CENTRAL NURSERIES

Have the kind of Trees, Shrubs, etc., you want to plant. The best that grows and sure to please. Free catalogue. No Agents.

A. G. HULL & SON
ST. CATHARINES, ONT.

HORSES COUGHING? USE
Spohn's Distemper Compound
to break it up and get them back in condition. Thirty years' use has made "SPOHN'S" indispensable in treating Coughs and Colds, Influenza and Distemper with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as preventive; acts equally well as cure. Sold in two sizes at all drug stores.
SPOHN MEDICAL COMPANY. GOSHEN, INDIANA

YOUR HENS MUST LAY REGULARLY
IN ORDER TO PAY YOU BEST
SWIFT'S MEAT SCRAPS
Produce More Eggs and Bigger Profits for you.
Mix one part Swift's Meat Scraps with 3 Bran and Shorts for best results.
Write for Free Booklet and Prices.
SWIFT CANADIAN CO., Limited
1185 KEELE ST. TORONTO

"Cascarets" 10c
For Sluggish Liver or Constipated Bowels
Clean your bowels! Feel fine! When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping—nicest laxative cathartic on earth for grown-ups and children. 10c a box. Take like candy.

The sap in a vine circulates with three times the force of blood through the most important bloodvessel in a horse's leg.

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

The average height of the human race increases at the rate of one, and a quarter inches every thousand years.

Minard's Liniment for Rheumatism.

With The BOY SCOUTS

Erect Memorial to Ottawa Scouts.

At a recent meeting of the Scoutmasters' Troop of Ottawa it was announced that a memorial to Ottawa Scouts who had made the supreme sacrifice in the war would be erected on the grounds of the new Dominion Boy Scouts Headquarters building at the corner of Wellington and Bank Streets, just across Bank Street from the Parliament Buildings. The Chief Commissioner for Canada, Dr. James W. Robertson, C.M.G., has consented to this action, as he considered the spot an ideal one for the purpose. The memorial is to be in the form of a steel flag pole surmounted by a Scout fleur-de-lis. A brass plate will show the purpose for which it was erected. It is hoped to have the memorial flagpole ready in time to be unveiled by Sir Robert Baden-Powell, the Chief Scout, when he visits Ottawa in April.

Not a Saint—Just Boy.

"The boy was never intended to be a saint or a lady, but just a boy," declared Mr. J. Armitage Ewing of Montreal, Provincial Commissioner of the Boy Scouts of the Province of Quebec, in an address on the Boy Scout Movement at the weekly luncheon meeting of the Peterborough, Ont., Rotary Club on January 8th.

Mr. Ewing explained that the Scout work was aimed at directing the energy and enthusiasm that are natural in every boy, and not at all at suppression.

A boy, he explained, is a dynamo, and he needs directing along lines that allow him to be a boy still, and yet, result in his growing up to be a good citizen.

Scouts Publish Newspaper.

"The Humber Bay Gazette" is published, not by an ordinary publishing company, but by the 29th Toronto (Humber Bay) Troop of Boy Scouts. The paper is a four page, monthly newspaper—not just Scout news, but real live news of the Humber Bay community as collected and written up by the Boy Scouts themselves. The paper is well patronized by advertisers and, we understand, is working up a nice paid-in-advance subscription list.

More New Troops and Packs.

Every week there are new Boy Scout Troops and Wolf Cub Packs registered at Provincial Headquarters. Amongst the Troops and Packs to which charters have been issued during the past few weeks are the 1st Greensville, 4th Stratford, 1st Humberstone, 1st Peterboro; 1st Norwood, 1st Merlin, 1st Horton, 18th Brantford, 1st Woodstock, 27th Toronto, 2nd Stratford, and 1st Sudbury Troops and the 3rd Fort William, 37th Ottawa, 1st Merlin, 2nd Stratford, and 15th Toronto Packs. During 1922 the Boy Scout and Wolf Cub membership in Ontario increased by over 3,000 boys. Has your community provided opportunities for its boys to enjoy the advantages and joys of Scout training yet? If not, Provincial Headquarters would be glad to discuss with you ways and means of doing this. A letter addressed to the Field Secretary, The Boy Scouts Association, Bloor and Sherbourne Sts., Toronto, will receive prompt attention.

