

SEA
THAT VALUED

A Sweet Breath at all times!
THE FLAVOR LASTS
WRIGLEYS
after every meal!

After eating or smoking, Wrigley's freshens the mouth and sweetens the breath. Nerves are soothed, throat is refreshed and digestion aided. So easy to carry the little packet.

Mount Royal Hotel
The heart of Montreal. Here you will be catered to with true United Hotels' hospitality. Rates three dollars a day and up.

Vernon G. Carey
Managing Director
United Hotels Company of America

INECTO RAPID
The world's best hair tint. Will restore gray hair to its natural color in 15 minutes.

Small size, \$2.50 by mail
Double size, \$5.00 by mail

The W. T. Penick Stores Limited
129 Yonge St., Toronto

They Won't Wash
It is reported that last year a special sanitary commission of the Soviet government in Russia discovered in Siberia an isolated tribe 500 miles from any other human community. They know about as much of the world in which they live as we know of Mars and its possible inhabitants. Though there was naturally a lack of water it was found that they never used it except as a drink.

Force had to be used to wash these strange people. Not only did they never wash their bodies; they never washed their clothes or their cooking utensils. They were, in short, very unhygienic creatures.

Dr. Johnson is reported to have declared that he "hated civilization," but the first man the commissioners attempted to bath actually died, either of fright or of some form of auto-suggestion.

Minard's Liniment for Backache

Willing to Assist
Charles: "I'm in love with a charming girl, and I'd like to ask your advice."
Minard: "I'm willing to help you if I can."
Charles: "Well, now, would you advise me to propose to her?"

Heft it Once!
Then You Will Want One for Your Own Kitchen

The very feel of it will make you want to own it. It balances so nicely, seems to be just right. The handle is rigid and does not slip around like a hinged handle. That means no slipping, scalded hands or accidents. See how you fill it? You lift the hinged lid and can fill it right under the tap or by dipper because the opening is at the side, not the centre.

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A grub called the glow-worm gives out a phosphorescent light in the darkness. Why? In order that her mate may find her, for while she is at work he is a fly, and while she is on earth, he is in the air most of the time.

The web of the spider is a compensating contrivance. The food of the spider is flies, yet how is he to catch them without his having wings? His web is a net, and he not only knows how to weave it, but he furnishes the thread to weave it from his own body. In many species of insects the eye is fixed and cannot be turned in its socket. To supply this great defect the eye of each insect is a multiplicity of glass with a lens looking in every direction and showing every object that may be near. This at first what seems a privation, is in reality an advantage as an eye so constructed seems better adapted to the wants of these creatures than any other type.

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The parrot would have an inconvenience in the very hooked shape of its upper mandible, if the mandible were stationary like that of other birds. But it is not, and the hook can be used in suspending itself and it can be used in a variety of ways since it is capable of being moved at pleasure.

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NATURE'S WARNINGS
Danger Signals That Everyone Should Take Seriously.

Pain is one of Nature's warnings that something is wrong with the body. Indigestion, for instance, is characterized by pain in the stomach, and often taken about the heart; rheumatism, sharp pains in the limbs and joints; headaches are a sign that the nerves or stomach are out of order. In some ailments, such as diphtheria, pain is so prominent. In this case, Nature's warning takes the form of pallor, breathlessness after slight exertion, palpitation of the heart, and loss of appetite. Whatever form these warnings take, wise people will not ignore the fact that many diseases have their origin in poor blood, and that when the blood is purified the trouble disappears. Dr. Williams' Pink Pills are most helpful in such cases because they purify and build up the blood to its normal strength. In this way it tones up the nerves, restores the appetite and gives perfect health. Miss Beverly, of Annapolis, Ont., has proved the great value of this medicine and says: "I am a young girl and have been working in a factory for the past four years. For two years I had been in such poor health that at times I could not work. I was thin and pale, and I suffered with headaches and fainting spells. I had a doctor nearly all this time, but it did not help me. My mother advised me to take Dr. Williams' Pink Pills, and after using them for a while I could notice an improvement in my condition. I used nine boxes and can truthfully say that my health is restored. When I began taking the pills I weighed 112 pounds and now I weigh 114. I feel that I owe my good health to Dr. Williams' Pink Pills and hope other ailing people will give them a fair trial."

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

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Eupeptic and Dyspeptic.
Stories about Eugene Field or that Eugene Field used to tell are always amusing, and M. C. H. Dennis's book, Eugene Field's Creative Years, is full of them. Speaking of the dyspepsia Field's character, he says that he was a gift, Mr. Dennis says.

