If you'd like a little better tea than you are using, please try "Red Rose"

RED ROSE TEA "is good tea"

The same good tea for 30 years. *Try it!*

Ontario Has An Interest in Her Children

"Who is that woman who has been driving a small car 'round the Township all week? What's her line, I wonder? She called at every house down the main road and I suppose she will stop here some day soon," questioned the bachelor of the "Corners" as he sat down beside the door to enjoy his after-dinner smoke and watch the sun go down in all its glory behind the wooded hills. "Why, weren't you at the meeting? Oh, no, it was held while you were in Toronto for the Winter Fair," replied his sister, who had come over just for a chat. And so he had all his questions answered: "That woman" was a nurse, but a nurse who helped people before they got sick, as well as when they had to stay in bed; a nurse who gave a lot of her time to the children, those who went to school and those who hadn't started yet and, most of all, the wee new babies just arrived in the homes throughout the Township. "The meeting was held in the Town Hall, and you see, young Dick (you remember he's been Medical Health Officer since his father died), told us he could arrange without a cent of cost to any of us or the Township, to get a nurse to come and give us help for ourselves and our children just like the farmers for years have been getting help in improving their stock and producing better quality of grain, and every man and woman at the meeting wanted the nurse, so that's how she started." "And, Uncle, she was at the school to-day again, and I got a gold star," broke in his nephew, a young hopeful of nine years. "You got a star and for what?" "Because for a whole week I had my chores done, by health chores, I mean; and you should hear the nurse tell us how easy it is to grow up strong and healthy and be able to pitch ball and play hockey stick. Health Talks, she calls them; and the girls also have lessons too, 'Little Mother's Classes,' and learn how to look after a little baby. But, Uncle, she does heaps of things for big people too; she helped granny when she burnt her leg and when Bert Jones cough she offered to drive him and his father over to the doctor, and Bert is getting better now." "And she visits everyone you know," added his sister, "and looks over the health of every member of the family so don't be surprised when she calls on you." Well, I must be going now, and you won't see much of me for a few days because the women have asked me nurse to give a Home Nursing Class this week. Come, Son." "Yes, mother, to bed by eight for it is one of my health chores." "Who's did the nurse come from, did you say?" "Oh, she is a Public Health Nurse from the Provincial Department of Health."

If you would like to know the name of the nurse in the district where you live, write to Department of Health, Spadina House, Toronto.

Experiences With Scrub Sires.

The most convincing evidence in favor of the purebred sire instead of the grade and scrub are the actual results which have been obtained from the use of both types.

The following are actual cases of cost and profit on their own farms:

A farm in Dundas County [illegible] had a scrub sire which he used in 1919, which bred 11 cows. The calves from these cows averaged 224 pounds each at weaning time. This herd was sold in the spring of 1920 for $165.51. This calf was sired by a purebred bull. The calf also was fed by an approved type of feed. In the same stable was a similar calf and treatment in the case. One calf also out of a grade good grade cow but sired by a purebred bull. This calf was dropped Nov. 5th, 1918, and was sold on the same day as the calf already referred to (Dec. 12, 1919). It brought 19 cents per pound or 4½ cents per pound more. It is remarkable how the best calf at very close to [illegible] much money in 14½ months shorter time. This is a case where to feed it was right in both cases and where a purebred bull was directly responsible for the difference.

The experience of a Lambton County farmer, Middlesex County with purebred and scrub bulls shows very clearly the place of the scrub sire. Six years ago he had in his herd eight cows even purebred cows that gave him eight bull calves from purebred sire. These were made steers and kept until two and one-half years old, finished on grass and when sold averaged $140 each. The next year the farmer was ailing and was unable to take his cows a distance to a purebred sire. A neighbor offered him the use of his scrub sire. The progeny from [illegible] from which five steers were kept, fed and marketed under the same conditions brought $114 each, although there had been a slight rise in price during the year. This farmer stated that on the five steers he lost $150, in one year, and to [illegible] using a scrub sire on ten females is the loss would be $260 from a beef standpoint alone. If the daughters of the scrub bull were kept in the herd this loss would show in their calves in lesser degree. This man claims that as soon as farmers keep an account of profit and loss account the scrub bull will [illegible]

