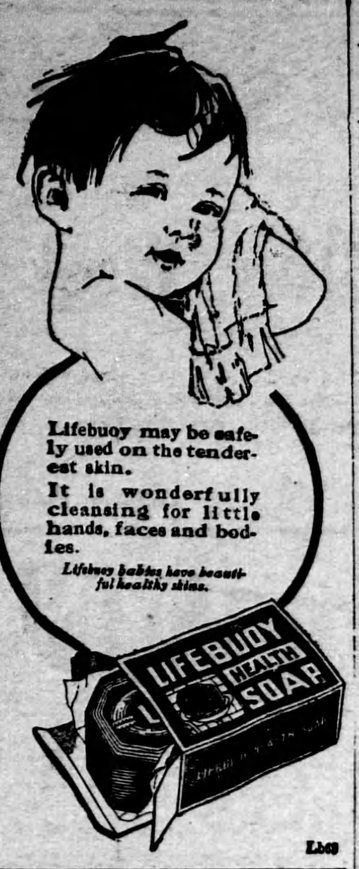

Lifebuoy may be safely used on the tenderest skin.

It is wonderfully cleansing for little hands, faces and bodies.

Lifebuoy babies have beautiful healthy skins.

Lbs9

The Radio and Geography.

The whole earth is beginning to be fairly well harnessed up with networks of both communication and measurement; much filling remains to be done, but above all the large links must be accurately measured. Originally the distances between the continents could only be measured when cables were laid, and it required the undivided service of a whole cable during periods of time camparison—an expensive process. Now large radio stations transmit some system of time signals, preferably either seconds beats or a scientific vernier series as do the French stations, and these are received at the various observatories of the world where accurate clocks are maintained and frequent star observations are used to check them. Differences of longitude are deduced from these almost daily throughout the year and the results show very interesting systematic cyclic changes of a fraction of a second which are far above any errors to be expected from either the clocks or observations, and these are being studied by international co-operation among the observatories. In this work the Dominion Observatory is taking an active part.

Western Exhibits of Relief Maps.

Exhibits of the new form of relief map, prepared by the Topographical Survey of Canada, will be made for the first time at the Brandon, Regina, Saskatoon, and Edmonton exhibitions this summer. A number of these maps were on view at the Central Canada Exhibition at Ottawa last year, when they caused much favorable comment, being awarded a diploma on account of their finished workmanship.

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

Wonderful Indeed!

"I don't want to appear in any way boastful," said a proud mother recently to her brother Joe, "but, really, for a child of sixteen months, I consider Algernon a marvel of intelligence. He understands every word that is said to him, and joins in the conversation with such sagacity that at times it almost alarms me." She turned to the child.

"Now, dearie," she said, "speak to Uncle Joe."

"Boo, boo," replied the young hopeful.

"Listen to that!" cried the delighted mother. "He means how do you do. Isn't it wonderful? Now, duckie, ask uncle to play for you."

"Boo, boo," said the infant again.

"He means music by that," said his mother. "Isn't he too smart for anything? Now tell uncle mother's name."

"Boo, boo," said the child for the third time.

"That's right," exclaimed the delighted mother. "Boo, boo — Louise. Little darling; isn't he a wonder?"

The most common fuel in Sweden is birch wood.

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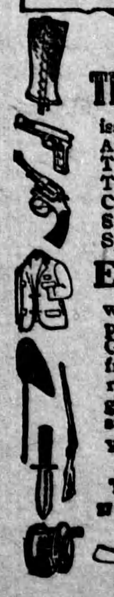

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T. W. Boyd & Son,

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Queen Anne's Lace.

Up through the rocky pastures,
  Where the blackberry globes hang low.
A stately dame has come wandering
  Back from the long ago—
Back in her sable velvet,
  With its showers of ancient lace,
In its pearls and curls and ribbons
  That mock her weary face.

What says my Lady Marlborough
  As the Queen goes here and there?
Is not dame Abigal angry?
  (She has those robes to wear).
White as the bloom of the berry,
  Fine as the cobweb's trace,
Scattered on thorn and bramble,
  Glistens our Queen Anne's lace.

Far and wide o'er the meadow
  It shines where the sunbeams fall,
It waves where the brooklet ripples,
  It droops by the old stone wall;
Wherever the Queen may wander,
  Tired of court and crown,
  Her way is marked by the lily lace
  The briers tear from her gown.

Night Trains.

Like wind, across the stillness comes
An engine's purring, first remote,
Between its wooded banks it hums
With mounting rhythm to a note
Of throbbing clamour. Then with shrill,
Sharp shrieks hurl'd to the sky, it draws
A Titan breath, and, climbing still,
It takes the tunnel. — There's a pause.—
And then a smothered droning sound
That swells up to a sudden burst
When, with a roaring, clanking bound
The train leaps out; and wide dispersed,
Tumultuous echoes rise and roll—
As down the hill it rushes on
And on toward its distant goal,
Round a far curve, and then is gone.