Sol Smith Russell, the comedian, was not only a close friend but a fellow dyspeptic, and Field used to tell with glee a story to the effect that one midnight, after giving a performance in an Eastern city, Russell went into a restaurant to get something to eat. While he partook sparingly of bread and milk he saw an old friend of the name of Parsons attacking with gusto a plateful of corned beef and cabbage.

"Merciful heavens, Parsons," cried Russell. "How dare you fill yourself with such victuals at this time of night?"

"Oh, I can stand it," replied Parsons happily.

"But, my dear fellow," expostulated Russell, "do you know how long it takes corned beef and cabbage to digest?"

"No, I haven't the remotest idea," said Parsons.

"Well, I happen to know," said Russell. "It takes five hours—five solid hours!"

"Oh, that's all right," said Parsons, devoted to it.

A somewhat similar story of J. L. Toole was told to Field in London. Dropping in at the Garrick Club one evening, Toole found Irving eating a "hot chili." After gazing "fixedly at the concoction, Toole shook hands with Irving and said solemnly: "Give my love to dear old Charles Matthews." Then he turned and walked away. Matthews had been dead three years!

Ancient Eclipse.
Eclipses as far back as 1207 B.C. are recorded at Oxford University Observatory. In the same huge book are predictions concerning future eclipses as far ahead as the year A.D. 2163.



The swimming pool at Crystal Gardens, Victoria, B.C., the largest salt water natatorium in the world. It is 30 feet long.

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RED HOT JULY DAYS HARD ON THE BABY
July—the month of oppressive heat and sweating nights—is called the little cholera. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles, or if some come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as Baby's Own Tablets, which regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will hasten its cure. Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Weighing a Sunbeam.
What pressure can a beam of light exert? A beam of light, like a jet of water, pushes against any obstacle placed in its path, but the push, although very minute, can be measured. The English physicist, James Clerk Maxwell, was the first to suggest that light can exert pressure, and he worked out mathematically what the force should be. It was not until nearly thirty years later that an attempt was made to measure it experimentally. The man who made the experiment was Professor Lebedeff, a Russian scientist.

From a delicate fibre of quartz he hung a small vertical rod, across the lower end of which were secured two shorter rods, carrying at their outer ends [discs of very thin metal]. Two of the discs were blackened and two were polished. The whole arrangement was in reality an extremely sensitive balance, and the twisting was measured by means of a tiny mirror attached to the apparatus and turning with it. It was enclosed in a globe of glass from which air had been excluded.

A beam of light was concentrated on to the pair of blackened discs. The pressure of light caused the quartz fibre to twist slightly, and the angle of deflection was measured by reflecting a spot of light from the attached mirror on to a fixed scale. The beam was then played on the polished discs and the angle measured again. In this case being about twice the previous amount. In this way a very accurate determination of the force of light-pressure was obtained.

The effects of light-pressure are familiar to the citizenry. Perhaps the best-known case is that of comets. The materials composing the tail of a comet are so light that the pressure of sunlight has more effect on them than the sun's gravitational attraction. Consequently a comet's tail always points away from the sun.

Australia's Child Brides.
Australian marriages during 1923 included 483 brides under seventeen years of age, the youngest being only four on a fixed scale. Of the thirteen, and seventy-three women of sixty-five years and over. The oldest bride was eighty-six.

Among the young mothers was a child of twelve, while six girls of only thirteen years gave birth to children.

Referring to infant mortality, Dr. W. Springthorpe, president of the Health Association for Women and Children in Victoria, stated that Australia had lost 122,473 children under the age of five years between 1918 and 1922.

Coal Mine in Street.
Coal discovered while laying a sewer in a busy street in Coalfield, Scotland, is being dug up at the rate of one or ten tons a day. The "pit" is thirty-eight feet deep.

For First Aid—Minard's Liniment.

With The Boy Scouts

What the Boy Think.

An address was presented by the boys of the Peeswater Troop to the retiring Scoutmaster. It makes interesting reading and also shows that Sir Robert Baden-Powell built wisely and well when he fashioned the Boy Scout organization on lines that appeal to the boy. The address read: "Dear Scoutmaster, we who have profited by your instructions in the school (the Scoutmaster is a school teacher), who have your painstaking industry in our behalf, and benefited by your enthusiasm in the Boy Scout movement, desire to express our appreciation of your services, and our regret at severing our happy and profitable relationship. As a teacher you have always been interested in our welfare, patient in our imperfections, just in your reproof, and ever ready to explain our own difficulties and enlighten us far as was in your power our understanding. We have appreciated your efforts, and while perchance often annoying you by our mischief, or thoughtlessness, or our indifference, we meant no disrespect but were actuated only by the impulsiveness of youth. Let this be our apology. We held you always in the highest respect. The Scout movement appealed to us most strongly. In it we were brought more closely together. The physical exercise, the hikes into the country, the training in observation, resourcefulness, self-reliance, honor, courtesy, and general helpfulness will not soon be forgotten, while the get-together feeling of the Camp Fire with the Camp Fire yarns created a feeling of comradeship such as no other relationship could arouse. We will remember the teaching and the experiences forever."

