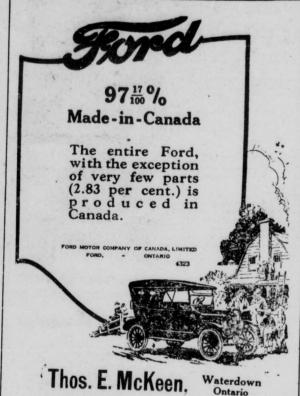
The Waterdown Review

VOL. 6

WATERDOWN, ONTARIO, THURSDAY, JULY 26, 1923

NO. 12.



Geo. Dougherty and W. G. Spence SELL THIS BREAD



Bread The Children Love

is the kind we bake, because it's so soft, light, white and wholesome. Good for the kiddies, good for grown-ups too. Fine to eat with soup, sandwiches, meats, bread puding, etc. Try our bread and you will continue,

100 Per Cent Whole Wheat Bread

Sykes Bread Limited

Manufacturers of "The Loaf Supreme"

Laura Secord Candies

Place an Order for Them Now

Creonoid Fly Oil

In Gallon Tins and in Bulk-Special prices

Flyosan

A spray for house flies, mosquitoes and other insects.

> Paris Green and Arsenic of Lead Black Leaf 40c

W. C. LANGFORD

Druggist and Chemist

aterdown

Ontario



LONG STRIP FOR A LONG TRIP

T WO small travellers at Liverpool examine the six-foot Canadian Pacific Railway tickets which will cover their 6,000 mile tour through Canada and the United States. The tickets, which cost £40 18s each, cover 50 different tourist centres of the North American continent.

Charles H. Stock

Word has been received here of the death of Charles H. Stock, an her daughter, Mrs. H. W. Park. old and well known resident of this village, who died quite suddenly at the home of his daughter, Mrs. E. E. Armstrong, Parry Sound, on Tuesday last. Mr. Stock had been ailing for some time and left for a visit will be held next Thursday at Dunwith his daughter about two weeks das Park. ago. He was a native of Waterdown and had resided here practically all his life. He was a member of the Presbyterian Church here. Deceased is survived by one daughter, Mrs Armstrong of Parry Sound, and visited his brother Mr. Joseph Tuck three brothers, George in Michigan, on Sunday last. David and John T. of Hamilton. The funeral takes place Thursday of this week from the residence of William Smith, Mill street, at 2 p. m. to Waterdown cemetery.

Greensville

Miss Marion Hyslop is spending a few days in Burlington.

Mr. Geo. MacLean of Gananoque is visiting his brother, Mr. Russell MacLean.

Mrs. W. Grightmire had the misfortune to cut her foot while in bathing wi'' has caused blood poisoning.

M ss Dorothy Wilson of Toronto the Adirondacks. is visiting friends here.

The Greensville baseball team day. The girls' soft ball team also

Millgrove

and literary meeting on Monday the yellow posters with complete evening last. Quite a number came program. from Glenwood and gav a play entitled "The Slave Girl and the Association is giving a moonlight August 25th, particulars of which

meeting Fric., afternoon on the to all. Tickets are now on sale at August 1st. Any dog without a tag

Locals

Mrs. Stewart of Caistor is visiting

Mrs. P. H. Davidson and daughter, Miss Lillian, are holidaying in \$203.80. Muskoka,

The Union Sunday School Picnic

Miss Grace Rutledge passed her \$5.00. Junior piano examination with first class honors.

Mr. Robert Tuck of Eden Mills

Catharines were visitong in the vil. \$1000. lage this week.

The Misses Eileen and Laura The Misses Eileen and Laura Richards are spending two months gravel \$5.60. vacation in Muskoka,

Mr. E. Sovereign of Albany, N. Y., took charge of the services last benture No. 8, and interest \$203.80. Sunday evening in the Methodist

Mr. Thomas Langton and wife of Toronto spent a few days last week with relatives and other friends in the village. the village.

have returned from a delightful On motion of councillors Crooker

The Methodist Church Garden Miss High, who has been attend- Party Thursday evening was a finanevening being nearly \$400.

won a cup at Kirkwall last Satur- for information that will convict the destroyed by the village constable. person who dug up and removed the beautiful snap dragons from their to Friday, August 10th, or at the

Friday, July 27th, is the date of the big L. O. L. Garden Party on The Epworth League held a social the old school grounds. Watch

excursion on the steamer Corona to will be announced later. Grimsby Beach Wednesday evening The Mission Band is holding a July 25. An invitation is extended Laugford's Drug store.

Village Council Meeting

The village council met Friday, July 13th at 8 p. m. for general business, the Reeve and all other members present. The minutes of the previous meeting were read and adopted.

A communication was received from Judge Evans re amount due the Election Board for Waterdown's proportion of expenses of Revision of Voters' List, etc.

On motion of councillors Nicholson and Greene the following Hydro and village accounts were passed and ordered paid.

Hydro Accounts

To Royal Bank for rent of deposit box to June 11, 1924, \$2.50.

To Corporation of Waterdewn re Debenture issue under By-law No. 191, \$120.27.

To J. C. Medlar, 3 months salary Clerk and Treasurer of Hydro,

To Hydro Electric Power Commis-To Hydro Electric Power Commission of Ontario, power bill for April \$333.72, 115 lbs. guy wire \$7.82, pins, racks and spools \$47.96, 48 insulators \$10.01, 4 cut-outs and sales tax \$8.90, 695 lbs. No. 6 wire and sales tax \$180.85, 2 3-K.V.A. transformers \$94.50, 48 3-pin house brackets \$24.50, 198 lbs. No. 8 wire \$48.17, power bill for May \$414.75, total \$1171.10.

