Big lasting suds—one secret of Rinso's amazing power to dissolve dirt. If you don't get lasting suds, you have not used enough Rinso.

After soaking, only the most soiled clothes need a light rubbing with dry Rinso.

Your clothes don't need boiling if you use Rinso. But if you like to boil your white cottons, use enough Rinso solution to get the suds you like.

Rinso is made by the largest soap makers in the world to do the family wash as easily and safely as LUX does fine things.

LEVER BROTHERS LIMITED
TORONTO

R302

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 recent meeting of the Onlth Officers' Association was an interesting symposium ...ers." Statistics showed that was on the increase, but this was due to the present civilization was a debatable was also the best means of ...ing it. On one point, howthose taking part in the disvere agreed, and that was ...ramount importance of an ...agnosis. If taken in hand ...st cases of cancer could be it was stated.

...ymposium on cancer was open... Adam Wright, chairman of ...ncial Board of Health, who the question as to whether or ...as advisable to alarm the pub... symptoms which might, or ...not be, indicative of the dis... Constipation, he stated, was the chief causes of cancer. In... was a danger signal, food, or too much food, should ...ed.

Clarence Starr, Toronto, said ...ords of cancer were found in ...of Egypt, and in the writHippocrates, who lived 500 ...Galen. The disease was ...idespread now, but whether ...s due to present methods of ...was questionable, although the ...taking hot foods followed by ...ds had been commented on in ...ters. Treatment of malign... said, should be radical, with ...ge's knife being called into Radiation treatment was use... the growth was inaccessible ...ation, in helping to relieve the ...f the patient. The medical was commented on by Dr. W. Goldie, who also emphasized the importance of early diagnosis and the symptom of indigestion. Dr. Grant Fleming, Toronto, presented some statistics in regard to cancer. Twenty years ago deaths from the disease were one in twenty, now they were one in ten. In Ontario deaths from this cause in 1922 numbered 522.

Dr. L. Hess, Hamilton, showed how the X-ray had been utilized in fighting the disease, a number of lantern slides of X-ray photographs of cancerous growths being screened. Every ulcer, he stated, should be regarded as a potential cancer. The discussion was closed by Dr. H. W. Hill, Western University, London, who stressed the necessity of educating the public on the matter and teaching them where to look for the first signs of trouble.

The Straw Hat Season Opens

"Hey, Bill, how do you like me in a straw hat?"

Knew the Tricks.

Mrs. Barnett had the reputation of being very keen on making bargains among the shopkeepers in her neighborhood.

When she was seen approaching the salesman knew that he might just as well bring out his best goods at once, for it was useless to offer her anything but the best.

Accordingly, the poulterer was very much surprised one day when she entered his shop and said, in businesslike tones:

"Please pick me out half a dozen tough chickens."

The man looked surprised, but did as she asked, selecting them from twelve birds displayed on the counter.

"Are these all the tough ones you have?" she asked.

"Yes, ma'am; these are all," was the reply.

"Then send the other six home to me at once," said sharp Mrs. Barnett.

Minard's Liniment for Coughs & Colds

In 1920 there were cut, in Canadian forests, 4,024,826 cords of pulpwood. This wood, if piled four feet high and four feet wide, would reach in a continuous line over 6,000 miles, or the distance from Vancouver to Halifax and out over the Atlantic to Queenstown, Ireland.

Easy running Mowers that cut with razor-like keeness.
A Smart's Mower will keep your lawn trim and neat
Thoroughly reliable, absolutely guaranteed. At your hardware dealers.
JAMES SMART PLANT
BROCKVILLE ONT.

Always have Mustard on the table

It's not just custom that makes people take mustard with their meals. Mustard aids digestion and helps to assimilate the meats. It is a good habit to acquire. Mix it freshly for every meal.

but it must be Keen's

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With The BOY SCOUTS

A Story About "Scoutmaster" Byng.

It is awfully easy to be smart and smiling when we are all dressed up and on parade, with our pals and relations looking on, whilst the big person who has come specially to inspect us marches up and down our ranks and fixes us with his eagle eye.

That's as it should be, and it's all to the good. What really counts in Scouting or in any other old thing in life is how we behave when nobody is looking on, when we are not being watched and when we are off guard and not specially dressed up for the occasion.

I once went to a camp in Hertfordshire in the very early days of Scouting, when all we Scouts were very green and didn't know much about putting up tents and lighting fires, cooking our grub, and making our wash places and latrines.

We arrived there, perhaps twenty Scoutmasters and three hundred or four hundred Scouts, and we spent one night—well, not so comfortably as we might have done.