A Peel County farmer's experience is as follows:—"Though we had been using purebred bulls for many years previous to a short nine years ago, we yielded to temptation on a growthy looking, well-built grade Shorthorn for which we paid $35 at six months old. (Why should he not produce as good stock as a registered calf costing $75 or more less?) When his first calves were about four or five months old they showed a poor lot, but the bull was kept for another season in spite of our observations. When the steers were put in to feed which, rising two years, as is our custom, the folly of our selection more glaringly stared us in the face, and time we went to feed them. They refused to respond to good feeding and attention. There was little pleasure in trying to fatten them and they went to market with few exceptions an inferior bunch. We had learned our lesson and sometimes think it was fortunate that we did keep the bull long enough to be really impressed forever by the experiences and loss of a cheap sire.

"Our next bull was of Grainfield Mary quis blood costing $100 at six months. Our first crop of calves healed our wounds. Fine growthy fellows, they accounted for any feed given, were a source of pleasure to the eye and brought the best price when sent to market. Counting the difference in weight, adding the extra value per pound and making allowance for feed consumed, there was a balance of from $20 to $25 per steer in favor of the good bull. A worse case was that of the heifers from the scrub bull. They had to be sold for beef. Instead of being able to select good heifers we had lost two years by using the scrub. Though it cannot be counted in dollars and cents, the satisfaction in feeding and caring for good animals is really worth more than all other features combined."

Can you afford to use a Grade or Scrub Bull?

There Are Others.

If times are hard, and you feel blue,
Think of the others worrying, too.
Just because your trials are many,
Don't think the rest of us haven't any.
Life is made up of smiles and tears,
Joys and sorrows, mixed with fears;
And though to us it seems ended,
Trouble is pretty well divided.
If we could look in every heart
We'd find that each one has its part,
And those who travel Fortune's road
Sometimes carry the biggest load.

TENTS, CAMP EQUIPMENT
WORKING CLOTHES
Army Supply Store
150 KING ST. EAST TORONTO
Mail Orders Promptly Attended to.
Write for catalogue.

A New Omelette
When making an omelette, to every 2 eggs add a teaspoonful of Bovril when mixing; cook the usual way. You will find the flavour delicious.
BOVRIL
Sold only in bottles.

ONTARIO BRED HEREFORD BETTER STOCK LIVESTOCK Improvement Committee

John, living over on the 4th, told this story.
Just five years ago I took account of myself. Then I started to weigh the milk from my herd of nondescript cows. In four months I had sold seven and in twelve months I only had two of my original herd, but had bought four more. My herd was reduced to six, but I was getting as much milk as from the 18. Now I have 15 cows, some pure bred and others good grade and a *real good bull.*
"Am I making any money?"
"Well you can bet your hat I'm not losing any."
What John did others can do.
USE BETTER BULLS
102

Skyscrapers and Earthquakes.

The recent earthquake which visited New York and the surrounding district is a sharp reminder of the existence of the geological fault on which that city has been built, and gives rise to no little speculation on the safety and wisdom of constructing skyscrapers and continually increasing height. It is reported that the high buildings swayed to an alarming extent, and the visitation will undoubtedly give the engineers and architects responsible for the proposal to erect a super-skyscraper of eighty-eight storeys food for serious thought.

Such a structure, rising thirty-three stories above the mammoth Woolworth Building, would, assuming each floor to have a similar height to that in the Woolworth tower, be roughly 3,250 feet high, nearly a quarter of a mile. It would be 460 feet higher than the Woolworth Building, 250 feet higher than the Eiffel Tower, and would completely dwarf St. Paul's Cathedral.

Exhaustive tests would have to be made to determine not only the many stresses and strains which such a structure would be called upon to stand, but also the effect high winds would have upon its stability. This last is by no means the least, as the gales which we have recently experienced in this country clearly prove.

Not long after the completion of the Woolworth Building it was put to a very severe test when an eighty-mile-an-hour gale swept New York. Observations were carried out while the storm was at its height, and demonstrated that the building was unaffected by the terrific strain, and no material damage resulted.

It is not yet known, however, how much stronger a building half as high again would require to be to stand the pressure exerted by a hurricane, and this is a problem which must be worked out with the greatest care.

