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7. While

any garments since' while trappers was the sec-"A friend suggested that I stop boiling the clothes I raging forest ashed and try Rinso, which I did, with such delight-

ful results that I have not boiled any garments since "I found that Rinso is excellent for removing finger

No - I've not boiled

rints from white paint and for washing all woodwork. "It has cut my house cleaning troubles in half and sequently I felt that it was only your due to know that Rinso has a much bigger work to do in our house

than just to clean the dirt from our laundry."

The makers of Rinso receive many such lotters as that FE Rinso not only does the family was preceive by scaking it is also excellent for man; household duties, such as scrubbing floors, etc. Order Rinso toll





Many parents each year why so much emphasis is late on the

The Boy Scout Camp satisfies hat the various attributes of the "Good "get away from home" urge which Scout," but Scoutmasters, too, have Until the morning light. productically every normal boy; but icuto give them practical experience
but grays in him; testical experience
but first she took a nice cool bath
the restrictions of the winter and the these is held each year in Ontario, at
school, that longs for the free spaces, "Ebor Park," a heautiful 55-acre camp
At breakfast she had fruit and milk
but grays life of the cooledness site on the Grand River hetween Park. the simple rough life of the capit and site on the Grand River, between Paris And well-cooked datment too, the company of a "gang" of his land, and Brantford. Here from 24 to 32 With a piece of buttered graham It is this impu'se, unwisely their fint Scoutmasters and Assistant Scoutmas-has produced runaway boys with re- ters at a time go through a well-plan-

nail wrecked careers.

Invariably the boy returns hime on y proficiency badge which a Scout from a Scout camp, with a raw appleader may wear.

preciation of his home, his trotters. This year's Ebor Park Camp will be and sisters and his parents, and erally broadened outlook on

The Boy Scout Camp not out hos wanderlust; it capitalizes the fim. paling in it. The camp fee for the pulse through a play-learn trog am with definite character-forming objective as self-control, self-espect, thought for others, good sportsman stip, mental alertness and physical fitness. The camp anti-dotes the charseter weakening effect of the miny labor-saving conveniences of tre lawn and city of today, and teached thing of the cheerful resourcefulness and self-reliance of our plonees Coundian forefathers.

To sum up, in an age of much and loose thinking, much lack of tre verence and respect among young pic, the Scout comp helps the hor to develop a sense of true values.

Often your camping Scout compelled to act entirely on his following trail signs, n.ap read pg and map making, preparing a meal without mensils. Dufing his First Cia's fourney, if he is ready for that, he will face a whole catalogue of esta develop "mental muscle" pacity for original thinking

There is no place where There is no place where bods have less sickness and where general health is so much improved. clean. purs air, nuch bright sun ly day and dew washed breezes at night games, swimming and other appetts, all properly supervised, whet appetite for plain, wholevoing food, Regular hours for sleep and ing also contribute to health and the joy of living which keeps boy grow ing and well.

Thrift is taught in preparation for camp through the earning and saying



the benefit of its aid to digestion. Cleans teeth too. Heep it always the house. Costs little-helps much

of the funds necessary. In camp many reasing number of camps, a camp

Camps for Scoutmasters, Too. camps provided for their training in

held from July 7th to 18th. Provincial Headquarters is now receiving applicallons from men desirous of partici-

My Little House.

little house has a little clock To tell the time o' day.

To the song of wind and sea;

Of Ivory, jade, and gold;

And china, fragile, old. v little house is a world apart,

troubling thing comes nigh, is only a house of dreams!



Used Few Books

er brother's rare imagination and eauty of expression:

here is but one May in the year. And sometimes May is wet and cold; here is but one May in the year,

et though it be the chilliest May,

wind and dew, its night and daw Bring up the flowers.

being worked out. It is not just the boys who have

little house has a winding stair Vhere the sunbeams dance and

windows, curtained blue, are wide ere's a garden, too, with a gate of

And a blossoming almond tree. v little house holds treasures rare gleaming crystal and shining brage,

So cool and still it seems;



Does your son use many books "Well, not counting my pocket book d my bankbook, I think not."

