Week's Markets

TORONTO

No. 1 Northern, $1.25.
No. 2 Northern, No. 3

[illegible]

SMOKE

in ½lb. tins and 15¢ pkts.

OLD CHUM

The Tobacco of Quality

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.

[illegible] of the tremendous advance made in health work in this country during the past decade it is [illegible] to recall what was being done in 1912, and how the Provincial Board of Health, though at [illegible] handicapped by lack of [illegible] nevertheless carrying on its campaign in many fields of health activity. Here is an interesting account of the work, taken from Canadian Magazine of Nov[illegible]

"Advanced indeed have been the steps in the last seven years for the protection of public health. Milk, that prime incubator of germs and disseminator of disease, is now produced and marketed under sanitary conditions. In 1919 the Government appointed a Milk Commission whose members awakened the province to the evils arising from unclean dairying and careless handling of milk. The recommendations of the Commission are embodied in one of the most progressive statutes of any State. The consumer now receives a supply measuring up to a standard, and delivered as carefully as testing and inspection can ensure.

"Rivers and streams are no longer allowed to be polluted with sewage. Tuberculosis is now classed as a communicable disease, and every medical man is compelled to notify the local and provincial officers of health of all cases of communicable disease coming under his care. Vaccination is compulsory when in the opinion of the authorities public health is menaced. The province has been divided into health districts and each district is in charge of a medical officer with ample power to carry out the law. He owes his appointment to no local body and is, therefore, beyond local influence. The sanitary campaign is being waged diligently. Travelling exhibits show how to ventilate the sleeping room and the sick room, how to feed the baby, and how to care for the consumptive.

"He who runs may read circulars, pamphlets and booklets issued under Government auspices on all subjects pertaining to sanitation and health. Prevention rather than cure is the new gospel. The physician of to-morrow is the sanitarian.

"The baby is an object of [illegible] concern. Infant mortality occurs at a rate that is an economic loss. Infant mortality is about twenty-eight per cent. of the death rate while the rate for consumption is not more than eight per cent. Nearly ten thousand children age in Ontario every year. The campaign of education in charge of Dr. J. W. W. McCullough, Chief Officer of Health for Ontario, who is assisted in this particular branch of the work by Dr. Helen MacMurchy, is being diligently carried on, that mother may be informed and the child given a chance."

Automobile Supplies

A full line of used auto parts, magnetos, carburetors, and new accessories.

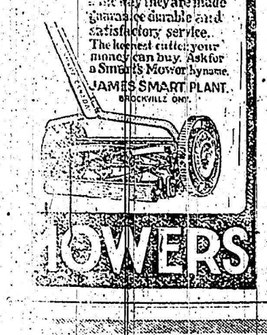
Auto Automobile Wreckers
Queen St. West Toronto

MARTI'S

The Mower that's Guaranteed

The materials from which Smart's Mowers are made are so good they are made guarantee durable and satisfactory service. The highest cutter your money can buy. Ask for a Smart's Mower by name.

JAMES SMART PLANT, BROCKVILLE ONT.



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It's Great

to be thirsty—when you know the answer

A pure beverage—bottled in our absolutely sanitary plant where every bottle is sterilized.

Buy it by the case from your dealer and keep a few bottles on ice at home.

Drink

Coca-Cola

Delicious and Refreshing

2-C12

THE COCA-COLA COMPANY
Toronto, Montreal, Winnipeg, Vancouver

With The Boy Scouts

Boy Scouts worked night and day at Calgary during the recent floods, helping to keep the bridges clear of debris carried down by the flooded river.

Boy Scouts and neighbors removed nearly all of the furniture from a burning house at St. Thomas. The fire had gained considerable headway before it was noticed and the house was finally destroyed.

Scoutmasters sometimes go hiking as well as do the Scouts. Here's a Scouty story of a hike made by four Owen Sound Scoutmasters early this season:

Scoutmasters are always talking about hikes and "over-night" camps, so last week four of them decided to practice what they have been preaching and one fine sunny afternoon they rolled up their blankets, packed up some grub and started out.

"Sauble Beach was their destination and they were looking for a site for a summer camp. The beach was thoroughly explored from the Sauble River to the Saugeen Indian Reservation. It was very wet and ice was still piled up along the shore.

"After this tramp supper was what everyone wanted. A useful little handaxe soon cut up some of the dry driftwood and a cheery fire was going, it being lit without matches just the way Earle Davison does it. A good hot supper of fried potatoes, hot beans and fish and plenty of bread and tea made everyone feel better.