In an effort to collect information on this point, a study is being made of the reaction of New York skyscrapers to heavy blows, and the result of these experiments, combined with the experience gained from the recent earthquake, will determine whether a yet higher building is a practicable proposition.

BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else and as long as there are babies in the home can still always find a box of Baby's Own Tablets on hand. Thousands of mothers have come convinced through the use of the Tablets that there is nothing to equal them in their drug constipation and indigestion; break up colds and simple fevers; expelling worms and promoting that healthful refreshing sleep so necessary to the welfare of little ones. Among the thousands of mothers who praise Baby's Own Tablets is Mrs. Alex. J. Perry, Atlantic, N.S., who says: "I always keep Baby's Own Tablets in the house as I know of no other medicine that can equal them for the minor ills that come to young children." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Thoughtless Commercial.

A wit of his mean order was the Rev. S. Baring Gould, whose book, "Further Reminiscences," contains this story:

The Duke of Connaught once went to an inn in Ireland, and, as his boots were muddy, he sat down on the stairs and removed them so that he should not soil a new carpet. Soon after a commercial traveler arrived whose boots were also encased in mud, but he strode in without hesitation.

The landlady ventured to expostulate, and mentioned how differently the Duke had behaved.

"Hang it!" said the man. "Princes can afford to consider people's feelings. I cannot. Put the damage in the bill."

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.

Occupation An Aid to Health.

On an occasion when Nelson had a big fleet at sea for two months at a time he records that in that period no death from sickness occurred among the 7,000 or 8,000 persons in the fleet. He attributed these remarkable results not merely to the physical surroundings of the crews but also to the constant mental stimulus which he aroused by providing the seamen with occupation and frequent amusements. These helped to keep the various faculties in continual play and avoided the monotony which most saps health through its deadening effects on the mind and spirits.—Mahan's Life of Nelson.

Not a penny of capital but a determination to get on is the best capital a man can have. Money may be eaten through; but you don't eat through your determination.

Minard's Liniment Fine for the Hair.

NEW HEALTH FOR SUFFERING WOMEN

Aching Backs and Tired Limbs Need Not be Endured

Too many women endure suffering that casts a shadow over half her existence. An aching back, tired limbs, attacks of faintness, splitting headaches need not be a part of a woman's life. Such trials indicate plainly that the blood is thin and watery and that the sufferer needs the help of a real tonic such as Dr. Williams' Pink Pills. Suffering women who have used this medicine speak of it in the highest terms. Among those who have been thus helped is Mrs. Ada E. Harman, Virden, Man., who writes:—"Following the birth of a still-born child a few years ago, I had a very serious time. I was so weak for months that I could not walk across the room without a feeling of faintness. I had scarcely strength enough to stand up, and when dressing would have to sit down two or three times. My face and lips were colorless. I had no appetite, and life did not seem worth living. A friend urged me to try Dr. Williams' Pink Pills, and I got six boxes. Before they were all gone I felt improved. My appetite was returning, color was coming into my face, and I was, visibly stronger. I continued taking the pills and fully regained my former good health. I consider Dr. Williams' Pink Pills a blessing to weak women, and hope my experience will induce some other sufferer to try them."

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

Duration of Timber Supplies.

Failure to recognize the fundamental economic relations between capital and interest has given rise to the prevalent unfortunate habit of calculating timber supplies in terms of the number of years which they may be expected to last, says the Natural Resources Intelligence Service of the Department of the Interior. For instance, by simple division of total supplies by the amount annually consumed by forest industries, it may be argued that the Maritime Provinces have spruce and balsam supplies for a period of forty years; that Quebec and Ontario jointly have supplies for fifty years.

Except insofar as they may serve a temporary expedient on the one hand to discount alarmist propaganda that predicts absolute exhaustion in the immediate future, on the other hand to emphasize the need for more rational treatment for the forest resources, such statistics of calculation today—the solution to a static and unreal problem—are misleading.

Practically, it would not be economically feasible, during the depletion period, to cut the annual cut among all the mills of a province or region on the basis of equality, for, by enhancing cost of production, this would render it impossible for the industry as a whole to compete with other sources of supply; on the other hand, if during the depletion stages the principle of survival of the fittest" is permitted to operate unimpeded, here would be unfortunate sequence in the closing down of manufactories, a dwindling area of forest, forest industries, population and everything that constitutes living communities.

