FOREST

...ge butter tree abounds in ...ral Africa, and its fruit con... in husks, about ... At the ...ks open out, ... white pods, ...ed in the sun ...give forth a substance ...tter. This possess... has the advantage ...keep a white year

...natural science ...and the accounts of ...ndertful creatures, ...ntered with were ...in Indian lands. The ...the mythical hyb... ...ab," which Sh... ...ered to have seen ...in Darkness.

...it as a ...in Bon, and ...were a little ...the sack ...he must ...hold a bottle nish ...a bottle nish ...trees are ...resembling ...and in the ...is a pecul ...discovered inside ...

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KNIGHTS ...KEPT WATCH

...bottles in Eg... ...a pass of ruins ...keep. To ... ...a third one to ...survive or ...and was ...however ...chers still in ...ration, at ...for dis... ...for which ...

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...are nearly ...with those ...ich they may ...second brilliant ...in both ...carbonate ...no doubt that ...the exo... ...amount ...by the palm

You have been intending to try "Red Rose." Why not now before you forget.

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

With The Boy Scouts

Ottawa Scouts at Rideau Hall.

About 300 Boy Scouts and Wolf Cubs of the Ottawa District were recently the guests of the Chief Scout for Canada, Lord Byng of Vimy, at Rideau Hall. All kinds of games were indulged in and there was a game of hare and hounds, and a snow bottle that will not soon be forgotten. There was a heavy rush on the toboggan slides and despite the fact that the ice was somewhat soft a considerable amount of skating was indulged in. Their Excellencies, Lord and Lady Byng, and the members of the vice-regal party chatted with many of the Scouts and Cubs and a few songs of the gathering were taken by Lady Byng. At five o'clock refreshments were served to all. Before the guests departed three cheers and a tiger were given for Their Excellencies, cheers that made the rafters of Government House ring as they had perhaps never rung before.

Guard from Accident.

Canadian Scout Troops might very well take up the example of the Lebanon, Pa., Scouts, who actually all-night guarding school children against traffic accidents. Four times daily the Scouts take up their work at certain crossings and assist the scholars safely across the streets.

Galt Helps Preston to Start.

Last summer two boys from Preston attended a Boy Scout camp which was visited by a patrol of Scouts from the Galt troop. Friendships were formed between the boys of the two towns with the result that the Preston boys later joined the Galt Troop, taking with them enough other Preston boys to form the Buffalo Patrol. They made the five mile trip from Galt every week some twice a week for troop meetings. Interest in Scouting developed in Preston. The older folks began to see that it was a good thing, but both they and Scoutmaster Wheeler at Galt realized that the only solution to the problem of providing Scouting opportunities for Preston boys was to form a Preston Troop. This has now been done, the Buffalo Patrol forming the nucleus of the new Troop. In a few days the 1st Galt Troop will visit Preston in a body and, present to the Preston organization its new charter and to its officers their certificates of registration.

In this instance Galt Scouts have done a splendid piece of "Scout missionary work"—let's hope a number of other troops will do likewise.

Brampton Organizes.

Brampton is a new name which now appears on the Boy Scout map of Ontario. The boys of the town have wanted Scouting for a long time, but Scout Headquarters could not permit the formation of a Troop until adult leadership and backing was available. The boys finally appealed to the Optimists' Club (a local business men's club) to help them. The Optimists fell right in line with the proposal, agreed to back the boys to the limit, found leadership amongst its own members, and is now hard at work perfecting the preliminary details re organization and training of what will be a fine troop, and later on possibly two troops. Keep your eyes on Brampton.

Camping Time is On the Way.

And Scouts are already thinking about what they are going to do about it when it does arrive. Tents are being pulled out of winter storage, are being inspected and repaired. Plans are being made re cooking, instructional and recreational programmes. Leaders are arranging their holidays so as to coincide with the dates their troops plan to go to camp. "Preparation" hikes and overnight camps are being held. 1925 is going to be another great out-door year!

Annual Meeting of Bovril Company.

Presiding at the annual general meeting of the Bovril Company, Sir George Lawson Johnston emphasized the fact that the Company had maintained its pre-war prices in the face of a most difficult trade situation and the payment of very heavy taxes and were able to show record sales and record net profits. This was due largely to the increasing demand for "Bovril."

