Once a mother has used Baby's Own Tablets for her little ones she is always pleased to speak highly of them to other mothers. She knows the good they have done her children and realizes that her experience should be of benefit to others. Concerning the Tablets Mrs. Fred Murphy, Charlotte-P.E.I., writes: Baby's Own Tablets for the past eight months for my baby. I cannot speak too highly of them for they have been of great assistance to me in my first. No man is beaten till he gives in; experience of motherhood." Own Tablets are a mild but thorough laxative which are absolutely harmless and may be given to even the babe with perfect safety. They are sold by medicine dealers or direct at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville,

Automobilists, attention! Before The man who sticks goes ahead with a you drive on, after lunching beside road, gather up every scrap of rubbish and either carry it home to be burned, or find a place to deposit it, where it will surely remain hidden.

Minard's Liniment for Dandruff.

The Man Who Qu man who quits has a brain and

As good as the next: but he lack sand
That would make him stick with courage stout To whatever he tackles and fights i

out.

He starts with a rush and a solem That he'll soon be showing the other

how; Then something new strikes his re ing eye,

And his task is left for the by and Hard luck can't stand 'gainst a cheer

ful grin; The man who fails needs a better excuse the quitter's whining, "What's

the use?" the man who quits lets his chances slip,
Just because he's too lazy to keep his

shout, While the man who quits joins the

"down and out." Warships to the number of 638 hav

been scrapped since the Armistice.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON Provincial Board of Health, Ontario

Or. Middleton will be glad to answer questions on Public Health mat ters through this column. Address him at the Parliament Bldgs.

object, but it has a remarkable his-Its life story makes entertaining reading, and at the same time We make it a he gives some idea of what harm it can every summer. do, and why it should be destroyed. Here is a story told by the fly itself:

"Once I was only a tiny, white, oval egg. My mother laid me with a hunfew days I hatched out, a little white worm. I fed for a week or two on the filth where I was, then I changed into a brown pupa. Several days later I everything up thoroughly early in the burst forth a full-grown fly, with two

"Since then I have travelled about a fuzz on them; you cannot see it without a magnifying glass, but it is just splendid for catching germs of all kinds. They also cling to my wings.

You would not think so (I am so small), but I really can carry 6,000,000

bacteria on my body at once! "What kinds of bacteria? All kinds, but especially typhoid fever and summer complaint, which kill so many do not seem to care if not hear of summer complaint in in the market just the same when winter; I am not flying around then, they see us crawling over it. leaving the germs on the baby's bottle, or lighting on its lips, or falling into a little smaller, but by actual weight bowl, or crawling over the dish towels another's had about four mouthfuls hanging in the kitchen, or on the food less in the wrapped loaf. So there and in the pantry.

"I also carry tuberculosis germs; in fact, I pick up a good many kinds human excreta and stable filth perof germs, for I love to flit about, lighting on filth of any kind I can have us make a door-mat of their food. Williams' Pink Pills are a fine tonic find. Of course, having hatched out But they never notice, so we swarm in it and lived on it the first part of over the food in the market and gromy life, you could not expect me to ceries and have access to many a do otherwise. But I also love to feast highly respectable kitchen. on candy, cake, sweets, meat, cheese and every kind of food.

somebody's kitchen.

500,000,000,000 in one summer. So have gotten it! of us live through the winter.

"If stable refuse and street sweeprment the farmer's cattle, so the scrupulously clean places."

A fly may not be a very interesting cows will give less milk, and the horses will lose some of their vitality having to fight us off all the time. We make it a lot harder for the horses

"If you want to get rid of us, the only way is to prevent us from having any breeding places, by keeping all stable refuse screened, or treating dred others in stable dirt. After a it thoroughly every little while with

lime to kill our eggs.

"Some day people will become enspring, brushing off every one of us that is clinging to the electric light cords and scale cords in the markets good deal. My feet have a fine little and groceries, and from the walls They will 'swat' us without mercy

until we disappear. "I suppose people would not like to have us leave flyspecks on their candy, cake and bread, if they knew the cake and bread, if they knew the specks were our excreta, and also that A SPRING TONIC they might contain disease germs, but they do not seem to know it. They say, 'Oh, it is just a flyspeck!' children and adults. You do and cake is flyspecked. They buy it

