

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...

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.

There are various kinds of coughs. There are true coughs that are caused by some disease of the lungs or bronchial tubes; there are also coughs that are due to some condition outside the lungs.

This condition is generally one of irritation; the irritation sets up reflex action, and the same nerve supply that governs the lungs and the part that causes a cough, though the lungs themselves are perfectly sound and healthy.

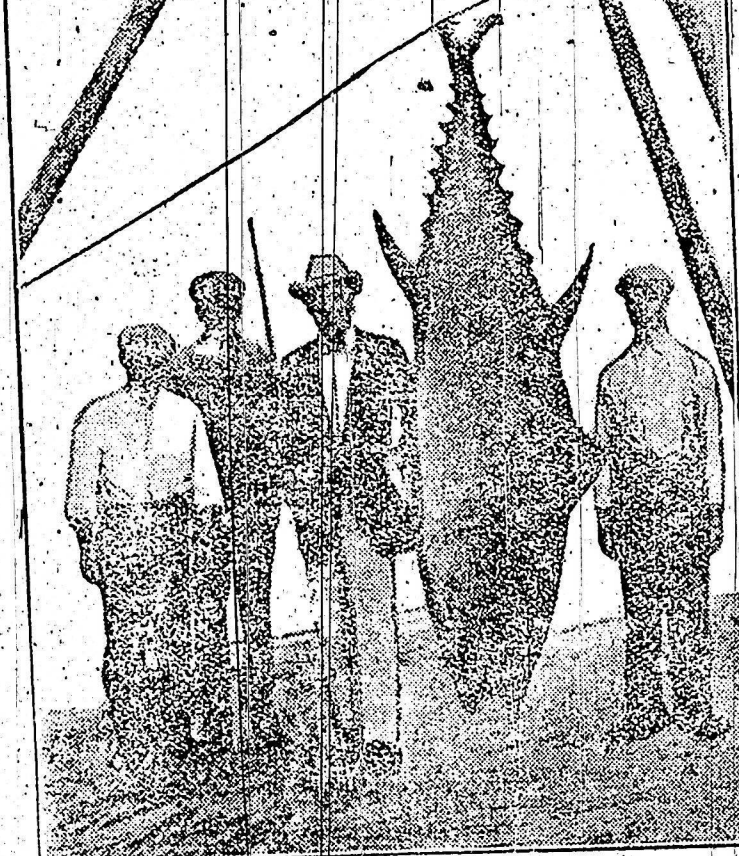
The two places where this kind of cough may be set up are the throat and the stomach, the former being called a "throat cough" and the latter a "stomach cough." Any congestion or irritation of the lining of the stomach is very liable to affect the ends of the pneumogastric nerve there, and that nerve goes to the lungs as well as the throat.

This "stomach cough" is a peculiar one. It only occurs at one time of the day, and that is in the morning on getting up, and particularly just after rising. It occurs in paroxysms and induces retching and hawking up of mucus. But there is no expectoration at all. Quite a number of attacks may occur before breakfast, and after that over for the day.

At what age is this cough most prevalent? It may occur at any age, but is most common in middle-aged men who rather indulge in eating and drinking, not wisely but too well. As a result, the lining membrane of the stomach gets into a state of slight chronic congestion, a mild gastro-enteritis being set up, the irritation of the bowels sometimes producing diarrhoea which may be slight or severe. If the cough is neglected, and the use of it allowed to continue to act, the liver begins to get congested, and later, the trouble may extend to the lungs, and a serious and indeed incurable condition of affairs may be brought about by over-stimulation of the stomach.

Too much food will cause a cough to drink, and too much fluid will cause it too. Over-indulgence in alcohol is a very prevalent cause of congestion of the stomach—not that these people are drunkards, far from it. But habitually they take a little more than is good for their stomachs, and the stomach over-indulgence in any food, and even tea or coffee can be made a cause instead of a blessing.

