Keep it ready to serve at home

When it is ice-cold, nothing else is so sure to please—at home parties, when unexpected guests drop in and for just the family. And nothing is more convenient to serve—ordered by the case from your dealer like groceries, and a few bottles kept on ice in your refrigerator.

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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.

Our thoughts turn for a few [illegible] to the problem of the preser[illegible] of child life, especially of the [illegible]ces among our native-born [illegible]on. In considering this prob[illegible] most advisable way is in all [illegible] to look at the subject from [illegible]ndpoint "Is it worth while?" [illegible]one know, think that it is [illegible]sible, and they have facts and [illegible] to back up their beliefs.

[illegible] first place, this Dominion, [illegible] the Province of Ontario, [illegible]re settlers of the right kind. [illegible]re are two kinds of settlers [illegible]crease our population—those [illegible]me to our shores as immigrants [illegible] that are born here—our own [illegible]. A record of efficiency tests [illegible]made in the United States during [illegible] to test the physical and men[illegible]ficiency of drafts of recruits re[illegible] for war service. A comparison [illegible] the mental capacity of these re[illegible] was made with similar recruits [illegible] Canada, and it was found that [illegible] Canadians were superior in intel[illegible] to even the white records of [illegible] United States army. What is the [illegible]on for this? One reason is that [illegible] United States there is a heavy [illegible] every year of immigrants from [illegible]outh Eastern Europe and other parts [illegible] the earth. There is also a large [illegible] population, native born, but this [illegible] after group need not be considered [illegible]ere, for their mentality ranks far be[illegible] that of the whites. To be specific, [illegible] the mean mental age of the negro [illegible] drafts in the United States army was [illegible] years. That means that the in[illegible]ligence of the average negro soldier [illegible] is that of a boy a little over ten years [illegible] age and a little less than an aver[illegible] boy of eleven years. On the other [illegible] hand, the mean mental age of the [illegible] white drafts in the United States [illegible] army was 13.08 years and that of [illegible] Canada 13.29 years.

[illegible] a comparison of these figures with the actual age of the boy himself would seem to indicate that after a certain age, the average youth ceases to learn anything that would justify him as being called intelligent. Either that or his rate of mental progress during his early years is so slow that at puberty, that is when he grows up to young manhood, he has no more [illegible] than a boy of 13 years.

There is something wrong here. If our country is going to be great, if it is going to take its place among the leading nations of the world a high standard of mentality should be aimed at. The fact that Canadian recruits show superior intelligence to those of the United States might be due in some degree to the fact that a large percentage of the immigrants who come here are of British stock and consequently of a higher mentality standard due in part to heredity, environment and the system of universal education which prevails in the old country at the present time.

No figures are available at the moment to compare the intelligence of the average native-born Canadian boy or girl with those of their race and kin across the seas, but it is safe to say that Canada would hold her own in any fair test of this kind. It behooves us therefore as Canadians interested in the welfare of our country, interested in every condition that will tend towards producing a healthier and more intelligent race of people, to do all in our power to reduce infant mortality in Canada and to have facilities for the proper feeding and upbringing of the rising generation so that this country can point with pride to the physical and mental status of its native-born population and feel assured that in health, mentality, physical fitness and in social conduct, Canada can proudly take her place as one of the foremost countries as regards efficiency and progress among the nations of the earth. To reach this ideal, much work is yet necessary, and when we know that the prevailing rate of infant mortality in Ontario at the present time is, roughly speaking, one hundred per thousand, which means that one child out of every ten born, dies before reaching twelve months of age, we have some idea of the problem confronting us.

Commandments for Brides.

On her wedding day the Japanese bride is given eleven commandments by her mother. These are rules of conduct which have been handed down from generation to generation, and all self-respecting brides are expected to live up to them.

"The moment you are married you are no longer my daughter. Therefore you must obey your parents-in-law as once you obeyed your father and your mother.

"When you are married your husband will be your sole master. Be humble and polite. Strict obedience to a husband is the noblest virtue a wife can possess.

"Remember to be always amiable to your mother-in-law.

"Never be jealous. Jealousy will kill your husband's affection for you.

"Do not get angry, even though your husband may do wrong. Be patient, and when he has calmed down speak gently to him.

"Do not speak much. Do not speak evil of your neighbors. Tell no lies.

"Do not consult fortune-tellers.

"Be economical in your household and manage carefully.

