

HEALTH EDUCATION BY DR. J. J. MIDDLETON

What makes a boy steal green apples? Why does a boy like to jump? These are some of the questions put forward when the topics of recreation came up at the All-Canada Children's Week Conference...

With The Boy Scouts

To Help Northern Scouts. Provincial Commissioner J. F. Stewart addressed a special council of the Boy Scouts and Wolf Cubs of Ontario by setting them to help in the work of re-establishing the Haliburton, Huron and North-Central Troops...

Scoutmaster Complimented

One of the best Scout "good turns" reported recently was performed at the Bradford Fall Fair. While the judge was taking place an accident happened in which one of the drivers sustained a fractured arm...

Scoutmaster Goes to West Africa

Rev. A. W. Drysdale, Scoutmaster of the 1st Westport Troop, and organizer of the Troops at Newboro and Elgin, has gone to Old Calabar, Southern Nigeria, West Africa...

HOW TO REGAIN YOUR GOOD HEALTH

It Can Be Done Through Keeping the Blood Supply Rich and Pure. There is not a nook or corner in Canada, in the cities, the towns, the villages, on the farms and in the mines and lumber camps, where Dr. Williams' Pink Pills have not been used...

Where Was the Rest? Little Tommy Taylor was visiting for the first time the house of an aunt in the city, and among the objects of interest she showed him was a bust of her grandfather, whose history she detailed to Tommy with much gusto...

Autumn Leaves and Mushrooms

To gather mushrooms go by the high meadow. "Start the ploughed field," they said. Such drift of November mark under impalpable skies. How should I know that they led To Aladdin's cavern...

A Clerical Comeback

A young minister was expostulating with a landlord who had raised the poor parishioners' rent over a hundred per cent. "If I want to hear you preach," said the landlord, angrily, "I'll come to church, where you should do your preaching..."

Value of Elephants

An African elephant of the largest size measures about nine cubits, or 2 1/2 feet in height, and is worth about \$400. For huge Ceylon elephants \$4000 is sometimes paid.

Careful Bobby. The teacher had been explaining fractions to her class. When she had discussed the subject at length, wishing to see how much light had been shed she inquired: "Now, Bobby, which would you rather have, one apple or two halves?" "The little chap promptly replied: "Two halves."

The Meanest Man. The meanest man on record is said to live in Shrewsbury, Mass. He sold his son-in-law the half of a cow, and then refused to divide the milk, maintaining that he sold only the front half. The buyer was also required to feed the cow and carry water to her three times a day...

MOTHER! Your Child's Bowels Need "California Fig Syrup"



Hurry, Mother! A little girl of five years old of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even a cross, feverish, constipated child loves its "fruit" taste, and mothers can rest easy because it never fails to work all the solar bile and mucus right out of the stomach and bowels without griping or upsetting the child...

He Tried It and Knew. Patient was the subject of the teacher's discourse and to illustrate her point she drew on the blackboard a picture of a small boy sitting on the bank of a stream, fishing. "You see this lad, children," she said, "beaming on her pupils. He's fishing. Well, even the pleasure of fishing required patience. He must be prepared to sit and wait."

Try a Bottle today DR. MINARD, Inventor of the Celebrated MINARD'S LINIMENT

Give us to awake with smiles, give us to labor smiling. As the sun lightens the world so let our loving kindness make bright this house of our habitation. —R. L. Stevenson.

There are a lot of 8-hour men with 16-hour wives that ought to unionize their homes. Minard's Liniment for Distemper.

COARSE SALT LAND SALT Bulk Carlots TORONTO SALT WORKS C. J. CLIFF TORONTO

For Nervous Headaches IS THE RELIEF from pain of the head or neuralgia pain worth one cent to you? That's all it costs for an application of "Vasoline" 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.

Vaseline MENTHOLATED PETROLEUM JELLY

McCulloch Says It Helped Him From First

"I am glad to recommend Tonic, for it has helped me to gain twelve pounds and made me feel better than I have in many years." This clear-cut statement was made recently by David McCulloch, 43 New St., Calgary, Alberta, Canada. "I had been in very poor health for four years, being generally run down with no appetite to speak of, and my nerves were always more or less on edge. My strength and energy were at a very low ebb, and a good night's sleep seemed utterly out of the question. I was simply worn out all the time, and was considerably under normal weight."

The Spirit Language. "How was the scene?" "A great success. Mme. Jokus materialized Napoleon Bonaparte, Marie Antoinette and Julius Caesar. "Quite a distinguished gathering." "Yes, and I was not aware until after the scene started that all three could speak English fluently."

PUT STOMACH IN ORDER AT ONCE. "Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrector. You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all scurries, flatulence, heartburn, gases, palpitation and pain disappear. Digestive resistance ceases, package to correct digestion at once. End your stomach trouble for few cents.

It is better to play at work than to work at play.—Dr. Frank Crane.

CUTICURA CARES FOR YOUR HAIR Nothing like shampoos with Cuticura Soap and hot water, preceded by touches of Cuticura Ointment to spots of dandruff and itching, to keep the scalp and hair healthy. They are ideal for all toilet uses.

Accept only an "unbroken package" of Bayer Tablets of Aspirin, which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

ASPIRIN BAYER UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all. Colds, Headache, Rheumatism, Toothache, Neuralgia, Neuritis, Earache, Lumbago, Pain, Pain.

Classified Advertisements FOR RAZE. YARN—WONDERFUL VALUES AND colors—samples free—Georgetown Woolen Mills, Ont.

DOG DISEASES. How to Feed, What to Give, and How to Cure. Write for full particulars.

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, tapestry draperies, etc.—will be beautifully cleaned by the Parker process and speedily returned.

It scatters congestion. Sloan's Liniment kills pain!

SO WEAK COULD HARDLY DO ANYTHING. Now Looks After Home, Thanks to Lydia E. Pinkham's Vegetable Compound.

MEASUREMENT. I could hardly do anything and my back seemed the worse. I feel so much about Lydia E. Pinkham's Vegetable Compound...

Are you enjoying a harvest of health? IN THE plump kernels of wheat and barley Nature plants the seeds of human energy, which man himself must utilize in order to enjoy a harvest of health. Grape-Nuts FOR HEALTH "There's a Reason"

"Cascarets" 10c Best Bowel Laxative When Bilious, Constipated

Navigating the Life Ship. In bad weather, when there are heavy fogs and storms at sea, the navigator is obliged to take his bearings frequently to know where he is.

Value of Elephants. An African elephant of the largest size measures about nine cubits, or 2 1/2 feet in height, and is worth about \$400.

Various small advertisements and notices on the right edge of the page, including mentions of 'The Market Standard' and 'The Wood Medicine Co.'