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.

The value of pasteurization as a means of keeping milk free from disease germs is becoming more widely known. Many people, however, do not fully appreciate the value of pasteurization and so do not even understand its meaning. One farmer, on being asked if he pasteurized his milk, replied "No, but I pasteurize my cows." He evidently confused the term with the feeding of cattle on manure.

Some of the essential facts regarding pasteurization have been prepared by the Provincial Board of Health as follows:

Pasteurized Milk.

Milk heated to a temperature of not less than 140 deg. F. or more than 145 deg. F. for at least 20 and not more than 30 minutes and then cooled to a temperature of 45 deg. F. or less, and kept at that temperature while delivered to the consumer.

Advantages—

(1) Raw milk, no matter how carefully handled, is liable to contamination by germs from cases or carriers of such diseases as tuberculosis, diphtheria, typhoid fever, scarlet fever, or from dirt or manure which may cause diarrhœa in children. Tuberculin-tested cattle reduce to a minimum the possibility of infection with bovine tuberculosis but do not prevent the spread of diseases such as diphtheria, typhoid fever, etc. On the other hand the destruction of germs in the milk is effectively carried out by pasteurization.

(2) The cost to the consumer of the milk so treated is very little increased.

(3) A lowering of the infant mortality rate always follows the pasteurization of milk in a municipality.

B. Disadvantages (so-called)—

(1) Pasteurization is said to make the dairyman careless and dirty. Clean cows, clean milkers, clean utensils and clean surroundings are, however, absolutely essential, and these conditions may be obtained by efficient sanitary inspection. Pasteurization is only an added precaution in the interests of the consumer.

(2) Pasteurization is said to make milk less nourishing for children by the destruction of certain accessory food factors found in raw milk. If this be correct, any slight destruction of vitamines is easily overcome by the addition of a small amount of orange juice to the diet of children.

(3) Heating the milk to 145 deg. F. is said to destroy the cream line. If the pasteurization is properly carried out, no such result follows. The small globules of fat may be slightly broken up but otherwise the cream is unaffected.

C. To Obtain Pasteurized Milk for Your Municipality—

(1) Ask the Provincial Board of Health for a copy of the Model Milk By-Law.

(2) Have this By-Law, or one embodying the main features, passed by your local Council. This will ensure a clean, safe milk supply for you and your children.

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

When You Take Cold.

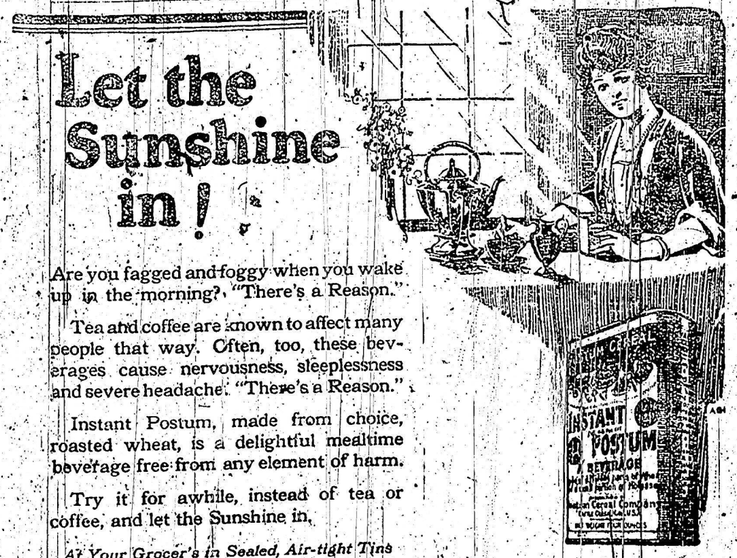
Although not dangerous of themselves, colds should not be neglected, for the weakened condition of the body and the inflamed condition of the mucous membrane leaves an open door for the more serious infections of pneumonia, mastoiditis, tuberculosis and other ills.