The year just closed showed net profits of £390,992. The capital employed is between twenty and twenty-five million dollars.

Surveying the Seas.

Plans for the most complete survey of the ocean ever attempted have been inaugurated by a conference representing scientific branches of the chief governments of the world.

One or more ships will be fitted out with a complete laboratory and equipped with the latest scientific apparatus for the first cruise. The sea bottom will not only be mapped, but the composition of the water, its density, temperature and currents which affect the distribution of marine plant and animal life will be studied at all depths.

Five-sevenths of the surface of the earth is covered by water. This water area can produce more food than all the land can ever be made to yield, and one of the purposes of the expedition will be to take an inventory of such food possibilities.

For Sore Throat Use Minard's Liniment

Insects that fly by day are more likely to be splendid in color than night insects, which tend toward the drab and even ugly.

WE WANT CHURNING CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

Our Present Price is 37 Cents per Pound Butter Fat.

Next to you at your station.

Price is subject to change without notice. To obtain the top price, cream must be free from bad flavor and contain not less than 30 per cent Butter Fat.

Bowes Company Limited
Toronto

For references: Head Office, Toronto, Bank of Montreal, or your local banks. Established for over thirty years.

Seed Potatoes

Early Irish Cobblers and Green Mountains.

Guaranteed Pure Grade A, $1.50 per bag of 90 lbs. Guaranteed Pure Grade B, $1.20 per bag of 90 lbs.

H. W. DAWSON
P.O. Box 38. Brampton, Ont.

Make your sandwiches with Bovril "the power of Beef"

"Made in Canada under Government supervision."

ONTARIO BREED BETTER $ STOCK LIVESTOCK Improvement Committee

Progress in Marketing Lambs.

A Study of the Toronto Market shows that 31% of the lambs marketed during 1923 were Bucks. In 1924 only 9% of the Lambs marketed were Bucks. This meant that the producers not only saved the two-dollar penalty, but got an increased price through selling a better quality of mutton.

Will the Sheep Breeders Continue This Progress in 1925? 109

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.

Up to the age of twenty, rheumatism is a more frequent cause of heart disease than all other causes combined. This is the opinion of medical authorities the world over, but Dr. Haven Emerson of New York goes one step farther. He says that heart disease, due to rheumatism, is contagious. Dr. Emerson cites a parallel to illustrate his contention. He draws attention to the fact that only within recent years have medical practitioners and research students in the field of heart disease begun to realize that there is a virus of rheumatism which may be contagious. If all members of the households in which an open case of pulmonary tuberculosis has been found are carefully examined, not less than 18 per cent. of them, young and old, will show evidence of tuberculosis in an acute or sub-acute stage. This common experience is, to our minds, easily explained, because we can see, trace and demonstrate the tubercle bacillus, which causes the disease. This organism can be found in the sputum of the open case of tuberculosis, usually in the dust of his bedroom and in the diseased tissues of the persons who have been in close association with him in the home.

Now if we repeat such a study in the families from which acute cases of rheumatic heart disease have been admitted to hospital care or to dispensary supervision, we shall find that here again 15 per cent. of the contacts, those in the intimate circle of the families, will commonly give a definite history or show physical evidence of attacks of acute rheumatic fever or of tonsilitis or of chorea with or without accompanying affections of the heart. True, this is only circumstantial evidence, and until some way is found of identifying with exactness the specific organism of rheumatic fever and its many secondary injuries to heart and other tissues, we cannot speak with the same positiveness that we do of the communicability of tuberculosis. However, enough is known to justify us in thinking of and dealing with the group of illnesses which we class as acute rheumatic, as if we were dealing with an acute communicable infection. This calls for the simple and well-established precautions of so-called medical aseptic technique of the sick-room.

No longer will it be good form to make a social centre and family gathering place of the bedroom of acute rheumatism. This includes Tommy with his "growing pains" at five, and Sally with "St. Vitus's Dance" at seven, and Dad, with sore throat, as well as Uncle Ned who has a ripping inflammatory rheumatism every couple of years, and was told after the last attack that he must have his tonsils cut, and favor his heart a bit because the rheumatism had touched one of the valves, before it left him weak and anaemic. Yes, even though we know that one person cannot transmit to another the damaged heart valve or the diseased muscle wall, the common cause of rheumatic heart and joints can, we believe, be passed from the sick to the well in very much the same way that an acute sore throat can go the rounds of a family.