Poem You Ought to Know. There is But One May in the Year." Christina Georgina Rossetti was the complished sister of the famous poet nd painter, Gabriel Rossetti, and peraps her best-known poem is "Goblin arket." Her poems are deeply reigious as a rule, and she has much of

Before the year grows old.

With least of sun and most of short

fouts first learn the real value of oney, through strict regulation of e amount which may be spent each y for candy and for other luxuries; these are available; and in an in nk teaches every Scout how to udle a bank account. The fact that ery day living costs somebody cash ought home to the boy when the

-meal and per-day costs of the camp

sulting broken homes, broken pearts net course which counts toward the and wrecked careers.

oldven days is ten dollars.

The blinding sky unkind,

The poplar keeps the wind In her cage of light and air; Makes of her leaves a snare To keep the wind confined; All in the breathless glare . The poplar holds the wind.

Does that sound good to you?'

Poplar.

HEFTY RECRUIT FOR DOMINION POLICE

ecently to join the Royal Canadian Mounted Police, but when he went to hi

cabin on board the Canadian Pacific S.S. Montrose it was found that he wis

too lengthy to be able to assume a horizontal position in any of the bertils

Consequently an extension had to be made to one of the regular bertly

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario.

Dr. Middleton will be giad to answer questions on Public Health mat-

MARY BROWN.

ters through this column. Address him at Spadina House, Spadina

At lunch time she had milk to dril

To be cheerful, bright and gay.

for dinner she had spinach, Potato, and some meat, Some figs or raisins for dessert

A rest hour every afternoon, And plenty of water to drink. If you will play the health game You'll surely gain, I think.

They were a special treat.

GIVE CONFIDENCE

A simple and safe remely for

common ills of childhood should

kept in every home where there is

baby or young child. Often it is neces

sary to give the little one somethin

to break up a cold, allay fever, correct

sour stomach and banish the irri a

bility that accompanies the cutting of

teeth. Experienced mothers keep

Baby's Own Tablets on hand for such

purposes and roung mothers can fee

safe with a box of the Tablets really

for emergencies. The Tablets are

mild but thorough, laxative that ac

without griping and they are guaran-

leed to be absolutely free from oplate

or other harmful drugs. They are sold

a box from The Dr. Williams' Medicine

Cheering.

ou cheer the man who's gained

Vho upward struggles through

ou praise the hero of good deeds

The one who's played a noble par

That other man, half-vanquished, nee

For victors yes, 'tis meet you do

But each brave fighter, though in rag

Butter From Fish.

The Indians of British Columbia a

a fat little fish called the colichan.

Every tummer this fish comes

the rivers from the ocean to spaws

made from tree-logs, in which they

great wooden vats of water, which he

As the oil from the fish rises to t

top it is skimmed off. It hardens

butter. The Indians usually make

Not His Fault If There Was.

A tramp had been admitted to t

casual ward of an English workhous

"Have you taken a bath this morn

late one evening, and the followi

morning he duly appeared before

ing?" was the first question he

"No, sir," answered the man in

onishment, is there one missing

Five-sixths of Britain's fish harv

gathered on the East Coast.

asked.

quickly, looks like lard, and tastes 14

enough of this butter during the sur

mer to last throughout the winter.

When light of stars is din

Encourgaement of heart.

Should have ovation too.

But can't you spare a worl for hi

Co., Brockville, Ont.

height!

night.

And went outdoors to play, She tried to stand up straight

which, when completed, measured six feet eight inches.

Croscent, Toronto.

And measured as to height.

the teacher found that for her age

And here's the reason why-it seems

The slept long hours each night, The windows aways even wide . Until the morning light.

When Mary Brown school

Mr. Cris Mitchell, late of the Liverpool, England, police, came to

cool and bequtiful ·Her leaves of silver gray lang in the wind so cool In the blind and breathless day, Turn in the win dat play. Fresh as a little pool That in the forest gray Holds silver fins and cool.