To Canadian Westinghouse Co. 4 3-wire meters and tax \$63.20.

To Corporation of Waterdown to pay Debenture 3rd issue and interest

To Barton Electric Works repairing burnt out transformer \$29.80. To H. Lutz for inspecting meters

To A. Needham repairing meters

To A. Featherston, auto hire for work at Burlington, Aldershot and New Survey \$20.50.

To H. Nicol for work at Aldershot \$35.65, at Waterdown \$79.43.

Village Accounts

Mr. and Mrs E. H. Slater of St. School for maintenance during June

To Royal Bank to retire Debenture No. 11, and interest \$120.37.

To Gutta Percha Co. for 200 feet of fire hose and sales tax \$82,55.

To Mrs. Sarah Smith to retire De

To James Hayes for work after fire \$5.

the village.

To Town of Burlington re attendance of Burlington Fire Brigade at the recent fire, \$30.

motor trip to Montreal and through and Speck it was resolved that del dog tax for 1923 must be paid to the village constable, Mr. H. Nicol, not later than August 1st, 1923, when a ing her ister in Grimsby, has recial success, the proceeds of the constable. Any dog or bitch found in the village of Waterdown without J. W. Griffin is offering a reward a 1923 tag after said date will be

call of the Reeve.

J. C. MEDLAR, Village Clerk.

Carlisle

The Carlisle L. O. L. will hold a The Wentworth Junior Farmers grand garden party on Saturday,

after that date will be destroyed.

Its Sale is Phenomenal_ Its Quality is Irreproachable

Is the Purest and Most Cleanly Prepared Tea in the World

The Magic Rug of

The Magic Rug of
Friendship

—BY MS. JOHN ALAY.

The sext day Mrs. Leater west

The sext day Mrs. Leater was the sext day of the sext day Mrs. Leater was the sext day of the se

call but suppose we didn't—suppose—"
The imposing door, presided over by a liveried servant, swallowed up the two callers. When they emerged, fully two hours later, they were talking eagerly. "To think that she too came from Manitoba and was a pioneer out West just as you were!" Mrs. Lester exclaimed.
"Wasn't she humorous, Agnes, when she told about that ride with the ox team? And the time the Indian chief stayed all night at her house! We didn't half finish our visit!"
The stermier and the snowier it

Employ your time improving your-selves by other men's documents; so shall you come easily by what others have labored hard for.—Socrates.

Habits are the only cobwebs that grow into cables.

was outside, the cheerier the fire Mased on the Lester hearth, as it did the evening when Mr. and Mrs. Hardy called. In the broad daylight the furniture might have appeared frayed and shaby but in the soft radiance of firelight, the sitting room looked brightly mellow and friendly. It happened that they were all home that cvening and the family became acquainted with their neighbors in the characteristic Lester way; they simply took them into their contradesing with sincere hospitality.

The next day Mrs. Pettibrook called, when Mrs. Lester and Grandmother Lester were at home alone. She came to acknowledge the jar of marmslade, she said. "It's unique, absolutely. It's like rare, oriental perfume. I want to thank you for it flow did you happen to give it to me, Mrs. Lecter?"

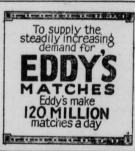
"I admit that it was rather informal, Mrs. Pettibrook. I gave it to you because I wanted you to know that you had at least the good will of your neighbors. I've lived in a small town all of my life, Mrs. Pettibrook," Mrs. Lester said, with a kindly defensiveness.

"I'm certainly thankful that you have, for then you probably have an original, uncontaminated viewpoint upon most important questions. I want to speak, too, of that verse that I found on ton of that verse that I found on ton of that ine."

Germs Are Fastidious.

WRIGLEYS After Every Meal Have a packet in your pocket for ever-ready refreshment. Alds digestion.
Allays thirst.
Soothes the throat. For Quality, Flavor and the Sealed Package, get FLAVOR LASTS





Serve Mustard Mustard neutralizes the richness of fat foods and makes them easier to digest. Mustard enables you to enjoy and assimilate food which otherwise would burden the digestive organs.

but it must be Keen's

CornSyrup For Preserving

Half Lily White and Half Sugar

You will have wonderful success with your preserves if you follow the example of the Technical Schools and replace half the sugar with LILY WHITE Corn Syrup.

The initial saving in money may be small, but your jams and jellies will keep better, will have finer flavor, will be just the right consistency and will not crystallize.

LILY WHITE makes Dandy Candy Endorsed by good housewives everywhere. LILY WHITE Corn Syrup is sold by all grocers in 2, 5 and 10 lb. tins.

THE CANADA STARCH CO., LIMITED, MONTREAL. 305



-



Sold by all Grocers to by McLARENS LIMITED. Hamilton and Winnipag.

BRITAIN MAY PURSUE SEPARATE POLICY TO SAVE EUROPEAN CIVILIZATION

British Premier Declares That French Policy is Destroying Germany and That Occupation of the Ruhr Should Cease—Will Strive to Maintain Entente but if Necessary Will Take Separate Action—Germany Must Make Reparations to Full Extent of Her Capacity.

Will Take Separate Action—Germany Must Make Reparations to Full Extent of Her Capacity.

A despatch from London says:—The British Prime Minister, Rt. Hon. Stanley Baldwin, made his expected statement of Government policy in regard to the Ruhr and German reparations on Thursday afternoon in a crowded House. An identical statement was read in the Lords by Marquis Curson, but whrreas, according to prearrangement, there was no discussion of the statement in the Commons, speeches were made in the Lords by Viscount Grey and Earl Birkenhead, which were, in the words of Lord Curzon, "a little Irregular."