Any man who finds he coughs and retches in the mornings when he gets up, and that is in the morning on getting up, and at no other time, should regard it as a warning and give up his over-indulgence. If it is allowed to continue there will be in time enlargement of the liver. If he alters his habits the cough will very soon disappear. No cough mixture is needed for this kind of cough. A good brisk walk for this kind of cough. A good brisk walk, a few doses of bismuth and peppermint, and abstention from such stimulating things as alcohol, and the congestion of the stomach will subside. And the cough will disappear.



WORLD'S RECORD FISH

Captured off St. Ann's Bay, Canadian Pacific Railway, and this tuna weighed 712 pounds. Using a Von Holt tuna rod and reel, N. S. Ross landed the big 9 foot 2 inches in length, and weighed over 600 pounds, but until this summer of Captain Laurie Mitchell, who caught a 710 pound tuna off the Nova Scotia coast many years ago.

Trains That Never Stop

A never-stop railway, the trains of which require no driver, conductor, or signals, is being experimented with as the Kursaal, Southend, England, where yards of track have been laid for testing purposes.

The speed of the train is automatically increased and decreased. When it arrives at a station the train slows down to about one mile and a half an hour, so that passengers can step to a "landing-stage" level with the station platform. The principle is similar to that of the escalator. But once past a station the train gathers speed up to twenty-four miles an hour. Its speed is controlled by a special motor.

No noise is made by the train, and the wheels have rubber tyres.

Come to the Lectures, Demonstrations and Practices at the Ontario Agricultural College

1924 - SHORT COURSES - 1924

Stock and Seed Judging - (Two weeks) - January 18th - 20th.

Poultry Raising - (Four weeks) - January 21st - February 2nd.

Horticulture - (Four weeks) - January 21st - February 2nd.

Fruit and Vegetable Growing - (January 21st - February 2nd).

Floriculture and Landscape Gardening - (February 15th - 18th).

Dairy Courses - (Four weeks) - January 21st - February 2nd.

Course for Factory Cheese and Butter-makers - (January 21st - March 14th).

Cow-Tending - (Jan 7th - Jan 19th).

Farm Dairy - (Jan 21st - Feb. 22nd).

Factory Milk and Cream Testing - (Including Factory Management) - (Jan. 21st - Feb. 22nd).

These courses are arranged to meet the requirements of farmers, farmers' sons, dairymen, country boys, and others who are unable to leave home for but a short period during the winter months.

All courses are free, with the exception of the dairy courses, for which a small registration fee is charged.

A change from the home surroundings, meeting other people interested in the things in which you are interested, and the acquisition of knowledge, will do you good. Write for a prospectus to the Registrar, Ontario Agricultural College, Guelph, Ontario.

J. B. REYNOLDS, M.A., Registrar
L. STEVENSON, Director of Extension

With The BOY SCOUTS

The Beginnings of Scouting.

In an article in "The Trail," the monthly paper published by the Ontario Boy Scout Council for its officers and leaders, Sir Ronald Ross, the Chief Scout and founder of the Boy Scout Movement, writes regarding the beginnings of the Boy Scout Movement:

"In 1893-1894, when serving with my regiment the 13th Hussars, I realized that the ordinary peace training of soldiers for service in the field was sufficiently practical, and I therefore carried out classes of training in my squadron for the men individually as well as in groups. In 1897 I was transferred to command the 5th Dragoon Guards, I carried on similar training, but on field exercises, with a view to developing the men as a whole, and to their fitness, since this was largely lacking in soldiers coming to the army from the ordinary school. My experiences in the 5th Dragoon Guards, and in a small book, 'Aids to Scouting,' published in the South African War, 1899-1900, Major-General Baden-Powell, Chief Scout, organized the boys of Mafeking as a Corps for general utility on Scout lines, rather than as a fighting unit. The experience taught me that if their training was made to appeal to them, boys would learn rapidly and with great interest, and to a far greater degree than was ordinarily believed if only they were treated as men.

In South Africa.

"In 1899 I raised a South African Constabulary on lines of my own, the principles of which were practically those of the Scout training applicable to men. The troops were organized into units, and each unit was given a personal knowledge of him; the system of patrol was introduced, and a higher standard of efficiency all round. The human side was appealed to, and the men were trusted on their own initiative, and their uniform for field work was the cowboy hat, shirt, green tie, and breeches. Badges were issued for different lines of work.

