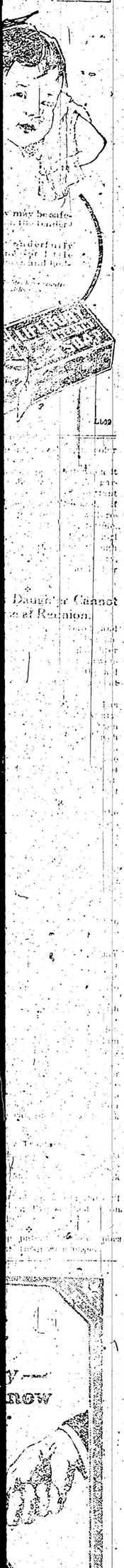


Make the Rinso liquid first

Do not put Rinso direct from the package into the tub. Mix half a package of Rinso in a little cool water until it is like cream. Then add two quarts of boiling water, and when the froth subsides, you will have a clean amber-coloured liquid.

Add this liquid to the wash tub, until you get the big lasting Rinso suds. Then soak the clothes clean.

Rinso is as splendid for the regular family washing as Lux is for fine fabrics.

Lever Brothers Limited
Toronto

R305

Early Start.

In an essay entitled "Our Country" a student, after referring to the Antipodes, explained:

"One reason why we keep so far ahead of other nations is because we are getting up and going to work every morning while people on the other side of the globe are just going to bed."

Keep Minard's Liniment in the house.

The introduction of a small quantity of a recently discovered "sneeze gas" into illuminating gas has been suggested by an American expert, with a view to lessening suicide by gas poisoning.

FOR SALE OR EXCHANGE

IF YOU HAVE ANY HOUSES, stores, apartment houses, farms, Western land or business to exchange, get in touch with H. H. DAVIS & CO., 27 Dundas for Life Building, Toronto.

Protect your Stock and Poultry with SAPHO

The same Sapho Powder that rids your home of flies, mosquitoes, roaches and other pests will protect your livestock, poultry and pets from flies, gnats, lice and other parasites.

Cows, protected from flies, give more milk. Horses do more work. Hens, free from lice, lay better. Sapho kills all parasites. Start using it to-day. It will not stain or irritate, is NON-POISONOUS to humans, animals or birds, and can even be applied to open sores and cuts without injury or annoyance.

One application keeps cows free from flies for two days besides killing other insects.

Sapho Powder is also useful in killing grubs on edible plants.

Order your Sapho Powder to-day. 25 and 50 cents, also $1.25 in tins.

Sapho Bulb Sprayer $1.00.

Special Offer, Sapho Puffer, ready for use, 35 cents. Send Coupon to-day.

KENNEDY MANUFACTURING CO.,
546 Henri Julien Ave.,
MONTREAL.

SAPHO POWDER kills

Kennedy Mfg. Co.,
546 Henri Julien Ave., Montreal.
Enclosed find 15 cents in stamps. Please send Sapho Puffer and literature on killing pests.
Name .....
Address .....
D-6

Finding the Weight of Fish by Measuring Them.

In a camp where there are no scales at hand to weigh the prize some one is sure to catch a big fish. Here is a simple formula for determining the weight of a fish from its length and its greatest girth in inches: Square the girth in inches; multiply the result by the length in inches and divide the product by 800.

For large sea fish, like the tarpon, that are symmetrical in form the rule gives a close approximation to the exact weight, and indeed for symmetrical fish of any kind the formula is accurate enough to be useful. The following examples of its accuracy are taken from the records of fish entered in the fishing contests of a sporting magazine:

A striped bass that took a first prize was 48½ inches long and 28 inches in greatest girth. The weight as found by the formula was 48½ pounds; by scales it was 48 pounds.

A trout that took a first prize was 24 inches long and 14¾ inches in girth. It was reported as weighing 7 pounds; the formula gives 6½ pounds. In the rainbow trout class a first prize went to a fish that actually weighted 13¾ pounds and that was 33 inches in length and 18 inches in greatest girth. The formula gives a weight of 13 pounds and 6 ounces.

Even in the case of comparatively small fish that are symmetrical the formula gives fairly accurate results. For example, a brook trout that was 15½ inches in length and 11 inches in girth weighed 2½ pounds. The formula gives a weight of 2 pounds and 6 ounces.

The real difference between men is energy. A strong will, a settled purpose, an invincible determination, can accomplish almost anything; and in this lies the distinction between great men and little men.—Fuller.

Ask for Minard's and take no other.

Farmers' organizations in South Africa have destroyed during the last five years 66,184 baboons, 224,642 jackals, 18,380 lynxes, and 54,963 wild cats; there are, however, enormous numbers still remaining.