It is assumed that the French and Belgian assent had already been obtained to the general outline of the British proposals. If and when the French and Belgian assent is obtained to the general outline of the British, or, as it will ten be, the allied note; will be presented to Berlin. The next stage will be the appointment of an international expert commission to determine what amount of indemnity Germany can pay.

In contrast to such statements by his predecessors, Mr. Lloyd George and Mr. Bonar Law, which were very lengthy, Premier Baldwin's pronouncements were particularly brief, taking about 16 minutes for delivery.

The question on everybody's lipshow far the British Government's open disapproval of the French Ruhr policy and its holding aloof therefrom were to be converted into an active policy and its holding aloof therefrom were to be converted into an active policy and its holding aloof therefrom were to be converted into an active policy and its holding aloof therefrom were to be converted into an active policy and its holding aloof therefrom were to be converted into an active policy and its holding aloof therefrom were to be converted into an active policy and its holding aloof therefrom were to be converted into an active policy and its holding aloof therefrom were to be converted into an active policy and its holding aloof therefrom were to be converted into an active policy and its holding aloof therefr

mit to the allies a separate reply to Germany's latest offer. But he did not give the slightest indication of the na-ture of the proposed reply.

FRANCE MAINTAINS

DETERMINED STAND

Attitude on Ruhr Remains Unchanged Despite British Premier's Declaration.

Premier's Declaration.

Paris, July 15.—Premier Poincare to-day made a speech at Senlis, the tenor of which is taken as a polite refusal to budge from the position he has taken since January, in spite of British Premier Baldwin's recent declaration in the House of Commons.

Senlis was the nearest to Paris that the Germans got in their 1914 drive and was one of the first French towns to suffer wilful destruction at the hands of the enemy.

The Premier's statement here was expected to be a reply to Mr. Bald-



The Premier's statement here was expected to be a reply to Mr. Baldwin, but he refrained, apparently with studious care, from making any definite reference to the new British policy. However, he made it clear the French attitude remains unchanged on the following points: First—France will not discuss reparations with Germany until Reich ceases passive resistance in the Ruhr. Paris believes this resistance would have stopped before now but for the encouragement given Berlin by the policy of other allies. Second—France sees no reason to evacuate the Ruhr until reparations are paid.





The Week's Markets

TORONTO. wheat-No. 1 Northern





are paid.

Third—France opposes substitution of an international commission of experts for the Reparations Commission.

Mr. Baldwin suggested such an international body to assess Germany's caracity to nay.

Col. W. H. Price of Toronto The Provincial Treas



Historia de primer de la companya de

HISTORIC PALACES

ROYAL RESIDENCES OF PAST AND PRESENT.

Crystal Palace and Alexandra Palace Are Exhibition Buildings Accommodating Vast Crowds.

An American in London was heard to ask his way to the Tower of London where the king lived. Not many people would make this mistake, but there are a number of paiaces in London, the occupiers of which are probably not known to ali. There are the palaces which are, or have been, the residences of royalty and there are palaces which are so in name only, such as the Crystal Palace on the southern edge of London, and Alexandra Palace an Muswell Hill on the southern edge of London, and Alexandra Palace and Muswell Hill on the southern edge of London, and Alexandra Palace on Muswell Hill on the southern edge of London, and Alexandra Palace and London, and Alexandra Palace on Muswell Hill on the southern edge of London, and Alexandra Palace on Muswell Hill on the southern edge of London, and Alexandra Palace on Muswell Hill on the southern edge of London, and Alexandra Palace on Muswell Hill on the southern edge of London, and Alexandra Palace on Muswell Hill on the southern edge of London, and Alexandra Palace on Muswell Hill on the southern edge of London, and Alexandra Palace on Muswell Hill on the southern edge of London, and Alexandra Palace on The Majestles, the King and Queen. It is so called because it was originally a mansion bought from the Duke of Buckingham place at the town residence of Their Majestles, the King and Queen. It is so called because it was originally a mansion bought from the Duke of Buckingham place edge of Westminster. It was occupied by Henry VIII. to take the place of the palace of Westminster. It was to have extended to the rivor, court was held here in Whitehall under the palace of Westminster. It was to have extended to the rivor, court was held here in Whitehall under the palace of Westminster. It was to have extended to the rivor, the palace of the

Prince Wales' Home.

Famous Windsor Castle

STORIC PALACES
OF LONDON TOWN

OYAL RESIDENCES OF PAST AND PRESENT.

Oystel Palace and Alexandra place Are Exhibition Buildings Accommodating Vast

Crowds.

Famous Windsor Castle, the official residence of the English sovereigns, where foreign sovereigns, where foreign sovereigns, is about twenty-five miles up the river from Waterloo. It is one of the oldest castles, having been founded by William the Conquerior. It has been added to and altered by successive monarchs, particularly by Queen Victoria and King Edward, by Queen Victoria and King Edward, by Windsor Park and Virginia Park, are open to the public.

Some Ancient Palaces

Hampton Court Palace.

Prince Wales' Home.

St. James' Palace in Pall Mall, almost opposite St. James Street, is the residence of the Prince of Wales, or at least that western part of it known fermerly as York House, it was beguin to fire about fifteen miles from Water-formerly as York House, it was beguin ministers are still accredited to "Our Court of St. James' when the king is away from Buckingham Palace the guard of St. James' when the king is away from Buckingham Palace the Guard of Wales or at least that western part of the south and east, is Mariborough. King Close to St. James' Palace, a little to the south and east, is Mariborough. King Edward VII, lived there before his accession and also George V, when Prince of Wales.