All other trees are still, The oak, the elm, and the beech, But the poplar hath her fill Of soft and gracious speech. The winds are out of reach, Beyond the sda and the hill

For the oak, and elm, and beech, But the poplar hath her, fill. -Katherine Tyna A Grave Injustice. "i don't see why lokes about our

race being so close are continually being published." remarked a young "We are not close, just Scotchman. "I think it's a shame, myself," agreed

the Irishman with whom he was walk They proceeded in silence until they drew near a tobacco shop. "Come in and have a cigar," invited the Irish-

They stepped inside. The Irishman put his hand in his pocket, then withdrew it with an exclamation. "By gorry," said he, "left my money, at "Well, the day is young," commented the Scot. "I don't mind walking Alaska obtain their butter supply from

back to get it." The "High-Sign." A Chinese grocer in the old Mexican quarter of Tucson, Arizona, had this They are their thrown into rough tub mystifying card on some fruit: "No Sell for 5 Cents Too High."

If you give up, it means this: Owing When thoroughly softened they to the high price, the Chinaman re-fused to sell as small a lot as 5c worth. taken from the tubs and thrown int It is much easier for a man to conbeen heated by dropping red-lic vince a sweetheart than a wife that stones into it. he is a genius.

For Every III-Minard's Liniment. The working power of an abl

bodied man is about one-tenth that of a horse.

NURSES

required education, and desirous or becoming nurses. This Hospital has adopted the eighthour system. The pupils receive uniforms of the School, a mouthly allowance and travelling expenses to and from How Yerk. For further information apply to

Born in the Clouds.

For the first time on record a baby has been born on a British warship The happy event took place on the cruiser Danae, while she was open for public inspection at Auckland, New Zealand. In commentoration of her birthplace the baby is being called Danae, and as a memento the ship's officers have presented the new-comer with a beautifully-bound edition of the "Legend of Range," tegether with a gold brocch bearing a reproduction of the ship's coat of arms.

A year or so ago a baby was born in a London Tube train. A reminder of the event is incorporated in the baby's Christian names-Thelma Ursula Beatrice Eleanor, the initials of which make "Tube."

Many babies are born at sea, but i is doubtful if any entered such a troublous will as a German baby girl born in mid-Atlantic during a recent terrible storm. Steerage babies often provide an event for passengers to talk about. A subscription list is al-ways opened, with the result that the baby receives a substantial start off in to important developer

The record in strange birthday suroundings is surely held by the baby boy who was born 6,600ft, up in the air. His mother was travelling by aeroplane from Budapest to Naples when the event took place.

A GRATEFUL LETTER

From a Lady Made Well by Dr. Williams' Pink Pills.

"I wish from my heart I could per uade every person who is run down in health to give Dr. Williams' Pink Pills a trial." Thus writes Mrs. Louis Mitchell, Oak Point, Man., who further says: "About a year ago. I was weak woman, suffering from a ru-down system and impoverished bloo. Any little exection would cause in legs to tremble and my heart to threat, violently. I could not sweep a room or walk fifty feet without being c. hausted. Then I began taking Dr. Wi. llams' Pink Pills and after taking only six boxes I am as well and strong as ever. I can walk and run without sto; ping every few seconds gasping fo breath as previously. Dr. Williams Pink Pills will be my stand by in the future if ever my blood needs building up again, and I shall always find plea sure in recommending them to anyone needing a tonic

to height that for her age To remember this health rule. There are many troubles due to weak, watery blood which can easily be overcome by a fair use of Dr. Willlams' Pink Pills. The sole mission of tion of artificul star in this medicine is to enrich and purify become a valuable the blood, and when that is done all tion. the varied symptoms of anaemia disappear, and good health returns. You can get these pills through any dealer in medicine or by mail at 50 cents a, box by writing The Dr. Williams' Medi-

cine Co., Brockville, Ont.

Candles as Clocks. The first time recorder was the sun-dial. The Chaldeans and Egyptians had a water clock called a clepsydra. A stream of water dripped into a jar and on reaching a certain level moved what to-day would be called a ballclock. This worked a rod along.

IN ANNIAR MAINTHEWS water clock, into Greece, and it is Jupposed that this method of time mea surement was used in the Middle East even before that time (400-500 B.C.) A specimen of the clepsydra can be

seen at the British Museum. Sand-glasses, known to the presen generation as egg-boilers, were invented about A:D. 330 by a monk of Chart res named Luitprand, and according to a French prescription the sand was black marble dust, ground fine and bolled in wine, the processes of grind ing and boiling being repeated nin times. Alfred the Great (871-901) util ized wax candles for recording time Marks were placed one inch apart each section burning for twenty min

by all druggists or by mail at 25 cents Not Sufficiently Persistent. "Tell me, old man, what should on

do in order to live to ninety, like you? said the tourist. "Don't drink, don't smoke, keep ou in the fresh air," replied the oldest in habitant.

