WRIGLEY'S
After Every Meal
There a peel of in your mouth for every agency
Teeth, Gums, Throat, Stomach, Liver and Digestion.

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.

High blood pressure is a condition we hear much about these days. It may be due in part to the strenuous life one leads in these hectic times, but over-indulgence of one kind or another makes the condition worse. High blood pressure means several things: (1) That the heart is beating too strongly; (2) that the blood vessel walls are thickened and inelastic; (3) that the person is obese or overweight. It may be caused by any or all of these conditions.

Nature provides blood vessels that are large enough and smooth enough for blood to flow through without much friction. Every time the heart beats, the vessels being elastic, stretch like a rubber tube. As age advances, the elasticity diminishes, the walls thicken and the inside width of the tube gets less. In consequence, the blood flow in the tubes is under too much pressure. There is an instrument for measuring blood pressure. Symptoms which suggest the need of this examination are dizziness, cold extremities, albumin in the urine, irritable heart. The treatment is to prevent constipation and live temperately in eating, drinking and in all other ways, avoid over-excitement or stimulation and take plenty of rest and sleep.

There is no medicine that can hope to effect a cure of this disease. It depends on the patient's habits and the way he lives from day to day.

With The BOY Scouts

Some Christmas Good Turns.

Scouts! Read this list over to the members of your Patrol next meeting night, check off the Good Turns your boys may be able to duplicate this year; and later kindly send to the Editor a brief account of your success as a suggestion for other patrols and troops next year.

Gathered and repaired old toys for gifts to children of poor families. One troop last year gathered nearly two hundred old toys, freshened them up in their troop work shop, and added them to Santa Claus' Christmas load.

Put on Scout demonstration to aid community Christmas fund.

Gave a Christmas basket to a poor family.

Made up "Patrol baskets" of good things for four needy families.

Troop divided into three groups, each of which secured food and other gifts for poor families.

Put up community Christmas tree. Food, clothing, candies, oranges, etc., were left by the town folks under the tree and these were later divided into baskets and distributed by the Scouts on Christmas eve.

Decorated Christmas tree for Sunday school, and assisted in decoration and entertainment.

Assisted in decoration of church for Christmas.

Organized a Scout Christmas parcel service for the free delivery of all Christmas cheer packages.

Assisted in controlling traffic at busy holiday shopping corners.

Furnished singers for Christmas eve [illegible]

Cleared sidewalks of snow, removed [illegible] wood, etc., for invalids and [illegible] people who had no one to look after them.

Took candies and other good things to an orphanage and amused the children for an hour with Scout games.

Took some poor boys to a Christmas party and paid their car fares.

Visited sick children, especially boys, in the hospital.

One Ontario troop hiked seven miles during zero weather to visit and pass on a Tenderfoot Scout an invalid boy living on a farm.

Provided a big Christmas dinner for the birds wintering in the town park.

Assisted churches in a census of needy families, each patrol taking a district.

Violin Value.

How do you value your musical instrument; by its market value or by the effect you get out of it? At a concert, three young ladies were awaiting in breathless expectation the appearance of a well-known violinist, and filling in the time with excited conversation as to their own experiences. They were evidently violinists themselves and had learnt to play the principal parts in the programme, besides playing in professional or amateur orchestras. But some of their ideas were not quite what they should be. "Do you know," said one of them, "I played on a £4,000 Strad the other day. Some friends of mine had this and an Amati as well. The Amati only cost £700; isn't it comic, the people them prefered to play on the £700?" She had not realized that market value is fixed by many things besides intrinsic value and artistic effect.

We take our blessings too much for granted.—Sir H. Rider Haggard.

Keep Minard's Liniment in the house.

You can always say more in five minutes than in twenty.—Rev. E. J. Bowyn.

Select Your Hens for Breeding Now.

By Sam W. Knife.

Too many poultry breeders leave the selection of their breeding hens till January or February, instead of selecting them in the Fall, when they go into their winter quarters. Of course it is not suggested that they should be mated up then, but by picking out the most desirable birds for next year's breeders they can be separated, allowed free range, if it's available, until real severe weather sets in. Eggs from these birds during the winter months should be a secondary consideration only. The main point is to have them healthy and in good vitality when eggs are required for hatching. Therefore mash and other egg producing feeds should be limited, supplemented by a body and muscle building ration. Care must be taken not to over feed, or by spring the hens will be too fat to lay.