"They think wrapped bread looks milk, or feasting in the sugar one baker's loaves were just the same: continue to buy the unwrapped bread. If they had watched us coming from haps they would not be so willing to

morning bathing in somebody's milk men, and for old people who fail in lel of south latitude) is almost un-"I am really quite ancient, being pitcher. I was afraid I was going to strength, Dr. Williams' Pink Pills, are of the very few flies that lived drown, but a kind-hearted lady lifted an ideal tonic. Thousands have testiover last winter. I hid myself in me out and poured the cream, with all fied to the benefit derived from the those hundreds of bacteria I had left use of this medicine. Among them is "I cannot tell you anything about there, on her little girl's oatmeal. If Mrs. William Gallie, Hantsport, N.S., my descendants, but a very learned she has typhoid fever I suppose her who says: "Before I began the use scientist said I might have 195,312,- mother will wonder where she could of Dr. Williams' Pink Pills I was so

of typhoid. How we crawled over ous. I then began the use of Dr. Wil-"If people cleaned us out of their excreta in the open closet (privy) llams' Pink Pills and I can truthfully stores, markets and stables, vault, and then started for the kitches while it is still cold, when we are stiff table to wipe our feet laden with filth cine I have ever taken. You may de- large, judging from the plentifulness nd inactive, and burned us up and and bacteria on the beefsteak, or to take a morning bath in the milk pit-was no filth, stable litter or decaying garbage for us to lay our eggs in, e would be starved out and dis- and multiply more rapidly than any where else.

"We cannot live in a perfectly clear ngs that we have laid our eggs in is arted away and piled up to decomrubbish of any kind for us to breed se, we will hatch out there, and in, so we shall disappear from the

"I voted for you," said a working man the day after a municipal election.
"Thank you, my man!" and the suc cessful candidate beamed.
"Twas he did it." said the man

pointing to a goat grazing nearby. "I did not intend to at first, but the other afternoon you were passing, and you patted my goat Billy and gave 'im an apple, and, says I, if the gentleman's so socialable as all that, he must have my vote."

The Sporting Instinct.

Johnny liked ice-cream, but he drew the line at turning the freezer. One day when his mother returned home was agreeably surprised to find him working away at the crank as though his life depended on it. don't see how you get him to turn the freezer," she said to her husband; "I offered him a dime to do it."

"You didn't go at it in the right way. my dear,' 'replied the husband. him a nickel he couldn't turn it for half an hour.

Locomotive Cookery.

A young woman, says an exchange, was visiting some locomotive works and was much interested in what she saw and apparently got some extraor dinary information

"What is that thing over there?" she asked of the young man from the office who was showing her about. "That's a locomotive boiler," he re plied.

"And what do they boil locomotives for?"

"To make the locomotive tender." said the young man from the office.

Making Sure That He Still Lived.

A certain professor of rhetoric in a Western college has the reputation of having a rather sharp tongue. One of his pupils, a star at football but not at rhetoric, once spent most of the hour looking at his watch, yawning and sighing noisily.

At the close of the lecture the pro-

fessor spoke. "Mr. Smith, why have you looked at your watch every few minutes during the last hour?" Smith managed to stammer out that

he had wanted to make sure that it was still running. "I suppose," retorted the professor

"that you have been sighing every few minutes to make sure that you are still breathing."

FOR WEAK PEOPLE

Dr. Williams' Pink Pills Act On the Blood and Nerves.

Food is as important to the sick per son as medicine, more so in many cases. A badly chosen diet may retard recovery. In health the natural appetite is the best guide to follow; in sickness the appetite is often fickle and deprayed. Proper food and a good tonic will

medicine, harmless and certain in their action, which is to build up the blood and restore vitality to the rundown system. For growing girls who "I came near losing my life this are thin and pale, for pale, tired woweak and run down that I could hardly there is no danger of the fly crop "It was a sad day for us when it do my own work. I often suffered failing, even though only a very few was established that we were carriers from headaches and was very nervsay I have found them the best medipend upon it I will advise other sufferers to take these pills."

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 likely he obtained much additional Co., Brockville, Ont.

Why Ship is "She."

Here are some answers to the ques-"Why do they call a ship she?" If you ever tried to steer one you wouldn't ask.

Because it takes so long to get them ready to go anywhere. They need almost as much dolling

up and painting as any woman you A ship's got to have its own way or

it won't go. Ships always come off the ways backwards like the members of a certain sex alighting from street cars. It costs so much to keep one in

operation. Why, they are always calling at some place or another. Because shipbuilders can't live with-

out them. Who ever won an argument from There's plenty of scandar connected

with their building. Because they were held together with steel.

Because they were forever blowing off steam Because they frequently tossed their for most makes and models of cars Your old, broken or worn-out party seplaced. Medie or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new party and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfactory or refund in full our motto. Blaw's Auto Salvage Part Supply, 963-951 Dufferin St., Toronto, Ont.

KING SOLOMON'S MINE UNCOVERED

DISCLOSING SPLENDORS OF AN AGE LONG PAST.

British Archaelogists Explor ing This Most Interesting of All Relics of Antiquity.

Explorers backed by British money are digging up the ruins of King Solo mon's ancient citadel in South Africa the centre of the mining district from which his huge stores of gold were derived. They are the most mysterious as well as the most interesting of all memorials of antinquity, and are known to-day, in the native language as the Great Zimbabwe—meaning "Here Is the Great Kraal."