Hampton Court Palace, built by different cardinals and rechishops of the short the followers seen centuries. Various parts were built by different cardinals and rechishops of the was here the followers the washer the followers as for fire about fifteen miles from Water-foo. It is for red brick softened by the miles and contains one theusand apartments are still accredited to "Our Court of St. James' when the king is away from Buckingham Palace the guard of St. James' when the king is away from Buckingham Palace the South and east, is Mariborough. King Close to St. James' Palace, a little to the south and east, is Mariborough. King Edward VII, lived there before his acceptable of the beautiful grades and her sister quest have as an interiment camp for German personers clusted the maching palace in London which was a line of a traculation and the colors trooped here in the courty and of St. James' and the colors trooped here in the courty and of St. James' and the south and east, is Mariborough. King Edward VII, lived there before his acceptable of the south and east, is Mariborough.

Kensington Palace.

Kensington Palace.

In Kensington Palace.

King William, Queen with the mount of the south and east, is when the king is a bautiful palace in the first the mark of the market the waster conducted to the trac



THE REPARATIONS DELIBERATIONS

"My great-grandfather ed this seat when the Reparations Con ference commenced."-From London Opinion.

Mary, Queen Ann and George II. all; used it. At present the queen's brother. Princess Louise and the Duke of Argyle and other members of the royal family live there. It fell into delapidation in course of time but was restored by Queen Victoria.

dation in course of time but was restored by Queen Victoria.

Lambeth Palace, on the south side of the river, across from the embankment, has been the official residence of the Archbishops of Canterbury for over seven centuries. Various parts were built by different cardinais and archbishops. It was here the followers of Wyelff were imprisoned and toric tured in the Lollard's Tower. Ten acres of grounds adjoining are named. Archbishop's Park.

Crystal Palace and Alexandra Palace ace exhibition buildings capable of accommodating vast crowds of people. Each has a fine organ. Crystal Palace, so called from the thousands of panes of glass in its roof, is built by materials oused in the first industrial Exhibition of 1851. The Royal Naval Division occupied it during the war. It has an Imperial War Museum now. Alexandra Palace was not acquired for public use until 1901. Its great hall will hold 14,000 people. It was used as an interament camp for German prisoners during the war.

You don't need a sharp value.

Governor of Papua, New Gulnea, recently.

A Papuan, he said, would sometimes believed with the charact would like him to do so.

The same story might be told two or three times to a Papuan, but he would laugh Just as heartly or express just the same astonishment the last time as the first.

"He wanted me to carry him across the river," said a prisoner charged with murdering another native, "but he looked very heavy. Of course, I could not be so rude as to refuse to carry him, so I thought that the best way out of the difficulty was to kill him."

Despite their almost insane craving for bloodshed, the Papuans are readily amenable to discipline and have a great respect for the Government. A native policeman might succumb to temptation to break the law, but he would always take off his uniform the carliest known physician limits."

Killing Politeness!

The length to which the Papuan's ideas of courtesy will take him was related by Mr. J. H. P. Murray, Lieut.-Governor of Papua, New Guinea, re-

True Talk.

True Telk.

A clean-cut definite object has a lot to do with thrift, but don't put your objective too far off. My view is that five years ahead is enough. By the time you catch up with that objective you will be in a better position to drive down another stake. Beware of conflicting purposes and indecision. A double-minded man is unstable in all its ways. Pick out one target to shoot at. Some fellows are always chasing two jackrabbits, going in opposite directions. And they generally fail to get either of them.

If you have a definite objective and know exactly what you wish to accomplish you will not let faise pride about your work worry you a bit.

How Indeed?

An Irish squire's silver wedding was approaching. His tenants set up a committee to arrange about a suitable

"I suggest," said Sullivan, the chair man, "that we give him a solid silver

man, "that we give him a solid silver taypot."

His wife looked at him in surprise.
"Sture, Sullivan," she remarked,
"tl's jokin' ye are. If ut wis solid,
how would they make the tay?"

Wiser Than the Judge

A colored woman brought before a magistrate on a charge of being cruel in her punishment of her boy, asked: "Judge, have you ever been the father of a troublescene nigger boy?"

The Judge said that he had not. "Then you don't know nothin' about it." she replied triumphantly.

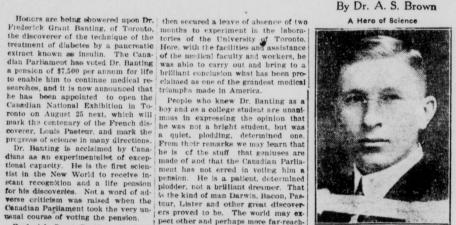


Wounded Hero To Insulin Humanity Gave

Conquest of Diabetes Was Result of Deep Study by Dr. Frederick Grant Banting, of Toronto, After his Service in War—Every Effort Made to Put Remedy Within Reach of All Who Are Afflicted.

By Dr. A. S. Brown

A Hero of Science



Peace hath her victories no less re-nowned than war," as Dr. Frederick

University for opening their doors to Dr. Banting when a poor, unknown ex-perimenter. His work has shed more light on them than has the work of all their other graduates in the past.

Claude Bernard, the French physiologist, showed medical men that they were wrong in attributing diabetes to a failure in the functioning of the liver. It converted sugar into animal starch, but it did not charge the blood with sugar. The problem then was to find the organ that puts the sugar in the blood. The Polish investigator, Menkowsky, in 1893 showed that when animals were deprived of the pancreas

triumples made in America.

