Sometime! Why not this time?

RED ROSE TEA "it's good tea"

The ORANGE PEKOE is extra good. Try it!

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.

Mark Twain's opinion of man is not very flattering on occasion. He sees human weaknesses and limitations very clearly and tells about them in his own humorous and inimitable way. "Man can't sleep out of doors," says Mark, "without freezing or being frightened; he can't keep his nose under water even a reasonable time without being drowned. He is the most conceited creature that inhabits the earth; he has to be coddled, washed and aired to be able to live at all. He is the sickest creature in his mind and body; he is the only one that gets seasick; he is the only one that blushes; he is the only one that has occasion to blush; he is the only one that has a conscience to make him blush when he has occasion to blush, if he is not a regular British nobleman of inferiorities.

"He is always underselling the rates. A machine as unreliable as he would have no market.

"The lower animals can't go to sleep to get their teeth without paying for an inconvenience man's mouth throws after months of expectation and anguish when he is let alone to have his teeth as he gets them. They can't be bored out of sight. The worst they can do for a pain, but he will hang for a year, and be talking about it the rest of his life. The animal doesn't have to wait until the dentist comes around. Man starts in as a child and goes on learning to be an idiot as long as he lives."

Man's regular diet. He has mumps, scarlet fever, whooping cough, croup, tonsilitis and diphtheria, as a matter of course. Afterwards as he goes along, his life continues to be threatened at every turn by colds, coughs, asthma, bronchitis, quinsy, consumption, yellow fever, blindness, influenza, carbuncles, pneumonia, softening of the brain, and a thousand other maladies of one sort or another. He's just a basketful of pestilent corruption, provided for the sport and entertainment of microbes. Look at the workmanship of him in some particulars! What's his appendix for? It has no value. It's sole interest is to lie and wait for a stray grape seed and breed trouble. What is his beard for? It is just a nuisance. All nations persecute it with a razor. Nature, however, always keeps him supplied with it instead of putting it on his head. A man wants to keep his hair. It is a graceful ornament, a comfort, the best protection against weather, and he prizes it above emeralds and rubies, and half the time nature puts it on so it won't stay.

Man isn't even handsome, and as for style, look at the Bengal tiger—that ideal of grace, physical perfection and majesty. Think of the lion, the tiger and the leopard, then think of man, that poor thing! The animal of the wig, the ear-trumpet, the glass eye, the porcelain teeth, the wooden leg, the silver windpipe, a creature that is mended, all from top to bottom."

We gather a grain of comfort on reading these remarks by remembering that Mark Twain was a humorist, and that in pointing out the defects and failings of mankind, he does not in his serious moments overlook the fact that in comparison with the animals mentioned, man stands far ahead in intelligence and general understanding. He is really not so bad as he is painted.

INECTO RAPID

The world's best hair tint. We restore your hair to its natural color in 15 minutes.

Small size, $3.30 by mail
Double size, $5.50 by mail

The W. T. Pember Stores Limited
129 Yonge St. Toronto

Hotpoint

$5.50

"The Standard by which other Irons are Judged."

YOU can now obtain genuine Hotpoint Irons for $5.50. This famous electric servant has for years been the first choice among discriminating housewives. The thumb rest—an exclusive Hotpoint patent—eliminates all strain on the wrist. This is the iron with the famous hot point.

Your dealer sells Hotpoint Irons

A Canadian General Electric Product.

2180.

The Illusion of War.

War I abhor, and yet how sweet
The sound along the marching street
Of drum and fife, and I forget
Wet eyes of widows, and forget
Broken old mothers, and the whole
Dark butchery without a soul.

Without a soul, save this bright drink
Of heady music, sweet as hell;
And even my peace abiding feel
Go marching with the marching street.
Per yonder, yonder goes the fife
And what care I for human life?

The tears fill my astonished eyes
And full my heart is like to break
And yet 'tis all embannered lies,
A dream those little drummers make.

O it is wickedness to clothe
You hideous, grinning thing that stalks
Hidden in music, like a queen,
That in a garden of glory walks,
Till, good men love the thing they
loathe.

Art, thou hast many infamies.
But not an infamy like this—
Oh, snap the fife and still the drum,
And show the monster as she is.

—Richard Le Gallienne.

Every person has two educations—one which he receives from others and one, more important, which he gives himself.—Gibbon.