KELSEY Healthy HEAT

Have Summer Heat This Winter

A Warm house and a cool, cellar day and night the winter through. And a saving in your coal bills of from 25% to 50%

A KELSEY WARM AIR GENERATOR

in your cellar will ensure this. The Kelsey is the most efficient and economical system of home heating ever devised and will heat the smallest cottage or the largest mansion properly and healthfully.

MAY WE SEND YOU PARTICULARS?

CANADA FOUNDRIES & FORGINGS LIMITED
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

B30

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.

On the international boundary between British Columbia and the State of Washington stands a large white arch of artistic design. Along the top of the arch is inscribed in the stonework these words: "Children of a Common Mother." In the arch below are two iron gates, wide open, and cut into the wall above is the significant phrase: "May these gates never be closed."

It is a nice idea, this memorial arch built to commemorate 100 years of peace and concord between Canada and the United States. It brings pleasant thoughts, and pleasant thoughts bring a general feeling of comfort and well-being.

In our efforts to promote good health among the public, I think this question of our mental attitude towards our neighbors or even towards the members of one's own family, has not been given the attention it deserves. We have emphasized the value of a healthy body; we have warned people against the practice of neglecting seemingly trifling ailments until they become chronic; we have told the the dangers arising from a focus of infection poisoning the blood and damaging the heart, kidneys, etc. These and many more dangers we have pointed out, but have we made it plain that without a contented mind, the body will never be healthy? If we are incessantly worried about something or other, if we harbor a grouch against some person, if we do not live with peace and harmony in the family circle, think of what may happen, and is likely to happen. First of all, our sleep will be impaired at night. Loss of sleep will bring about irritability and nervousness. These latter will affect our digestive apparatus and cause loss of appetite, heartburn and many other symptoms of physical illness. Yet the primary cause of all the trouble is mental. We sometimes hear of individuals suffering from an "attack of nerves," and while the cause may have something trifling, it is a very real cause to the sufferer and may be attended with a complete breakdown in health.

In this post-war period of unrest and distress among the nations, the Memorial Arch between Washington and British Columbia stands forth as something refreshing and hopeful. It tends to allay international hysteria and sets an example which the rest of the world might follow with advantage.

The value of courtesy and friendship is no more necessary among nations than among individuals. Let us by all means have pure water and safe milk; let us have sanitary conveniences and garbage disposal plants, but in our efforts to promote good health and protect ourselves against the ravages of disease let us never forget the value of a happy, contented mind, and harmonious relations with those with whom we come in contact.

With The BOY SCOUTS

On the Horns of a Dilemma.

"What are we going to do about it, Bill! It looks as if our camp this year will be right off. Our Scoutmaster and the Assistant Scoutmaster have quit the town. The tents and equipment have been requisitioned and are freighted here charges collect. Who's to pay—where's the money—and who will attend to the many details incidental to preparing for camp?"

Thus the S of Merlin discussed the situation as they found it three weeks before camp was due, with their organization like a ship without a rudder.

Anyone who knows anything at all about camping is aware it is the high spot in a boy's life and experience; eagerly planned and looked for long months ahead.

A Scout smiles and whistles under all difficulties, but even that is not a solution to every problem. These fellows were on the horns of a dilemma. What did they do? What would you expect of them in the circumstances?

"Look here, boys," said a well meaning merchant, "I'll loan you the freightage on the camp outfit and the expenses of getting to camp. You can repay me later." But this was not the Scout way—he doesn't borrow. They quickly saw that was not the right solution of the difficulty, and with many thanks the offer was turned down.

"I have it," said Bill, "we'll earn the wherewithal." And they did. For two Saturday nights in succession the citizens were amazed to find the boys occupying Main Street corner selling "Hotdogs," which were kept real hot by an apparatus attached to the Hydro pole. Hot Dogs! Scouty Hot Dogs! was the resounding cry—and they went like a dog with a bee on his tail.

Difficulties usually come in a bunch—as the sparks fly upwards, and Bill's next concern was the food and camp cooking. Oh! I'll send you along a stove, that'll be all right," said a sympathizer. Again a council of war was necessary and again the true Scouty spirit revealed itself in their refusal of the stove and the unanimous decision to do the cooking in the Scouts' way, and none other.

Now it is rightly regarded by the Boy Scouts Association as a very unsatisfactory arrangement indeed for a camp to exist without an adult leader present to supervise, and a repetition of this Troop's experiences in this matter are not desirable by any means.

Nevertheless it is a fact that for a fortnight they camped without any father's supervision of a Scoutmaster—all on their own, apart from week-end visits by friends and adults interested in their welfare, and the occasional bringing down of supplies by others.