In the eastern provinces, particularly, the timber situation is critical. In the maritime provinces annual use greatly exceeds the growth, and all losses from fire, etc., add to the overdraft on forest capital.

In Ontario and Quebec annual use is at least equal to and probably greater than the growth; here, also, all losses from fire, insects, etc., add seriously to overdraft on capital.

In the Prairie Provinces, industrial use probably does not exceed annual growth, but the fire losses are appalling, and if continued can only result in degeneration of forest industry.

Particularly on the Coast, the province of British Columbia enjoys favorable growth conditions. The main problem in this province is the curtailment of losses through fire, and the adoption of more conservative methods of utilization.

Canada is dissipating her forest resources more rapidly than any other nation in the world and unless definite radical and constructive steps in forest conservation are taken, the industries dependent on wood will in the near future be faced with the necessity of curtailing production.

Canoe Trips.

The Canadian National Railways have issued a very interesting booklet describing some 22 canoe trips in different parts of the country.

Having decided on one of the trips described in the booklet the canoeist may write to the General Tourist Department of the C. N. Rys., mention the number of the trip selected and receive, free of charge, full particulars as to portages, camping sites, fishing spots, etc., and also a large Blue print map which can be used as a chart during the journey.

Make the best you can of the worst you get.

For Sore Throat Use Minard's Liniment

Canada is standardizing its crops. In 1907, over 10 varieties of wheat were cultivated; last year the number had been reduced to six.

INECTO RAPID
The world's best hair tint. Will restore gray 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

With The BOY SCOUTS

Troop Gets Birthday Present.

An unexpected birthday present received by the 1st Oakville Troop on its birthday, April 24th, was a new over-night hike hut and the privilege of using the fine piece of wooded land in which it stands. This is but one testimony of the appreciation local people have for this fine Troop. On Good Friday this troop planted 2,700 trees which it received from the Ontario Forestry Department, thus paving the way for another piece of wooded land which some future Boy Scouts will be able to enjoy some day.

Proper Food for Fires.

If you are going to camp out or hike, it is well to have a knowledge of the different kinds of wood, and the uses to which they are best adapted. For a quick, hot, flaming fire use birch, either green or dry, and parenthetically, birch bark, even that off a living tree, will kindle a fire anywhere, any time, regardless of weather or anything else. Black-jack oak, hard maple, chestnut, short-leaf pine, red maple, or long leaf pine are good if dry. For long-lived coals use hickory, white ash or white oak. Never, if it can be avoided, use hemlock, cedar, any green pine, pitch pine, white elm or green poplar. For back logs use poplar, red oak, or pitch pine, all green.

Fire-building is at once the simplest and most important part of living in the open, and is the cause of more comfort and discomfort than anything else, to say nothing of the millions of dollars of loss to our forests each year caused by neglected camp fires. We are glad to say that no forest fire in Canada has yet been caused through the carelessness of Boy Scouts and that is a record we all want to stand at the end of time.

Building Bird Houses.

Reports to Provincial Headquarters indicate that the Scouts of Ottawa, Brantsville and Parklands have been busy building bird houses for competitions. Some of them have been excellent, but for various reasons, many otherwise fine houses have been set aside by the Judges as unsuitable for the purpose intended. Here are a few "don'ts" we picked up from different judges, "don'ts" not only for the bird house builders, but also for those who already have good houses which they have yet to erect:

1. Don't make your bird house smooth inside. The rougher the better.
2. Don't make the entrance of the bird house larger than necessary.
3. Don't make your bird [illegible] of cigar-box wood or eucalyptus.
4. Don't, mount your house loosely; the house should be secured so as to resist winds, storms, rains, etc.
5. Don't make a flat horizontal roof; it will warp and hold water.
6. Don't leave cracks or large openings to admit rain or draughts.
7. Don't place house where cats, snakes, etc., can get to it.
8. Don't mount house on dead wood, such as poles, clotheslines and fences. Place in nature's surroundings when possible.
9. Don't paint or stain the interior of house.
10. Don't forget that a bird house is a bird's home and should be constructed under favorable conditions in regard to comfort and safety.