If you have any hens which have layed right up to October or November, hang right onto them; also if you have trap-nested keep your 150-egg birds and over. If you have a surplus of hatching eggs from such stock they are readily disposed of, and even if they only lay a couple of settings of eggs you know you may have chicks well worth while from their eggs.

While your breeders should have good care and attention, abundant exercise is absolutely necessary, without which you cannot expect the muscles and functional organs to have the energy needed for subsequent utilization or the power to resist adverse influences.

Do not contemplate using pullets and hens which you have "forced" for eggs, under artificial lights, as the results in fertility are usually disappointing. Keep an eye on your cockerels, pick out the quick maturing, large framed and good typed birds to head your pens. If two or more males are to be used in one pen, get them accustomed to each other before breeding season; this will insure peace and contentment in your breeding quarters.

Breed only from good males, for remember, the male bird is 50% of your breeding pen.

It is estimated that the United States holds 45 per cent. of the world's total of gold money. Of the remainder the British Empire holds about 12½ per cent; France, 11 per cent.; Japan, 6 per cent.; Spain, 5 per cent.; and Germany and Holland about 2½ per cent. each.

PUPIL NURSES WANTED
at the
BUFFALO CITY HOSPITAL
462 Grider St.
Buffalo, N.Y.
863 beds for the reception of every known disease.
8 DISPENSARIES IN CONNECTION.
Affiliated with the University of Buffalo Medical Department.
3 year registered course, fitting pupils for Bedside, Public Health and Administrative Nursing. 670 hours devoted to classes, recitations, demonstrations and laboratory work in Dietetics, Home Economics, Bacteriology, Chemistry, Physiology and General Nursing subjects.
Opportunities for selected graduates to fill paid executive positions or pursue special study courses.
THE EXPERIENCE WE OFFER EQUALS A 3 YEAR COLLEGE COURSE.
Entrance requirements: 1 year New York State High School or its equivalent.
Salary, $15.00 a month. Food, lodging, uniforms, laundry and books furnished free.
Straight eight hour duty. No split watches. One whole day off every seven days.
A WELL-CONDUCTED NURSING COURSE IS A FINE PREPARATION FOR WIFEHOOD AND A SPLENDID OPPORTUNITY TO CULTIVATE THE HABIT OF RIGHT LIVING.
Next Class Now Forming.

CANADA'S NEW UNIFORMED CORPS

Boys of the Messenger Service Department of the Canadian National Telegraphs have been placed in uniform. The uniforms are of grey wool serge, black leather leggings and grey uniform caps. The crest of the Company adorns the left sleeve between the elbow and shoulder and is attached to the front of the cap together with the boy's number. In wet weather the boys will wear oilskin capes and hats of olive color over their uniforms. No other Canadian owned telegraph service has uniformed messengers. The photograph shows one of the boys in his new uniform delivering a telegram.

FREQUENT HEADACHES

A Sure Sign the Blood is Watery and Impure.

People with thin blood are more subject to headaches than full-blooded persons and the form of anaemia that afflicts growing girls is almost always accompanied by headaches, together with disturbances of the digestive organs.

Whenever you have constant or recurring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up your blood. A fair treatment with Dr. Williams' Pink Pills will do this, and the rich, red blood made by these pills banishes the headache.

More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment, and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are undernourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders, try building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition the trouble will disappear. There are many people who owe their present state of good health to Dr. Williams' Pink Pills, and most of them do not hesitate to say so.

If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking 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 Hill of the Winds.

We went to the Hill of the Winds
On an amber afternoon;
From its crest we looked between cedar files
Where a river ran for winding miles
By shelving banks and sedgy isles
Like a placid long lagoon.

There was never a cloud in the vault—
The vast blue vault of the sky,
For a winnowing wind swept ceaselessly
Out of the west where the free winds be,
And it sang sweet songs to us, and we
Were glad as the wind went by.

We were glad of the wind and sun,
Of the heights and the depths below—
Of the ox-eyed daisies with beck and nod,
Of the glint and the toss of the goldenrod,
Of the sheen of the moss and the scent of the sod,
With the joy that lovers know.

Now is the age of the year
When the heavens are blurred with rain,
When the airs are chill and the mists are gray,
Sweet, let us take the upward way,
Let us go back to that perfect day
And the Hill of the Winds again!

—Clinton Scollard.

A good sportsman makes a good worker.—Lord Kylsant.

Minard's Liniment Heals Cuts.

Every swan found on British rivers or seas may be seized by the Crown and become its property, unless it bears its owner's mark. The King's birds are marked on the beak with the Royal initial.

