Carrying 13,000 people, the liners Majestic, Olympic, and Homeric require 440,000 pieces of household and table linen, including 110,000 table napkins, 35,000 sheets and 17,000 tablecloths

Minard's Liniment for Distemper,

Dr. Middloto

ndy ipercase.

1515

1921

There is very little difference be-

Most disease germs enter the body through the mouth. Keep the mouth

Croscent, Toronto.

RICH, RED BLOOD Canada. The grand old woods of Canada How cool and dim below The shade of their sweet rustling

Swift changing webs and sunlight

Where ferns and mosses grow.

The stately elm, the maple tall,

The sturdy beech, I love them all,

And well their forms I know.

The forest wealth of Canada.

The choppers' blows resound,

Lies white upon the ground.

he crystal streams of Canada,

Deep in whose murmuring tide,

Neath leafy shades of living green,

Unforcowed yet, awaits the plough,

Who sows shall have sure promise

What the' the winter wind blow keen,

A strong, true heart is hard to chill

When, seen afar, the home light still

When daylight darkly wanes?

Shines bright across the plains.

Tho' gold nor jewels fill the hand,

Tis nature's self has blessed the land

Minard's Liniment for Garget in Cowa

From pebbly caverns, dimly seen

Grey trout and salmon glide.

The prairie wealth of Canada.

Of rich reward for toil.

The robust life of Canada

In cheery homes I see,

Abundant, fair and free.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

tors through this column. Address him at Spadina House, Spadina.

will be glad to answer questions on Public Health mat-

Whose dark, abundant soil.

The glant trees of Canada,

weaves

· hill

Weak, Watery Blood Needs a Tonic to Build it Anew.

Why are we continually told that health-giving blood must be bright Dark pine and birch drooped low, red? What has color to do with the quality? Just this-the oxygen in the air is the great supporter of all orgarle life. One function of the blood is to take the oxygen from the airwhich it meets in the lungs, and delivers to the tissues of the body. When Thro' the crisp air, while cold and the block filled with life-sustaining The snow's deep cloak o'er vale and oxygen, is sent out by the heart, it is

bright red. When it returns, impure and deprived of oxygen it is dark. You will see, therefore, that there are two prime requisites of health. pure air and bright red blood-the

pure air to furnish the oxygen, the

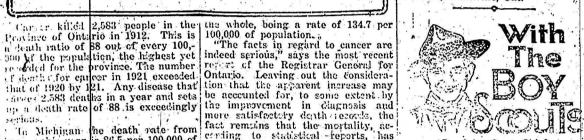
rich red blood to carry it where it is

needed. Pale, anaemic pecple, whose nerves are on edge, who tire out easily, and who suffer from frequent headaches do so because their blood is thin and watery. All such people can improve their condition through a fair use of Dr. Wallams" Pink Pills, which enrich the blood, thus enabling it to carry oxygen to the system. Among those who have benefitted from the use of this medicine is Mr. Charles A. Stayner, Glenholme, N. S. who says: Some four years ago I found myself badly run down. I tired very easily and found it difficult to do my work

My appetite failed and I slept badly at night. I was taking medicine, but it was not helping me, and I was growing weaker and weaker. A friend who called to see me advised me to try Dr Williams' Pink Pills. I got, six boxes and before these were done I felt bet er. Then I got six more boxes, and fter taking them felt as well and strong as ever. Four years have pass since that time, and I have coninued in good health and working all the time. I have recommended these

These pills are sold by all medicine lealers or will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

pills to others and shall continue to do



be accounted for, to some extent by the improvement in diagnosis and more satisfactory death records, the fact remains that the mortality, according to statistical reports, has grown from 16 in 1881 to 88 in 1924.

In Ontario during to statistical reports, has grown from 16 in 1881 to 88 in 1924.

In order was even higher. Cancer the first over 40 years of age. Many the investigations prove that his investigations prove that his investigations prove that are preventable since that his investigations prove that and properly treated in its early that the number of deaths are proventable since to all civilized mankind.

It is probable that the number of death was even of the properly treated in its early in Canada would be not found as the future Secut officer training projects in Canada. Mr. Wood was loaned to table showing the less than 7,000. Cancer comes four a the Ganada General Council to introin Canada. Mr. Wood was loaned to A comparative tesse showing the committee of deaths per years from can committee one in Ontario since 1902, and the country it kills one in contract and one in fourteen among the past summer conducted were one or two of the years' figures show a slight decrease, the general land country is a gradual but the land cities to the country is towards a gradual but the land cities to the country is towards a gradual but the land cities in side of some of the country is towards a gradual but the land cities at once.

hs Rate life when the father and mether are More S More Scout Heroes.