"On my return to England in 1903 I found that, among others, Miss Maudslayi had been training a school of boys for 'Aids to Scouting,' as a textbook for their instruction in observation and education as a step to character training. I met Sir William Smith, the founder of the Boys' Brigade, as to adapting the training for boys, and I referred to writing a book on 'Aids to Scouting' as a means for enlisting the boys and giving the wider scope and greater variety to their training as citizens.

The First Scout Camp.

"In 1907 I held a trial camp for Scout training, Brownsea Island, at which I had boys of other schools to experiment on, and the result exceeded all my expectations. I invited one to go on with the idea. The training was based on that which I had employed with soldiers and with the Constabulary with Scouts, and I wanted to make it suitable for boys, following the principles adopted by the Zulus and other African tribes, which reflected the ideas of Epictetus, and the methods of the Spartans, ancient British and Irish for training their boys. I also looked into the Bushido of the Japanese, and the modern method of John Pounds for dealing with boys, and Jahn, for their physical culture, as well as those of the day put into practice by Sir William Smith, Seton Thompson, Deane and Jahn, more especially, because he put into practice in modern times the ideas of Epictetus, and the methods of the Spartans for improving their physique and developing their patriotism.

"No 'Boy Scouts' till 1907.

"I had never heard the title 'Boy Scouts' before I applied it to my training in Britain in 1907. I chose it because this training was based on principle and detail on that which employed for many years previously in training soldier Scouts for their officers was one which I adopted from Oliver Cromwell's officers' ranks, among which there were 'Scout Masters'.

"In 1908 I brought out the handbook of the training called 'Scouting for Boys' in six fortnightly parts. A number of the Scouts were taken to different parts of the United Kingdom before the series was all completed. Although I had only anticipated 'Scouting' would be taken as an additional attraction for their boys by the 'Boys' Brigade' and 'Church Lads' Brigade,' it became evident that a separate organization was required, and I set up unconnected with these bodies.

"In 1910 the Boy Scout Movement had grown to such dimensions, numbering 123,850, that I felt it incumbent upon me to leave my Army in order to take the Movement to hand."



Without the spirit of comradeship, our Empire would not be what it is to-day.—Prince of Wales.

Minard's Liniment Heals Cuts.

PAIN IN THE JOINTS

Is An Indication That the Blood Is Thin and Watery.

The first sign of rheumatism is frequently a pain and swelling of one of the joints. If this is not treated through the blood, which is the seat of the disease, the poison spreads, affecting other joints and tissues—some times rheumatism attacks the heart and is fatal.

A remedy that has corrected many cases of rheumatism is Dr. Williams' Pink Pills. These pills enrich and purify the blood so that the poisonous system is nature intended. Miss Gerie Danne, Washago, Ont., was attacked with rheumatism and found relief through Dr. Williams' Pink Pills. She says:—"About a year ago I was attacked by rheumatism and for two weeks was confined to my bed. The trouble was so painful, affecting the joints of my limbs so that I could not stand alone. Mother had a box of Dr. Williams' Pink Pills in the house and thought they might help me. I began taking them, and after a few days the result was so further supply, with a view to the rheumatism vanishing and I was a well girl. I may add that my mother and two of my sisters have also used the pills for various ailments with equal success, and now we are never without them in the house."

Dr. Williams' Pink Pills now, and note how your strength and health will improve. You can get these pills through any dealer in medicine, or by mail, at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Empire's Wonder Lakes.

In the thirteen odd million square miles of territory which comprise the British Empire, there are many remarkable phenomena, one of the most interesting being the Pitch Lake of Trinidad, in the West Indies. It is a natural reservoir of valuable mineral pitch, a hundred acres in extent, from which 200,000 tons of asphalt are exported annually.

Although the asphalt appears soft, one can easily walk about on the lake, and excavations made during the day mysteriously filled up at night by nature, although the general level of the lake is slowly sinking.

Another half-way across Keeya, a vast natural deposit of soda-lake, in British East Africa, is Masindi Lake, a vast natural deposit of soda-lake in width, and seen from the mountains that surround it, it has the appearance of an immense rafted.