RAW FURS WANTED
Highest Prices Paid for
Skunk, Coon, Mink, Fox, Deer-Skins, Hides, Calfskins, &c.
Ship to
Canadian Hide & Leather Co., Ltd., Toronto, Ont.

The Indoors Season.

The time of the year is at hand when the temperature and the state of the atmosphere expose us more particularly to the diseases of the breathing organs; Bronchitis, broncho-pneumonia, colds, pneumonia, pleurisy, and all others of the relentless and merciless pulmonary troubles. The number of people affected by these diseases increases considerably during the fall of the year, and the ravages made continue to exist until the spring. These diseases are often very easily spread and they are always dangerous. If they do not kill they cause misery and loss.

We must not forget that these diseases are due to germs which are transmitted from one person to another and that therefore they are often preventable.

Badly heated homes, lack of ventilation, unsuitable clothing, threaten us with decreased powers of resistance, which render us more liable to colds.

Patients suffering from bronchitis, coryza (cold in the head), sore throat, even in a mild form, must at once receive attention, otherwise they lay themselves open to complications, as well as exposing to contagion the other persons with whom they come into contact.

Some people have careless manners, and without consideration for their neighbors, they cough without covering their mouths with a handkerchief. They sneeze in the same manner or spit on the floor.

Such facts are observed daily, either in public buildings, in the tramcars, or in any other form of public conveyance, not taking into account what happens on the street.

Avoid these unhealthy practices, and you will do your share toward the safeguarding of your own and the public health.

Left it Unnamed, Perhaps

"Yes, we've been married for ten years and have never had what I'd call a quarrel."

"What do you call it then?"

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes: "Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

About 500 species of plants are carnivorous. Through modified leaves they imprison their prey, which is subsequently digested and absorbed. Sundew, flytraps, pitcher-plants, bladderworts, and butterworts are among the chief animal-eating plants.

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

Not a Tiger-Man

Reggie — "I—aw—don't think the brute likes me."

Algie—"No, deah boy—you're not of his stripe."

EASY TRICKS

No. 57

Magnetic Silver

Two matches and a half dollar are used in this trick which can best be performed while you are seated at the table.

One match is placed across the other so that it is balanced, with neither end touching the table. The performer explains that a half dollar acts toward a match as a magnet acts toward a steel needle and proceeds to prove, by demonstrating, that there is sense in that nonsense.

The half dollar is held near the end of the upper match. The performer slowly draws it toward himself—and the match swings round toward him. The spectators suspect threads but they can examine the matches and the coin all they like.

The coin has nothing to do with the trick—except to provide an excuse for the foolishness about magnetism. A real magnet or another match would do just as well. While the performer is holding the coin near one end of the upper match, he is breathing gently toward the other end. That, of course, makes the match swing around on its axis—and that's the trick.

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

Wood-Fold.

Those who have lived near forests
ever keep
Something within them kin to every
tree,
Something of wind and rain and sunshine free;
Their vagrant thoughts roam far afield
to deep
And woodsy places where Pan's goat-hoofs leap
And dryads peer through boughs of
ash and oak;
Strange, rustic memories their
dreams invoke
And stray leaves rustle always through
their sleep.

They never lose their love of wandering,
Though Fate should stay for years
their town-bound feet;

They never fail to hear birds caroling,
Although no wings sweep through
the street;
And, hid within their inmost souls
apart,
They hold the magic of the forest's
heart.

—Charlotte Becker.

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diapepsin.

A Study in Fitness.

Light, I love thee
When Day is here;
And, Twilight, thou
When Love is near.
Come softly Twilight,
I hear Love's coming;
Get thee gone, Day,
With your whirring wings and your
humming.

—R. K. Dekky.

Ask for Minard's and take no other.

The Alberta provincial mines branch reports that the coal production of the province for 1922 exceeded that for 1921 by 50,434 tons, the figures for these years being 5,959,651 and 5,909,217 tons respectively.

SHAW SCHOOLS

Train young Canadians for successful citizenship. Home Study courses are strongly featured. Write for list and full particulars about any course in which you are interested.

Address: A. A. SAHINE, REGISTRAR.
46 Bloor West Toronto

A Thousand Cooking Uses.
For soups, sauces, gravies, savoury dishes, meat jellies, beef tea, and restoring the flavor to left over dishes.
OXO CUBES
In tins of 4, 10, 50 and 100.

EDDY'S MATCHES
Remember to ask for Eddy's when you order matches
ON SALE EVERYWHERE IN CANADA

ISSUE No. 50—'23.

