Are *You* Ready

When *your* Children Cry for It

Baby has little upsets at times. All your care cannot prevent them. But you can be prepared. Then you can do what any experienced nurse would do—what most physicians would tell you to do—give a few drops of plain Castoria. No sooner done than Baby is soothed; relief is just a matter of moments. Yet you have eased your child without use of a single doubtful drug; Castoria is vegetable. So it's safe to use as often as an infant has any little pain you cannot pat away. And it's always ready for the crueler pangs of colic, or constipation, or diarrhea; effective, too, for older children. Twenty-five million bottles were bought last year.

Fletcher's CASTORIA

Educational Conservation

Jack Miner Calls Attention to Great Wealth of Ontario's Northland and Her Lakes. $100 from Tourists as Good as $100 from Wheat Shipped Out

"Game and Fish Conservation a National Asset"

By Jack Miner.

"Since making the statement in a former article in the Toronto Globe, that I stood for educational conservation, my mail has been heavy with requests for a full explanation, and in brief I will say that during ths last fifteen years I have been lecturing I have no doubt spoken to a million or more school children in North America, to whom I have emphasized the importance of building bird houses. If I can get a child to build a birdhouse he will naturally erect same on a pole, and that boy or girl at once becomes a conservationist. Moreover, he becomes a better citizen because of the love kindled in his heart. He certainly will not kill the bird that is going to nest in a house that he has made, nor is he likely to allow any other person to destroy a bird in his vicinity.

"This I call 'educational conservation.' But we must not lose sight of the fact that we have got to have laws—and strict laws—for experience and personal observation have taught me that kindness without firmness is a total failure. And we have got to have qualified game wardens to enforce these laws. There is a small percentage—less than five per cent.—who are outlaws, and this small percentage of people easily can upset what has been accomplished by the majority of people.

"Too many citizens look at conservation as merely a sportsman's proposition, when the fact of the matter is it is one of Ontario's biggest assets. Between Sudbury and Fort William there are thousands of square miles of territory which has been stripped of its valuable timber, and at present practically good only for mining, big game hunting and fishing. No State in the United States or Province in Canada has such a vast sportsman's paradise, and if we will take the wolves out and let the deer increase, not only by the actual money paid out for licenses, but that left in the country by tourists and hunters will give a bountiful return. Stop and think of the different places tourists leave money—railways, gas stations, hotels, stores, taxis, boat fares, rent of cottages, rents of boats, and, most encouraging of all, the money he would leave with the guides and settlers.

"I still stand for raising the bounty on wolves, and at the same time raising hunters' license fees enough to meet the extra bounty paid. Get the wolves out of the country, allow deer to increase and thus bring more tourists to Ontario. We all know that $100 brought in by tourists has just as much purchasing power as $100 received for wheat shipped out. Let's get together and educate each other how to make our lakes worth more. It was told by one of Wisconsin's Government officials that lakes in Wisconsin and Minnesota were more valuable to these States through money brought in than the same area of cleared agricultural land, and we all know these States border on Ontario. Such being the case, what is the value of our lakes, which up to the present time are free of pollution?

"Think it over. Don't let us get gether to 'talk laws.' Let us get together and 'do something.' "

Long Ago, Too!

Sumerian Ladies of 4500 Years Ago Had Little to Learn About Jewelry

London—The royal treasures of Ur of the Chaldees, found by C. Leonard Wooley and his associates, have been placed on exhibition in England for the first time and are attracting great public interest at the British Museum. Among visitors amazement at the artistry and design of the articles is general, and some visiting jewelers have remarked that the present age has little in this respect to teach the Sumerians.

The collection includes the beautiful helmet of King Mes-Kalam-Dug and the headdress o Queen Shub-ad. Both are of gold and exquisitely fashioned. The exhibits show that women's hair as then worn coiled into a bun at the back. There are a number of vanity boxes not greatly different from those sold to-day in Bond Street and Regent Street.

A woman's cloak belonging to the queen gives an idea of fashions at that time. It is a beaded garment opening on the right side, and with a fringe of bugle beads at the bottom, to which are fastened gold rings. It was held together by a large gold pin.