Cleaner mouths, fewer diseased tonsils, fewer neglected decayed teeth, earlier recognition of sore throats and quick care in their treatment as serious infections, the considered and skilled attention to the little child with aching muscles and joints—"too young to have rheumatism," "kept up and about with growing pains,"—repeated examinations of the heart after attacks of any acute infectious fever in childhood, always separation of the sick from the well; by such means will the number of acute rheumatic hearts be reduced.

SPRING IMPURITIES DUE TO POOR BLOOD

A Tonic Medicine a Necessity at This Season.

Dr. Williams' Pink Pills are an all-year-round tonic for the blood and nerves. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these pills helps to enrich the blood. In the spring one feels weak and tired—Dr. Williams' Pink Pills give strength. In the spring the appetite is often poor—Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring that poisons in the blood find an outlet in disfiguring pimples, eruptions and boils—Dr. Williams' Pink Pills clear the skin because they go to the root of the trouble in the blood. In the spring anaemia, rheumatism, indigestion, neuralgia and many other troubles are most persistent because of poor, weak blood, and it is at this time when all nature takes on new life that the blood most seriously needs attention. Some people force themselves with purgatives, but these only further weaken themselves. A purgative merely gallops through the system, emptying the bowels, but does not help the blood. On the other hand, Dr. Williams' Pink Pills enrich the blood which reaches every organ in the body, bringing new strength and vigor to weak, easily tired men, women and children. Try Dr. Williams' Pink Pills this spring—they will not disappoint you.

Among those who have proved the value of Dr. Williams' Pink Pills is Mr. Austin Wile, Hemford, N.S., who says —"I have reason to be deeply grateful for what Dr. Williams' Pink Pills have done for me. An abscess developed in my head, and the doctor who was called in said my whole system was poisoned. My appetite completely failed and I grew so weak I was unable to do any work. The doctor's medicine did not help me so I decided to try Dr. Williams' Pink Pills. At this stage I was reduced almost to a skeleton, and my friends did not look for my recovery. I soon found, however, that the pills were helping me and after taking them for about two months I was fully restored to health. My case was known to all my neighbors and my recovery looked upon as almost a miracle."

You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Between Ourselves.

It is not only true but inevitable that one half the world does not know how the other half lives. A much more personal consideration is that we have no idea how big our nearest neighbor's trouble may be. He may sit opposite to us at lunch, and we may think him a cheery soul and in conversation we may tell him just a few of the things that worry us. If the truth were known, the things that worry him may be ten times as many and a hundred times as big!

We are all apt to be self-centred. We all know men whose main topic of conversation is themselves. Their own sorrows, their own needs, their own business, their own homes, their own possessions, their own interests: these dominate their conversation.

You are not like that, of course! But always try to get an outside view of yourself, for fear you approximate to this pattern. Make a start, for instance, at work, by getting to know something about the joys and sorrows, the trials and triumphs, of the people with whom you work. You'll find it stimulating and humanizing, both for yourself and the other fellow.

Fourteen Advantages of a Pure-Bred Bull of Good Breeding and Good Individuality.

1. Economical and Rapid Improvement.—One pure-bred bull will improve the herd as rapidly as 50 pure-bred cows.

2. Lasting Influence.—The value of a pure-bred bull is not seen entirely in the first generation but continues in the following generations.

3. Fewer Bulls Necessary.—One pure-bred bull properly managed will do the work of four scrub bulls, as they are managed at the present time.

4. Advertisement Valuable.—Well bred stock attracts the attention of buyers.

5. Creates a Demand for Our Local Pure-bred Bulls.—The breeder of pure-bred stock in Ontario are sometimes discouraged because of lack of demand for their stock.

6. Affords Opportunity Gradually to Work into Pure-bred Business.—If there is a pure-bred bull in the community it is an easy matter to purchase one or two pure-bred cows and soon be in the pure-bred business.