"Dishes washed (wood ashes are great for scouring the grease off plates), it was time for bed. Blankets were soon spread, made into a Scout's Sleeping bag, and soon everyone was asleep. Then Bang came a thunder storm which made some of us find a more sheltered spot.

"It was still raining in the morning, but a Scout smiles and whistles under the circumstances and a bright fire was soon blazing and porridge cooked. Three Scoutmasters were thoughtful enough to lay in a supply of dry wood the night before in a sheltered spot.

"After breakfast the party motored to Oliphant and hiked along the shore nearly to the Red Bay and saw some dandy camp sites.

"Owing to the late spring there was a great deal of water everywhere and the walking was bad. Snow drifts four feet deep were found in some of the woods even though all the snow had disappeared out in the open.

"Motored home by way of Wiarton, where we had a nice chat with Scoutmaster Wiggs.

"Decidedly a useful hike. We all look forward to having another like it soon."

Word has been received at Headquarters that Mr. Rodney C. Wood, the Dominion Camp Chief, will return to Canada in September. Mr. Wood is spending the summer in England in charge of Gilwell Park, the Imperial Scout Officers' Training Centre.

The Canadian Forestry Association tells us that there is no record of any forest fire ever having been started by Boy Scouts in Canada, despite the fact that thousands of them camp in and hike through Canadian forest country every year. That's something to be proud of, boys. But it is a record that will never be broken by Scouts if they continue to observe the safety rules which they are taught as part of their training.

Don't forget that good blankets are an essential part of your camp equipment. Nights in Ontario, even during the hottest season, are generally cool. Besides being heavy enough, so that your blankets are also long enough. Remember the Irishman's stunt to cut a piece off the top of his blanket to sew it on the bottom in order to make it longer—doesn't work. Your blankets must be long enough to start with.

A Modern Queen Elizabeth.

There are several instances of adventurous women who by their courage or force of character have imposed themselves as rulers on the less advanced dark peoples of the Pacific Islands. Perhaps the Brookes, who have for three generations been rajahs of Sarawak, are the most famous. Another royalty, a woman who has received little, if any, advertisement, is referred to in a news dispatch in an English newspaper. Elizabeth Mahoney, the "White Queen of the Pacific," says the Manchester Guardian, has just returned to Sydney after a reign of thirty-three years in one of the South Sea Islands, the "Southeast Isle," which lies on the extreme southeast of Papua.

Mrs. Mahoney and her husband first settled on the island more than thirty years ago. Both were much respected, and when her husband died eighteen years ago Mrs. Mahoney took upon herself his varied activities of trading, engineering, carpentering, farming, gold digging and navigating. She gained enormous influence over the natives and was their unconditional sovereign. She extended her trading and employed native labor to dig for gold. She has become extremely wealthy and owns a little fleet of ships, the largest of which is of twenty tons; she has often acted as pilot and engineer on it.

The population of the island numbers five more whites—Mrs. Mahoney's son, his wife and three employees. There are seventeen thousand natives, and virtually all are subject to her.

Pieces of linen, made in Egypt more than 2,000 years ago and still preserved in the British Museum, are so finely woven that they contain 540 threads to the inch. Our finest cambric to-day has about 120 threads to the inch.

Minard's Liniment for sale everywhere

NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.

Roads.

Oh, you may take the smooth paved road,
The highway, if you will;
But I will take the country road
That struggles up the hill.

What fun is there in wandering
If you must always know
Where every road will take you to
And where you want to go?

Give me the road where every turn
Will bring a fresh surprise
Of cozy farms and apple trees
And shade to rest the eyes;

The dusty road, the country road
Where friendly birds fly low,
Where lazy carters ramble past,
And scented breezes blow;

Where runs are grown with tufts of grass
And daisies spring between;
On either side long fields of grain
That billow gold and green.

So take the highway if you will
From town to smoky town,
And rest you in a stuffy inn
When velvet night comes down;

But think of me beneath the stars,
All pillowed in the hay,
With song of birds to waken me
And send me on my way.

Abigail Cresson.

Going the Rounds

Jack hasn't danced for years, but now he waltz is coming back, he's visiting every house where they shake a foot.

"Going the rounds, eh?"

HOW DELICATE GIRLS ARE MADE STRONG

Rich, Red Blood Needed to Keep Up Their Vitality.

