Known People

...ed contentment leads to inac... ...liness of mind and body, to ...lugence and decay. Motion, for... ...motion is the ruling principle of

...antidote for that dangerous con... ...n which comes to nations and ...uals after a period of accomp... ...s a very simple one, but is ...fective. It is nothing more or ...an hard physical exercise. ...kind of exercise you take is of ...importance. The main need is ...shall be regular and done in a ...of enjoyment.

...e World's Lightest Writer.

...ld Macgrath, the veteran tra... ...and "weathered Magellan" of ...trains, boats, caravans, and ...horse-drawn chaises" calls himself ...ightest writer in the world." The ...of more than a score of best-...stories in which the heroines ...orable fairy princesses without ...eyes, the heroes brave and hand... ...and the villains really villainous ...y should be in the delicious ...never land of romance, is hime... ...gendal, sparse man who comes ...in his top and downs this sh... ...at less than a hundred pounds. ...rank J. Emily in the Boston ...

Although he is forever tra... ...the far ends of the world in ...of adventures, his tastes are ...and he finds his greatest plea... ...in his old fashioned garden at ...se, a fishing trip at Cape Vin... ...his dogs, the movies and his ...y cakes. Macgrath is fifty-... ...years old, but is still young ...to want to light the candles on ...es and the firing of one of the ...t celebration of his year.

Novel Time Tests.

...It comes to time a motor... ...ckly. Here is a for and ein... ...do not point the scientific ...ow that experience and natural ...affect the actual of time ...for a driver to set his feel...

...Rays ...

Because She Came.

...she came, with others same ...sweet face up sprung ...is that very very with rain, ...young

...she smiled then others ...aflod. ...traight were dreary days ...with sunshine golden bright, ...flowers along the ways.

...she stayed a little space ...you, were her years, ...gone she loved, can but rejoice ...in place for tears.

Alix Thom...

The Essentials.

...misplaced for Socialism in ...that it should be consistent ...four rules of arithmetic, with ...Commandments and with the ...Jack, Mr. Sidney Webb.

The name "Red Rose" has been a guarantee of quality for 30 years

RED ROSE TEA "IS good tea"

The ORANGE PEKOE is extra good. Try it!

With The BOY SCOUTS

A Scoutmaster Speaks.

Following a recent visit to Kingsville, Scoutmaster C. V. Strevett of the First Border Cities Troop addressed to the local paper a letter which is so applicable to dozens of other towns and villages in Ontario that we reproduce it fully here:

"Dear Mr. Editor: I had the honor last week to attend the meeting of the troop recently formed in your town and had the pleasure of initiating thirty-five boys into the Boy Scout Movement. I was informed while there that there are a lot more boys anxious to become Scouts, but the trouble is there are no men to take up the work. Now, sir, it is to the parents of boys and to men who have time to spare that I would address this letter.

"First, to the fathers of boys between the ages of 12 and 18, may I ask this question? Do you know your son? By that I mean, do you know the company he keeps, do you know his secrets, have you made a chum of him, or is he afraid of you? Have you ever given a thought to his future outside his education? Have you ever tried to make his chums yours? Have you ever sat and talked to him in a chummy way and tried to see what he does and where he goes when you are not present? Fathers of boys, make chums of your sons and see what will happen. No doubt you, as a father, have a few faults to yourself; if you have, ask your boy to bring you a Scout book and see what pleasure you can get out of the movement; see the pleasure you can give other boys besides your own, and I feel sure that you will be repaid for the time and trouble you may bestow in this work.

Now a word to men who are not fathers but who have time on their hands of an evening and could devote that time to the betterment of the boys of to-morrow. I feel sure that in the town of Kingsville (and in every other town, too, for that matter) there are some men who are interested in boys and who, with a little persuasion could be induced to take up the Scout work; this is a work of building good citizens, it is not a military movement, and no man need feel ashamed to have the name Scoutmaster tacked to his name.

"In your town there are boys who are looking for a leader. I trust this letter will be read by some men who will be willing to give the boys some of their spare time. I know that once work is undertaken the boys won't let the leader quit—nor will they want to—it is so interesting. What is wanted is real red-blooded men who will read the Scout books. These can be obtained from Scout Headquarters in Toronto.