The Great Zimbabwe was in Solo mon's time a large and populous city, as may be judged by the fact that its recognizable ruins cover an area of more than three square miles. Doubtless its extent was much greater, inasmuch as outside of this area are scattered remains of many important structures, and mounds hundreds of yards in circumference which have been found to contain conical towers, traces of walls, etc.

The city was formidably fortified, and must have been garrisoned by regiments of troops. In the middle of t rose an isolated granite "kopje" two hundred and fifty feet high, which was crowned by a fortress. The latter was probably in its day the mightiest stronghold in the world, an unassailable citadel, its south side being defended by ninety feet of sheer precipice, while massive labyrinthine walls rendered approach to the summit possible only through narrow passages easily blocked.

The mines of King Solomon were worked by a multitude of captive Negro slaves, and all of the gold output was brought to the Great Zimbab we to be converted into ingots for shipment. It was thence that caravans departed eastward for the sea-port now called Sofala, a journey of two hundred miles, carrying, under armed guard, gold, ivory, and other precious merchandise destined for Palestine and Arabia.

Jewellery of Olden Days

In the Great Zimbabwe are found extensive workshops for the handling of gold, in which objects of that metal (as discovered by excavation) were strewn over the cement floors "as thick as nails in a carpenter's shop. There were also furnaces for melting the gold, soapstone molds into which it was poured to make ingots, burnish ing tools, etc. The manufacture of gold jewellery seems to have been pursued on a considerable scale, judging from the number of bangles and other ornaments recovered from the ruins.

The region here described is now believed to be the Havilah of Scrip ture, which speaks of "the whole land of Havilah, where there is gold." The seaport of Sofala (on the East African coast, close to the twentieth paraldoubtedly the Tarshish of the Bible. When the latter mentions Solomon's "ships of Tarshish," it refers to his fleet of sailing vessels which voyaged southward through the Red Sea and down the African shore to Sofala.

Mining engineers, as a result of careful study of the ancient workings have estimated that at least \$400,000. worth of gold must have been taken out of them before-rather suddenly, it would appear—they were abandon-

Solomon's share was doubtless of the precious metal in Jerusalem, as described in the Bible, where, as we are told, "silver was nothing account ed of in the days of Solomon," and was "made to be as stones." gold through trade with the Himyarites and Sabaens.

It is thought entirely possible that some of the workings date back to a period before the birth of Moses, and it may be that the Great Zimbabwe itself is as much as 4,000 years old.

Trading Forty Centuries Ago.

One may easily picture to himself the scene when a crowd was assembled on the hilltop, or on the lower slopes of the kopje, to watch the de parture of a caravan eastward for the sea coast—a long train of Negroes carrying gold, ivory, and other export products of the region. The Bible tells us that Solomon obtained from Tarshish apes, parrots and quantities of spices. Thence also came slaves in large numbers. Doubtless ostrich feathers and the plumes of other birds were included in the consignments bound for Palestine.

The people in the crowd were dressed in short armless tunics, and wore on their arms, legs, wrists and ankles massive gold bangles, exquisitely hurting, then shortly you lift it right made and chased in Zimbabwe designs, with chains of heavy gold beads around their necks. Some of the men bore in their hands rods of office, with while others held battle-axes of gilded luses, without a particle of pain.

opper and spears with heads thickly ated with gold.

It was all so very long ago! story is always of gold. In the temple of the Great Zimbabwe have bee found considerable quantities of gold dust, just as it came from the mines. Also crucibles, in which the precious stuff was melted, gold cake and bar gold. Among the most curious objects recovered from the ruins are large numbers of tiny gold tacks, which were used for fastening a thin gold sheathing upon sheets of copper.

The glories of the Great Zimbahwe the wonderful city of Solomon and the Arabian kings—have long passed away. Its ruins are literally the haunt of the snake and the owl. The Rhodesian natives of to-day believe them to be infested by ghosts. But enough of them remain to furnish for many years to come an invitation to further exploration by archeologists. About them lingers an atmosphere of mystery, and of them it may be said that none other of the important relics of antiquiy, not even the Great Pyramid, possesses for us moderns an interest so romantic and picturesque.

Boy Scout Notes.

It has just been announced from Provincial Boy Scout headquarters in Toronto that September 3rd will be the date of this year's big Ontario Boy Scout Rally. It will be held in con nection with the Canadian National Exhibition in Toronto and it is expect ed that thousands of Scouts from all parts of the province will attend. A special feature of this year's rally will be a "Boy Scout Achievement Exhibition" devoted to a display of the many things made and collected by Boy Scouts in connection with their proficiency badge work. These will in model bridges, bird houses, model aeroplanes, collections of leaves, woods and other nature specimens, pathfinder and surveyor maps, fire-making outfits, knot boards, etc. The Toronto Boy Scouts Association will conduct a model camp during the first ten days of the exhibition and will also operate a camp for the convenience of visiting troops which desire to remain in Toronto for a longer period than the Saturday of the rally Aside from the conveniences provided, however, visiting scouts will entirely at their own expense.