Isolation of the person who has the cold, as far as possible, care in the use of the handkerchief, the use of a separate towel and drinking cup, and refraining from kissing, or breathing or coughing in the face of another, will do much to prevent the spread of colds.

As some one said, "Sneeze into your handkerchief, not into the community; you get just as good a sneeze, and the community may avoid an epidemic." Special care should be taken that the family dishes are washed in hot soapy water and rinsed in scalding water when any one in the family has a cold. The dish-towels should be boiled at least once daily.

A soft, light diet with little or no meat, plenty of fruits and vegetables and an abundance of drinking water will help the body throw off the effects of a cold. There is nothing better for the patient or the neighborhood at large than for the person with a cold to remain quietly in bed for a day or two. The cold then soon disappears and leaves no bad effects and, what is more important, an epidemic of colds may have been prevented.

A scar clerk will turn the sweetest customer.



Let the Sunshine in!

Are you fagged and foggy when you wake up in the morning? "There's a Reason."

Tea and coffee are known to affect many people that way. Often, too, these beverages cause nervousness, sleeplessness and severe headache. "There's a Reason."

Instant Postum, made from choice, roasted wheat, is a delightful mealtime beverage free from any element of harm.

Try it for awhile, instead of tea or coffee, and let the Sunshine in.

At Your Grocer's in Sealed, Air-tight Tins

Instant Postum FOR HEALTH
"There's a Reason"

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

WHEN NERVES ARE NEAR EXHAUSTION

The Right Thing to Do is to Take a Tonic for the Blood.

When you become so exhausted after a day's work that you cannot sleep, or sleep fails to refresh you, it is time to look after your health. Failure to act at once means a steady drain on your health reserve, which can result in but one thing—a nervous breakdown.

Do not wait for a breakdown. The treatment is simple enough if you do not let your condition become too far advanced. The treatment is one requiring an effective tonic to enrich the blood and feed the starved nerves. The most effective tonic known is Dr. Williams' Pink Pills, which act directly on the blood, and with proper diet have proved of the greatest benefit in nervous troubles and all conditions due to impoverished blood. Mrs. Mary Hanson, Braeside, Ont., has proved the value of Dr. Williams' Pink Pills and says:—"I was taken ill with what doctors whom I consulted called neuralgia of the tissues of the system. I was a complete wreck from constant pains in my body and limbs, dizzy headaches, fainting spells and constipation. So intense was the pain that at times it caused vomiting and I would have to go to bed for two or three days, only to get up so dizzy and so weak that I could not cross the bedroom without aid, and while these spells lasted I could keep nothing on my stomach. I doctored for almost a year, but with no beneficial results. Finally the last doctor who attended me said medicine would not benefit me. I must have perfect rest, and spend most of my time in the open air. He gave me very poor encouragement. Knowing that the mother of four children could not spend all her time in idleness, I told my husband I was through with doctors and was going to try some other remedies. I got one, but after taking it for a month found no benefit. Then I decided to try Dr. Williams' Pink Pills, and at the end of two weeks I found these were what I needed. With nerves worn threadbare from all the suffering of the past, I continued the use of Dr. Williams' Pink Pills for three months and by this time I was able to do most of my own housework. In fact I soon felt well and was able to do any kind of work without feeling tired. Since that time I have continued to do all my own work and have had no return of the dreadful pain I suffered before. I have recommended the pills in many cases and have always seen good results from their use."

You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Noah a Floater.

Sunday School Teacher—"Can anyone tell me where Noah lived?"

Pupil—"I don't think he had a regular home. I guess he and his family belonged to the floating population."

Minard's Liniment for Burns & Scalds

Easy Job.

Mike—"I've been sacked, Pat!"

Pat—"Then what'll ye do, Mike?"

"I'll just go back to me former job."

"And what was that?"

"Lookin' fer work, begorra!"

INDIGESTION, GAS, UPSET STOMACH

Instantly! "Pape's Diapepsin" Corrects Stomach so Meals Digest

The moment you eat a tablet of "Pape's Diapepsin" your indigestion is gone. No more distress from a sour, acid, upset stomach. No flatulence, heartburn, palpitation, or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

The Man Who Made the Dictionary.