"I am certain that once the work is started in earnest, it will not only be good for the boys themselves but for the community at large. The scholars will benefit, the public will benefit and the several little incidents of life that at times are annoyance to the public will disappear. I hear somebody ask 'Why'? The answer is that the Scout movement does it. It teaches the boy to be manly, teaches him to help others, teaches him to do a good turn every day, and above all, it teaches him to respect his elders.

"Now, Mr. Editor, please don't think I am 'Scout crazy' or that this is all a new thing to me. I have been in the game for the past fifteen years in this country; saw the first troop that was ever formed in South Africa more than twenty years ago and know what it has done for my own sons.

"Thanking you for the space in advance and assuring you that the Scout movement is the best thing in the world for boys.

Yours very truly,
C. STREVETT,
Scoutmaster, 1st Border Cities Troop,
Windsor, Ont."

Half Dressed.

Mary was helping her mother can some peaches. The fruit jars were in a pan of hot water, with the rubbers and tops. Suddenly Mary saw one with something lacking.

"Oh, mother!" she cried, "there's a jar that hasn't any garter on it!"

Length of Rope.

Willie—"Pa sent me for a piece of rope like this."

Shopman—"How much does he want?"

Willie—"Just enough to reach from the goat to the fence."

Every Newspaper needs Boril

Banking by Mail

The security afforded by the Province of Ontario Savings Office, together with the facilities extended by every Post Office in Canada and other countries, make it possible for everyone to deposit their savings in this institution. Interest is allowed, compounded half-yearly, with full checking privileges.

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All deposits are secured by the entire resources of the Province of Ontario.

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FREE — A Farm Library

Many a time one would give much to be able to lay his hands on directions for preparing a spraying mixture, a ration for laying hens or for doing a hundred and one other kinds of work about which he has read. A proper system of preserving and filing pamphlets would meet such a need at all times. Such a system has been devised by the Department of Agriculture at Ottawa. It is fully explained in "THE PUBLICATIONS INDEX BOOK" in which the pamphlets of the Department and other documents may be recorded in classified fashion.

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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.

A correspondent inquires about asthma. She says she has been troubled with it for twenty years and has tried all kinds of treatments, including patent medicines.

The great trouble in advising treatment for asthma is that it is not one disease, but several. Because one man is benefited by a certain line of treatment, it does not follow that the treatment will apply to every individual. The proper plan is to make a careful study of each case, and have it made before the disease has progressed too far. Consequently, there is no one treatment that applies to all cases. What helps one asthmatic is of no service to the next. For instance, by having his nose treated, one man will find great relief, another receives no benefit from nose treatment, but gets relief by going to a dry climate, where the throat and chest secretions dry up. Again, there is a class of people who benefit greatly by changing to a vegetarian diet, leaving out meats, milk, eggs and similar articles of diet which are rich in amino-acids. Some authorities hold the opinion that asthma is associated with fermentation of the stomach with the resulting irritation and perhaps inflammation. It would thus appear that the eating of certain foods and certain combinations of food might have a very decided effect in increasing or decreasing the symptoms of asthma. For instance, the eating of starches and sugars in excessive amounts tends to produce fermentation in the stomach and intestines, and it is not by any means improbable that the irritation caused by the fermentation of the stomach might extend to the lining mucous membrane of the lungs.

In all asthmatic conditions, therefore, it would be wise to omit from the diet all pies and pastry, sugars and starchy foods, including bread. So it would seem that first and foremost the thing to do in trying to effect a cure for asthma, or at least bring about relief from it, is to try and get at the root cause. Why did the asthma start in the first place? What were the conditions associated with its appearance. Had the patient a persistent cough with loss of weight for some time previous to the onset of the asthmatic condition? This is important to know because many cases of bronchial asthma are in reality consumption. Some cases are due to heart disease, some to Bright's disease, some to growths in the nose. What must be done is to find out if there is a curable cause and then to cure it. Cases of asthma which have no apparent cause are about as hard to treat as any disease that affects mankind.

Climate seems to help more cases than anything else, but even this fails sometimes and only palliative treatment can be resorted to. The so-called asthma cures seldom do good, and if taken indiscriminately may do harm. Some often lead to drug habits.

Musical Hands.