For Sore Throat Use Minard's Liniment

A single grateful thought towards heaven is the most perfect prayer.—Lessing.

LENT

KRAFT CHEESE

AVOID IMITATIONS

226

ONTARIO BREED BETTER $ STOCK LIVESTOCK Improvement Committee

Steers in Middlesex County

Only one farm in five where grade bulls were used did steers return a profit over the value of the feed consumed.

The steers on over 80% of the farms where good Pure Bred Bulls were used returned large profits over value of feed consumed.

USE PURE BRED BULLS

107

With The Boy Scouts

Fire Marshal Praises Scouts.

The Scout Troops of Woodstock recently had a visitor in the person of Deputy Fire Marshal J. W. Pointon, of Toronto, who addressed them on fire-prevention methods. Mr. Pointon made the statement that Woodstock was the first city he had found in Ontario in which the Scouts were taking courses of instruction on fire-prevention. Recently a fire was fanned in its early stages by the good work of two Woodstock Scouts, this being a direct result of their training.

U.S. Scouts at Sarnia.

A splendid spirit of cooperation exists between the Boy Scouts of America and the Canadian Boy Scouts at all towns and cities along the Canadian-American border. This was recently demonstrated at Sarnia, where the Scouts of the 11th Port Huron Troop, Boy Scouts of America, presented their fine play, "The Boy Scouts," under the auspices of the 2nd Sarnia Troop.

A Library Helps Scouts.

Ashcroft, B.C., has a public library which takes particular interest in Boy Scout readers. The librarian, in addition to making available books on subjects of general interest to Scouts, has picked out a set of 66 books covering the 66 proficiency badges which Scouts can earn. This is a great help to the local troop. Show this note to your local librarian and see if something similar can be arranged for your troop.

A Boy Scout Orchestra.

Bridgeburg, Ont., has a fine Boy Scout orchestra. They recently gave their first public entertainment and were greeted by a splendid audience. Scoutmaster Bruce Horg is the leader.

Mr. Irwin at Perth.

Assistant Provincial Commissioner Frank C. Irwin, of Toronto, spent an evening recently with the 1st Perth Troop. This is one of the oldest troops in the eastern part of the province and has been doing consistently good Scouting ever since its inception. It is fortunate in the possession of a very fine camp property on Rideau Lake, just at the end of the Tay Canal. Here it has a big stone house, a bunk house, row boats and a disappearing propeller motor boat. This property was given to the troop by a Perth lady who has always been most appreciative of the good work Scoutmaster Holmes has been doing for the boys of Perth.

An Old Boy Returns.

Way back in 1912 a little fellow joined the 10th Ottawa Troop under the then Scoutmaster, Mr. W. A. Proctor, and played away and worked away until he became a First Class Scout. But that was not enough; he sought knowledge, and finally there were 23 bright proficiency badges in rows on his arms. He kept on with the Troop through many ups and downs, up hill and through defeat, but one day it changed its meeting place and then it became the 2nd Ottawa Troop. And still this Scout kept on. But one day he went away to school and his old friends at the Troop went along without him, until recently he came back. Now he is a man, but still a Scout. His name is Dr. Brathwait Dixon, and just the other day he accepted a place on the Executive Committee of the Ottawa Boy Scouts Association. So you see, Scouts, the old phrase of "Once a Scout, always a Scout," holds good. Dr. Dixon returns to active Scouting with the best wishes of all Scouts, old and new, and we hope that his new experiences will be as pleasant as his recollections of the old 10th and 2nd Ottawa Troops of thirteen years ago.

A Sonnet Worthy of a Frame.

Whistler, the famous artist, was a severe and frank critic of art. More than once he succeeded in offending his colleagues by telling them just what he thought of their work. On one occasion his friend, the poet and artist Daniel Gabriel Rossetti, showed him a sketch and asked his opinion of its merits.

"It has its good points, Rossetti," said Whistler; "go ahead with it by all means."

Later Whistler inquired how it was getting along. "All right," said Rossetti cheerfully. "I've ordered a stunning frame for it."

In due time the canvas appeared at Rossetti's house in Cheyne Walk, Chelsea, beautifully framed.

"You've done nothing to it since I saw it, have you?" said Whistler.

"No-o," replied Rossetti, "but I've written a sonnet on the subject if you'd like to hear it."