"Do not boast of your father's rank or fortune. Never allude to his riches before your husband's relations.

"Do not frequent too youthful society, even though you may be young yourself.

"Always be neatly and modestly dressed. Do not wear very bright-colored garments."

New White Metal.

Following the discovery of a non-tarnishable silver comes the news of a white metal which resists both tarnish and corrosion and has a remarkably deep and brilliant lustre when polished.

The day appears to have come when the chemist by skillfully alloying his metals, can make them resist the ravages of impure air produced by modern industrial conditions. The new white metal, which, it is stated, can be produced at a price within everybody's reach, has good casting qualities and is both malleable and ductile.

While not entirely unaffected by the atmosphere, the alloy should lessen the work of the housewife when employed in cutlery, and it may have important uses in engineering.

Mustard is valuable in the diet

Did you know that mustard not only gives more zest and flavor to meats, but also stimulates your digestion? Because it aids assimilation it adds nourishment to foods.

but it must be Keen's 229

Caught Off Montreal Island

The guide under whose directions these muscalunge were caught in Lake St. Louis, about two and a half miles from Ste. Annes, claims that there are no finer muscalunge fishing grounds in the Province. He makes a specialty of this kind of fishing and guarantees one fish per day or no pay. There is also good fishing for small mouth bass, pickerel and pike and in the fall, Lake St. Louis is visited by flights of duck Southward bound. Mr. Pilon, the guide, conducts parties for duck shooting also, in season, from Ste. Annes. Perhaps the reason for the plentiful supply of large fish is that St. Annes is too close to Montreal, the Sportsmen preferring to go further afield, but whatever the reason is, there they are.

Naming the Flowers.

Many charming legends have helped to christen flowers.

Narcissus was a beautiful youth beloved by the nymph, Echo. But as he was incapable of love, Echo died from grief. In order to punish him the goddess Nemesis caused him to see his image reflected in a fountain. Narcissus fell in love with his own shadow and slowly pined away until he was changed into the form of a flower.

The hyacinth sprang from the blood of another handsome youth, Hyacinthus, the son of a Spartan king. While he was playing at quoits the god Zephyrus, in a fit of jealousy, caused a quoit to strike his head, killing him instantly.

Iris means "a rainbow." And because the rainbow was supposed to unite heaven and earth, the ancient Greeks regarded Iris as the messenger of the gods.

Snowdrop, bluebell, and honeysuckle are names that explain themselves. The daisy is the "day's eye." But the foxglove is really the "fairy's glove."

The origin of tulip is in the Turkish form of "turban," a name prompted by the resemblance between the flower and the head-dress. Thyme is derived from a Greek word meaning "incense," and was so called because of its sweet smell.

The dahlia is a unique monument to Andrew Dahl, a distinguished botanist.

A MOTHER'S HEALTH NEEDS GREAT CARE

Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the care of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and under indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and relief at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one way to get this blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. Mrs. W. T. Riley, R.R. No. 1, Apple Hill, Ont., has proved the great value of Dr. Williams' Pink Pills to mothers, and tells her story as follows:—"Two years ago, after the birth of my boy, I became very weak and run down. Gradually I lost weight and energy until I was unable to do my housework. I could not sleep, my nerves would twitch and jump so that I arose in the morning with heavy aching limbs and head. Indigestion helped to make the misery worse, and my heart would palpitate terribly. I doctored steadily for a year without getting better, but just dragged along feeling that I would never be well again. But one lucky day, on the advice of a friend, I began treatment with Dr. Williams' Pink Pills. I have taken only six boxes, but I wish you could see the difference. I am now able to do my work, go about and enjoy myself. I feel so entirely like a new woman that I advise every weak or ailing woman to try Dr. Williams' Pink Pills and I know they will get beneficial results."

If you are ailing, easily tired or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you. You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Spain's famous bullfights are suffering from trade union strikes and "rings"; the latter are formed by the breeders to inflate the price of bulls.

A "world record" in washing dishes is claimed by a hotel employee in a Philadelphian hotel, who "washed up" for thirty-one hours without stopping.

Minard's Liniment used by Physicians

The timid man never creates anything. He who would make must dare.

The pigeons that served during the war and were often under fire have been pensioned by the War Office, and a keeper has been appointed to see that they receive proper care.