Many teachers, before accepting students for pianoforte or violin tuition, make a careful examination of each intending pupil's hands. They know that fingers, wrists, and palms are all-important in their connection with music, and that the hand which lacks symmetry and good proportion cannot, as a rule, achieve much with the pianoforte or the violin, no matter how great may be its owner's musical appreciation.

When the span between the first finger and thumb is lengthy, the pianoforte is the best instrument to learn. Chords and octaves are more easily played on the keyboard, since Nature has arranged for roominess at this particular part of the hand. Octave playing is most laborious to people with short thumbs, since their curtailed length lessens the necessary span.

Contrary to popular belief, long, tapering fingers are undesirable for pianoforte work. Skill in this direction is more easily attained when the length of the second finger from the base to the tip is equal to the distance between the base of that finger and the wrist.

Flat palms often prevent an enthusiastic pupil from ever becoming a proficient pianist. Arched palms, on the other hand, are extremely helpful in mastering difficult passages. Pronounced filbert finger tips are not ideal for the pianist, despite the poetic exaltation of them. These subtle ranges of tone which make pianoforte solos so delightful are drawn from the instrument by finger tips which are moderately domed.

The ideal hands for the violinist differ from those of the pianist. Instead of the wide span between first finger and thumb, there should be rather an abnormal distance between the third and little fingers. Width in this direction is also necessary for playing the violoncello. Strong but shapely fingers are those which produce good music from this instrument.

When Deep Sea Denizens Take Forty Winks.

Having no eyelids, fish do not appear to sleep. That they rest as regularly as human beings was the opinion of Aristotle over two thousand years ago, and recent observations have confirmed his view.

Among marine fish, the wrasse, conger, eel, flory, dogfish, bass, and all flat fish sleep periodically resting usually on the bottom of the sea.

Being exceedingly light sleepers, it is difficult to observe the nocturnal habits of fish in aquariums, for the slightest increase in light arouses them. The salt-water blackfish, or tautog, is an exception. Lying on its side with its mouth open, the tautog is an exceedingly sound sleeper. As it settles down to slumber faint stripes and spots of black appear all over its body, which give the impression that it has changed its clothes.

Changing Their Color.

More noticeable still are the variations in color of the common scup or porgy. When bedtime comes it takes a surprisingly short time to don a nightdress. Clothed in silvery grey when awake, the fish descends among the seaweeds when drowsiness comes. Stripes of darker grey or brown appear almost immediately, and very soon it is not easy to distinguish the slugged from its surroundings.

As a quick-change artist, however, the parrot fish has few equals. Swimming about in the tropical waters, the parrot fish is a clear turquoise green during the daytime. Finding a quiet nook among the stones and weeds, its color fades to a dull olive. Further changes go on whilst it sleeps. Numerous reddish brown spots appear on its body.

Placed in an aquarium having a plain green bottom, the parrot fish retains its coat of green and does not put on night clothes. But if a few large stones are dropped into the aquarium, corresponding blotches appear on the sleeping fish.

One Victim.

Two Irish women were discussing a railroad accident. One asked the other if any were killed in the terrible crash. She replied, "Shure, 27 Oitalians and wan Irishman," whereupon Mrs. Dooley, with a long sign, came back with, "Oh, the poor feller."

Minard's for Sprains and Bruises.

Hearing With the Tongue?

People who are quite deaf cannot enjoy wireless at the present time, but science is making such rapid strides that it seems likely that this difficulty will soon be overcome, and that those who are permanently deaf may, after practice, be able to receive wireless messages by tasting them with the tongue.

At least, that is what a number of scientists are aiming at just now. These scientists employ an ordinary wireless receiver containing three valves, and in place of the usual headphones or loud-speaker they have two suitably-shaped pieces of silver or copper, which are separated from each other by means of a strip of ebonite. These are placed in the mouth of a deaf person, so that they rest comfortably over the tongue.

A spark transmitting apparatus was used, and each dot or dash sent out by wireless excited a strong metallic taste in the mouth of the deaf person. This is easily understandable, because, instead of the received signals being made to actuate a pair of headphones or a loud-speaker, they were passed on to the insulated silver plates in the mouth of the deaf person, and each impulse of current made its presence known by means of a characteristic taste.

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Borrowed Plumes.

