

# The Price Tag Shows the Value

The price tag on Stanfield's Unshrinkable Underwear offers you the best underwear value in Canada.

Buying wool in enormous quantities, enables us to obtain the lowest prices. Making hundreds of thousands of garments each season, keeps down the cost of production.

The steady demand for Stanfield's Unshrinkable Underwear in every section of the Dominion, means a very light marketing expense.

Thus, Stanfield's Unshrinkable Underwear represents the best quality and the best service at the lowest consistent prices.

Made in combinations and two-piece suits, in full length, knee and elbow length, and sleeveless for men and women. Standards Adjustable. Combinations and Sleepers for growing children (pat.).

**STANFIELD'S Unshrinkable UNDERWEAR**

For sample book, showing weights and textures, write STANFIELD'S, LIMITED, TRURO N.S.

*It wears longer*

Not Quite. "Bridget?" "Yes, mum?" "Did you boll this drinking water, as I told you?" "Yes, mum, I boiled it for two hours. Ain't it done?"

Long-Lived Trees. The longest lived trees in Northern Europe are the pines of Norway and Sweden, but 570 years is their greatest period. Germany's oldest oaks live little more than 300 years.

Minard's Liniment for Distemper.

Be quick at figures, but slow to credit calamities.

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON  
Provincial Board of Health, Ontario  
Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

A few weeks ago I was down in Eastern Ontario and spent some time in the rural districts, many miles from even a town. I was interested in the health of these people that I met and I was particularly interested in the health and general condition of the children. In some cases an examination was made of the boys and girls at school, the very ones who were supposed to be in good health and who never had a doctor to see them since they were born. There were a good many children examined, in fact over one thousand, and would you believe it, over half this number showed physical defects of one kind or another. In one instance it was defective hearing; in another defective sight; in another some skin disease; in another rheumatism, and in yet another heart disease. Of course many other defects were found but these mentioned are just a sample.

In every part of the province it is the same, and the remarkable part of it is that so many of these defects could be corrected, in early life if the trouble was not allowed to develop.

One thinks of the farm as a health resort, and an ideal place for the upbringing of children. It is, in so far as the country air and surroundings go, but in some other respects it is no more conducive to health than the city. For instance, children in the country often do not get the opportunity of being examined for physical defects and consequently they drift along to adult life oftentimes impaired in health and physique, when with a little foresight in youth they might become normal men and women.

Then again, there is the question of personal hygiene. Many farms are not equipped with suitable bathing facilities and so the warm bath weekly and the daily sponge of the body

are oftentimes neglected. The question of keeping one's body clean is one of the most important in the whole range of public health. Then again the question of milk must be considered. I heard a doctor say not long ago that there were far too many cream separators in this province. That may or may not be so, but one thing is certain, we should not impoverish the milk at the expense of babies and young children, who would thrive better on whole milk than on skim milk. In cases of infants not fed at the breast, whole milk is absolutely necessary if the proper feeding is to be given.

One of the greatest causes of malnutrition in young children is mismanagement. This often happens in the case of so-called "spoiled" children who get out of control and do just whatever they like. Perhaps the mother is too indulgent and lets the child have its own way. It takes advantage of this, and consequently leads a most irregular life that is anything but good for its health. The child rises in the morning when it likes, eats the kind of breakfast it prefers without any thought as to what nourishment the food may contain; bolts its food at midday and does not take any time for rest in the early afternoon. Between meals the child eats candy, ice-cream, soft drinks and other things that impair its digestion and bring very little nutrition to the growing child. When evening comes, there is no regular bedtime arranged, and the child remains the slier with bad habits, and getting totally out of parental or maternal control. These conditions are all too prevalent at present, and parents should realize their responsibilities towards their children. If the coming generation is to be improved or even kept at the present level.

## For Those Inland.

On this page I will put the blue of the sea and

And gnarled trees blowing on a sandy ledge. The long sharp waves breaking unceasingly. Tossing thick foam upon the russet sedge. Here, blue-white shells embedded in the sand. Glisten and bubble as the waters ebb; A smell of salt blows inward on the land. Where thin mist sparkles like a spiderweb.

Here you may look and see a cloud that blows across the far horizon's perfect rim. Made lovelier for one dark ship that goes. Dragging its smoke where there is gold to dim.

Learn fortitude where broken winds are caught. In tortured waves that climb and crash and lull. Lean with courageous oaks and let your thought soar starward with a great slow-curling gull.

George O'Neill.

### Mourning for Murderers.

The infliction of capital punishment upon the assassins of the British Field Marshal, Sir Henry Wilson, has apparently caused great grief in Soviet Russia. The "Izvestia," one of the leading Bolshevik organs, in a long article laments their fate.