People who knew Dr. Banting as a boy and as a college student are unanimous in expressing the opinion that he was not a bright student, but was a quiet, plodding, determined one. From their remarks we may learn that he is of the stuff that geniuses are made of and that the Canadian Parliament has not erred in voting him a pension. He is a patient, determined plodder, not a brilliant dreamer. That is the kind of man Darwin, Bacon, Pasteur, Lister and other great discoverers proved to be. The world may expect other and perhaps more far-reaching discoveries from him. And there is a debt of gratifude owed to the Western University and the Toronto University and the Toronto University or opening their doors to nowned than war." Grant Banting demonstrated when he discovered insulin.

they all rapidly developed symptoms

of tissue, called in books of anatomy the islands of Langerhams, which are as prominent on the surface of the pancreas as currents on a cake. Attempts were made to isolate some of these small tissues, but no important results followed until Dr. Banting decided to clear up the mystery. He started out with the idea that if enough of the tissue composing the islands could be collected in a fresh

Exhaustive Trial of Insulin.

The early experiments upon dogs showed the importance of trying the drug on human beings, but a method for manufacturing it on a large scale and at a cheap rate had to be worked out. A firm of manufacturing chemists and a large meat-packing firm were called upon for help. The packers undertook to supply the chemists with a regular supply of fresh, warm pancreases and the chemists agreed to extract the insulin immediately with brimenter. His work has shed more light on them than has the work of all their other graduates in the past.

When the war ended and honors were being awarded his bravery on the battlefields in Fance was recognized by the British government and he was cited for particular work on the field at Cambral, where the Canadian troops, fought and suffered so magnificently, and was awarded the Military Cross for bravery.

Discovery of insulin.

The story of the discovery of their successions and the way they were finalling remedy for diabetes is a long and interesting one. About 1858 Claude Bernard, the French physicloc claude and the same and the strange masses of tissue, called in books of anatomy designed and interesting one. About 1858 claude Bernard, the French physicloc claude and the same claude and the symptoms of diabetes. When the pancreas was are distanced to the the insulin immediately with a regular supply of fresh, warm pancreasses and the chemists agreed to extract the insulin immediately with alcohol. Slowly satisfactory menufacture in the treatment of all the functions of the pancreas was attracted wide with a regular supply of fresh, warm pancreasses and the chemists agreed to extract the insulin immediately with alcohol. Slowly satisfactory menufacture in the functions of the pancreas was attracted wide. Slowly satisfactory menufacture in the functions of the pancreas was created to that the functions of the pancreas was created to the the insulin immediately with alcohol. Slowly satis

ketonee or acid poisone vanished, the other silments accompanying diabetes began to heal and the new life felt by the patients to be coming upon them led them to great rejoicing. Within a very short time they began to gain in weight and strength and regain their former appearance. Rarely before had medical men seen such wonderful transformations made by a new remedy. No one who saw the changes

state and an extract be made of them | wrought in the Toronto Hospital upon it should exert some beneficial effects | people brought almost to the door of upon the sugar-laden blood of a diabetic patient.

betic patient.

Late in July, 1921, Dr. Banting secured enough of the partirular panertatic extract he desired and experiments dupon a dog in the laboratories of Toronto University. It appearsed to have a magical effect upon the diabetic sugar-charged blood of a dog. Other experiments were successful and the medical nen who witnessed the results felt that a drug of exceptional value and world-wide importance had been discovered. It was decided to call the drug insulin because of the fact that it was obtained from the pareratic islands of Langerhans.

Exhaustive Trial of Insulin.

The early experiments upon doss showed the importance of trying the drug on human beings, but a method for manufacturing it on a large scale and at a cheap rate had to be worked out. A firm of manufacturing cheminal control of the drug and understored the drug on human beings, but a method for manufacturing it on a large scale and at a cheap rate had to be worked out. A firm of manufacturing cheminal control of the drug and understored the drug on human beings, but a method for manufacture and use of insulin to manufacture insulin for the board, and arrange ments were made in the United States. medical authorities to control the manufacture and use of insulin in their respective countries in the same way it is done in Canada.

No Special Food Required.

4

Canadian Papliament took the very unusual course of voting the pension.

Frederick Grant Banting was born on his parents' farm at Alliston, Ont., on November 4, 1891. He was educated in the public schools and high schools of Alkston, and then studied medicine in Victoria College, Toronto. He received the degrees of Doctor of Medicine and Master of Surgery in 1917. Immediately after being admitted to practice he joined the army and was sent to France with the Canadian forces as a battalion medical officer. He was wounded while assisting the wounded at Cambrad in 1918. His right arm was severely gashed by a German shell, and blood poisoning supervened. It was thought for some time that his arm would have to be amputated. However, Providence intervened, and he recovered.

scant recognition and a life pension for his discoveries. Not a word of ad-verse criticism was raised when the Canadian Parliament took the very un-usual course of voting the pension.

Diabetes Research Begun.

He was invalided home for rest. When he recovered sufficiently to lecture he joined the staff of the Western University, London, Ont. At that institution in Nevember. 1920, while reading the work of the Dutch anatomist Langerbaus, he was impressed by the possibilities of grappling with varicus problems in the treatment of diabetes. He spent some weeks in planning out a series of experiments, and

About the House

THE JENKINS BABY.

WHAT TO EXPECT OF YOUR FLOWERS IN BLOOMING.

If you would have your garden flowers blossom to their fullest do not allow the seed to form, but pick each blossom before it fades. An average yield of plants from good seeds, if planting and cultivating instructions are followed, will be something like the following:

if properly cared for and picked often, and the blossoms will be very blue, faintly fragrant and ideal in height for table use with sweetpeas, yellow daisies and other companionable blossoms.



A WASH-PIECE.