Six mere awards to Ontario Boy Scouts for, life saving have just been authorized by His Excellency Lord of the Diesel type using shale oil. Byng of Vimy, Chief Scout for Cana-

fort before them. Discovered in the earliest stages it is usually readily cured. Once established, the future To Scout Adronic Lemelin, age, 15 is hopeless.

The chief hope of contacting the land Troop, His Excellency has granted campaign of public clueation, one bracing facts such as the following:

(1) That cancer in the early stages

(2) French Canadian boy of the 5th Welland Troop, His Excellency has granted a Gilt Cross. Advante heard that a boy had gone down in a lock-pit after falling from a plank on which he was playing. He immediately ran to the gives rise to no pain or symptoms of playing. He immediately ran to the scene, jumped into the water, and after diving and swimming around came Any lump or mass in a woman's into contact with the drowning boy breast after forty. Any bleeding, however trivial, after then found that the boy he had resthe change of life. and brought him to the surface. He the change of life.

Any wart or sore on the lower lip
of a man forty-five years of age. tued was his own 12-year-old brother. Assistant Scoutmaster Cecil G. Bowman of the 8th Brantford Troop is to the city death rate for cancer Any sore on the tongue of a man of the country rate. During 1920 forty-five years.

The rate was 85 per 100,000 of the Any bleeding from the bowel in a receive the Boy Scout Gilt Cross for Any bleeding from the bowel in a list act in rescuing one of the boys of man or woman after forty years.

1.204 ceatls of 48.9 per cent. of the lower line and a rate per 100, warts, moles or growths on the skin and a rate per 100, warts, moles or growths on the skin and 142 deaths, or 5.8 per cent. It total number and a rate of the total n

in it when it was over his head, rep dering him completely helpless. Mi Bowman jumped thto the river and af-NCESSARY TO LEATH ter a stiff struggle against the current

brought the boy to safety. Your heads to the clouds uplifting, Scout Richard Keene, age 12, of the Yet bending to drink the rills! 10th Brantford Troop, has been award- Where learned ye your wondrous ed a Certificate of Merit signed by Lord Byng for his work in rescuing two boys from drowning in a canal Little personal risk was involved in this rescue, but the Scout's present of mind and quick action undoubtedly saved the boys' lives.

greatness.

That stoops from sky to sod.

Then giving it back to God?

Oh, fold us close in your shadows,

Sons of the earth, and sky!

Here 'neath your leafy splendor.

We feel that heaven is nigh.

We seem to forget our heartache,

For here in your soft shade resting,

and when, as the years are spreading

o the woods we sought in childhood

n your tender, shadowed stillness.

Ve shall find as life's joys fail us

God's place among the trees,

Camilla Sanderson

TROUBLING YOU

Instantly! End Indigestion

or Stomach Misery with

"Pape's Diapepsin"

As soon as you eat a tablet or two

lence, gases, palpitation, or any misery

from a sour, acid stomach ends. Cor-

redt your stomach and digestion for a

few cents. Each package guaranteed

Not Very Encouraging.

Young man (to missenger boy)

What did Miss Brown say when you

by druggist.

When the soul within us sees.

And stroke of sorrow's rod.

We tell it all to God.

We turn us back again

To soothe us in our pain:

IF STOMACH IS

Receiving carth's-treasured sweetner

Scout Cannin Ashley, age 12, an Scout Lorne Morton, age 14, of the 1st Foxboro Troop, will receive Certificates of Merit for their action in rescuing a companion from drowning n a stream near their home.

Scout Leo. H. Rozell, age 13, of the 1st Ridgetown Troop, saw a little child fall into a cesspool while playing near its home. The child was too young to help itself and only the quick action of the Scout was responsible for the little tot's life being saved. A Certificate of Merit has been forwarded to

cout Rozell. Medals of Merit in recognition long and faithful service to their troops and to the Scout Movement in their district have been awarded to ssistant Scoutmaster E. Bonneville and Clarence Jones of the 6th Ottawa

The above awards bring the total issued in Ontario during the present year up to fifteen. Final decisions in several more cases will probably be announced shortly.

Headlight Controller Dims Lights Gradually.