One twist of fashion in the course of time is shown by the fact that earrings were in the early days a male fashion and some very fine specimens are shown. There are also a number of the gold and silver mascots which were fastened to chariot harness. Most of the nonroyal objects shown date from the Sarganid period, about 2700-2600 B.C. These include rings, bracelets and frontlets, mostly made of gold.

CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent the dreaded summer complaints. They are an absolutely safe medicine, being guaranteed to contain neither opiates nor narcotics or other harmful drugs. They cannot possibly do harm—they always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

The Nightingale

Hark! how through many a melting note
She now prolongs her lays:
How sweetly down the void they float!
The breeze their magic path attends;
The stars shine out; the forest bends;
The wakeful heifers graze. . . .

O sacred bird! let me at eve,
Thus wandering all alone,
Thy tender counsel oft receive,
Bear witness to thy pensive airs,
And pity nature's common cares,
Till I forget my own.

—Mark Akenside.

Custom in Dress

Cincinnati Enquirer: Custom is what makes it so improper for a man to appear in company with his suspenders showing and perfectly proper for his wife to go around with her garters visible as the sun.

Author: "Yes, I am doing very well. I make jokes and my wife makes pictures for them." Painter: "With me it's the opposite. I make pictures and my wife makes jokes about them!"

Minard's Liniment—Universal remedy

3rd Wrigley Marathon Swim

The Year's Premier International Sports Event at

CANADIAN NATIONAL EXHIBITION

TORONTO-ONTARIO

THE greatest and most thrilling sporting spectacle in the world will be the 3rd Wrigley Marathon. From the one and a half miles of Canadian National Exhibition shoreline, thousands will view this gigantic spectacle of Internationally famed Catalina and English Channel Conquerors striving for the World Championship laurels and the $50,000 purse.

To witness a Wrigley Marathon is to witness a world spectacle that may never be repeated in this country. Be sure to see the Big Swim this year—two events—Wednesday, AUG. 29th for women, and Wednesday, SEPT. 5th, for both women and men.

GOLDEN JUBILEE YEAR Aug 14 to Sept 8

First International Air Craft Display and H.M. Royal Air Force Band (England); Exhibits from nearly every country; 2,200 voice Exhibition Chorus; World's Largest Agricultural Show; an Amateur Sports Program rivalling an olympiad; auto races on the fastest dirt track in America; first showing 1929 motor cars, and feature after feature every hour of every day.

Send for literature describing the entire fourteen-day Golden Jubilee Year, Canadian National Exhibition, Toronto, Ontario.

THOMAS BRADSHAW, President — H. W. WATERS, General Manager

Ontario Agricultural College

GUELPH

SEND YOUR BOY TO THE O.A.C.

To the Farm Boy it offers a training that will better fit him for the Occupation of Farming and for Citizenship.

FOUR YEAR COURSE
Leading to the Degree of Bachelor of Science in Agriculture.

TWO YEAR COURSE
Leading to the Associate Diploma.

SHORT COURSES
Short Courses in Live Stock and Field Crops, Poultry Raising, Horticulture, Dairying, Bee-keeping, Farm Drainage, Farm Power, Baking.

STUDENTS IN THE FOUR YEAR COURSE
May specialize in the Third and Fourth Years in Animal Husbandry, Field Husbandry, Horticulture, Dairy, Bee-keeping, or any one of the Sciences of Bacteriology, Botany, Chemistry or Entomology.

COST OF COURSE
The total cost for Board and Room and Tuition Fees for First Year Students does not exceed $200.

Ask for College Calendar Descriptive of Various Courses.

G. I. CHRISTIE, B.S.A., D.Sc., President. — A. M. PORTER, B.S.A., Registrar.

THE UNTOUCHED MEAL

People Who Go Hungry With Food on the Table.

"I simply cannot eat." Actual tragedy is suggested by these simple words, so often heard, because loss of appetite is the beginning of trouble that sooner or later reveals itself as indigestion, nervous dyspepsia, with violent headaches and other serious symptoms. Loss of appetite, whether a man or woman, is a symptom you dare not ignore. If you do, much suffering is sure to follow.

