Gorman, 414 Arthur St., Windsor, Ont.

"I had suffered from stomach trouble for seventeen years. Many a time I was in such agony I didn't think I could live through the day. I had awful smothering spells, terrible headaches, and was so nervous I was almost frantic and sleep was practically out of the question. Why, I was so weak I could hardly dress the children, to say nothing of taking care of the household duties.

"However, Tanlac gave me back my strength, and I've enjoyed perfect health ever since. I gained nearly ten pounds in weight, have a wonderful appetite and sleep eight or ten hours every night and feel so well life is a pleasure. Tanlac was a godsend to me. No medicine in the world can equal it."

Tanlac is for sale by all good druggists. Accept no substitute. Over 87 million bottles sold.

Tanlac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

Tenement Children.

Eaglets have no bounds or bars
Save the cordon of the stars;

Only searching beagles know
Where the little foxes go;

Little fish have leave to glide
With the world-engirdling tide;

Man bids lovely childhood bloom
In this pestilential gloom!

—Daniel Henderson.

BABIES LOVE MRS. WINSLOW'S SYRUP

The Infant's and Children's Regulator
Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless. It quickly overcomes colic, diarrhoea, flatulency and other like disorders. The open published formula appears on every label.

—A. A. D. D.

ITCHING BURNING ECZEMA ON SCALP

In Pimples, Formed Hard Crust, Hair Fell Out, Cuticura Healed.

"I had eczema on my scalp. It broke out in little pimples which formed a hard crust. My scalp itched and burned so badly I was up half the night. My hair fell out terribly and I could not comb it.

"This trouble lasted about three months before I sent for a free sample of Cuticura Soap and Cuticura Ointment. I bought more and I used two boxes of Cuticura Ointment with the Cuticura Soap when I was healed."

(Signed) Miss Gertrude Harrington, 1010 Delaware Ave., Butte, Mont.

Cuticura Soap to cleanse and purify, Cuticura Ointment to soothe and heal and Cuticura Talcum to powder and perfume are ideal for daily toilet purposes.

Send for Book Free by Mail. Address: "Cuticura, Liniment, Soap, Ointment and Talcum," 140 Broadway, New York, N. Y. Sold everywhere. Soap, Ointment and Talcum. Cuticura Soap shaves without stung.

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ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

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 Monoaceticacid 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."

Classified Advertisements.

FOR SALE.
QUANTITY GAS TO 1616 BENCH TIMBER
Hold Bros., Bothwell, Ontario.

NEW FORD OVERS CAN ENJOY LUXURY, comfort and economy with the latest advance. In unrepresented territory one may get his FREE. Write Auto Specialty Co., Peterboro, Ont.

WANTED—FEMALE CLOTH WEAVERS. Velours, Polos, etc. Highest wages paid. Apply: Blinney Manufacturing Co., Ltd., Stamford, Ontario.

Letting a man follow the wrong course because he is your friend is mistaken kindness.

Refreshes Weary Eyes

When Your Eyes feel Dull and Heavy, use **MURINE**. It is instantly Refreshing, Tired Feeling, Makes them Clear, Bright and Sparkling. Harmless. Sold and Recommended by All Druggists.

MURINE
for Your EYES

America's Pioneer Dog Remedies

Book on **DOG DISEASES**
and How to Feed Mailed Free to any Address by the Author.
E. Clay Glover Co., Box 129 West 34th Street New York, U.S.A.

Attractive Proposition

For man with all round weekly newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co., Ltd., 78 Adelaide Street West.

CORN BUNIONS

Minard's takes the "hurt" out of them. Also a soothing bath for sore, tired feet.

MINARD'S "KING OF PAIN" LINIMENT

WOMEN FROM FORTY TO FIFTY

Will Be Interested in Mrs. Thompson's Recovery by Use of Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"Lydia E. Pinkham's Vegetable Compound has done me good in every way. I was very weak and run-down and had certain troubles that women of my age are likely to have. I did not like to go to the doctor so I took the Vegetable Compound and am still taking it right along. I recommend it to my friends and to any one I know who is not feeling well."

Mrs. THOMPSON, 808 Lizzie St., Winnipeg, Man.

When women who are between the ages of forty-five and fifty-five are beset with such annoying symptoms as nervousness, irritability, melancholia and heat flashes, which produce headaches, dizziness, or a sense of suffocation, they should take Lydia E. Pinkham's Vegetable Compound. It is especially adapted to help women through this crisis. It is prepared from roots and herbs and contains no harmful drugs or narcotics. This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."