The next morning early a Scoutmaster from Essex turned up with twenty boys and asked if he might join us in the camp, and whether his fellows might take part in the Rally and some manœuvres we had arranged for the day. It was an August bank holiday, I remember. Of course we said how pleased we were.

This Scoutmaster was a very quiet unassuming sort of fellow, but I saw him take a quick glance round as if he knew his way about a camp. Then he said, "You have been kind enough to let my Scouts take part in your Rally, I will stay behind here and look after your camp if you will let me." We said, "Thank you very much," and off we went.

During the day I had to come back to camp for something, and to my surprise and joy I found this Essex Scoutmaster with his sleeves rolled up working like a galley slave making proper latrines for us. He had repitched a good many of our tents and made them look ship-shape, and here he was, hard at work with a spade at one of the rottenest and yet one of the most necessary jobs in the camp.

Well, he stuck it all day and never came near the Scout games we were having at the other end of the park, nor to the Rally, which, by the way, was inspected by Field-Marshall Lord Plumer and a whole lot of other celebrities. He just went on working behind the scenes and making our camp were living in, and setting us just the kind of example we ought wanted.

That Scoutmaster was the present Field-Marshall Lord Byng, now Governor-General of Canada, and one of the most famous generals of the Great War.

I tell this story because I want to push home two points.

First point, very sharp—It's work that counts. The fellow who is willing to take off his coat and do any odd job that comes along is the fellow that is going to get on.

Second point, equally sharp—Don't try to get into the limelight. You will pass into it quickly enough if there is anything in you—quicker than you think. And if you haven't got the stuff in you, it is just as well to keep in the background.

Broad Highway.

Instead of riches give to me
Eyes the great good things to see;
The golden earth, the jewelled sky,
The best that in all hearts doth lie.

Give me this: When day's begun,
A woodland glade, a ray of sun;
Falling where the dewdrops lie,
Give me this, and rich am I.

Give me this: The song of bird
In lonely wood at sunset heard,
Piping of his evening hymn
'Mid a leafy twilight dim.

Give me this: A stream that wendeth,
Where the sighing willow bendeth,
Singing through the woodland ways
Never-ending songs of praise.

Give me these, with eyes to see,
And richer than a King I'll be.

—Jeffrey Farnol.

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the newborn babe with perfect safety. They are sold by medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Night Camp.

A horse to ride and a dog to love,
And a fire to warm me by,
End of the trail and high above
The sweep of the starlit sky—
And where is there more for a man's desire
Than a horse and a dog and a pine-wood fire?

The horse will bear me far and swift,
And the dog will guard my rest
When I lie me down on a dead leaf drift,
Close to the brown earth's breast.
But ah! the ache of an old desire,
And the face that glows in the pine-wood fire.

—C. T. Davis.

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.

Isles Where People Live in Solitude.

The islet of Holm, one of the Orkney group, supports a population of exactly two people—a man and his wife.

Holm, therefore, ranks officially as the British island with the fewest population, though several others run it very close. Hundi Isle, for example, one of the same group, possesses a population of three all told, and Corpinshay has seven.

Further north, in the Shetland group, three islands are mentioned which have three, four and six inhabitants respectively.

Another curious fact recorded is that in these remote outposts of Britain, January 12 is celebrated as New Years Day, and all other dates are correspondingly behind hand, the reason being that when the Gregorian Calendar was adopted by this country more than a century and a half ago eleven days being struck out of the year 1752—the Shetlanders ignored the change.

Another tiny islet with a population of only three is Read's Island, in the Humber. It is an upstart among islands. Years ago it was not an island at all. It was a sandbank called Pudding Pie Sand.

But a thrifty Lincolnshire farmer fought the waters for it, putting off every day at dawn from the mainland and returning at dusk, and now he dwells there permanently, farming its several hundred acres of fertile soil with the aid of his wife and a lad.

According to the census Read Island has one occupied house and—marvel of marvels!—one house "to let."

LOW SPIRITED AND DEPRESSED

A Condition Due to Poor Blood and Weak Nerves.

Nearly all women and most men suffer at times from fits of depression and low spirits, from which they are unable to free themselves. They cannot attend to their duties satisfactorily and are unable to get any pleasure out of life. People who suffer in this way soon lose their energy of mind and body. They lack vitality because their blood is poor and ill-nourished, and their nerves are starved in consequence. The only way to obtain new health is by building up the blood with Dr. Williams' Pink Pills. The new rich blood made by these pills will carry renewed health and energy to every part of the body. Your appetite will improve, your spirits brighten and you will be endowed with fresh energy and find a new joy in living. Mrs. G. Reid, Napanee, Ont., tells of the benefit she found through the use of Dr. Williams' Pink Pills. She says: "I have used Dr. Williams' Pink Pills on different occasions and cannot emphasize too strongly the benefits derived from them. I was growing nervous, my complexion was becoming sallow and my eyes dull and listless. My vitality was poor and I did not sleep well. I became despondent, losing interest in my work, which seemed to tire me so easily. I began using Dr. Williams' Pink Pills and after taking six boxes I began to enjoy life again and looked much brighter and felt happier. My appetite improved, I gained in weight and could sleep without any nervous wakefulness during the night. I also used these pills while nursing my baby and found them a wonderful help both for myself and for making my baby better natured. For these reasons I gladly recommend them to anyone who needs a tonic for the rebuilding of strength and energy."