7. Co-operation Possible.—If there are as many as four or five pure-bred bulls in the community there is an excellent opportunity to co-operate by exchanging bulls, pooling cattle, etc.

8. Pure-bred Bulls Will Sell for More Than Scrubs After Their Period of Usefulness is Over.—A 2,000-pound pure-bred bull is worth more for beef than a scrub which usually weighs 1200 to 1,400 pounds.

9. Prepotency Important.—A pure-bred bull will have calves more like himself than the dam. This is due to concentrated blood lines.

10. Uniformity Increases Value.—Buyers will always pay more for a uniform bunch of cattle than for a mixture of scrub and pure-bred.

11. Offspring is Worth More.—A calf is worth $5 to $10 more a yearling $15 to $20 more and a two-year old $25 to $30, if sired by a pure-bred bull.

12. Better Living.—The pure-bred bull means more money which in turn makes possible better homes, better schools, better churches, better roads and a better and more satisfying country life.

13. Good Influence on Owner.—When a man has pure-bred stock on his farm he naturally takes more interest in it and feeds and cares for it better than he otherwise would.

14. The Farmer's Gain is Not Somebody's Loss.—A farmer can raise a better calf and no one is the poorer. He thus creates wealth.

COLOR IT NEW WITH "DIAMOND DYES"

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.

Curing Drunkenness.

The amethyst is traditionally supposed to have the virtue of warding off or curing drunkenness. The word itself, which comes from the Greek, literally means "not intoxicating." The amethyst also has been held to have the power to make men shrewd in business deals.

For Sore Feet—Minard's Liniment.

The best Tobacco for the pipe

Ogden's CUT PLUG

OGDEN'S LIVERPOOL

Paradoxes.

A Rhyme to Remember.

Some have eyes who cannot see,
And some have ears who cannot hear.
And some, who boast of liberty,
Are hopeless servitors of fear.

And some are blind who yet are seers,
And visions rapturous behold;
And some are deaf to whom the spheres
Their magic harmonies unfold.

And some are slaves to circumstance,
Whose souls have never bowed the knee,
But walk abreast the world's advance,
In thought's broad realm forever free.

Defects of body, bonds of steel
Can neither hinder nor control
In the wide empire of the real
The sense and freedom of the soul!

S. J. Duncan-Clark in "Success."

A HAPPY CHILDHOOD IS A MATTER OF HEALTH

Little children quickly get out of sorts but by prompt treatment they can as quickly be set right again. Most of their troubles arise in the first place from the stomach and bowels, that is why a good clearing out is the first thing the doctor prescribes. Mothers, why not let Baby's Own Tablets keep your children well? Unlike that disgusting, rank tasting castor oil so dreaded by most children, the Tablets are pleasant to take and their action, though thorough, is gentle and causes no discomfort to either the baby or the growing child. Baby's Own Tablets are a never failing remedy for relieving constipation and indigestion, thus they break up colds and simple fevers, expel worms and make the teething period painless. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Special restaurants for excursionists and children are being planned for this year's exhibition at Wembley.

Minard's Liniment for Colds.

Burma is a paradise for big-game hunters; 5,752 wild animals were killed there in a recent year.

RADIO SPECIALS

Northern Electric Peanut Tubes, new type ..... $2.45. Reg. $3.50
Starco Heads ..... $2.75. Reg. $4.00
Kilbark A. F. Transformers, ... $2.75. Reg. $4.00
21 Pl. Condensers, $1.75. Reg. $2.50
All Our Supplies at Cut Rate.

DINGLE RADIO SUPPLY
135 King St. West Toronto

"The Standard by which other Irons are Judged."

You can now obtain a genuine Hotpoint Iron 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.

IH5C.

CHAPPED HANDS

Minard's eases them, soothes and heals.

It protects them from biting winds. Mix Minard's with sweet oil and use as shaving lotion. Makes your face feel fine.

MINARD'S "KING OF PAIN" LINIMENT

ISSUE No. 15—'25.

Noteworthy Tramps.