She was a gentle mother
Who labored to make a home.
And then she lay down contented
Till all her dear babes had come.
And, when by her side they nested,
So helpless and weak and small,
The world was enriched by a matchless love—
A love that surpasses all.

He was a radiant songster,
He jeweled the dark old tree;
He sang to his mate in rapture
A song of the gay and free;
No cloud marred his life's horizon,
He knew neither fear nor pain,
But only that day chases silv'ry night
And that sunshine succeeds cool rain.

She is a dainty lady
In satin and rare old lace.
But her beautiful form and features
But mirror her soul's disgrace.
For over her fair white shoulders
Is hanging the mother's hide,
And the bright glossy wing in her burnished hair
Was torn from the singer's side.

—Geraldine E. Lyster.

Minard's Liniment for the Grippe.

Limit on Dress Bills.

Two centuries before the beginning of the Christian era Rome had a law to limit the price of women's dresses.

Look to your health; and if you have it, praise God, and value it next to a good conscience.—Isaac Walton.

FREE FREE

Radio Blue Prints

Do you want to build your own set? If so, ask your local dealer for a Blueprint, together with Instruction Sheet of the "COMET" Radio Receiver,—they are free. If you cannot obtain them from him, send to us direct, together with ten cents, in stamps, for postage, etc. (Tell your dealer that he may also obtain them as this service is absolutely free). Comet Tuning Units cut the cost of your set in half and give twice the volume. No variable condenser necessary, and you can receive up to two thousand miles on a single tube.

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1284 ST. CLAIR AVE. TORONTO

BREATHLESS LANGUID GIRLS MADE STRONG BY Dr. Williams' Pink Pills

They Give New Vitality—and more

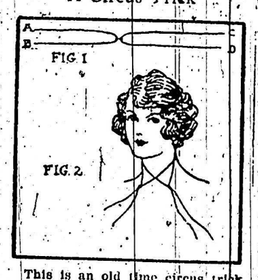
When girls become breathless, languid and pale, parents should take prompt steps, for delay means danger. The girl in her teens cannot develop into robust, happy womanhood without an abundant, rich red blood in her veins, and it is the lack of this that is the great trouble with most girls. They become anaemic, depressed and weak, with no appetite, no interest in life.

Every anaemic girl who is struggling to womanhood in a poor state of health, can find splendid, vigorous health, with glowing cheeks and sparkling eyes, in Dr. Williams' Pink Pills. These pills not only increase the supply of rich, red blood, they create appetite, relieve the weary back and restore full womanly health and charm, and so transform pale, anaemic girls into robust, happy women.

So if you are anaemic, let Dr. Williams' Pink Pills help you as they have helped thousands of others, such as Miss Clara Gheslock, High Falls, Que., who says: "I took Dr. Williams' Pink Pills when I was badly run down. The least exertion would tire me out, my appetite was fickle. A short treatment with Dr. Williams' Pink Pills has changed all this and I am now in the best of health, for which you have my sincere thanks."

EASY TRICKS

A Circus Trick



This is an old time circus trick which, in other days was performed in front of the side-show as a sample of the wonders to be seen within. The performer took two pieces of tape and tied them around his neck. After a long, but shockingly incorrect explanation of "how it was done," he pulled the tapes and they seemily passed through his neck.

The two tapes were doubled and the centers tied together by a fresh piece of thread (Fig. 1). The performer held his hand over the point where the taps were tied together and the tapes appeared to be side by side and without preparation. When he put the tapes around his neck, his collar hid the junction of the tapes or he carefully kept his face to the spectators. Taking the ends A and C he tied them together close to his neck. The ends B and D were tied close to his neck, also. When he grasped the tape and gave them a vigorous pull, the thread broke and the tape came away. Because of the method of tying, the appearance of the tape was then exactly as if it had been around his neck.

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

Wireless Wrink!

Women are in fear of developing "wireless wrinkles."

Concentration night after night by the fireside listening closely to the sounds coming from the loud speaker or sitting with earphones jammed against the ears is likely to give women a "radio" face.

The strain of trying to catch every word of wireless broadcast constantly puckers the lines around the woman's forehead and draws more lines around the sides of the mouth.