With The BOY SCOUTS

Camping time has come and all real live boys are planning for a good time in the woods or on the shores of one of our numerous lakes. Boys going to their first camp are planning all sorts of schemes to pack in a single kit bag all the things they plan to take while the older and wiser boys look on and smile. The measure of the camper can be taken by the size and usefulness of his kit. There are lots of little knacks learned only by experience and no boy need feel backward in asking questions of his elders. Careful consideration beforehand means comfort later. The writer knows of one Scout officer who, when planning to go camping, starts several days before to make a list of what he or his troop will require, jotting down each item as he thinks of it, whether at home or on the street. The list is checked when packing, and as a result the camp is not handicapped by the lack of a necessary article which might be easily forgotten under ordinary circumstances.

Every boy likes to know what other boys are doing. Big camps allow different boys and different troops in a wide area to compare training and efficiency and thus to furnish ideas. Such camps, however, have a large number of disadvantages also. Some troops get the same benefits in other ways. We notice with great interest that the 37th Ottawa Troop spent a week-end with the Brockville Scouts, the journey being made by motor. The programme consisted of friendly rivalry in games, a camp fire Saturday and a Sunday morning service. One thing they did not forget and that was to take their committeemen along also.

The Scouts in the southern counties of England are using this method to great advantage. Last year at Easter time the Kentish Scouts visited Holland, and this year they tried Denmark, and while there they met some of their Dutch friends of the former year who were trying the same kind of outing. Other British Scouts have traversed parts of France with their trek carts.

Preparedness is the Scout great motto. Particularly is this true in the woods. One of the Fort William Scoutmasters is offering a prize to the Scout of that district who first demonstrates the lighting of a fire by a fire machine of his own making. Methods like this are along the line of the Gilwell Training, and tend to bring boys quite into touch with real Scouting.

The Brantford Association has gone on record against the use of bad language on the city playgrounds. Players are like heroes to their younger friends and their example in language is copied far more readily than their other actions.

New Brunswick in order to preserve her great forests from the fire menace, has this year decided that all parties entering the woods must have a permit. The authorities, though, have exempted the officers and members of the Boy Scout Association from this rule. It is to be regretted that even these restrictions have not sufficed, as this summer the north of the province has suffered to an enormous extent.

Chatham Rotary and Lion's Club are arranging for a free summer camp for boys who have attended 70% of the year's meetings of the Troops in which their clubs are interested.

No Scout should miss summer camp. If it is not possible for his patrol or troop to have one some other troop in his community would be only too glad to take him along.

Coal Et Cetera

The Landsman—"Does the enforcement of the dry ruling cause much complaint among the passengers?"

The Ship's Officer—"Hardly any; although it takes twice as long as formerly to coal at Bermuda."

Minard's Liniment for sale everywhere

Complete with operating theatre, kitchen, and saloons, a derelict hospital train in Mesopotamia now serves a native sheikh as a Turkish bath; the train cannot be moved, as it stands on a side-track which was destroyed some time ago.

DO YOU WANT A BOY?

Homes required for Babies to be adopted. Infants' Home, 68 St. Nicholas St., Toronto.

EASY TRICKS

No. 36

The Clothes Brush

For this trick you'll need a clothes brush and a friend. Say to your friend:

"You think you are observing, don't you? Then, perhaps you will tell me how many times I brush your back with this clothes brush."

No matter how observing he is, he will be wrong. The chances are that the laughs of those who are looking on will acquaint him with the fact that there is "a trick about the trick," before you have brushed his back more than once or twice.

The fact is that you do not brush his back with a clothes brush at all. While you appeared to be doing this, you were brushing his back with your hand while you were brushing the front of your own coat with the brush. If you will try this you will discover that it is impossible to tell, when the strokes of the hand and the strokes of the brush are simultaneous, whether the brush or the hand touches the back.

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

RED HOT JULY DAYS HARD ON THE BABY

July, the month of oppressive heat, red hot days and sweltering nights, is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Whalebone brushes are now being made for household use; they are resilient to the end, and push the dust before them instead of raising it in a cloud.

Wild animals have their own way of spreading news. According to Mr. Cherry Kearton, the big-game hunter, even lions are susceptible to the "danger" message and have deserted many of their old haunts.

Minard's Liniment for Corns and Warts

The forests of the Canadian Rockies form one of the most beautiful of the landscape. For the most part they are coniferous, and their myriad tall, straight trunks and pointing spires harmonize perfectly with the towering peaks.