I will wring my linen out of clean water, I will hang it out to the clear red sun; I will hang it out to the clear red I will bring my linen in White and dried-hot before Dew-dusk comes on. Blue and cream blankets, Sheets and cased pillows, too; I will spread them all round me When stars fill my window; And wrapt in sweet covers. Breathe deep a sky-fragrancy The wind poured through them, The sun burnt in on them Before the dusk-dew—Fresh linen, pure linen, Sweeter linen than new!

—Martha Webstei

WEAK DIGESTION DUE TO POOR BLOOD

Perfect Digestion Will Come if



Farmer's Wife—"Zeke, wuz that the n-peddler wot stopped in front o' th' buse jist then?"

AND THE WORST IS YET TO COME



SELF-DEPENDENCE IN FUEL NEEDS

Report of Dominion Fuel Board Emphasizes Necessity of Greater Use of Canadian Resources.

Greater Use of Canadian Resources.

The Dominion Fuel Board, which was organized last winter under the chairmanship of Dr. Charles Camsell, Deputy Minister of Mines, has just is; used a report which is of great importance in emphasizing as it does the rapidly approaching necessity of self-dependence in the matter of uel resource. Canade has computed coal resource. Canade has computed coal reserves of 1,234,269 million metric tons against a present consumption of about 32 million tons annually, but this is unfertunately concentrated in the western and eastern extremities, leaving the populous industrial sections of Ontario and Quebec dependent so far on other sources of supply.

To remedy this state of affairs, the Board stresses the greater use of Maritime and Western coals, the importation of Welsh anthracite, the cooking of bituminous coal for domestic purposes, the establishment of central, heating plants, and the more extended use of peat and wood as auxiliary fuels.

Maritime and Western Coals.

The Obedient Boy.

A lady in a trolley car displayed the wrong spirit recently. She stared at a ragged urchin across the aisle with unspeakable disgust. Then she said:

"Have you a pocket handkerchief, boy?"

The ragged urchin snuffed. Then he she said:

"Yes'm, but I sin't allowed."

While the coal of the Maritime Provinces is bituminous and therefore as a domestic fuel is subject to the same prejudice as United States bituminous and therefore as a domestic state bituminous and therefore as a believes that this coal subject to the same prejudice as United States bituminous and therefore as a bounded under the Board believes that this coal subject to the same prejudice as United States bituminous and therefore as a bounded under the Board believes that this coal series of the same prejudice as United States bituminous and therefore as a bounded under the Board so the same prejudice as United States bituminous and therefore as a bounded under the same prejudice as United States bituminous and therefore as a bounded under the Board believes that this coal masking of a domestic coke and would thus materially subject to the same prejudice as United States bituminous and therefore as a bounded under the Board believes that this coal masking of a domestic coke and would thus materially subject to the same prejudice as United States bituminous and therefore as a bounded to the Board believes that this coal subject to the same prejudice as United States bituminous and therefore as a bounded to the Board subject to the same prejudice as United States bituminous and therefore as a bounded that the soul so per cent. carbon and 3 per cent. Carbon and 3 per cent. The Board subject to the same prejudice as United States bituminous and therefore as a town the soul so per cent. Carbon and 3 per cent. States bituminous and therefore as a domestic to the same prejudice as United States bituminous and therefore as a town the soul so per cent. Carbon and 3 per ce

Peat.

The Board is of the opinion that peat could be used to advantage in the fall and spring months and, if the results already accomplished experimentally are not sufficient to induce private capital to engage in the industry, further encouragement should be given by the governments concerned.

Wood.

It is stated that the wood resources of Canada could be utilized to a greater degree in supplying a portion of our fuel needs.

our fuel needs.

The report concludes by warning the public of the false sense of security engendered by an easing in the anthractic market and trges the need of educating our people away from dependence on a single source of supply.

Measuring the Bride.

A quaint ceremony is observed at Roydon, in Norfok. About three hun-dred years ago the Lord of the Manor bequeathed the sum of £1,000, the in-terest from which was to be voted an-nually to provide downles for four brides.

nually to provide downles for four brides. Under the terms of the bequest the money has to be divided between the youngest, the eldest, the shortest, and the tallest brides married during the course of each year in the parish church.

church.

After the marriage ceremony the bride and bridegroom proceed to the vestry to sign the register, and the bride is then measured by the officiating minister.

At the end of the year the marriag records are examined and the downle awarded to those qualified to receive

Take care that the face which looks out from your mirror in the morning is a pleasant face. You may not see it again all day, but others will.

Revenge may be sweet, but seeking sours one's disposition.



SMOKE OGDEN'S CUT PLUG

30¢ 12 lb tin



Ifyou roll your own ask for OGDEN'S (green label)

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

A direct plain message to the public often carries weight when more elaborate methods of publicity fail. Simple statements tersely told, strike the imagination.

"Hygiene can prevent more crimes than any law," is one of these.

Why is this message effective. Because it stimulates thought, and when once the public begin to think seriously about any subject, that subject becomes a topic of interest, the newspapers get hold of it and many avenues of publicity result in consequence.

avenues of publicity result in consequence.

Many a man or woman on reading the remark, "Hygiene will prevent more crimes than any law," will be tempted to ask what the word hygiene means. A good opening for education results, for "hygiene" is very comprehensive and includes both personal and community well-being and everything that promotes this well-being.

In some way and by some manner we have got to get health messages across to the average, ordinary man or woman. The reason for this is plain. There are so many people of this kind. There are a few highbrows and a few house-breakers and automobile thieves, once in a while a desperado who will not even stop at murder, but the great majority of people we come in contact with from day to day are just plain ordinary people with an average amount of common sense. Many of these go.d people "come from Missouri," that is, they have got to be shown. Some circumstances or experiences in their lives have perhaps given them the impression that little of good can be done by hygiene or all that it represents. If you can prove to them that they are wrong—not by preaching long-winded sermons, but by a few facts, they will soon become your friends and supporters in the good health crusade.