You can get these Pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Would Make Him Happy

Puss—"What glorious weather! I feel as if I would like to make someone very happy to day."

Pig—"Then, why don't you scratch my back?"

Paid in Full.

A working sense of fun is a good thing to possess, for sometimes if the humor of a situation cannot take the place of cash there is no compensation at all. A case in point is that of H. D. Traill, an English litterateur.

One of Traill's earliest journalistic commissions was to write a series of articles in a paper edited by a lady well known years ago as a strong advocate of "women's rights," as the phrase then went, on the anomalies and injustices of the British law relating to woman's property.

The articles were duly written and published, but the remuneration agreed upon was not forthcoming. After repeated but fruitless demands for payment Traill brought a suit against the lady, who successfully invoked against her contributor the very law she had engaged him to attack.

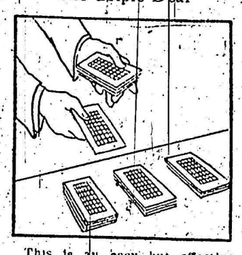
Machinery is rapidly replacing hand lace makers in France.

Minard's Liniment for Corns and Warts

EASY TRICKS

No. 32

The Triple Deal



This is an easy but effective card trick. You will need 21 playing cards. Ask a friend to observe the cards as you deal them on the table and mentally to select any card he likes. Impress upon him the fact that you do not in any way influence his choice.

Deal the cards one at a time into three heaps, showing the face of each card as you place it on its heap. Ask your friend to tell you into which heap his card was dealt. Pick up the cards with apparently careless but really be careful that the heap containing his card goes between the other two cards. Repeat twice (three deals in all) each time putting the heap containing the selected card between the other two.

Show that neither the top card nor the bottom card is not the selected card. Put the cards behind your back. Quickly count eleven cards from the top of the pack. The eleventh card will be the card selected by your friend.

This trick is the same in effect (but different in method) as the trick described several days ago as "The Three Piles." By doing the trick twice, using a different method each time, you will puzzle the astute spectator who thinks he knows "how it is done."

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

A Sagacious Newfoundland Dog.

At certain seasons of the year the streams in some parts of North America, not far from the coast, are filled with fish. A real Newfoundland dog (which, by the way, is much slighter in build than is generally thought), belonging to a farmer who lived near one of these streams, used to keep the house well supplied with fish. This is the way he managed it.

He was absolutely black, with the exception of a white forefoot, and for hours together he would stand almost immovable, on a small rock which projected into the stream, keeping his white foot hanging over the ledge as a lure for the fish. He remained so still that it acted as a very attractive lure. Whenever curiosity or hunger tempted an unwary fish to approach too close, the dog plunged in, seized the fish, and carried it to the foot of a neighboring tree. He would do this again and again. On a successful day he would catch a great number.

MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

Far more homes are made miserable by envious women than by dominant and brutal men.—Dr. Josiah Oldfield.

Minard's Liniment for sale everywhere

A gramophone small enough to go in the waistcoat pocket has been designed by a Hungarian engineer. There is room in the case for ten discs as well as the necessary motor.

Our Free Booklet of Engravings

is yours for the asking. It gives particulars of how you can obtain

The Finest Instrument The World Produces.

AT FACTORY PRICE

Cash or Credit.

10 days' free trial in your own home.

Imperial Phonograph Corp. Dept. K., Owen Sound, Ont.

Established 25 years.

McLAREN'S INVINCIBLE OLIVES

A cold roast has an appetizing zest when served with these delicious olives.

Chopped up in a salad, they add a new piquant flavor. Imported direct from Spain for the Canadian People.

Every olive perfect.

Every variety

At all Grocers

Insist on McLAREN'S INVINCIBLE

McLARENS LIMITED, Hamilton and Winnipeg

11

Keep Your Shoes Neat

2 IN 1 WHITE Shoe Dressing

CAKE OR LIQUID

WONDERS HOW SHE EVER ENDURED IT

Mrs. Connor Declares Stomach Trouble Was So Bad She Could Hardly Eat At All.