It should be constantly borne in mind that pale, bloodless girls need plenty of fresh air, plenty of sleep and regular out-of-doors exercise. But a lack of appetite and tired aching limbs tend to hinder progress. To save the week, thin-blooded girls may have now recourse to the kind and gentle aid of Dr. Williams' Pink Pills. These pills not only enrich and increase the blood supply, they help the appetite and aid digestion, relieve the weary back and limbs, thus bringing new health and strength and transforming anaemic girls and women into cheerful, happy people. Among the thousands of girls who have obtained new health through the use of Dr. Williams' Pink Pills is Miss Reta G. Garneau, Freeman, Ont., who says: "About two years ago I was in a very nervous and run down condition. I could not eat, did not sleep well and was just becoming an invalid. I was subject to fainting spells which made it very embarrassing to go in company as I never knew when a fainting spell might come on. After several fruitless treatments I was advised to try Dr. Williams' Pink Pills, and by the time two boxes were used I felt an improvement. I kept on taking them and am now thankful to say I attribute my present health and happiness to this medicine, which I cheerfully recommend to other run-down girls."

If you are weak or ailing, avail yourself at once of the home treatment which Dr. Williams' Pink Pills so easily afford, and you will be among those who rejoice in regained health. These pills are sold by all dealers in medicine, or may be had by mail at 50c a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Tenement Children.

Eagles have no bounds or bars
Save the orders of the stars;

Only searching beagles know
Where the little foxes go;

Little fish have leave to glide
With the world-encircling tide;

Man's is lovely childhood bloom
In this pestilential gloom!

—Daniel Henderson.

Letting a man follow the wrong course because he is your friend is mistaken kindness.

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

Silent contempt is oft the sharpest reproof.

Minard's Liniment for Corns and Warts

At the Montreal sale of the Canadian Fur Auction Sales Company the best silver fox skins brought $325, a few sold for $200, but most of those of fair quality fetched between $70 and $125. The American import duty of fifty per cent. on furs kept away many buyers from the United States.

EASY TRICKS

No. 34

I'll Tell Your Age

99
- 18 your age
81
+ 33 your friend's age
114
take away the left hand figure
14
add to the right hand figure
15
+ 18 your age
33 your friends age

In this trick you discover, by means which seem mysterious, the age of your friend. There is one little drawback to the problem—it will work only if your friend is older than you are.

Subtract your age from 99. Let your friend mentally add the remainder to his age. Then he is to take away the first figure of the total and add it mentally to the last figure and tell you the result. If you will add the number he gives you to your age you will have his age.

For example: Suppose you are 18. Subtract that from 99. That leaves 81. Ask your friend to add (mentally) 81 to his age. If his age is 33 that will give him 114. When he takes away the first figure he has 14. Adding the 1 to the 14 he has 15. Adding your age, 18, gives 33—and there you are.

(Clip this out and paste it, with others of the series, in a Scrap Book.)

BABY'S OWN TABLETS OF GREAT VALUE

Mrs. Hendalls Chapman, Ste. Theodeste, Que., writes: "Baby's own Tablets have been of great value to me in keeping my little one well and I would not be without them." Thousands of other mothers say the same thing. They have learned by actual experience the values of the Tablets in regulating the bowels and stomach; banishing constipation and indigestion, breaking up colds and simple fevers; and keeping the baby free from the many simple ailments of childhood. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Cock-Crowing Contests.

The Welsh [illegible] speak [illegible] in a novel manner. He [illegible] prepared for crowing but the bird that can crow is left [illegible]. The range of the highest pinnacle of perfection.

The plan adopted is to place the cocks in an enclosure in a row, so proximity excites the spirit of competition without which the crowing would fall flat.

A marked advantage to the growers of the cocks is said to be [illegible] the number of crows for which it is liable. The economic character of the [illegible] is one to [illegible] the cock which [illegible] the number of [illegible] the [illegible] time.

The Welsh [illegible] a famous country for cock competitions.

Minard's Liniment for Coughs & Colds

The greatest depth sounded is in the North Pacific near the island of Guam, which is only 36 feet above six miles. This exceeds the greatest known height, Mount Everest, by 2,612 feet.

Embroidery, Crochet, Fancy Needle Workers

We sell your good on consignment. Send a stamp for reply.

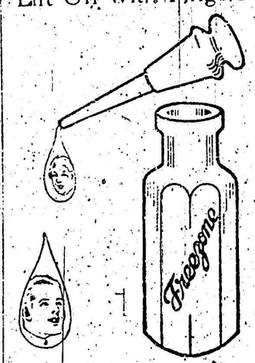
Lingerie and Specialty Shop
120 Danforth Avenue Toronto

CORNS BUNIONS

MINARD'S "KING OF PAIN" LINIMENT

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 callouses, without soreness or irritation.

ISSUE No. 24—'23.

IS SURPRISED TO FIND SHE IS ALIVE

Mrs. Gorman Says She Didn't Expect to Survive Her Troubles—Praises Tanlac.