Women who have been untiring listeners for months are beginning to notice that where their faces have hitherto been absolutely smooth and unwrinkled, a faint network of lines is beginning to appear. Their habitual expressions, instead of being alert and intelligent, have become mechanical and placid.

Speaking of Birds.

Visitor—"I notice a sign outside that says you want a man to retail imported canaries."

Manager—"Yes, are you looking for the job?"

Visitor—"No, I just wanted to know how the canaries lost their tails."

"DIAMOND DYES"

COLOR THINGS NEW

Beautiful home dyeing and tinting is guaranteed with Diamond Dyes. Just dip in cold water to tint soft, delicate shades, or boil to dye rich, permanent colors. Each 15-cent package contains directions so simple any woman can dye or tint lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings, everything new.

Buy "Diamond Dyes"—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton, or mixed goods.

Best for Coughs and Colds

Minard's gives quick relief for coughs and colds, grippe influenza, etc. Madame J. Edmond Poitras, of Faubourg, St. Jean Ble., Quebec, is only one of hundreds who highly recommend it. She writes as follows:

"After having tried several syrups and rubbing lotions for cough I consider that Minard's alone gives satisfaction. I also value it for warts, which I have quickly removed with Minard's."

MINARD'S LINIMENT

Thin Folks

If you are weak, thin and nervous, let your druggist supply you with Bitro-Phosphate. It is guaranteed to increase weight and strength and restore energy, vigor and nerve force. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

ISSUE No. 4—'25.

Care of Battery.

Never allow the solution in your storage battery to get below the level of the plates. Inspect the battery frequently and add distilled water. This water may be obtained at a drug store and is known as distilled water. Some farmer may be in a position to do the job herself.

Foot Rests for Plowing.

A German inventor has patented a small portable plow which is provided with foot rests upon which the driver stands.

Italian Daily Paper.

L'eco d'Italia, which has been published in London in Italian weekly during the past five years, has become a daily paper.

Pay your out-town bills by Dominion Express Money Orders.

Boots of patent leather with top of cloth, reaching nearly to the knee and fitting closely as a stocking are being worn in Paris.

For Every Ill—Minard's.

Cotton materials with the appearance and feel of wool are being made in Germany. They are warm and are already popular for sports clothing.

OXO CUBES

For Your Comfort save work—money—trouble and fuel—and ensure better cooking better.

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Making Most of It.

To make the most of the figure 6 turn it upside down.

For First Aid—Minard's Liniment.

Tortoise ranging in size from less than 1 in. wide to 2½ feet in diameter are to be bought in London.

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Sample Each Free by Mail. Address Cuticura Laboratories, Dept. "Cuticura," P. O. Box 2616, Montreal. Sold everywhere. Soap 25c. Ointment 25c. and 50c. Talcum 25c. Try our new Shaving Stick.

A WOMAN'S SUFFERING

Relieved by Lydia E. Pinkham's Vegetable Compound

Verdun, Montreal, Quebec.—"I am one of thousands who have taken Lydia E. Pinkham's Vegetable Compound and I have great faith in it. I can truthfully say it has relieved my troubles and I shall never be without a bottle of it in my house. Since my last baby was born I suffered from pains and backache and would feel so tired I could not do anything in my home. Since I have been taking the Vegetable Compound and Lydia E. Pinkham's Blood Medicine I feel so different. I recommend it to all my friends and hope it will cure other women who are suffering from the trouble I had."—Mrs. THOS. H. GARDNER, 523 Evelyn Street, Verdun, Montreal, Quebec.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for the nursing mother. It is prepared from roots and herbs, contains no harmful drugs and can be taken by the nursing mother.

Its worth in restoring the mother to normal health and strength is told again and again in just such letters as Mrs. Gardner writes.

A recent canvass of women users of the Vegetable Compound shows that 98 out of every 100 women taking the medicine are benefited by it. They write and tell us so. Such evidence entitles us to call it a dependable medicine for women. It is for sale by druggists everywhere. C

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Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24 years for

Colds	Headache
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Toothache	Lumbago
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Accept only "Bayer" package which contains proven directions.

Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid (Acetylsalicylic Acid). While it is well known that Aspirin means Bayer manufacture, to protect the public against imitations, the tablets of Bayer Company will be stamped with their special trade mark, the "Bayer Cross."