Old Doctor Johnson, we are told,—
The man who made the dictionary,
Though fat and crass, and of mien stern,
Autocratic and arbitrary,
Has always been a favorite
With me, and for this simple reason:
He had the kindest heart, 'tis said;
To this deny were simply treason.

The waifs reclaimed by him were legion;
Wrapped in his handkerchief, he'd carry
Safe to his home some little puss
Left starving or for dogs to harry,
That he had rescued as he walked;
A-thinking of his dictionary;
His active kindness, quick and prompt,
Was surely more than mere vagary.

Though seventeen cups of tea a day
He drank, and some folks called him greedy,
He made his home, in very truth,
A haven for the old and needy;
And he was good to cats, and if
By nature indolent, contrary,
Never too lazy to be kind—
And write a great big dictionary!

—Louella C. Pope.

It's a difficult thing to convince some people that happiness is never born of what you're going to have some day but always from what you already have.

British war widows numbering 71,000 had remarried up to the end of last June; they form nearly one-third of the total of widows awarded pensions.

Minard's Liniment for Neuralgia.

Sowing the Sea With Pearls.

Ceylon to-day is perhaps best known for its tea. But in days gone by it had a more romantic claim to fame—it was the home of the most renowned pearl fisheries in the world.

Fifteen years ago the pearl oysters, which were a source of great wealth to the Island, made one of their periodic mysterious disappearances.

In 1919 it was discovered that they were returning to their banks on the Gulf of Mannar, the narrow strip of water that divides Ceylon from India. Unfortunately as it seemed at first, they were depositing themselves on sand.

Past history had shown that the pearl oyster never lived to a fishable age unless it settled on rock, but those responsible for the care of the oyster banks were not disheartened.

They believed that the oysters on the sand would breed, and as there were numerous rocky areas in the vicinity, there was every chance of a fair proportion of the spats, or young oysters, depositing themselves on more favorable ground.

And such has proved to be the case. To-day there are countless millions of young and thriving pearl oysters on the rocky areas in the gulf of Mannar.

Another and more important discovery has been made. In the years when pearl fishing was a thriving industry in Ceylon many endeavors were made to transplant young pearl oysters. For some inexplicable reason their efforts always proved unsuccessful, none of the millions of oysters transplanted surviving.

In 1921, however, a special effort was made. A number of the oysters which had deposited themselves on sand in the Gulf of Mannar were fished up. They were placed under an awning in a trawler, sprayed with sea water from a pump the whole of the time they were there, and eventually deposited many miles south of the gulf.

A recent inspection has proved that the rocks where they were deposited are now covered with millions of young and healthy pearl oysters.

Though the best-known of the Ceylon pearl banks are situated in the Gulf of Manar, between that spot and Negombo, about twenty miles from Colombo, are 800 square miles of shallow water where pearl oysters have been known to occur. Now that transplantation can be undertaken with confidence, there is no reason why every inch of this area should not be literally sown with pearls.

Brain workers, who need to have some hours every day that are free from interruption, can seldom accomplish all they want to because so many unrelated matters claim their time. M. Clemenceau, when he is at home, finds the free time that he needs by going to bed at eight o'clock and getting up at three in the morning. From three until nine he does his work; after that he is ready for the usual touch-and-go of affairs.

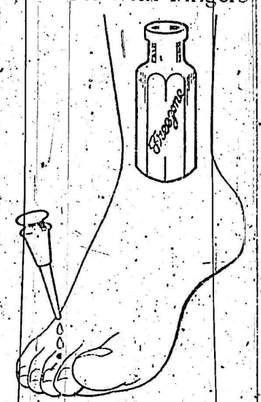
Minard's Liniment for Coughs & Colds.

Real Grief.

Dick—"Was ye one av the mourners at Casey's funeral?"

Pat—"Ol was; he owed me ten dollars."

CORNS
Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the callus, without soreness or irritation.

Footsore?