—B. M. Powell.

HEALTH FOR WEAK DESPONDENT PEOPLE

From End to End of Canada Dr. Williams' Pink Pills Doing Good Work.

There is not a nook or corner in Canada, in the cities, towns, villages and on the farms, where Dr. Williams' Pink Pills have not been used and from one end of the country to the other people sound their praise. You have only to ask your neighbors and they can tell you of some run down man, suffering woman, ailing youth or unhappy anaemic girl who owes their present health and strength to Dr. Williams' Pink Pills. The success of this medicine is due to the fact that it acts directly upon the blood, making it rich and pure, and thus brings new strength to every organ and nerve in the body. Mr. Andrew F. Webb, Melanson, N.S., tells what Dr. Williams' Pink Pills have done for him as follows:—"I was in a run down condition from overwork and what the doctor called a nervous breakdown. My sister urged me to try Dr. Williams' Pink Pills. After taking several boxes I improved wonderfully and feel like a different person. I sleep well, eat well, and my nerves are stronger and with confidence I can recommend these pills to all weak, run down people."

If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how your strength and health will improve. You can get these pills through any dealer in medicine, or they will be sent by mail, post paid, at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

The perfect figure.

"What do you consider the perfect figure, Elise?"

"About a million, my dear."

Why the Nile Was Worshipped.

The ancient Egyptians worshipped the River Nile because it seemed like a god to them. It was the overflowing of the Nile every year that enriched the surrounding valley, made their crops possible, and saved them from starvation. The overflowing of the great river not only gave the people their sustenance, but it made them prosperous.

Just as the overflowing of the Nile fertilized and enriched the Nile Valley, so it is the life overflowing with love that enriches humanity with its abundant harvests.

Unless your life overflows with kindly deeds, good will, good cheer, with unselfish service, unless you give as well as try to get, there will be barren wastes all about you, so far as you are concerned.

If you want to make friends, the sure way is to make no enemies.

Minard's Liniment used by Physicians.

Canada's Oil Refineries

With the exception of the United States, Canada ranks as the greatest user of automobiles in the world, on the basis of population. The amount of fuel which these metal vehicles annually consume is millions of gallons, and to supply this enormous demand a very extensive and lucrative industry has been built up in Canada. According to the Dominion Bureau of Statistics there were in operation in Canada in 1918, 10 petroleum refineries, three of which are located in Ontario; three in Alberta; and one in each of the provinces of Nova Scotia, Quebec, Saskatchewan and British Columbia.

Capital invested in these various refineries during the fiscal year 1918 amounted to $35,745,410, of which $23,535,257 represented land, buildings, fixtures, machinery and tools. Bills receivable, cash, trading and operating accounts amounted to $407,408, while materials on hand, stocks in process, finished products, fuel and miscellaneous supplies on hand were valued at $11,802,745. The cost of fuel used in the refineries was $3,242,796, of which sum, oil and gasoline used represented $1,721,642; 247,423 tons of bituminous coal worth $1,425,850; and the balance, or $95,304, for petroleum, coke and natural gas.

According to reports 262,641,149 gallons of crude oil were received at the refineries, of which quantity 12,253,184 gallons were from Canadian wells and 250,382,965 gallons imported. The total cost of oil received at the works was $23,708,659, of which $22,789,762 was paid for imported oil and $918,896 for the product of Canadian wells. Petroleum and petroleum products imported were valued at $13,127,178, of which $13,359,606 was paid for 229,010,561 gallons of crude oil imported by oil refineries to be refined at their own plants.

Wage-Earners and Wages.

The average number of wage-earners engaged in these refineries was 2,938, and the wages paid allowed a per capita payment of $1,175 or a total sum of $3,451,642. Wages paid to 272 salaried employees amounted to $371,676, or an average of $1,366 each. The total wage and salaried employees was 3,210, while wages paid totalled $3,823,318.

The selling value at the refineries of the total production was $37,866,907. Of this sum $19,247,402, or 50.8 per cent., was the value of 72,169,916 gallons of gasoline and motor oils; $7,130,301, or 18.8 per cent., the value of 56,220,066 gallons of illuminating oils, and $6,629,980, or 17.50 per cent., of 84,784,278 gallons of fuel and gas oil and tar.

Practically all the products of the refineries were consumed at home, a small quantity, however, being exported. Crude coal oil or kerosene exported in 1918 amounted to 270,302 gallons, valued at $28,415, and of refined oil 1,946,967 gallons, valued at $206,675. There was also an export of naphtha or gasoline of 91,229 gallons valued at $28,788.

The Unsafe Average.

Along in the early thirties most folks start taking on weight. Some of the thinner ones look on this tendency to fill out with a great deal of satisfaction, especially if the scales tell them they are approaching the average weight for persons of their age and inches. Even physicians and heal workers have often assumed that those tables of average weights, which we frequently see published on a card beside the scales, are the normal weights. They have considered that the body machinery of adults who were 20 per cent. or more above or below these figures was more or less seriously impaired.