He recited some lines of particular tenderness. "Rossetti," said Whistler as the recitation ended, "take out the picture and frame the sonnet."

Why Crosses Mean Kisses.

Whatever your sex, at some time or other you have probably written a letter and put some "crosses" in it—for kisses. But have you ever wondered why a cross should be used as the written symbol of a kiss?

This story is interesting and takes us back to the times when few could read, and still fewer could write. In that respect the nobility were no better than those of a lower station in life; but deeds transferring property, will, and other documents had to be signed somehow. So those who could not write their names "made their mark" and this, in an age when religious symbolism was very much in evidence, usually took the form of a cross. From motives of reverence the shape used was not that of the cross of Calvary, but the St. Andrew cross, which resembles the letter "X."

Having duly made their mark, the signatories of a document kissed it—partly as a pledge of good faith and partly as an act of reverence. And so a cross marked on paper became associated with a kiss.

A RELIABLE TONIC FOR SPRINGTIME

Dr. Williams' Pink Pills Give New Health and Vigor.

Not sick—but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble.

Do not dose yourself with purgatives, as many people do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. Any doctor will tell you that this is true. What you need in the spring is a tonic that will enrich the blood and build up the nerves. Dr. Williams' Pink Pills do this speedily, safely and surely. Every dose of this medicine helps to enrich the blood, which creates the skin, strengthens the appetite and makes tired, depressed men women and children bright, active and strong.

Proof of the value of Dr. Williams' Pink Pills when the system is run down is shown by the case of Mrs. Lillian Lewis, South Ohio, N.S., who says:—"About a year ago I was badly run down. My appetite was poor, I did not sleep well and my nerves were all unstrung. I could not go upstairs without stopping to rest. As I was a long way from a doctor I decided to take Dr. Williams' Pink Pills, and in the course of a few weeks I felt like a new person. As an all around restorative I can heartily recommend this medicine."

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.

Legal Wit.

In a recent interesting book, Gentlemen of the Jury, Mr. Francis L. Wellman relates many instances of legal wit, English and American. Two noted London lawyers were John L. Adolphus and Charles Phillips; but Phillips was an Irishman, and his rapid success at the English bar after his arrival from the Emerald Isle naturally annoyed some of his rivals, for they saw much of their business passing into his hands.

Adolphus, meeting him in the robing room of the court, said to him insolently, "You remind me of the three B's—blarney, bluff and bluster."

"Ah," said Phillips, "you never complained of my bees until they began to pick your honey."

It was another Irishman, John Philpot Curran, who in the course of one of his trials when he was pressing the jury rather intently was irritated by observing the judge frequently shaking his head, thereby indicating to the jurymen his dissent from what was being said.

"Gentlemen of the jury," said Curran at last, "you may have noticed his lordship shaking his head. I ask you to pay no attention, because, if you were as well acquainted with his lordship as I am, you would know that when he shakes his head there is nothing in it."

In that instance the lawyer had distinctly the better of the judge. In another instance a judge used his wit with crushing effect at the expense of a lawyer.

Appearing before an English judge, a young lawyer whose memory failed him at the beginning of a long speech that he had prepared in advance resorted in his confusion to repetition of his opening words: "The unfortunate client who appears before me—My Lord, my unfortunate client—"

The chief justice, Lord Ellenborough, interrupting, almost whispered in a soft and encouraging tone, "You may go on, sir; so far the court is with you."

It was in the United States in a court in Chicago that a lawyer, Mr. Parsons, was trying a case before a judge who, he felt, was very hard upon him and upon his client, the defendant. After the judge's charge the jury retired and promptly brought in a verdict of guilty. Parsons moved for a new trial. The judge denied his motion and remarked, "The court and the jury think the prisoner a knave and a fool."

Instantly the counsellor replied, "The prisoner wishes me to say that he is now perfectly satisfied, for he feels that he has been tried by a court and jury of his peers."

Known Only by Love.

Of course man is useful to man, because his body is a marvelous machine and his mind an organ of wonderful efficiency. But he is a spirit as well, and this spirit is truly known only by love. When we define a man by the market value of the service we can expect of him, we know him imperfectly. With this limited knowledge of him it becomes easy for us to be unjust to him and to entertain feelings of triumphant self-congratulation when, on account of some cruel advantage on our side, we can get out of him much more than we have paid for. But when we know him as a spirit we know him as our own. We at once feel that cruelty to him is cruelty to ourselves, to make him small is stealing from our own humanity, and in seeking to make use of him solely for personal profit we merely gain in money or comfort what we pay for in truth.—Rabindranath Tagore.