The writer made a surprise visit to the camp and reaching there when the boys were bathing, was able to inspect the tents, site, and general arrangements unobserved. It was really amazing. Blankets were neatly folded after sunning, tents well aired and clean, cooking utensils properly cleaned, and the whole site as it should be—a credit to Scouting. Putting out further feelers, inquiries were made of neighboring campers as to their opinions of the boys, and all spoke well. Even the car conductor had a good word—"Why, those boys are nice. You wouldn't believe they were alone unless told so. They are a great credit."

I can tell you my heart swelled within me as I remembered all the difficulties tackled by those boys, together with the manly way they were conducting themselves. Thus does Scout training inculcate and draw out of lads ability to fend for themselves, and overcome obstacles in a way that will make them citizens of whom no one need be ashamed.

Our bodies are constantly changing, our nails grow, our hair grows. Scientists tell us we have an entire new body once in seven years. If our minds are active we will be able to see things differently than we did last year.

Service of Music Clubs.

The music club can absolutely fix and maintain the standard of musical appreciation of its community. It can make a music loving community out of an indifferent or really antagonistic atmosphere. The pioneer work of a music club is directly responsible for most of the visits of prominent artists to the cities, while indirectly the musical progress of the community can be invariably traced to the unselfish work accomplished by the club's agency.

But after all a real musical Canada depends upon the musical education of our boys and girls, while they are in the public schools. And we have never yet had the proper recognition given to music by all our public schools, in fact, very few of them have even approximated it. The music club can render a very definite service in its community by securing, through enlightened public opinion, the proper recognition of music in the school curriculum. It can encourage the establishment of music appreciation classes, classes for the study of applied instrumental music, and of public school orchestras which will ultimately provide the material for the symphony orchestras, and will undoubtedly make for the greater appreciation of music as played by the visiting orchestras which come from larger musical centres.

DELICATE GIRLS NEED NEW BLOOD

Rich, Red Blood Means Health and Strength.

The anaemia of young girls may be inherited, or it may be caused by bad air, unsuitable food, hasty and irregular eating, insufficient out-of-door exercise and not enough rest and sleep.

It comes on gradually, beginning with languor, indisposition to mental or bodily exertion, irritability and a feeling of fatigue. Later comes the palpitation of the heart, headaches, dizziness following a stooping position, frequent backaches and breathlessness. In a majority of cases constipation is present. There may be no great loss of flesh, but usually the complexion takes on a greenish-yellow pallor.

Cases of this kind, if neglected, become more serious, but if taken in time there is no need to worry. Dr. Williams' Pink Pills, which are free from any harmful or habit-forming drug, are just the tonic needed to remedy this wretched state of health. Though it is not noticeable, improvement begins with the first dose. As the blood is made rich the pallor leaves the face, strength and activity gradually return and the danger of relapse is very slight.

If any symptom of anaemia appears, prudence suggests that Dr. Williams' Pink Pills should be given at once, and the sooner they are taken the more speedily will their action improve the blood. You can get these 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.

The Car's Baby.

The motor-car was a thing unknown to a native of an out-of-the-way part of Alaska and he was astonished one day when he saw one go by without any visible means of locomotion.

His eyes bulged, however, when a motor-cycle followed closely in its wake and disappeared like a flash around a bend in the road.

"Geo whiz!" he said, turning to his son, "who'd 'a' s'posed that thing had a colt?"

The culture of pecan trees is to be tried in China.

TRY IT!

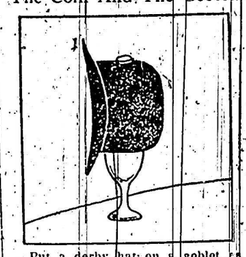
Hundreds have found relief for Aches, Pains, Bruises and Cuts in Minard's.

MINARD'S "KING OF PAIN" LINIMENT

EASY TRICKS

No. 42

The Coin And The Goblet



Put a derby hat on a goblet as in the illustration. Put a half dollar on the top of the hat.

The problem is to knock the hat away so that the half dollar will fall into the goblet. There are two ways in which the trick may be presented. The first is to tell what is to be done and letting your friends try it. After they have failed, as they will, you can show how easy it is to do it. The better way is to practice the trick until you can do it well. Then do the stunt, relying upon your skill to hide the method by which the result is accomplished.

Pretend to strike the hat two or three times as if you were gauging the amount of force needed and the exact direction of the blow. When you strike, however, do not strike the outside of the hat. Strike inside, as near the brim as possible. If you do it that way, the coin will fall into the glass. A little clever acting will persuade your friends that you struck where you pretended you were going to strike—on the outside of the hat. Try it.