Borings have failed to reveal its depth, and as new deposits are formed from excavations the supply would appear to be inexhaustible. A railway has been built to it, and the soda is used for various purposes.

White Island, off New Zealand, contains another of these remarkable mineral deposits. It is sixty acres in extent, and about fifteen feet deep. It is a high level of sulphuric acid, hydrochloric and sulphuric acids.

On account of the deadly fumes it is possible to live on the island only between November and March. Then large quantities of gypsum and sulphur are mined and exported. Between the white ones well, and always in one direction, making it possible to get at the valuable chemicals.

\$4.60 Profit From Each Hen.

By S. W. Knife.

A short time ago an article appeared in the "Picking News" stating that "S. W. Ruddy, who has a country residence there, cleared \$4,600 profit from 1,000 hens for the preceding twelve months," and employed all help required to look after them. This certainly shows there is money to be made from hens. How? By proper feeding, good care and attention.

Poultry raising is as much a business as any other business and to make a success one must understand what he is doing and why.

The winter is not the natural production, therefore to get good egg production, when prices are high, the hens must be fed with that object in view. They need exercise to keep the body warm, which should be provided by making them work. (Part of the feed should be made of hard-boiled eggs, and the feed should be stimulating and body-building, such as wheat and corn, 40% of each, making up the other 20% with Western oats, buckwheat, peas, etc. It is best just to feed enough at a time so as to keep the bird always ready for the next meal.

A lot has been said for and against "hot mash." Mr. Ruddy fed hot mash as a mid-day meal all through the winter. In the average home there is usually a considerable amount of table scrap which can profitably be utilized, mixing it along with the laying mash and fed in a "crumbly" condition, not sloppy. Feed at mid-day and just enough; if you feed too much the birds will go to roost, which is not desirable. Why not feed hot mash in the morning? Because birds will easily fill their "crop," stand around and get chilled, whereas grain first thing makes them active and keeps them warm. Grain should also be fed in the evening. Soft feed being more easily digested, the birds' crops are empty before daylight and you cannot expect man or beast to do their best on an empty stomach.

Ideal Conditions.

"Do you think he could afford a car?"

"I'm sure he could. Doesn't he own his own house and there's no mortgage on it."

New Pest.

A post called white pine blister rust is attacking white pine nursery stock in localities from the Atlantic to the Pacific.

REEDS

Write us for prices on highest grade. Basket Reeds—Also Frames and Tray Boards.

Brantford Willow Works
Brantford, Ont.

HEALTH

Keep your health. Always keep Minard's Liniment handy. The universal remedy for every ill.

MINARD'S LINIMENT

"KING OF PAIN"

EASY TRICKS



Brush-It Off

A travelling salesman, so the story goes, discovered this little stunt. Perhaps you can try it on your friends. You'll need a coin and a whisk broom.

Hand the whisk broom to a friend and put the coin on the palm of your right hand. Extend the palm and coin toward your friend and say:

"Brush it off."

"He won't be able to do it. It's not necessary for you to prepare the coin and there is no trick about it. All that you have to do is to place the coin in the centre of the palm. Of course your friend can shove or drag the coin off—but he can't brush it off."

The trick can also—can't also—be done with a clothes brush.

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

Dumb Friends of the Famous.

Few dogs have been photographed as frequently as Lady's boy, the late President Harding's terrier. This dog was so devoted to his master that some days after his death it refused to eat.

Lady's boy brings to mind Caesar, the favorite terrier of King Edward, the greatest friendship existed between the King and his dog, and Caesar always slept in his master's bedroom.

When the King was taken ill Caesar fretted so much that he, too, became ill, and when the King died Caesar's grief was intense. He would not eat and wandered miserably about the palace. "It was only with difficulty that his life was saved."

There are many cases on record of dogs actually dying of grief. A recent case was that of a dog named "Frank" who refused food and would not move from the study. Exactly a week later the dog was found lying dead beneath its master's writing table.

Mr. Lloyd George is rarely seen without Rufus, the great black and white spaniel which he brought home from Switzerland in 1920. When more, then Prime Minister, broke the law by bringing the dog straight to Downing Street before it was placed in quarantine.