Three new appointments of provincial interest were sanctioned at the May meeting of the Provincial executive committee. They were the appointment of Mr. John G. Kent, General Manager of Toronto Exhibition and formerly President of the Toronto Boy Scouts Association, as Scout Com missioner for Toronto, and the appointment of Mr. Geo. M. Pool of Welland and of Mr. Harold Motton of Brampton as Honorary Field Secretaries attached to provincial head quarters.

Foxboro and Cannington Scouts have planned big field days for the 24th of May. Toronto Scouts are holding their spring celebration four days later on the 28th, with a city-wide rally and "Jamboree."

At the end of April Boy Scout Troops were organized in 174 cities towns and villages in Ontario.

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature nagaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York City. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective deafness is caused by catarrh or by perforated, or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York City, will be given a promp! reply.

Sickroom Clock.

A sickroom clock invented in Switzerland has an electric lamp beside a translucent dial, so that when an invalid in bed presses a button the dial throws the shadow of the hour and hands magdified upon the ceiling.

MONEY ORDERS. When ordering goods by mail send Dominion Express Money Order

The forests of British Columbia in 1920 yielded products to the value of \$92,628,807, an increase of \$22,000,000

over 1919.

Minard's Liniment Relieves Distamper A howling success—the first baby.

Out of 6,445 schools destroyed in the devastated area, 5,345 have now been re-established. The man who exclusively minds his

own business is never in an over crowded profession.



ing corn, instantly that corn stops off with fingers. It doesn't hurt a bit.

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, beaten gold sun images at the tops, or corn between the toes, and the calClassified Advertisements.

AGENTS WANTED. N EAT APPEARING LADY TO ACT as our representative introducing useful line of fast selling articles. Write. Anderson Manufacturing Com-pany. London, Ontario.

MOTOR CYCLES. Motor Cycles, mostly Indians. Prices from \$125.00 upwards. State amount you expect to invest and we will mail list. H. M. Kipp Co., Limited, 447 Yonge St., Toronto.

Musicians Live Long.

Usually the clergy are supposed to live longer, on an average, than the members of any other profession.

Certainly doctors do not take a foremost place. The dangers of their work lower their average life. Men in the higher ranks of the law, judges particularly, are proverbielly long-lived, but many fall by the way in the lawyer's busy calling.

A claim is now being made for those

who obtain a comfortable position in the world of music, and instances are given. Sir Walter Parratt, the organist of St. George's Chapel, Windsor, has been at his work for sixty-nine years, beginning as a boy of eleven, and he varies music with the most trying of all games, chess.

Sir George Elvey, the organist at Windsor before Sir Walter, held the post for forty-seven years. Sir Frederick Bridge, late organist at Westminster Abbey, retired when he had held his post forty-four years, and he fol-lowed an organist, James Turle, who had served the Abbey fifty-six years.

Weight of a Crowd.

Interesting experiments were made ome time ago at Harvard University which seem to demonstrate that enineers usually underestimate, the maximum loading caused by dense crowds on bridges, floors and platforms. Forty men averaging 163 pounds in weight placed in a box six sure of 181 pounds to the square foot

An engineer has estimated the weight per spuare foot of the densest crowds on the New York elevated railways at only 45 pounds, but since the Harvard experiments the opinion has been expressed that the maximum loading on the elevated cars and platforms may be nearer 181 than This applies to other close packed crowds.

KEEP YOUR HEALTH



Yarmouth, N.S. erica's Pioneer Dog Remedie **BOG DISEASES**

ASPIRIN

"Bayer" is only Genuine



Warning! Unless you see the name Bayer" on package or on tablets you are not getting genuine 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 Monoaceticacidester of Salicylicacid.



Beauty of Skin Enhanced by Cuticura

When used for every-day toilet purposes Cuticura keeps the complexion fresh and clear, hands soft and white and hair live and glossy. The Soap to cleanse and purify, the Cintment to soothe and heal and the Talcum to powder and perfume. Soap 25e. Cintment 25 and 50e. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul 5t., W., Montreat. Cuticura Soap shaves without mug.

ISSUE No. 20-21.

There's a Reason Why Grape-Nuts

makes a helpful breakfast and a profitable lunch for the worker who must be awake and alert during the day.

Grape=Nuts is the perfected goodness of wheat and malted barley, and is exceptionally rich in nourishment. It feeds body and brain without tax upon the digestion.

"There's a Reason"