Too abrupt dimming of automobile headlights is a menuce to the driver on account of the sudden change from brightness to darkness, and a headlight controller is now being manufacured that enables the driver to dim the lights gradually to any degree. necessary. The hands of the driver never being off the steering wheel, touch with one finger of a lever of the steering post is all that is necessary to dim the lights as gradually as desired. The controller can be installed on any steering post in five or ten

GUARD THE BABY

GUARD THE BABY

AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stemach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good god that he will thrive and be cappy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr.

Williams' Medicine Co. Brockylle. Mr. Rodney C. Wood, Assistant are sold by medicine dealers or by Camp Chief at Gillwell Park, the Bri- mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville,

> Crude-oil Airplane Engine Developed in England.

It is reported that a manufacturing concern, in conjunction with the Br tish air ministry, has produced a promising type of crude-cil air engine For the present details of its construction are withheld, but it is understood to be a six-cylinder motor developing from 750 to 1,000 horsepower. It is nown that, at the royal air-cra tablishment, experiments have been in progress for a long time on engine

'Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated 1

To clean out your bowels withou cramping or overacting, take Casca-Sick headache, billousness. gases, indigestion, sour, upset stomach and all such distress gone by morning. Nicest physic on earth for grown-up and children. 10c a box. Taste like

Miner's Luck.

Luck seems to thrive best among the precious metals. From the gold mines and the diamond fields come many strange stories that illustrate the uncertainties of fortune. California, the Yukon, South Africa, all Fig Syrup" and it never fails to open have their share of tales of extraor. the bowels. A teaspoonful to day may dinary finds and losses; but from New prevent a sick child to-horrow. if Guinea comes one of the most remarkable. On many of the islands on that has cold, colic, or if stomach is sour. coast gold is found. At one time, says longue coated, breath bad, remember Capt. C. A. W. Monckton in his book, a good cleaning of the little bowels is Some Experiences of a New Guirea often all that is necessary

was crowded with prospectors: were returning in a small cutter to printed on bottle. Mother You must Samaral. The separato parcels of say "California" or you may get an gold belonging to the individual men imitation fig syrup. were "shammies," as the builton bags are called, and the whole quantity was sewn together in a large belt of canvas and lay upon the hatch.

When the vessel entered China Strait a sudden squall struck her, and as she beeled over the gold shot into the scuppers and disappeared. As soon as the skipper could get his vessel in hand he took soundings and bearings and, running hastily to Samarai, gathered such pearlers as were working there and offered half the gold to any of them who recovered it. Several pearlers at once sailed for the spot. Diver after diver descended and toiled; diver after diver ascended; and reported a soft mud bottom and a hopeless ques ; pearler after pearler lifted his anchor and went back to Samarai; and at last the cutter also hoisted her anceor preparatory to taking the miners back to the gold fields. A disconsolate group of men they were as, they watched the anchor coming up; but I leave it to the imagination the change in their faces when in the mud that clung to the fluke of it they saw their canvas belt of gold.

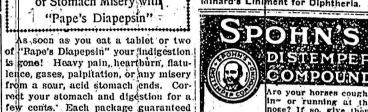
Minard's Liniment for Colds, etc.

Trees. Oh. wonderful forest ginnts. Kings of the mighty hills,

Verdun, P.Q., I have hardly seen a well day. I seemed to suffer from almost everything, indigestion, headaches, nervousness, loss of appetite and even the little I managed to eat bloated me all up with gas until, I could hardly breathe. I was so restess I could scarcely sleep, and I would get up mornings so tired and dizzy it was all "I could do to get round. I was simply in a miserable condition, and nothing I took seemed

that I made up my mind to try it, and I bell Ting OF ALL KINDS, NEW OR I'm pleased to say that it has only ket shipped subject to approval at low-taken five bottles to make me feel like the life by the shipped subject to approval at low-taken five bottles to make me feel like the life by the shipped subject to approval at low-taken five bottles to make me feel like the life by the shipped subject to approval at low-taken five bottles to make me feel like the life by the shipped subject to approval at low-taken five bottles to make me feel like the life by the life an entirely different person. My appetite is so good now that I can hardly get enough to gat and my troubles have all disappeared, so that I'm feeling just fine all the time. Why, I feel every bit of twenty years younger and can never praise Tanlac enough for the good health it has given me."