Bathe your feet with warm water then rub well with Minard's Liniment. Soreness goes—feet feel fine, for Minard's Liniment is King of Pain.

Minard's Liniment
The Family Medicine Chest

Irrigated Farms in Southern Alberta
In the Famous Vauxhall District
Bow River Irrigation Project
An especially good location for mixed farming and dairying. Splendid opportunity for young men now living in districts where good land cannot be bought at reasonable prices.
THIS IS NOT PIONEERING; the first 10,000 acres are fully settled and another 10,000 acres now ready for settlement; maximum distance from railroad, seven miles. Good roads, telephones and schools. Easy payments, extending over 13 years.
This is the Best Land Buy in Alberta
Write for further information to:
CANADA LAND and IRRIGATION COMPANY, LIMITED
Medicine Hat, - - Alberta

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative

Hurry Mother! A teaspoonful of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even if cross, feverish, bilious, constipated or full of cold, children love its "fruity" taste, and mothers can rest easy because it never fails to work all the sour, fermenting food and nasty bile right out of the stomach and bowels without griping or upsetting the child.

Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.

KEEP YOUR STOVES BRIGHT
BLACK KNIGHT STOVE POLISH
Will not burn — Easy to use

MRS. ANDERSON TELLS WOMEN

How Backache and Periodic Pains Yield to Lydia E. Pinkham's Vegetable Compound.

Leslie, Sask.—"For about a year I was troubled with a distressing downbearing pain before and during the periods, and from terrible headaches and backache. I hated to go to a doctor, and as I knew several women who had taken Lydia E. Pinkham's Vegetable Compound with good results, I finally bought some and took four bottles of it. I certainly do recommend it to every woman with troubles like mine. I feel fine now and hope to be able to keep your medicine on hand at all times, as no woman ought to be without it in the house."—Mrs. OSCAR A. ANDERSON, Box 15, Leslie, Sask.

Mrs. Kelsey Adds Her Testimony

Copenhagen, N. Y.—"I read your advertisement in the papers and my husband induced me to take Lydia E. Pinkham's Vegetable Compound to get relief from pains and weakness. I was so weak that I could not walk at times. Now I can do my housework and help my husband out doors, too. I am willing for you to publish this letter if you think it will help others."—Mrs. HERBERT KELSEY, R.F.D., Copenhagen, N. Y.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound before they give up hope of recovery. G

Chest colds—*broken!*
Inflamed membranes, congestion, oppressive pain. Apply Sloan's to chest and throat. It scatters congestion —*your cold's gone!*

Sloan's Liniment
Made in Canada —*kills pain!*
For rheumatism, pains, sprains, bruises

ASPIRIN

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

Genuine
BAYER

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

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

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. 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 trade mark, the "Bayer Cross."

Classified Advertisements.

HELP WANTED—FEMALE.

HELP WANTED. WE REQUIRE parties to knit men's wool socks for us at home, either with machine or by hand. Send stamp and addressed envelope for information. The Canadian Wholesale Distributing Co., Dept. 6, Orillia, Ont.

HUBAM CLOVER.

HUBAM CLOVER, THE GREAT annual. Write for interesting information. D. Fraser, R.R. 2, Ingersoll, Ontario.

POULTRY.

RED-TO-LAY BARRED ROCK cockerels, good individuals, $3.00 each. David A. Ashworth, Denfield, Ont.

BELTING FOR SALE

BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

America's Pioneer Dog Remedies
Book on **DOG DISEASES** and How to Feed
Mailed Free to any Address by the Author.
H. Clay Glover Co., Inc.
129 West 24th Street
New York, U.S.A.

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

Campana's ITALIAN BALM
Prevents chapped hands, cracked tips, chilblains. Makes your skin soft, white, clear and smooth.
DRUGGISTS SELL IT.

PETRIE'S MACHINERY TORONTO

Clear Your Complexion With Cuticura
Bathe with Cuticura Soap and hot water to free the pores of impurities and follow with a gentle application of Cuticura Ointment to soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum for powdering and perfuming.
Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal.
Cuticura Soap shaves without mug.