Perspective.

A rose is as real a thing as its thorn;
The dawn is no less a fact than the night.

The shriek of an engine is sound—but so
Is the thrush's song, in the after-light.

And love, the feel's miracle, proves to be
The one divine reality.

For Sore Feet—Minard's Liniment.

Self-Made Monarchs.

In many a group of the East or West Indies, one hears now and then of a white man who has made himself the potentate of some little island unknown to the outside world. The Rose dynasty in the Cocos Islands is a famous case in point, and there are several others.

Early in the nineteenth century a certain French adventurer, Baron de Thierry, at the head of a hundred followers, recruited in Australia, proclaimed himself King of New Zealand. He soon discovered, however, that to be a successful king a man must have money, and it was the lack of this that caused the desertion of his subjects and the consequent collapse of his "kingdom."

A man named Antoine de Tounens established a monarchy in Araucania, a country just south of Chile. Antoine was luckier than de Thierry in that he succeeded in escaping to France when his people rebelled against him. He died in 1890 in comparative poverty, bequeathing his crown to his secretary, who, however, wisely elected to govern his kingdom from the safe vantage ground of his rooms in Paris!

A self-elected potentate who wielded considerably more power than any of those already mentioned was William Webster, "King of Walou." Webster, an American citizen, was formerly a ship's carpenter on a whaler, but had deserted and joined a little band of settlers scattered here and there in Auckland. The great Coromandel chief known as Hookinose took a fancy to this deserter, who married his daughter.

He then established trading stations all over the Gulf and Firth of Thames, through which he reaped a large profit when immigration to New South Wales began on a large scale, buying maize and potatoes from the natives and selling them to Australia. He also kept a boarding house at the native village of Herekiekie for the benefit of the numerous adventurers, who kept coming and going.

CHILD ADOPTION.

Home Life Preferable to Institution, Says J. J. Kelso.

"The best thing that can be done for a homeless child is to get it into some nice family as quickly as possible," is the testimony of J. J. Kelso, if some an institution the attachments are not permanent, and even after years of residence the child is still homeless and without the sweet safeguard that all children should find in the habits they have grown up with.

The aim of the department is to get homeless children adopted by good families in the agricultural and village districts, and if an application is sent to the nearest Children's Aid Society it will receive prompt attention. The younger a child is taken the more firmly will it take root in the home and district. It is a great work, and can be heartily commended.

It is important also to know that after a child has been in foster home for a reasonable time legal adoption can be secured by addressing Mr. Kelso, 110 University Ave., Toronto, as he is the official appointed by the Government to administer this Act.

Minard's Liniment for Colds.

A new altitude record for aviation—33,850 feet—was set up recently by the French pilot, Callizo.

- LOOK! -

Ford Fenders, Per Set $10.75

Fisher Automatic Windshield Cleaners $2.95

Ford Retopping Outfits $5.95

Motor Driven Horns $3.95

Write Us for Your Accessory Wants. We have the Lowest Prices in Canada.

Shenbourne Motor Equipment and Supplies.

54 Yonge St., Toronto

Prompt Attention to Mail Orders.

A New Dairy Pail at a Popular Price

See the new SMP Dairy Pail next time you are in town. They are made of special quality, high finished tin, have large dairy pail ears, riveted with large rivets, soldered flush. 100% sanitary. Cut out this advertisement. Show it to your regular dealer. He has our authority to give you a special low price on a pair of these fine pails.

SMP DAIRY PAILS

174

ISSUE No. 14—'25.

SPRING WEATHER HARD ON BABY

The Canadian spring is one day mild and balmy, the next bitterly cold. Conditions like these are very trying on a baby. Constipation is common and the mother cannot take the baby out for the fresh air so necessary for health. He is confined to the house, often over-heated and irritable, the bowels become clogged and the mother soon has a sick baby on her hands. To prevent this a dose of Baby's Own Tablets should be given. They regulate the bowels, thus preventing colds, simple fevers and other ailments of childhood. The Tablets are sold by all druggists or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Good in Germany.

When the war was beginning in Germany, it gave a good standing. The old says and does, soon, open course an event should please Prince the especially the can, the British bassy. The in Germany are large American firms in Hamburg, Frankfort and Cologne have good connections.