What the Magistrate Says.
"Boy Scouts do good things for people, not annoy them," declared a magistrate recently in the juvenile court, when releasing two lads with instructions to join some Scout troop. The boys were in court for destroying fences and cherry trees. They promised to join a troop.

What Simcoe Thinks.
The people of Simcoe think the Scouts of their town are really living up to their motto—"Be Prepared." Fifty seven minutes after the call from Fisher's Glen for Boy Scouts was received four auto loads of Simcoe Scouts were fighting a fire recently, twelve miles out of town.

What a Wolf Cub Did.
Everyone who heard the story of Sir Walter Raleigh, the gallant courtier who spread his cloak on the road that the Queen might pass over dry shod. But listen to this story that a gentleman recently told about a Cub, having witnessed the event himself. In a city last winter there was lined up a boy's girls, their children, waiting to get into a red cement given to a mission. One tiny clad little girl, whose shoes were also in holes, seemed to feel the cold more than the rest and shifted from foot to foot. Along came a boy who noticed her. He watched for a moment, then suddenly pulled off his cap and threw it on the ground at her feet and said, "Stand on that, kid." Who do you think did the greatest deed, Raleigh or the Cub? We think the Cub, for his act was done simply as an impulse of thoughtfulness and without expectation of recognition or reward. "How did it come that he was a Wolf Cub?" said the gentleman who told and witnessed the incident. "Why, he was wearing the same little button on his coat that my own Wolf Cub son wears here at home."

What Twenty-five Thousand Scouts Promised.
At the Venable Exhibition last year there were gathered together a great concourse of Scouts from every part of the world. In connection with a Sunday afternoon meeting, held in the stadium, Sir Robert Baden-Powell, following other speakers, addressed the Scouts. "I bid you pause for a moment," he said, "lower heads, and bend your heads, and think of your Scouts' promise, that you will do your best to obey the Scout Law. I want you to go forth from here eager to serve God and the King, and your fellow men. Those who will do that stand up and tell me." And immediately twenty-five thousand Scouts stood on their feet and with hands raised high in the air, shouted—"I will!"

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If you'd like a little better tea than you are using, please try "Red Rose" TEA is good tea! The same good tea for 30 years. Try it!

MURINE EYES
SUN, WIND, DUST & CINDERS
See That This Label is on Your Fox Wire

GENUINE BAYER ASPIRIN
Say "Bayer" - Insist on Bayer
Unless you see the Bayer Cross or tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians for 25 years.

Cuticura Clears The Scalp Of Dandruff
Regular shampoos with Cuticura Soap, preceded by mild applications of Cuticura Ointment, do much to cleanse the scalp of dandruff and produce a healthy condition necessary to growing thick hair. Cuticura Soap and Ointment are the ideal for every-day toilet use, meeting every want of the skin and scalp.

MISERABLE AND ALWAYS IN PAIN
Lydia E. Pinkham's Vegetable Compound a Dependable Help for Mothers

WE WANT CHARMING CREAM
We supply cream and express checks. We buy cream, wherever you wish to sell it. To obtain list of terms, must be free from blemishes and contain not less than 20% Butter Fat.

Bowes Company Limited,
Toronto, Ontario.

OH! MY BACK!
MILNARD'S LINIMENT

Port Greyville, Nova Scotia. "I took your medicine for a terrible pain in my side and for weakness and dizziness. I seemed to float all over, and any number of hands were about my head. The mother of four children and I am nursing my baby—the first one of four I could nurse. I took Lydia E. Pinkham's Vegetable Compound before the baby's birth, so you can see how much it helped me. I cannot praise it too highly for what it has done for me. I took all kinds of medicine, but the Vegetable Compound is the only one that has helped me in any way, length of time. I recommend it to any one with troubles like mine. You may use my letter for a testimonial." Mrs. KENNEDY, Notting Hill, Port Greyville, Nova Scotia.

Before and after childbirth the mother will find Lydia E. Pinkham's Vegetable Compound a blessing.

Many, many letters are received giving the same sort of experience as is given in this letter. Not only is the mother benefited, but these good results pass on to the child.

No harmful drugs are used in the preparation of this medicine—just roots and herbs—and it can be taken in safety by the nursing mother.

98 out of every 100 women reported benefit from its use in a recent survey among women-users of this medicine. C

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