The secret of a good appetite—the secret of keeping well—is to keep up the quality of the blood. By enriching and purifying the blood Dr. Williams' Pink Pills supply strength to the enfeebled organs of digestion, and enable them to digest thoroughly the food eaten without causing pain or distress. Proof of this is given by Mr. William H. Kelly, Kingston, Ont., who says:—"I cannot recommend Dr. Williams' Pink Pills too highly. I had been bothered with indigestion in a chronic form for almost ten years. Everything I would eat would turn sour. I felt as though there was a big ball in my stomach all the time. I felt tired and weak and would often turn dizzy. I doctored and tried many medicines, spending many, many dollars, but to no avail. One day I heard a lady praising Dr. Williams' Pink Pills and I decided to try them. I am more than glad I did, for soon I found relief, and after taking the pills for a couple of months the trouble had disappeared, and now I can eat all kinds of food, and have again my old time health and strength."

Send for These Health Books.

Two useful books, "Building Up the Blood," and "What to Eat and How to Eat," will be sent free by The Dr. Williams' Medicine Co., Brockville, Ont., if you mention this paper.

Dr. Williams' Pink Pills are sold by all dealers in medicine or will be sent by mail, post paid, on receipt of price, 50 cents per box.

Sun Bath Cures In Extremes Lead to Serious Illness

Sunburn in Moderate Cases Has Good Value Although Care Should Be Taken

Washington.—"The general public has been so impressed with the value and necesisty of sun baths in the prevention and cure of illness that people, in some instances, have gone to extremes and severe sunburn have resulted," says a bulletin issued by the U.S. Public Health Service. "Several cases of persons who have become quite ill following extensive sunburns have been reported recently to the Public Health Service.

"Sunburn over large areas of the body may be as serious as burns from other causes. While sunlight is of great therapeutic value to children and adults, exposure to the powerful violet rays should be given in the proper doses. Exposure should be gradual or sunburn will result. At first the baby or child should be given direct sunlight for about ten minutes. This period may be increased from three to five minutes daily until the child receives approximately one hour in the morning and one hour in the afternoon. This will vary in some cases, depending on how the skin reacts. For adults, the initial exposure may be longer and the increase larger each day.

"In case sunburn does occur, it should receive prompt and careful treatment. The following treatment has been found effective: Take one-half a pint of hot water and stir into it a level tablespoongul of boric acid powder, then add twenty drops of carbolic acid and shake well. The solution should be dabbed on the inflamed skin with a small piece of cotton or sprayed on with an atomizer. It should not be rubbed into the skin. It can be applied every half hour if necessary. If no medicine is available, cold compresses will give relief to badly burned areas."

Maid: "The furniture man is here." Mistress: "I'll see him in a minute. Tell him to take a chair." Maid: "I did, but he said he would start with the piano and radio!"

Britons Smoke Less But Eat More Candy

Englishwomen, However, Are Cutting Down on Sweets and Taking to Tobacco

The trade papers of English confectionery and tobacco manufacturing show by statistics that Englishmen are eating more candy and smoking less, while their women are smoking more and eating less candy.

The causes were debated in London recently at a confectionery exhibition organized by the Manufacturing Confectioners' Alliance, held at Olympia. The situation had become serious, the head of one firm said, because "while girls had gone off sweets, the deficit in consumption has not been made up by the men. Smoking kills the taste for sweets, and sweets kills the craving for smoking. We are not interested in how soon men will return to smoking. Our problem is how to increase the consumption of sweets among women."

Another, on being asked to account for the change in the habits of the sexes, said:

"The war caused it. The manufacturing of confectionery was cut down; that of tobacco was increased. Cigarettes were plentiful everywhere. The best sweets then made were sent to the front. In the trenches smoking was very often forbidden, but the men could eat on all occasions the millions of pounds of sweets sent over, while the women over there and at home began to smoke because they considered it more in keeping with their war work than nibbling sweets. The men brought back the habit with them, with a particular taste for caramel flavors.

"You can see them chewing toffee nowadays at horse and greyhound races. When they want strength of mind for a difficult niblick, they again chew toffee. As for the office, there is many a man to-day who keeps a bag of sweets beside him on his desk in the city. Sweet-eating has at any rate annihilated tobacco chewing in the lower classes and snuff-taking in the upper."

Renunciation

You would renounce the fabled sea,
Forego adventure and abide
An unprotesting cavalier
Domesticated at my side.