"The 'pravda' not only mourns but calls for vengeance and, addressing Great Britain, says: 'We shall take our revenge upon you for having thus treated the best and most energetic of our agents, who were laboring for the good of humanity and the cause of communism.'"

## WORDS OF PRAISE FOR BABY'S OWN TABLETS

No medicine receives such great praise from thankful mothers as do Baby's Own Tablets. Once a mother has used them for her little ones she will use nothing else. The Tablets are a mild but thorough laxative. They regulate the bowels and stomach; drive out constipation and indigestion; relieve colds and simple fevers; promote healthy sleep and make teething easy. Concerning them Mrs. Omer LeBlond, Middletown Falls, Que., writes:—"I am well satisfied with Baby's Own Tablets and will always use them for my little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from Dr. Williams' Medicine Co., Brockville, Ont.

## Salute to the Trees.

Many a tree is found in the wood. And every tree for its use is good; Some for the strength of the gnarled root. Some for the sweetness of flower or fruit. Some for shelter against the storm. And some to keep the hearthstone warm. Some for the roof and some for the beam. And some for a boat to breast the stream. In the wealth of the wood since the world began. The trees have offered their gifts to man.

Henry Van Dyke.

## Encouraging the Cat.

Outside a dog was barking shrilly, and at frequent intervals an excited voice was shouting, "Sit 'em, sit 'em!" When Mrs. Brown opened the door she saw a small but lively black-and-tan dog alternately barking and digging under a large box while Jimmy, a mischievous small boy who lived in the block, was jumping round and urging him on. The cause of the excitement, Mrs. Brown soon learned, was a forlorn-looking little kitten that had taken refuge under the box. "Why, Jimmy?" she cried. "You mustn't do that; it's very wrong! I'm surprised at you. You mustn't set the dog on the kitty."

Jimmy straightened like a flash; he was neither frightened nor ashamed. "No'm, I ain't," he replied. "I'm saying 'sit 'em' to the cat."

## PAINS OF NEURALGIA

### This Painful Trouble is Due to Poverty of the Blood.

Neuralgia is one of the most painful maladies that afflicts humanity. The trouble is usually seated in the face or head, following the course of some nerve, but it attacks other parts of the body as well. It is characterized by acute pains, sometimes steady, at others spasmodic and darting. But whatever course it takes the pain is agonizing and almost unbearable. Medical authorities agree that neuralgia is due to poverty of the blood—the nerves are actually being starved. It is further agreed that if the blood is purified and enriched the trouble will disappear. It is for this reason that Dr. Williams' Pink Pills have been so successful in treating neuralgia. They enrich the blood which feeds the starved, jolting nerves and thus bring relief to the sufferer, whose general health is also improved. Proof of the value of these pills in cases of this kind is given by Mrs. M. Brown, R.R. No. 1, Warsaw, Ont., who says: "I have taken Dr. Williams' Pink Pills and can recommend them as being the best medicine I know of for neuralgia. Two years ago I had an attack of this trouble in the neck and shoulder. The repeated attacks of the pain were of such frightful intensity that my life was almost unbearable. I consulted two doctors and took their medicine, but without relief. I had taken Dr. Williams' Pink Pills years ago, when they helped me wonderfully, and I decided to try them again. Before I had taken more than a half dozen boxes the pain had disappeared, and I have since enjoyed the best of health, thanks to Dr. Williams' Pink Pills."

## Winning Through Difficulties.

The tree that never had to fight For sun and sky and air and light, That stood out in the open plain, And always got its share of rain— Never became a forest king, But lived and died a scrubby thing.

The man who never had to tell To Heaven from the common soil, Who never had to win his share Of sun and sky and light and air— Never became a manly man, But lived and died as he began.

## IF STOMACH IS TROUBLING YOU

Instantly! End Indigestion or Stomach Misery with "Pape's Diapepsin"

As soon as you eat a tablet or two of "Pape's Diapepsin" your indigestion is gone! Heavy pain, heartburn, flatulence, gases, palpitation, or any misery from a sour, acid stomach ends. Correct your stomach and digestion for a few cents. Each package guaranteed by druggist.

A tiny magnet has been designed for picking a single phonograph needle from a cup.

When ordering goods by mail send a Dominion Express Money Order.

Hay fever is now successfully treated with serum injections.

Keep Minard's Liniment in the house.

## MOTHER!

Open Child's Bowels with "California Fig Syrup"

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or his colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a few spoonfuls today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must try "California" or you may get an imitation fig syrup.