Fill your pipe with Ogden's CUT PLUG
"It Satisfies"

15¢ per packet
80¢ a ½ lb tin

If you roll your own ask for OGDEN'S FINE CUT (green label)

The Deciding Factor

"An expert says gas will be the deciding factor in the wars to come.

"Doubtless he has noted how effective it is in the political battles of the present."

GIRLS! HAIR GROWS THICK AND BEAUTIFUL

35-Cent "Danderine" Does Wonders for Lifeless Neglected Hair.

A gleaming mass of luxurious hair full of glossy lustre and life quickly follows a genuine toning up of neglected scalps with dependable "Danderdin." Falling hair, itching scalp and dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderdin" is delightful on the hair; a refreshing, stimulating tonic — not sticky or greasy! Any drugstore.

Don't complain. Don't explain. The first won't be understood, the second won't be believed.

Minard's Liniment for Dandruff.

There are three million books in the library of the British Museum, and if the bookshelves were laid out end to end they would extend to about thirty-five miles.

Try MURINE FOR YOUR EYES
Wholesome Cleansing Refreshing

Got a COLD?
Take a small pan of boiling water and put half a teaspoon of MENTHOLATUM in the hot water then breathe the steam. It's the best and also the quickest way to get relief.
For sale at all Drug Stores. Write for Free Sample.
THE MENTHOLATUM CO. Bridgeburg, Ont. Box 23

Mother! Give Sick Child "California Fig Syrup"
Harmless Laxative for a Bilious, Constipated Baby or Child.

Constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so gently. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits, insist upon genuine "California Fig Syrup" which contains directions.

Thin People
Thin, nervous, underweight people take on healthy flesh and grow sturdy and ambitious when Bitro-Phosphate is taken a few weeks. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

CHILBLAINS
Rub the feet well with Minard's. A few applications and the soreness is gone.

MINARD'S "KING OF PAIN" LINIMENT

Most of the success in the world has been won because of the spur of opposition.

KNITTING MACHINE.

KNITTING MACHINE TOOL. Self starter. Saves transferring stitches. Price $3. Agents wanted. They are easy to sell after demonstration. Circular on request. Booklet (40 cents) telling how to speed up knitting and toe-closing, how long it takes to knit a pair, how much can be earned, hints on selling sox, etc. Jarman, Woodland Park, Hespeler, Ont.

APPLES FOR SALE—GREENings, Kings, Baldwins. Special prices to farmers' clubs in car lots. Beaver Valley Fruit Growers, Camperdown, Ontario.

SEVERAL CARS DRY MILL slab wood, stove length. Reid Bros., Bothwell, Ontario.

Bad Breath Overcome
"Bad breath is a sign of decayed teeth, foul stomach or unclean bowels." If your teeth are good, look to your digestive organs at once. Get Seigel's Carative Syrup at druggists. 15 to 30 drops after meals, clean up your food passage and stop the bad breath odor. 50c. and $1.00 Bottles. Do not buy substitutes. Get the genuine.

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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.

ASPIRIN
Say "Bayer" and Insist!
BAYER
Genuine
Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians over twenty-three years for
Colds, Headache, Toothache, Lumbago, Earache, Rheumatism, Neuralgia, Pain, Pain
Accept "Bayer" Tablets of Aspirin only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known 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."

CUTICURA HEALS RASH ON BACK
Spread To Neck and Arms. Itched and Burned. Lasted 3 Months.
"My trouble began with a rash breaking out on my back. My clothing aggravated it, and it kept spreading to my neck and arms. It itched and burned so that I spent many a sleepless night. The trouble lasted about three months. I tried different remedies without success. I read an advertisement for Cuticura Soap and Ointment and sent for a free sample which helped me. I bought more and in three weeks was healed." (Signed) H. M. Kramer, 566 Hertel Ave., Buffalo, N. Y., Jan. 24, 1922.
Cuticura Soap to cleanse and purify, Cuticura Ointment to soothe and heal and Cuticura Talcum to powder and perfume are ideal for daily toilet purposes.
Sample Each Free by Mail. Address: "Cuticura, Dept. L, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

Johnnie Hotpoint Says
I Can help with your Gift Problem

THE art of giving lies in the appropriateness of the gift. Few things lend themselves so well, for Christmas presents, as Hotpoint Servants.

Irons, toasters, percolators, curling irons, chafing dishes, immersion heaters, all of the famous Hotpoint standard of manufacture, enable you to select a suitable gift for everyone on your list.

H12B