Minard's Liniment Relieves Pain.

Hard work saving it requires often courage.

Edge-Tooth Fast-Cut SIMONDS SAWS

SIMONDS CANADA SAW CO. LIMITED

The Ritz-Carlton Hotel

America's Resort Hotel

Famous for European Atmosphere

Perfect Cuisine and Service

Single rooms from $4.00
Double rooms from $6.00
European Plan

New Hydro-Electric Equipment

GUSTAVE TOBLER, Manager

Nervous People

This has pressed look well dress thin people will and take is taken for a 31, per pkge. Arrow Cigarettes Front St. East Toronto.

BURNS!

Mix Minard's and apply at inflammation and heals quickly.

MINARD'S KING OF PAIN LINIMENT

FOR Tonsilitis

BAYER ASPIRIN

Proved safe by millions and prescribed by physicians for

Tonsilitis, Headache, Colds, Neuralgia, Pain, Lumbago, Neuritis, Rheumatism

Accept only "Bayer" package which contains proven directions.

Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin Genuine

Classified Advertisements

REMNANTS.

BARGAIN PARCEL, $2; 6 LBS. Patches, $2. McCleery, Chatham, Ontario.

FREE CATALOGUE.

RASPBERRY BUSHES, GLADIOLUS, Iris, Peony, Fancy Dahlias and Barred Rock Eggs. The Wrigat Farm, Brockville, Ont.

AGENTS WANTED.

AGENTS WANTED TO EARN five to ten dollars daily selling Hosiery for the family, from mill to consumer. Samples free. Sterling Hosiery Mills, Toronto, Ont.

MONEY TO LOAN.

FARM LOANS MADE. AGENTS wanted. Reynolds, 77 Victoria, Toronto.

LABELS

Ketchum Manufacturing Co., Ltd., Ottawa, Ont. Box 501W.

Seed Potatoes

New Brunswick Grown and Government Certified.

Green Mountains and Irish Cobblers, $2.00 per bag of 90 lbs.

I have a few of fine Irish Cobblers and Green Mountains that are pure but not Government Certified, but just as good, while I am selling at $1.60 per bag. Cash with order. These prices are f.o.b. Brampton. No charge for bags. Special price for carloads.

H. W. DAWSON

P.O. Box 58 Brampton, Ont.

BOTHERED WITH LARGE PIMPLES

Burned and Made Face Sore. Cuticura Healed.

"For four years I was bothered with hard, large, red pimples in blotches on my face and neck. The pimples came to a head and festered and looked jeandy, and at times burned and made my face very sore. My face looked so bad that I used to feel embarrassed when I went in public.

"I began using Cuticura Soap and Ointment and they helped me, and after using three or four cakes of Cuticura Soap and a few boxes of Cuticura Ointment I was completely healed in three months." (Signed) Miss Vera Swoyer, Hudson Ave., Toronto, Ont.

Use Cuticura Soap, Ointment and Talcum for daily toilet purposes.

Sample Each Free by Mail. Address Cuticura Laboratories, Dept. 26, Malden, Mass. Cuticura Soap 25c. Ointment 25 and 50c. Talcum 25c.

Cuticura Shaving Stick 25c.

FULL OF ACHES AND PAINS

Toronto Mother Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—"I have taken Lydia E. Pinkham's Vegetable Compound a splendid medicine to take before and after confinement. A friend of mine was passing my door one day after taking Lydia E. Pinkham's medicines and as I did not feel at all well at the time I went and got a bottle of Vegetable Compound right away. I soon began to notice a difference in my general health. I was full of aches and pains at the time and thought I had every complaint going, but I can truthfully say that it did me certainly did me good. I can and will speak highly of it, and I know it will do other women good who are sick and ailing if they will only give it a fair trial. Lydia E. Pinkham's Liver Pills are splendid for constipation. You are welcome to use my letter if you think it will help any one."—Mrs. Harry Westwood, 543 Quebec Street, Toronto, Ontario.

The expectant mother is wise if she considers carefully this statement of Mrs. Westwood. It is but one of a great many, all telling the same story of beneficial results.

Lydia E. Pinkham's Vegetable Compound is especially adapted for use during this period. The experience of other women who have found this medicine a blessing is proof of its great merit. Why not try it now yourself?