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Two bone harpoons, found under peat in East Yorkshire, are stated to date back from 10,000 to 12,000 B.C.; they are the earliest traces of man's presence in Yorkshire.

A CHE Minards-King of Pain

Excellent for Rheumatism, Neuralgia, Backache and kindred ills.

MINARD'S "KING OF PAIN" LINIMENT

MURINE FOR YOUR EYES You Cannot Buy New Eyes But you can Promote a Clean, Healthy Condition Use Murine Eye Remedy "Night and Morning." Keep your Eyes Clean, Clear and Healthy. Write for Free Eye Care Book. Murine Eye Remedy Co., 9 East Ohio Street, Chicago

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SMART'S TANDEM DOUBLE ACTING PUMP
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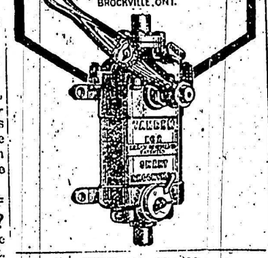

SHIP OPERATOR OUT WITH FACTS

"Tanlac did so much for me a year ago that right now I am feeling even better than before I got sick," declared John Croysdill, 8 Haldimand St., Quebec, P.Q. Mr. Croysdill, a ship telegraph operator, is well known in Quebec, having been for four years operator at the Citadel.

"For two solid years I suffered from stomach trouble. My appetite was so poor I couldn't eat much, but even then, after meals, my heart palpitated so badly from the pressure of gas on my stomach I would be miserable nearly all day and couldn't half sleep at night. The result was I felt tired and worn out most of the time.

"It wasn't long after I began taking Tanlac that my appetite had a new start and the stomach trouble was losing its grip, and now I'm always eager for mealtime to come, nothing distresses me, I sleep soundly and feel fine all the time. Tanlac is a splendid, reliable medicine."

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.

Her Rosary

The nestlings now have found their wings,
The grass is thick and high
And thunder clouds at sunset hang
Dark curtains in the sky,
The larkspur's vivid blue succeeds
The poppy's brilliant blaze,
And Father Time begins to clip
The coupons from the days.
Summer has reached its noon, the rose
Is drooping in the sun,
And on the garden mold lets fall
Her petals one by one,
Till at her roots a little heap
Of fragrant crimson lies.
The rosary of scented beads
She tolls before she dies.

—Mina Irving

Minard's Liniment for Coughs & Colds

Man has wiped out the dinosaur, the dodo, the great auk, and the passenger pigeon. He is also about to banish from the world yellow fever, the hookworm disease and malaria.

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silent—but eloquent—
EDDYS MATCHES
render the maximum of helpful service
ALWAYS ASK FOR EDDY'S MATCHES

Keep Stomach and Bowels Right by giving baby the harmless, purely vegetable, infants' and children's regulator.
MRS. WINSLOW'S SYRUP
Brings astonishing, gratifying results in making baby's stomach digest food, and bowels move as they should at teething time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.
At all Druggists.

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On Scalp, Arms and Limbs. Lost Rest. Cuticura Heals.
"Eczema broke out in a rash on my scalp, arms and limbs. The itching and burning were terrible. My hair became lifeless and dry and fell out in handfuls. My clothing aggravated the breaking out, and I could not rest a night on account of the irritation.
"The trouble lasted about nine years. My mother tried many different remedies but they did no good. We began using Cuticura Soap and Ointment which completely healed me." (Signed) Miss Beatrice M. Closson, No. Scituate, Maine, Feb. 20, 1922.
Give Cuticura Soap, Ointment and Talcum the care of your skin.
Sample free by Mail. Address "Cuticura," Dept. 21, Malden, Mass. Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

BACK ACHED TERRIBLY
Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound
Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backaches and was tired and weak, but I had to do my work and care for my two little children. One day I received your little pamphlet and read it, and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I did." —Mrs. J. R. McMAHON, 15 Harvey St., Chatham, Ont.
Lydia E. Pinkham's Vegetable Compound is made from roots and herbs, has been for fifty years the recognized standard remedy for female troubles, leads the way to health and strength. It relieves those troubles which cause such symptoms as backache, pain in the back, irregularities, tired, worn-out feelings and nervousness. This is how thousands and thousands of letters as Mrs. McMahon writes, say, as well as by one woman telling another. These women know, and are willing to tell others, what it did for them; therefore, it is surely worth your trial.
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." C

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