You proffered twice your gallant dreams,
And left your freedom at my feet,
And planned a colorless career
In some inglorious retreat!

Because I love you foolishly,
I bid you go—I must be wise . . .
I could not bear the daily fear
Of anguish dawning in your eyes.

Because I love you all too well,
I shake my head and make you go;
I give you to the seven seas—
Perhaps I shall not lose you so!

—Alice Porter.

The Color Problem in South Africa

Round Table (London): The native in South Africa will slowly penetrate into the higher ranks of labor and establish a claim to equality of economic opportunity with the white man. . . . There are many who fear and oppose the doctrine of economic equality, for they see in it the road to social and political equality—not in the immediate future, perhaps not for five or ten generations, but in the end inevitably. With social equality they see the extinction of the white race, with political equality the disappearance of white ideals. . . . They fear that five hundred years from now Sir Rarry Johnston's prophecy may have justified itself and it may have been shown that the colonization of Africa by alien peoples produce a compromise—"a dark-skinned race with a white man's features and a white man's brains." . . . But what the dim future may hold no one can now usefully predict.

Jean: "When Tom proposed he acted like a fish out of water." Peggy: "Why shouldn't he? He knew he was caught."

Let Minard's Liniment Relieve Pain.

Indigestion

What most people call indigestion is usually excess acid in the stomach. The food has soured. The instant remedy is an alkali which neutralizes acids. But don't use crude helps. Use what your doctor would advise.

The best help is Phillips' Milk of Magnesia. For the 50 years since its invention it has remained standard with physicians. You will find nothing else so quick in its effect, so harmless, so efficient.

One tasteless spoonful in water neutralizes many times its volume in acid. The results are immediate, with no bad after-effects. Once you learn this fact, you will never deal with excess acid in the crude ways. Go learn—now—why this method is supreme.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

RUG YARN

$1.15 PER POUND UP. TWENTY-one samples free. Stocking & Yarn Mills, Dept. 1, Orillia, Ont.

ENGINE—JOHN GOODISON STEAM traction, 20 horse, first class running order. Price $400. Claude Wilson, Bolton, Ont.

AGENTS, EITHER SEX, TAKE orders for Christmas Cards. Highest commission. No experience necessary. Sample book free. "Manufacturers," Dept. "C," P.O. Box 931, Montreal.

WE PAY TEN TO FIFTEEN DOLLARS weekly for spare time at home. Write for particulars. The Auto Knitter Hosiery Company, Toronto, Department 7.

HILL THE MOVER—PIONEER DISTANCE movers of Canada. Largest speedy padded vans. New Equipment, latest methods. Two experienced men every trip. All loads insured. Beyond compare for skill and care. Before you move, write us or wire and reverse the charges. Head office Hamilton, Ontario, Canada. Hill the Mover.

Blue Bloods for Canadian Pool

Calgary, Alta.—Considerable interest was evinced when the Prince of Wales, heir to the British throne, joined the membership ranks of the Alberta Wheat Pool last year. The popular Prince owns the E. P. Ranch, which is located west of High River, Alberta.

Just recently another British nobleman signed an Alberta Wheat Pool contract. This personage is George Bridges Harley, eighth Baron of Rodney, who operates a thousand-acre farm east of Edmonton.

In 1918 Lord Rodney and his wife came to Canada. On their arrival in Edmonton they hired out as "man and wife" employees of a bachelor farmer near Fort Saskatchewan. While Lady Rodney did the cooking, her husband worked as a hired man. For a whole summer they cooked, slept and worked from sun-up until sun-down. A few years later Lord Rodney bought a farm in the district and has since increased its size to a thousand acres. He is a real farmer and toils as hard as most of his neighbors.

Another British peer who is a member of the Wheat Pool is the Duke of Sutherland. The 7,000-acre Sutherland farm at Brooks has been under a Pool contract for a number of years. The Duke of Sutherland's farm at Brooks is one of the show places in that district. The land is irrigated and the farm beautiful with large groves of trees.

Alice (acidly): "I hear that you've accepted Jack, I suppose he never told you he proposed to me?" Ethel: "No, not exactly. He merely said that he had done a lot of silly things before meeting me. But I didn't ask him what they were."

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Freely Lathering
Medicinal and Emollient

Stings and Bites.
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