Pleasantly, the famous London thoroughfare, is said to have received its name from the "pickardill," a collar worn by men of fashion in the seventeenth century; these were sold by a merchant who built himself a house, Pleasidilly Hall, which stood where Piccadilly now runs.

## A Health Saving REMINDER.

Don't wait until you get sick—USE MINARD'S "KING OF PAIN" LINIMENT

Teacher—"If heat causes things to expand what does cold do?" Willie—"Makes the day shorter in the winter time."

Minard's Liniment For Colds, Etc.

## Cleaning

THE postman or express man will bring Parker service right to your home.

Whatever you send—whether it be suits, coats, dresses, lace curtains, drapery, etc., etc.—will be beautifully cleaned by the Parker process and speedily returned.

We pay carriage one way on all orders.

Write for full particulars: Parker's Dye Works, Limited, Cleaners and Dyers, 791 Yonge St., Toronto.

Handsome Cups as Scout Prizes.

A competition for efficiency among the boys of the 1st Oat Troop has received added interest by the generous donation by Mr. H. M. Anthony of a handsome silver cup of beautiful design and standing eighteen inches in height, which is to be presented at the annual banquet during the winter to the patrol scoring the most points in the competition for the year. To the Scout with the highest score Mr. Anthony is giving a miniature replica cup.

A Scout Canoe Trip.

Scouts of the 1st Renfrew Troop under Scoutmaster R. F. Fraser took their summer outing in the form of a canoe trip up the historic Madawaska

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River with its miles of white water, rugged hills, and stately pines, beneath many of which a small green mound and a rough-hewn slab of wood marks the spot where some rugged driver sleeps the long sleep within hearing of the rumble of the fast water they loved.

The troop made the Duck's Hunt Club, at the head of the Duck Rapids, their headquarters, and during the week liked to Chalmers and Black Donald Mine. They also visited the power house, had some fine fishing in the rapids there and altogether spent a very enjoyable and profitable week.

Bishop Dedicates Flags.

Right Rev. W. Cyril Plunkham, D.D., Bishop of Calgary, presided in St. Stephen's Anglican Church, Toronto on the occasion of the placing of the colors of the local Boy Scouts Association in the church.

Annual Meeting in Hamilton.

The city of Hamilton has been chosen as the scene for the 13th Annual Meeting of the Provincial Council for Ontario, which will be held about the beginning of February, 1923. This will be the first meeting of the Provincial Council to be held outside of Toronto. Special committees are now working on the program, both of this meeting and of the Annual Conference of Scout Officers which will be held in conjunction with it. Notable Scout leaders from England, the United States and Canada are expected to participate and every effort will be made to make the occasion one of the biggest in the history of Canadian Scouting.

New Jewish Troop at Ottawa.

A troop of Hebrew Scouts has been organized at Ottawa with leading Jewish citizens as members of the Troop Committee. There are other Jewish troops in Toronto, Hamilton and Bradford.

Provincial Headquarters of the Boy Scouts Association, Bloor and Sherbourne Sts., Toronto, maintains a special service to assist local communities to form Scout troops. Persons desiring information about Scout work should address the Field Secretary.

## "Cascarets" 10c

For Sluggish Liver or Constipated Bowels

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach and all gut distress gone by morning. Nicest physic or cathartic for grown-ups and children. 10c a box. Taste like candy.

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or his colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

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## Says It Made A New Person Of Him

Thousands of people needlessly endure a half-sick, nervous, run-down condition when they might enjoy sturdy, robust health and all its manifold blessings if they only knew what to do. People in this condition find Tanlac soon ends their trouble and builds up abundant strength, energy and vitality. John Abern, of 1 Boubree Ave., Toronto, Ont., says: "Stomach trouble had me in a general run-down condition. I was badly constipated, had headaches and dizzy spells and felt worn out all the time. My wife received such splendid results from Tanlac that I took it myself. Now my troubles are things of the past and I'm a well man once more." Nervousness and a run-down, tired-out feeling are but symptoms of a hidden cause, which usually lies in the stomach. Tanlac enables you to digest your food properly, eliminate waste and regain your old-time strength and vigor. Get a bottle today at any good druggist. Adv.

A Radio Trip.

Madge—"In taking a survey of the matrimonial situation, are you thinking of anyone in particular?" Marjorie—"No; I'm just broadcasting."

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## For Nervous Headaches

IS THERE RELIEF from headache or neuralgic pains worth one cent to you? That's all it costs for an application of "Vaseline Mentholated Jelly." With the first indication of a headache rub a small amount of it gently on the forehead and temples. So convenient, effective and economical!