"If I hadn't gotten Tanlac when I did I believe I would have had to go to a hospital," declared Mrs. Wm. Connor, 226 Hess St., Hamilton, Ont., recently.

"My stomach was so disordered that everything I ate made me deathly sick and caused pains in the pit of my stomach that nearly drove me distracted. Often the agony was so great I couldn't help crying, and for two or three days at a time I wouldn't eat a morsel of food. I was as nervous as a witch, miserable for the want of sleep, and often wonder now how I lasted through it all.

"The splendid results my husband got from Tanlac about a year ago caused me to try it, and the treatment ended my suffering in a few weeks' time, and gave me a new lease on health. I don't believe there's a healthier woman in Hamilton than I am now, and I can't praise Tanlac enough."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

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

Located.

"Look here!" exclaimed the stranger as he stumbled into his twentieth puddle, "I thought you said you knew where all the bad places were on this road?"

"Well," replied the native, who had volunteered to guide him through the dark, "we're a-finding them, ain't we?"

Tin Plate in India.

One of the most modernly equipped plants in the world has been begun for the manufacture of tin plate in India.

Minard's Liniment used by Physicians.

A chemist has pointed out that a small quantity of the new "sneeze gas" introduced into illuminating gas during its manufacture would prevent many accidental deaths from asphyxiation; and those who should try to commit suicide by the use of gas would find it impossible—unless they sneezed themselves to death.

ATHLETES!

For the best rub down of your life try Minard's. Splendid for Sore Muscles, Sprains, Bruises.

MINARD'S "KING OF PAIN" LINIMENT

Use MURINE NIGHT & MORNING & KEEP YOUR EYES CLEAN CLEAR AND HEALTHY

WRITE FOR FREE EYE CARE BOOK MURINE CO. CHICAGO, U.S.A.

EDDYS MATCHES

CANADIAN ALL THROUGH *since 1851*

"Eastlake" Galvanized Copper-bearing "Metallic" Shingles

Fire, Lightning, Rust and Storm Proof - Metallic Roofs shed clean Rain Water

Send Postal Card for Folder "E"

The Metallic Roofing Co. Limited

1194 King St. W., Toronto

Classified Advertisements.

FOR SALE.

QUANTITY 6x6 to 10x10 BEECH TIMBERS. Reid Bros., Elmwell, Ontario.

NEW FORD OWNERS CAN ENJOY LUXURY, comfort and economy with the latest attachments unprocurable territory one may get his FREE. Write Auto Specialty Co., Peterboro, Ont.

WANTED—FEMALE CLOTH WEAVERS. Velours, Felts, etc. Highest wages paid. Dingsby Manufacturing Co., Ltd., Brantford, Ontario.

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.

For all the Family

Strains, sprains and pains, overworked muscles, a twinge of rheumatism—fill in them answers to Kendall's Spavin Treatment.

Kendall's penetrates right to the sore spot — soothes, cools and heals.

Kendall's Spavin Treatment, known for more than 40 years as Kendall's Spavin Cure, is economical and clean—no messiness, no continued rubbing, no bandaging. 10

Ask your druggist for a bottle to-day

KENDALL'S SPAVIN TREATMENT

Live Glossy Hair

Follows use of Cuticura Soap and Ointment. On retiring rub Cuticura Ointment into the scalp, especially spots of dandruff and itching. Next morning shampoo with Cuticura Soap and hot water.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sample of each free. Address: Cuticura Laboratories, Dept. 34 St. Paul St. W., Montreal.

"Cuticura Soap shaves without mug.

MOTHER OF LARGE FAMILY

Recommends Lydia E. Pinkham's Vegetable Compound to Other Mothers

Hartford, N. S.—"I am the mother of four children and I was so weak after my last baby came that I could not do my work and suffered for months until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. Since taking the Vegetable Compound my weakness has left me and the pain in my back has gone. I tell all my friends who are troubled with female weakness to take Lydia E. Pinkham's Vegetable Compound, for I think it is the best medicine ever sold. You may advertise my letter."—Mrs. GEORGE I. CROUSE, Hartford, N. S.

My First Child

Glen Allen, Alabama.—"I have been greatly benefited by taking Lydia E. Pinkham's Vegetable Compound for bearing-down feelings and pains. I was troubled in this way for nearly four years following the birth of my first child and at times could hardly stand on my feet. A neighbor recommended the Vegetable Compound to me after I had taken doctor's medicines without much benefit. It has relieved my pains and given me strength. I recommend it and give you permission to use my testimonial letter."—Mrs. IDA RYE, Glen Allen, Alabama.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, 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.

BAYER

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and those 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—Bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. To assist the public against imitations, the tablets of Bayer Company will be stamped with their trade mark, the "Bayer" cross.