A hen attains her best laying capacity in her third year. She will lay in an average lifetime from 300 to



SPOON MEDITA ACCORDENIA MINDERS

gave her the flowers?" Boy-"She asked the fellow who as sitting with her if he would like one for a buttonhole."

His Birthday Teeth.

s the day I was born." INVENTIONS



MOTHER!

Open Child's Bowels with "California Fig Syrup"



Hurry mather! loves the "fruity" taste of "California constinated, billious, feverish, fretful, tongue coated, breath bad remember

THE postman or express man will bring Parker service right to

suits, coats, dresses, lace curtains, tapestry draperies, etc., etc., will be beautifully cleaned by the Parker process and speedily returned.

We pay carriage one way on all orders.

Thirty Years Of Trouble is

"For the past thirty years." Mrs. Malvina O'Dess, of 1089 Ether St.,

o do me any good. "I heard so much good about Tanlac

500 eggs.



How to Prevent Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or stronging edients; it chases away indigestion, biliousness and contained." Get the genuine, 50c. and \$ 1.00 Bottles.

Cuticura Talcum Is

Soothing For Baby's Skin

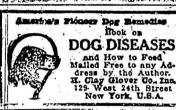
After a bath with warm wa-

nothing more cooling and re-freshing for baby's tender skin

Visitor-"How old are you, grand

Old. Man-Eighty-two, I be, and I ave every tooth in my head the same

HAROLD C. SHIPMAN & CO. PATENT ATTORNEYS 31 BANK STREET





Resident Magistrate, Woodlark Is and Ask your druggist for gennine "Call-

fornia Fig Syrup" which has directions One day a party of successful miners for bables and children of all ages

Whatever you send-whether it be

Write for full particulars

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Yongo Street, Toronto, Registered
iment Attorneys. Sand for free booklet. New Ended YARN-WONDERFUL VALUES AND colors, samples frue-Georgetown woodlen Mils, Ont. BALESMEN WANTED

AHGEST COMPANY—RESOURCES ARGEST COMPANY—RESPUTCIES LITERAL PROPERTY OF THE PROPERTY OF BELTING FOR SALE

Tanlac is sold by all good druggists.



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LAND SALT

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TORONTO SALT WORKS

. J. CLIFF - TORONTO

TOR SALE.

It starts circulation. This scallers congestion. The in-Annmation disappears and along with it the pain. Relievos painful thoumatic twinges too, Warms and cases back aches, neurilela, colds in chest. Keep it handy, Made in Canada,

Sloan's Liniment-kills pain!

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Well, Outario:
The reason why Lydia E. Pink-ram's Veketable Compound is so our selection compound is so successful in overconding woman's ills be because it contains the tonic, strengthening properties of good old-fashioned foots and herbs, which act the female organism. Women continually testifying to its strengthroling, beneficial induction, and as it continus no correcties nor hauntul drugs it is a safe medicine for

Lydia E. Pinkham's Private Text-Book upon "Allments Peculiar to Women" will be sent you free upon Write to The Lydia:

than Cuticura Talcum. Soap 25c. Oletheet 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 144 St. Paul St., W., Montreal 5745 Cuticurd Soap chaves without mug. Medicino Co., Lynn, Mars

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UESS you see the name "Bayer" on tablets, you;



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

Colds : Toothache : Neuralgia Earache.

Headache. Lumhago

Rheumation Neuritis Pain, Pain

Handy "Bayer" boxes of 12 tablets -Also buttles of 21 and 16st thousgists. in the trade mark excisioned in Country of fixer were Market and Ideator of Saffeylizaril. While ki is well known the Country of the court, to assist the public against imitations, the Tablets of the saffeylizarily radio mark, the Tablets of the saffeylizarily radio marks.



coours when the man or woman, from

their industry and thatft, might char-wise have bad years of care and com-

(2). That the early signs are:

of the caffeine these beverages contain, have found health and satisfaction in the daily use of fragrant, delicious Instant Postum.

If you find that you are nervous and restless—that you lie awake at night-your own good sense will tell you that tea and coffee are not good for you.

Then quit tea and coffee for awhile and use Instant Postum instead. You'll find it wholesome, healthful and delightful, with a full, rich flavor and a delicate aroma that never fall to please and satisfy. .

At your Grocer's in sealed, air-tight tins.

"There's a Reason"

Columbia

Agency, Toronto

Instant Postum sent, postpaid, for 4c. in stamps. Write:

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A generous sample tin of Instant Postum