"Three years ago, before I got Tanlac, if anyone had told me I would be alive now I couldn't have believed it," said Mrs. Hannah Gorman, 414 Arthur St., Windsor, Ont.

"I had suffered from stomach trouble for seventeen years. Many time I was in such agony I didn't think I could live through the day. I had awful smothering spells, terrible headaches, and was so nervous I was almost frantic and sleep was practically out of the question. Why, I was weak I could hardly dress the children, to say nothing of taking care of my household duties.

"However, Tanlac gave me back my strength, and I've enjoyed perfect health ever since. I gained nearly ten pounds in weight, have a wonderful appetite and sleep eight or ten hours every night and feel so well life is a pleasure. Tanlac was a godsend to me. No medicine in the world can equal it."

Tanlac is for sale by all good druggists. Accept no substitute. Over a million bottles sold.

Tanlac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

It is the opinion, the interests, ideals, and the goodness of the average man and the average woman which make the character of the nation. Chaled E. [illegible]

Minard's Liniment used by Physicians

Word comes from England that that [illegible] has begun the [illegible] of the new rubber-latex paper, which [illegible] to five per cent. of rubber is incorporated with the pulp.

Skirts Pleated $1.

[illegible]

EMBROIDERY AND LINGERIE CO.
740 Yonge St., Toronto

Refreshes Weary Eyes

When Your Eyes feel Dull and Heavy use Murine. It instantly Relieves that Tired feeling—Makes them Clear, Bright and Sparkling. Harmless. Sold and Recommended by All Druggists.

MURINE for Your EYES

EDDY'S TWIN BEAVER WASH BOARDS OF INDURATED FIBREWARE outwear all others

ON SALE BY GROCERS AND HARDWARE MERCHANTS

Corrugated Galvanized Steel Roofing

Direct from Manufacturers to Consumer. Write for Prices

The Metallic Roofing Co. Limited
1194 King St. W., Toronto

Kendall's Spavin Treatment

DR. B. J. KENDALL COMPANY, Enosburg Falls, Vt., U.S.A.

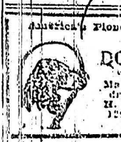
Classified Advertisements.

FOR SALE.

CANTIT [illegible] to 10x10 BEECH TIMBERS. Best Bids. Bethnell, Ontario.

NEW FORD OWNERS CAN ENJOY LUXURY. Comfort and economy with the latest attachment. In unappropriated territory one may get Exclusive Write Auto Specialty Co., Peterboro, Ont.

WANTED FEMALE CLOTH WEAVERS, Velours, Plus, etc. Highest wages paid. Silkstyle Manufacturing Co., Ltd., Brantford, Ontario.



American Pioneer Dog Remedies Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author H. Clay Glover Co., Inc. 122 West 24th Street New York, U.S.A.

Attractive Proposition

For man with all round weekly newspaper experience and $400 on $600. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.

BABIES LOVE MRS. WINSLOW'S SYRUP

The Infants' and Children's Regulator

Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless. It quickly overcomes colic, diarrhoea, flatulency and other like disorders. The open published formula appears on every label.

At All Druggists

ITCHING BURNING ECZEMA ON SCALP

In Pimples. Formed Hard Crust. Hair Fell Out. Cuticura Healed.

"I had eczema on my scalp. It broke out in little pimples which formed a hard crust. My scalp itched and burned so badly I was up half the night. My hair fell out terribly and I could not comb it.

"This trouble lasted about three months before I sent for a free sample of Cuticura Soap and Ointment. I bought more and I used two cakes of Cuticura Ointment and the Cuticura Soap when I was healed." (Signed) Miss Gertrude Harrington, 2019 Dewaware Ave., Butte, Mont.

Cuticura Soap to cleanse and purify, Cuticura Ointment to soothe and heal, and Cuticura Talcum to powder and perfume are ideal for daily toilet purposes.

Sample Free by Mail. Address "Cuticura," Dept. 24, Malden, Mass. Sold by druggists and dealers. Soap 25, Ointment 25 and 50. Talcum 25.

Cuticura Soap shaves without mug.

WOMEN FROM FORTY TO FIFTY

Will Be Interested in Mrs. Thompson's Recovery by Use of Lydia E. Pinkham's Vegetable Compound.

[illegible]

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for a free copy of Lydia E. Pinkham's Private Text-Book, upon "Ailments Peculiar to Women."

ASPIRIN

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

Genuine

BAYER

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

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of 12 [illegible] bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer manufacture of Monoaceticacidester of Salicylicacid. The Trade Mark of Bayer Company will be stamped on the tablets.