I was talking to a Toronto alderman s few days ago and he thought people were just as healthy before any of these up-to-date methods of public health propaganda were introduced. I was talking to a Toronto alderman should say this with the record of the Toronto Health Department so obvious to everyone. Why, the infant mortality rate alone has been cut in half in Toronto during the past tenyears. Typhoid fever has been practically all pasteurized. The general surroundings have from a health standpoint been very much improved and yet one of the aldermen does not think that much has been done. He does not know what is going on in health work. Education along health lines is what he needs, and as soon as ne becomes acquainted with the work and aims of the health department he will be a far mo

Hygiene tends to remove all influences that will prevent a man or woman from leading a normal, healthy life. It is one of the finest words in the alphabet.



A Honeymoon Willie Bee's idea of a honeymoon.

A Common Experience. "It is a fact," said Stittler, "that my wife is able to dress on comparatively

wife is able to dress on comparatively little money."

"What!" exclaimed Bittler, also a married man, "Come now! What do you mean by comparatively little?"

"I mean on little compared with "I mean on little compared with what she thinks she ought to have."

If you are doing good work, don't worry; somebody will find it out.

Be Safe!

for all m

Kendall's Spavin i reatment makes goosse Kendall's Sakt, becember thi, 101

"Tlease send me one copy of your TulkATISKON THE BORSE. I have used your kendalis spatin Course for ever used for skikude of sorte. (Signed M. ZEKIAK)

Get a bottle at your druggist's today. Regular for Horse Treatment—Refined for Human use.

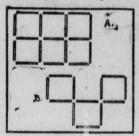
DR. B. J. KENDALL COMPANY, Encoburg File, Vi., U.S.A.

KENDALL SOMPANY.

SPAVIN TREATMENT

EASY TRICKS

The Mysterious Squares



Here is a puzzle with seventeen matches or toothpicks. Arrange them as in A. Call to your friends attention the fact that you have arranged the seventeen matches to form six squares.

Their part of the trick is this: They are to take away five matches and leave three squares. At the conclusion of the trick all tweive remaining matches must be in use and none of the twelve must have been moved.

If you have kept your eyes off B, you will find this to be a problem that is not very easy to solve. B, however, gives away the secret.

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

What the Little Eels Missed.

What the Little Eels Missed.

A profiteer bought a luxurious country home and set about making it even more luxurious. Money of course was no object. One of his plans was to have a fishpond containing eels.

"But you can't keep eels in a pond," suggested his neighbor, to whom he had confided his idea. They have to go down to the sea every year, you know."

know."
"Well, I won't bave 'em, then!" exclaimed the profiteer. "I always takes the missus and the kids every year, but I sin't going to take no eels."

MONEY ORDERS.

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

Strange Coincidence.

"Now, Tommy," said the teacher,
"give me an example of a coincidence."
"Why—er," Said Tommy, with some
hesitation, "why—er—why, me father
and me mother was both married on
the same day."

Minard's Liniment for sale everywhere

We cannot make progress towards perfection ourselves unless we earn-estly seek to carry our fellowmen along with us.—Prof. J. C. Shairp.

The wrong road never brings you to the right place.





SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of fliness during the hot weather give the little ones Baby's Own Tablets or in a few hours he mt./ be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are growing children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co. Brockville, Ont.

A Maid's Idea of a Rug.

Mrs. Blake was exceedingly fond and proud of the valuable Persian rug that lay upon her parlor floor. When she engaged a new maid sile brought the girl into the room and, pointing to

the girl into the room and, pointing to the rug, said:

"When you clean the parlor, Mary, be very careful of this beautiful rug. It is very old."

"I can see it is ma'am," replied the maid sympathetically; "but I dure say we can make it last you the winter if we're careful."

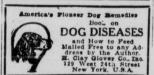
Minard's Liniment used by Physicians

Her intuition.

He, savagely (attempting to start car)—"This self-starter won't work! There is a short circuit somewhere."

She (sweetly)—"Well, why don't you lengthen it, dear?"

The parent's life is the child's copy-book.





Bathe with plenty of Cuticura Soap and hot water to cleanse and purify. Dry lightly and apply Cuticura Oint-ment to soothe and heal.

Classified Advertisements

AORD OWNERS AND AGENTS EVERYWISE to delighted with new attachment. A wonder-concern, Comfort, Luxury, Easy money to reprintatives. No selline, no intrestment. Apply A pectalty Co., Peterboro, Out.

WASHINGTON HAND PRESS.

TON Hand Press that will take 2 pages of 7 column, long. Wilson Publishing Co., Ltd., 75 Addiald St. W., Toronto.



Attractive Proposition

For man with all round weekly newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.

REMEMBER

on the summer trip. The best remedy for Cuts, Bruises, Sprains.



MOTHER OF TWIN BOYS

Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

Inflammation and Great Weakness

West St John, N. B.—"I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. Finally my doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right, for I am feeling much better and am gaining in weight, having gone down to ninety-three pounds. I was in bed for over a month, but am up again now. I have recommended the Vegetable Compound to my friends and give you permission to use my letter."—Mrs. ELMER A. RITCHIE, 82 Rodney St., West St. John, N. B.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling.

Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.

You might be interested in reading Mrs. Pinkham's Private Text-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario.