Now, however, the mortality experience of insurance companies has demonstrated that these average weights may not be the best weights. Their statistics show that when we follow these average figures we may just be taking our ideas from the bad habits of the big majority. In weights, as in other things, there is sometimes danger in following the crowd.

For as persons grow older they seem inclined to take in more food, especially proteins and fats. They also become less inclined to wholesome exercise. The food-using machinery is required to do more work, but is kept in less good condition to do it and a breakdown of the organs concerned in these processes is hastened.

The result is the great mortality from diseases of the heart, blood vessels and kidneys. So many have neglected the restriction of diet and the exercise which can avert these troubles that the getting up to the average weight is not an approach to normalcy. Those average figures are padded with the fat of those who have eaten not wisely but too well.

For the persons about thirty the average weight does represent the best weight. But persons beyond thirty have the best chance of dodging the Grim Reaper if they are below the average weight. The amount below the average which is most favorable increases with advancing age. At fifty, individuals appear to be at their best when their weight is as much as thirty to forty pounds below the average.

On the other hand, an excess of about ten pounds in weight above the average produces the most favorable rates between the ages of twenty and twenty-four. This excess tapers off until about thirty. Beyond that age, it is clear from insurance statistics that those under the average weight have the best chance to live.

BABY'S GREAT DANGER DURING HOT WEATHER

More little ones die during the hot weather than at any other time of the year. Diarrhoea, dysentry, cholera infantum and stomach troubles come without warning, and when a medicine is not at hand to give promptly the short delay too frequently means that the child has passed beyond aid. Baby's Own Tablets should always be kept in the house where there are young children. An occasional dose of the Tablets will prevent stomach and bowel troubles, or if the trouble comes suddenly the prompt use of the Tablets will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Bobby on China.

The teacher had given Bobby as a subject for his composition "The Chinese." She told him he must not copy his material from his study of geography and what she had read to him. Here is his effort: "The Chinese are very old. They invented a great many useful things before the world was discovered, among which is chop suey. The Chinese are too thickly populated to be comfortable. The Chinese used to be very religious but since so many missionaries have been sent there lots of them have given up religio nand become Christians."

The first successful contour map of a deep-sea zone has just been completed. It shows the submerged hill, valleys and cliffs over 34,000 square miles of the bed of the Pacific Ocean.

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Refreshes Tired Eyes

Write Murine Co., Chicago, for Eye Care Book

ASPIRIN

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

BAYER *Genuine*

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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 Monoaceticacidester 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."

SMOKE

in ½lb. tins

and 15¢ pkts.

OLD CHUM

The Tobacco of Quality

Born Tired.

First Fish: Who's that sickly looking fellow propped up against that rock? He can hardly stand up.

Second Fish: Of course, that's Mr. Weakfish.

Minard's Liniment for sale everywhere

The largest smokable cigar ever made was presented to an American politician. It was 28 inches in length and weighed over 5 lbs.

A flock of 100 hens produce in eggshells about 137 lb. of chalk annually.

Back to Work

Kendall's Spavin Treatment will get that lame horse back on the job again. For more than forty years as Kendall's Spavin Cure it has been removing spavins, splint, ringbone, thoroughpin and all kinds of body growths.

Get it at your druggist's today; also the free book "A Treatise on the Horse and his Diseases", or write direct to

DR. B. J. KENDALL COMPANY, Enosburg Falls, Vt., U.S.A.

Kendall's Spavin Treatment 3

TO EXPECTANT MOTHERS

A Letter from Mrs. Smith Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Trenton, Ont.—"I am writing to you in regard to Lydia E. Pinkham's Vegetable Compound. I would not be without it. I have taken it before each of my children was born and afterwards, and find it a great help. Before my first baby was born I had shortness of breath and ringing in my ears. I felt as if I would never pull through. One day a friend of my husband told him what the Vegetable Compound had done for his wife and advised him to take a bottle home for me. After the fourth bottle I was a different woman. I have four children now, and I always find the Vegetable Compound a great help as it seems to make confinement easier. I recommend it to my friends."—Mrs. FRED H. SMITH, John St., Trenton, Ont.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system, so that it may work in every respect effectually as nature intended. Thousands of women testify to this fact. C

Batik Process of Dyeing.

Reclamation of wearing apparel has awakened interest in the Bank process of dyeing, which, according to the chemists, originated in Java. The fabric is covered with a thin coating of wax before it is plunged into a bath of dye. The Germans and other Europeans maintain that they have greatly amplified and perfected the process and by means of their improved method certain tissues that formerly would not take colors now being capable of being dyed. Old stuffs, blouses, stockings, hats and so forth can, it it said, be redyed in a lighter as well as a darker color or can be changed completely.

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