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day is warm and bright, and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless a baby's little stomach is kept right the result may be serious. There is nothing so good as Baby's Own Tablets in such cases. They regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Molland Bulbs

Have a beautiful window garden to the delight of your family. Molland Bulbs are the best of their kind. They are the only bulbs that will grow in a window box. They are the only bulbs that will grow in a window box. They are the only bulbs that will grow in a window box.

C. E. BISHOP & SON, Seedsmen
Belleville, Ont.

At any hour of night EDDY'S MATCHES bring the light

HEALTH

Keep your health. Always keep Minard's Liniment handy. The universal remedy for every ill.

MINARD'S LINIMENT

"KING OF PAIN"

MINARD'S LINIMENT

"KING OF PAIN"

SMOKE OLD CHUM

The Tobacco of Quality

1/2 LITERS and in packages

Manufactured by Imperial Tobacco Company of Canada Limited

Lié in Weight

Lyway, the butcher, had been for a few moments with a polliwog dictionary. Suddenly he opened it to a page and glowered at the word "clever." "That Mrs. Smart is getting to be a real clever," he growled. "What the matter?" asked the lady, surprised at this outburst of good customer.

"When she came in last night she told me I ought to renounce my sale of the Ambush brand," he growled. "Well, why?"

"I've just looked up the word, and on the inflected man, and the dictionary says that ambush means 'to lie in wait!'"

The whites of eggs will beat much faster if thoroughly chilled.

That nasty, irritating, itching cough that keeps you awake at night, makes you miserable, will not stay when Howard's Gum Balsam is used. It's the first dose relieves. Every box contains guaranteed satisfactory or money refunded. Refuse substitutes and give disappointment. All drug stores, manufactured Taylor Pharmaceutical Co., Birchcliffe, Ont.

Photographing the Flash of lightning bug was recent success.

By letting the bulb crawl over photographic plate.

It Stays on the Job!

You can bank on a 24-hour day after day, month after month. Stay with it. It's the only one that's going where the going is hard. Get your hardware man to show you a 44. Note the name and feel of it—A real "stay" with firebrud finish that resists rust.

CANADA FOREIGN CORRUGATED SHEET

JAMES SMART IRON
BROCKVILLE, ONT.

ASPIRIN

Say "Bayer" and Insist!

BAYER

Genuine

REEDS

Write us for prices on highest grade. Basket Reeds—Also Frames and Tray Boards.

Brantford Willow Works
Brantford, Ont.

Save Your Pans.

When food sticks to the cooking utensils, use a clothespin to hold it, instead of a knife, and you will not scratch your pans.

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

If I knew only half the law of England I would be called the Justice Darling.

Ask for Minard's and take no other.

It is a reproach to any woman of any class not to be able to darn well.—Lady Nott-Bower.

MURINE

For Your Eyes

Refreshes Tired Eyes

Wholesale and Retail Everywhere

America's Pioneer Dog Remedies

DOG DISEASES

For all dog ailments, including mange, scabies, and other skin diseases. Write for a free booklet.

Why Have Skin Trouble?

Cuticura Will Prevent It

In the treatment of all skin troubles, both freely with Cuticura Soap and hot water, dry gently, and apply Cuticura Ointment to the affected parts. Do not fail to include the exquisitely scented Cuticura Talcum in your toilet preparations.

Price 25c. Cuticura Soap 25c. Cuticura Ointment 25c. Cuticura Talcum 25c. Write for a free booklet.

MOTHER OF LARGE FAMILY

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

Hemford, 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 my 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 shall tell 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 L. Crockett, Hemford, 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 three or four months of my foot. A neighbor recommended the "Vegetable Compound" to me after I had tried many other remedies without much benefit. It has relieved my pains and gives me strength. I recommend it and give you permission to use my letter. I am, Mrs. M. B. Rye, Glen Allen, Alabama.

Women who suffer could write to the Ontario, for a free copy of Lydia E. Pinkham's Private "Text-Book upon All Menstrual Troubles."

ISSUE No. 23.