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



Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Toothache Neuralgia Lumbago Earache

Rheumatism Neuritis Pain, Pain

Wandy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100-Dru A trin is the trads mark tregistered in Canada of Jayr Manufacture of Many a drin is cliented with the control of the control

Canada Faces the Future With Confidence

CANADIANS have always been noted for courage, optimism and faith in their country.

Canada was not built up by pes-simists, nor will Canada continue to develop if her people allow them-selves to become croakers and

grouchers. Canada is fundamentally an agricultural country. We have a soil and climate which can grow the world's finest agricultural products.

Canadian farmcanadian farmers who have earned the capital invested in their farms out of profits in farming are numbered in thousands. These successful farmers have paid off their mortgages, stocked mortgages, stocked their barns and stables, bought their machinery, made a good living and brought up their fami-lies. It meant hard work, but today they are independent.

We Must Cut Production Costs

Canada is meeting with the keenest competition in the mark-eting of her products. To hold her own and regain her place on the world's market, she must reduce cost of production.

The only way to do this is to increase production per acre, per cow or per other unit. But improved quality, also, is essential to meet market de-mands.

The quantity and the quality of the products and the cost of production in competitive ccuntries is beyond our control.

Prices of agricultural products are regulated by world supply and demand.

Hence, decreasing production will not help the Canadian farmer.

Poultry Pays

Profits from Sheep

As money-makers, sheep are hard to beat. In every Province from Prince Edward Island to British Columbia are found many flocks returning generous profits to their owners.

Poultry makes money for those who adopt modern methods, whether East or West. Little Prince Edward Island markets co-operatively in carlots, shipping annually upwards of one million dozen eggs. The British Columbia Co-operative Poultry Men's Exchange markets in the same way, thus saving ruinous glut in their local market.

There is a market for good Canadian horses, whether light or draught.

Grow Seed

Canada's Northern

ada exports seed potatoes, but imports other seeds. She has the opportunity to grow seeds for herself and for export.

The Future

The Future

Ten years from now the pessimists of today will have been forgotten. Britain has removed the embargo against our cattle. She wants our beef and bacon, our cheese, butter, eggs and apples, our wheat and flour. As the population of the United States increases, she will compete less and less against us on the British market. Eventually, she will herself be an importer of many other food stuffs besides wheat from this country.

Canada has the men, the climate, the land, the stock and the potential markets necessary for agricultural success. Let us farm with all the industry and science we can muster. Let's get to work and pay our depts. Canada is moving forward with confidence in its future. Let us keep going ahead.

Money in Mixed Farming

In recent years, at different points on the prairies, oats fed to steers have brought from 70c to \$1.07 as against the Fort William price of 42c per bushel, while barley used for the same purpose has brought as high as 99c as against the Fort William price of 57c per bushel. Farmers marketing their coarse grains in this way lower marketing cost, have a sure market and make money on their grain, while at the same time they market their roughage, otherwise often wasted.

The cattle embargo is now off. Steers are worth more money and certain to make good money for the Canadian farmer from now on.

Money in Pigs

The Dominion Experimental Farms have proved by actual test that there is a profit in feeding pigs. Last year at the Central Farm, Ottawa, after paying

Have Faith in Canada

Dominion Department of Agriculture

ALL KINDS OF

Delivered Place your orders early

Also No. 1 Hard Wood F. Thomas

Waterdown

W. R. Seckman **AUCTIONEER**

Waterdown

WANTED

Truck Drivers and Watchmen

Having had 14 years in the auction business in Western Canada and Central United States enables me to handle your sale to the best advantage.

I specialize in live stock and general farm sales.

I specialize in live stock and general farm sales.

FOR SALE—1 Tapestry covered davenport in A-1 condition, cheap, also a wicker folding go-cart. Apply to W. G. Spencer.

FOR SALE-Fruit Jars, all sizes. Miss Armstrong, Mill street.

For Sale

Fresh Milch Cow. Apply to James Ing, Dundas street, Phone 12 r 4. Waterdown.

For Sale

Happy Thought Range good as new. Apply to Wm. Langton.

For Sale

12 Young Pigs 8 weeks old. Apply to Willis Bros. Waterdown

For Sale

Two Choice Building Lots with 66 ft. on Mill street, 360 ft. on Elgin street and 66 ft. on Victoria street. Could be divided into six 60f t. lots. Apply to W. J. Spence.

Store of

Buy Quality Goods

Quality counts long after price is forgotten

Save the Surface and You Save All

Paint for Protection

People who know say that there are more buildings damaged by lack of Paint than any other way-Paint protects the timber.

Canada Barn Paint

is a protection against weather damage to your buildings. Homestead Red or Romestead Grey is a paint made especialy for barns, fences, stables, silos, or any other out-buildings. A reasonable and durable paint.

\$3 a gallon

Canada Paint Co's. Wagon or Implements-A durable gloss paint for implements exposed to the weather continually can be protected by using this paint. It dries hard over night with a rich gloss.

Canada House Paint

Made of the highest grade materials, will stand the test wherever it is put. In all staple shades. Ask for color card.

\$1.50

Veranda Floor Paint

Made to stand to the weather conditions

\$1.50 a quart

Elastic Roof Paint

A black elastic roof paint specially priced at \$1.50 a quart.

Oilcloth Varnish

Specially prepared for oilcloths and linoleum.

Buy Canada Paints

And You Have Quality Goods

This store closes on Wednesday at 12.30 to open at 7 p. m.

CLIMAX

BUG KILLER

I have just received a new supply of this famous insect killer.

Secure Yours_Early

A. E. ALTON WATERDOWN

Gordon & Son

CUSTOM **TAILORS**

PHONE 153 WATERDOW Paper not issued Juring august and Saptumber