Some years ago the famous violin virtuoso of a hotel in a fashionable watering place in Germany, after watching some of them took up a collection for a famous physician who had presented recognized in one of the shabby-looking fellows a former college chum who had served with him in the same regiment thirty years ago. Astonished and pained he approached the fellow full of sympathy, but soon burst into laughter. The three men turned out to be a high Berlin public official, a sculptor and a doctor, who had conceived the original idea of travelling as Bohemian musicians through the watering places, to earn money for a monument to Brahms, the composer, in Berlin. They slept for three francs per night in stables of doubtful character, and had many amusing adventures, but they were arrested in Berlin, but the Berlin officials let them go free.

New Tobacco Tin.

The history of the development of tobacco is a record of long medications and devices to make its use more enjoyable. The latest of these is a tobacco tin in which one tobacco is now packing several of its brands. It is claimed for the new container that it preserves uniformity of the flavor and fragrance and retains all natural moisture.

For cleaning silver, hair-brushes, combs, etc., the hot water with a pinch of borax has been recommended.

Minard's Liniment Cures Dandruff.

The white races of the world are outnumbered by the dark races by two to one.

WHEN IN TORONTO VISIT

Royal Ontario Museum

253 Elgin St. West, corner Bloor Avenue. Open every afternoon and evening. Admission free. Geology, Mineralogy, Archaeology, Zoology, Ethnology, Decorative Arts. Open 10 a.m. to 5 p.m. daily, Sundays 2 to 5 p.m.

Try MURINE FOR YOUR EYES

Wholesome Cleansing Properties

Stammering

or stuttering disappears permanently under our treatment. Thousands relieved of this affliction. Write for free advice and literature.

THE ARNOTT INSTITUTE
KITCHENER, ONT., CANADA

The Ritz-Carlton Hotel Atlantic City New Jersey

America's Smartest Resort Hotel.

Famous for its European Atmosphere

Perfect Cuisine and Service.

Single rooms from $5.00
Double rooms from $8.00
European Plan

New Hydrotherapeutic and Electro-Therapeutic Department.

GUSTAVE TOTT, Manager

Are your friendships really friendships, or are they only habits.

Classified Advertisements

REMNANTS.

BARGAIN PARCEL, $2; 5 LBS. Patches, $2. McCreery, Chatham, Ontario.

FREE CATALOGUE.

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

WANTED.

STONE INDIAN RELICS. H. A. VanWinckel, 1399 Lansdowne Ave., Toronto.

MONEY TO LOAN.

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

Cuticura Preparations

Unexcelled in purity, they are regarded by millions as unrivaled in the promotion of skin and hair health. The purifying, antiseptic, pore-cleansing properties of Cuticura Soap invigorate and preserve the skin; the Ointment soothes and helps to heal rashes and eruptions. The freely-lathering Shaving Stick causes no irritation but leaves the skin fresh and smooth. The Talcum is fragrant and refreshing.

Sample Each Free by Mail. Address Canadian Depot: "Bleubom, Ltd., Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c.

Cuticura Shaving Stick 25c.

BETTER IN EVERY WAY

After Taking Lydia E. Pinkham's Vegetable Compound

Ingomar, N. S.—"I took your medicine for a run-down condition and inward troubles. I had pains in my right side so bad at times that I could not walk any distance. I saw about Lydia E. Pinkham's Vegetable Compound in the newspapers and have taken five bottles of it. I am Better in every way and you can use my letter to help other women."—Mrs. ALVITA M. PERRY, Ingomar, No. 8.

Nervous Breakdown Relieved

Toronto, Ontario—"It is pretty hard to explain your feelings in nervous troubles. I felt low spirited, had pains in my head and eyes, always crying and did not want to go anywhere. I do knitting and fancy work, and I would get irritable after a few minutes of work. I have been in Canada five years and have been this way ever since I came. I am taking Lydia E. Pinkham's Vegetable Compound and I sleep better and it seems to make me eat, and I must say I am feeling more jolly. I have great faith in your medicine because of what it has done for my husband's sister and she recommended it to me."—Mrs. A. SMITH, 10 Burleigh Avenue, Todmorden, Toronto, Ontario.

All druggists sell this dependable medicine, and women suffering from these troubles so common to their sex should give it a trial now.

For Colds BAYER ASPIRIN

Proved safe by millions and prescribed by physicians for

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

Safe — 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. "A. S. A." Acetylsalicylic Acid. 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."