"But my father observed those rule and he died at sixty." but he didn't do 'em lor

Resourceful. "Now O'Brien," said the commis slonereto the fireman recruit, "suppose you have discovered a wonian at the third-story window of a dwelling on fire. What steps would you take?"

"Sure, the steps would be no good

sor. Ol'd git a ladder." Even the Bables. A little four-year-old, seeing his nother make a lattice top cranberry ple, inquired: "Muvver, is we goin' to have cross-word puzzle ple for dinner?

In the sea there is one dollar's

and millions are caught in nets daily worth of gold in every twenty-five tons Bank of Montreal, of water.

generous sized

properly curv

ed spout. Tip

of spout well

above water

Established for Note the flattened top of this fine kettle. No waste space above the

Hinged lid at side of kettle for speedy. filling under tap or water level. A very by dipper; being fast boiler, decidedly hinged it cannot fall

hand and hiv off or get lost. feet control at :

line to prever

You laave intending to try "Red Rose ow before you forget.

good tea"

The ORANGE PROPRIES extra good. Try it!

Sugar From Su

How sugar forms in

a mystery.

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Wisps of Wisdom.

To-day's neglect means to morro regret. The man who feels certain success, and labors to that end, is s dom mistaken.

. The path of success is the path common sense. Notwithstanding best kind of success in every man by life is not that which comes by acqu dent: The only "good time coming we are justified in hoping for is the which we are capable of making to

vas ourselves. Happy is the man who believe a his fellow, for it is more blessed to t prof deceived in some things than to be su hen picious in all things.

A cheery disposition is like air in tyre. There doesn't soem to be muc and of it, but it makes the going easter night the happier for everybody. The rough the road the more you need it. Try becoming dissatisfied with yo self instead of with your job

The worst brakes on your progr are self-appliedy Few men travel over the road of st cess without an occasional mineture. The wolf at the deer many a man climbing. right

A wise man will make unities than he finds. Possessions are all right let them possess you. Pfilled To oscapo criticism, do nothing, be nothing.

Minard's Liniment for Backache. In most people the hearing of left ear is more acute than that he right. This, is the reason that

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Holder

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Palace

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SUN.WIND.DUST & CINDERS

Death on Warts.

Apply Minard's daily Also relieves up and disappear. Also relieve





Shave In Comfari With Cuticural Shaving Stick

Septic Shaving State produces creamy listing bother or abling ter. der-faced men to shave with out an irritation, even twice daily. It leaves the akin amouth and fresh and nakes shaving a pleasure. Cuttebra l'alcum is un ideal after-ahaving Depot: Blenheast Ltd. Montreal 2c. Continuent 18 stol Une Delprin, 21c. Cuticure Staving Stick, 25c.

Sick a Year. Got Great Ben cent efit from Lydia E. Pinkham' Vegetable Compound

> nington, N. S .- "I took Lydia E. Pinkham's Vegetable Compound for pains and backache, also for nervous ness, sick headaches and sleeplessner I was troubled in this way for over year, and a friend told me about it Vegetable Compound and induced me take it. I must say I have receive great benefit from it and am able to do
> my housework how. I recommend the
> Vegetable Compound myself and am
> willing for you to use this letter as a
> testimonal. — Mrs. William Morse,
> Bloomington, Annapolis County, N. S.
> Do you know that in a recommend. Do you know that in a recent cany ong women users of the Vegetabl Compound over 220,000 replies were r coived. To the question, "Have you received benefit by taking this medicine?" 98 per cent, replied "Yes."
>
> This means that 98 out of every 10 women are in better health because they have given this medicine a fai

Mrs. Morse is simply another case a Woman receiving tigreat benefit.' Women, suffering from the troubles a common to their sex should listen to what other women say who have expe relief. Give this dependable medicine chance- and at once. It is sold at a drug stores.

ISSUE No. 23- 25,