And here's another interesting bit of bird house news. The prize winning bird houses in the Ottawa competition are to be erected in the grounds of Government House, the residence of His Excellency Lord Byng of Vimy, Chief Scout for Canada.

For Sore Feet—Minard's Liniment.

A fly itself is harmless, but as a germ carrier extremely dangerous.

Ford Runs 51½ Miles on Gallon of Gasoline

A new automatic and self regulating device known as the "SUPER" is offered for sale by SUPER SALES CO. of PORT HOPE, ONT. With this device Fords have made 51½ miles per gallon. It removes carbon and does away with all spark plug trouble. Starts car in 3 seconds. Super Sales Co. want distributors and are willing to send sample on 30 days trial and allow you 50c for trouble of installing if it does not do all they claim. Write them to-day.

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.

To obtain the top price, Cream must be free from bad flavors 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 banker. Established for over thirty years.

Antiseptic
Soothing
Healing
Gives quick relief for sprains, bruises, rheumatism and inflammation.
MINARD'S "KING OF PAIN" LINIMENT

15

— and in ½ lb VACUUM (AIR-TIGHT) TINS

OLD CHUM

The [illegible]acco of Quality

WALTER ANDERSON LTD.
346 YONGE
The recognized
NEW and
MOTORCYCLES
List gladly mailed on request.

The Ritz-Carlton Hotel
American Plan
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Famous European Plan
Perfect Service.
Single Rooms
Double
New Electric
Dining
GUSTAVE TOTH Manager

Children Quickly Learn To Rely On [illegible]

To soothe and heal irritated skin and scalp [illegible] Daily use of Cuticura, as directed by Cuticura Ointment, clears the skin and scalp and prevents [illegible] becoming serious.

Sample Each Free by Return Mail
Address: Cuticura Laboratories, Dept. X, Montreal.
Cuticura Shaving Stick

Take at least one good look at the sky daily.

The first aerial passenger service between British Channel ports was opened in 1919 when Francois Rabaud [illegible] American company [illegible] England to France in a helicopter.

Classified Advertisements

LADIES WANTED [illegible]
Books Take Orders [illegible]
The Wood Farm Book Co.

RAISE RABBITS [illegible]
Rabbits Wanted [illegible]

HELP WANTED
Grow Mushrooms; whole or spare time; \$5 per day and upwards easily made; booklet free. Particulars for stamp. Write to-day.
Intl. Commission Mushroom Co., Toronto.

The MURINE NIGHT & MORNING KEEP YOUR EYES CLEAN CLEAR AND HEALTHY
Murine Eye Remedy Co., Chicago
Stammering
Our stammering clinics are permanently under the direction of Mr. Arnott, who has devoted his time exclusively to this defect. Write for free advice and booklet.
THE ARNOTT INSTITUTE
BERLITZ SCHOOL OF LANGUAGES
KITCHENER, ONT., CANADA

PAINS IN LEFT SIDE AND BACK

Other Troubles Women Often Have Relieved by Lydia E. Pinkham's Vegetable Compound

Lachine, Quebec.—"I took Lydia E. Pinkham's Vegetable Compound also I suffered with pains in my left side and back, and with weak and tired feelings, which were [illegible] have. I saw this was known as nervous. I saw the Vegetable Compound advertised in the Montreal Standard and I have taken four bottles of it. I [illegible] and I feel good. I [illegible] be without it. I [illegible] Pinkham's Sanative Wash. I recommend the medicine to my friends as I am willing for you to use this testimonial." Mrs. A. A. Adams, Box 51, Provost, Alberta.

Doctor Said an Operation

Provost, Alberta.—"[illegible] will not [illegible] a year ago. I was in a bad condition and could suffer awful pain, but could not get anyone to [illegible] I could not have children, or have I asked under an operation. I read testimonials of Lydia E. Pinkham's Vegetable Compound in the papers and a friend recommended me to [illegible] After taking three bottles I [illegible] much better and now have a beautiful baby girl four months old. I do my own work and help a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use this testimonial." Mrs. A. A. Adams, Box 51, Provost, Alberta.

BAYER

Genuine ASPIRIN

Proved safe by millions and prescribed by physicians over [illegible] for
Headache Colds Lumbago
Pain Neuritis Rheumatism

Accept only "Bayer" packages which contains proven directions. Handy 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.