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## Vaseline MENTHOLATED PETROLEUM JELLY

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## Cuticura

Clears the Pores Of Impurities

Daily use of the Soap, with occasional touches of the Ointment as needed, cleanses and purifies the skin and keeps it free from pimples and blackheads. Cuticura Talcum is ideal for powdering and perfuming.

Sole U.S. Distributors: E. C. Taylor & Co., 250 Broadway, New York, N.Y. Sold throughout the Dominion, Canadian Depot: E. C. Taylor & Co., 110 St. Paul St., Montreal. Cuticura Soap shaves without mug.

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## NEARLY CRAZY WITH PAINS IN BACK

Read How Lydia E. Pinkham's Vegetable Compound Helped Mrs. Beecroft

Hamilton, Ontario—"I have suffered for three years from a female trouble and consequent weakness, pain and irregularity which kept me in bed four or five days each month. I nearly went crazy with pain in my back, and for about a week at a time I could not do my work. I saw Lydia E. Pinkham's Vegetable Compound advertised in the Hamilton Star and I took it. Now I have no pain and am quite regular unless I overwork. I stay on my feet from early morning until late at night. I keep house and do all my own work without a moment's trouble. I have recommended the Vegetable Compound to several friends—Miss Emily Hutchins, 10 Douglas St., Hamilton, Ontario.

For nearly fifty years women have been telling how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills. This accounts for the enormous demand for it from coast to coast.

If you are troubled with any ailment peculiar to women, why don't you try Lydia E. Pinkham's Vegetable Compound? It has helped others, let it help you.

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## Classified Advertisements

AGENTS WANTED. \$5—PRIVATE CHRISTMAS OLIVET—\$5 inc. cards, sample book free; men & women already making \$5 up daily in spare time. Bradley Limited, Brantford, Ont.

UPPER NEURALGIA WANTED—2-YEAR allowance; accredited school; monthly course; medical and electrical work; full course; 100% success; 100% satisfaction. West End Hospital, 25 St. Hayes Ave., Chicago, Ill., U.S.A.

REIDY & MAYHEW, KENT BLDG., 100 King St. Toronto. Registered Patent Attorneys. Send for free booklet.

## BELTING FOR SALE

ALL KINDS, NEW OR USED. Pumps, cables, hose, etc. shipped subject to approval at lowest price in line. Toronto. York Heating Co., 115 York St., Toronto.

DOG DISEASES. How to Feed and How to Cure. \$1.00. Call for free copy. E. Day & Glavin Co., 224 E. 11th St., New York, U.S.A.

## COARSE SALT LAND SALT

Bulk Carlots  
TORONTO SALT WORKS  
C. J. CLIFF TORONTO

## Rheumatism!

try Sloan's

Nagging pains cease when congestion is relieved. Remember: most of the pain and inflammation of rheumatism comes from congestion. Start the congested blood flowing freely and you have chronic, nagging pains cease. Sloan's does just this—it penetrates without rubbing, straight to the congested spot. It warms up, stimulates the circulation, stops pain, brings quick, certain relief. Many uses—all in one 35c bottle.

Keep Sloan's handy. It stays put on all ailing muscles. Rubs on eyes, tired, aching backs, ends neuralgia, headache, rheumatism, biliousness, congestion. Made in Canada.

Sloan's Liniment—kills pain!

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# Make Bondage a Thing of the Past!



EVERY man or woman who has come to depend upon the morning cup of tea or coffee is a slave to the use of Caffeine. Caffeine, the irritant in tea and coffee, often robs the system of the joy of living—the priceless blessing of bounding, spontaneous, natural health.

It is easy to snap the bonds and feel the surge of rich, red blood through your veins and arteries. Thousands of sufferers from the effects of caffeine have found quick and permanent relief in Instant Postum—the healthful cereal beverage made from roasted wheat.

Start TODAY. You'll find the flavor and aroma both delightful and satisfying.

Sold by grocers everywhere!

## Instant Postum FOR HEALTH

"There's a Reason"

A generous sample tin of Instant Postum sent, postpaid, for 4c in stamps. Write: Canadian Cereal Co., Ltd., 45 Front Street, E., Toronto. Factory: Windsor, Ontario

## With The BOY SCOUTS

Scouts Decorate Graves.

On a recent Sunday the Scouts of Amherstburg held their annual Decoration Day parade, marching to Highland Cemetery, where they placed flowers on the graves of Scout Bruce Sanger of the 1st Halifax Troop, Mr. E. J. Lay, a past president of the Amherstburg Boy Scouts Association and King's Scout Bert Chapman of the 1st Amherstburg Troop. A special Scout Decoration Service was conducted, after which the boys marched back to their headquarters for dismissal.

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