(Clip this out and paste it, with other of the series, in a scrapbook.)

CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded summer complaints. They are an absolutely safe medicine, being guaranteed by a government analyist to contain no opiates or narcotics or other harmful drugs. They cannot possibly do harm—they always do good. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Made Their Own Rain.

Visitor—"Why is it your onions look so much better than anything else in this dry weather?"

Farmer—"Well, you see, whenever I work them they make my eyes water so they get all the moisture they need."

Minard's Liniment Heals Cuts.

We cannot make progress towards perfection ourselves unless we earnestly seek to carry our fellowmen along with us.—Professor J. C. Schairp.

Corrugated Galvanized Steel Roofing

Direct from Manufacturers to Consumer.

WRITE FOR PRICES

W. E. DILLON CO., Limited
189 - 191 George St - Toronto

Attractive Proposition

For man with all round weekly newspaper experience and $400 or $500. Apply Box 21, Wilson Publishing Co. Ltd. 73 Adelaide Street West.

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.

EDDY'S MATCHES

The more you use them—the better you'll like them!

ON SALE EVERYWHERE IN CANADA
ASK FOR THEM BY NAME

Make it an every morning habit to shine with

2 IN 1 Shoe Polishes

ISSUE No. 35—'23.

SMOKE

in ½ lb. tins and 15¢ pkts.

OLD CHUM

The Tobacco of Quality

Russian Iron Ore.

More cheering than most news from Russia is the report that a vast vein of iron ore has been discovered in the province of Kursk, three hundred miles south of Moscow. The vein is one hundred and fifty miles long and lies at a depth of from five to eight hundred feet. Many years ago it was observed that the compass in that region was deflected as much as fifteen degrees from the magnetic north, but why it was deflected was not then discovered.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

Seaweed found on the shores of Orkney contains a certain chemical which, combined with coal-dust, makes a very successful fuel.

Minard's Liniment for Dandruff.

Classified Advertisements

CORRESPONDENTS WANTED.

VISITORS—ACCOMMODATION, 4 DUNDONALD, Toronto.

SILVER FOXES—NOTES FROM MY DIARY (Booklet). Nine years' experience ranching foxes. 25 cents. Dr. Kendall, Truro, Nova Scotia.

AGENTS OPPORTUNITY, REAL HAIR NETS, sell easily. Send ten cents for full samples. Fine proposition, liberal commission. Dorothy Hair Net Co., Lindsay Building, Montreal.

WASHINGTON HAND PRESS.

WE HAVE AN ENQUIRY FOR A WASHINGTON Hand Press that will take 2 pages of 8 columns, long. Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

MURINE Keeps EYES Clear, Bright and Beautiful

Write Murine Co., Chicago, for Eye Care Book

PISO'S

KEEP THEM WORKING

Kendall's Spavin Treatment is the old reliable, safe remedy for all cases of spavin, split, curb, ringbone, bony growth and lameness from other causes, known for more than forty years as Kendall's Spavin Cure. It keeps the horses working—not loafing. What it has done for others, it will do for you. Keeps a bottle of

Kendall's Spavin Treatment

handy so you can use it quickly when the need arises. A bottle may save a horse for you. It's worth while to be ready. Ask your dealer the next time you are in town. Get this advertisement out to remind you. Sold everywhere. Get a free copy of "A Treatise on the Horse" at your druggist's, or write us.

"Register" for Horse treatment also "Bigfoot" for Human Feet.

DR. B. J. KENDALL COMPANY,
Enosburg Falls, Vt., U.S.A. 9

Improve Your Complexion By Using 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, and so 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.

WANTS TO HELP OTHER WOMEN

Grateful for Health Restored by Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache and for weak and dreary feeling caused by my condition. Sometimes I thought I couldn't do my housework. My neighbor told me of your medicine and I read about it in the 'Toronto Telegram' and thought I would take it. I got very good results. It built me up and I have told several friends what it has done for me. You may use this testimonial as it may help some one who has suffered as I have."—Mrs. J. LEE, 25 Harvie Ave., Toronto, Ont.

Mrs. Lee is willing to write to any girl or woman suffering from such trouble, and answer any questions they may like to ask.

Women suffering from female troubles, backache, irregularities, pains, bearing-down feelings and weakness should take Lydia E. Pinkham's Vegetable Compound. Not only is the worth of this splendid medicine shown in such cases as this, but for nearly fifty years letters like this have been received from thousands of women.

Any one might be interested in reading Mrs. Pinkham's Private Text-Book upon "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario.

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 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—Bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. We wish to inform the public that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."