

GRUMPY?

If Constipated, Bilious or Headachy, take "Cascarets"

Brain foggy? Blue devils got you? Don't stay sick, bilious, headachy, constipated. Remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, your breath bad and stomach sour. Why not spend a few cents for a box of Cascarets and enjoy the nicest, gentlest laxative-cathartic you ever experienced? Cascarets never gripe, sicken or inconvenience one like Salts, Oil, Calomel or harsh Pills. They work while you sleep.



Cuticura Hair Is Usually Thick and Healthy

Start him right if you wish him to have thick, healthy hair through life. Regular shampoos with Cuticura Soap will keep his scalp clean and healthy. Before shampooing touch spots of dandruff and itching, if any, with Cuticura Ointment. A clean, healthy scalp means good hair. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion, Canadian Depot: Lyman, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.

If ink and berry stains are placed in buttermilk at once and the milk changed a couple of times the stains will all come out when washing in the usual way.

Ask for Minard's and take no other.

1,659,000 women are now doing what was formerly regarded as men's work.

FOR SUMMER SPORTS



No. 9435—Ladies' and Misses' Sports Coat. Price, 25 cents. Cut in one piece. Cut in 3 sizes; small, 34, 36; medium, 38, 40; large, 42, 44 ins. bust measure. Small size requires 2½ yds. 30 ins. wide, or 2¾ yds. 40 ins. wide.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

THANKFUL MOTHERS

Once a mother has used Baby's Own Tablets for her little ones she would use nothing else. The Tablets give such results that the mother has nothing but words of praise and thankfulness for them. Among the thousands of mothers throughout Canada who praise the Tablets is Mrs. David A. Anderson, New Glasgow, N.S., who writes:—"I have used Baby's Own Tablets for my children and from my experience I would not be without them. I would urge every other mother to keep a box of the Tablets in the house." The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach; drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Growth of Canadian Dairying

Canada's dairy products yielded approximately \$250,000,000 in 1919. Of this amount, about \$65,000,000 was received for exports. These figures easily constitute a record for the Canadian dairy industry. In 1910, the total value was estimated at \$100,000,000 and the exports amounted to nearly \$24,000,000. Although the production of most dairy products made a fairly constant increase during the period of the war, the phenomenal record of 1919 must be attributed in large measure to market conditions. In common with other food products, the prices of milk, butter and cheese rose rapidly owing to a world shortage. Then, too, the more rapid growth of urban centres as compared with the rural population has enlarged the home market, without a corresponding increase in production. Further, the shortage of labor on farms throughout the war restricted increased production materially, and the comparatively rapid expansion of the condensed and powdered milk trade affected the cheese industry adversely. Each of these factors tended to increase prices. Thus, in 1918, the average price paid for cheese by the Dairy Produce Commission was 23 cents, f.o.b., steamship, Montreal. Although similar statistics are not available for 1919, it is probable that the price exceeded 27 cents. Butter

prices also established new records, the average price for all grades of creamery, delivered at Montreal, was 53½ cents in 1919. While the production of cheese probably showed a slight decline, the past year can be credited with a record production of butter and condensed and powdered milk.

Western Canada, especially the Prairie Provinces, is rapidly increasing its production of milk and butter. At present, Ontario and Quebec easily lead the other provinces, but with a more general realization of the need for conserving soil fertility on the prairies, dairying will progress prodigiously.

Modern, co-operative dairying is less than fifty years old. Already it has played an outstanding part in giving such countries as Denmark and New Zealand economic independence. It has been proved beyond peradventure that no other branch of farming surpasses it in maintaining and improving soil fertility. However it would be unreasonable to expect that prices can long continue at the present high levels. On the other hand, labor conditions should steadily improve and advances will be made in labor saving devices. It seems reasonably certain that dairying is destined to be an increasingly large economic factor in the future of Canada.

Children Should Never Drink Tea or Coffee.

They are harmful to growth and development and have a particularly bad effect on the nervous system of the child.

Give the children

INSTANT POSTUM

and avoid tea and coffee's harm

"There's a Reason"

ASTHMA

If you have Asthma, don't imagine that you must always suffer untold misery. Relief quick, sure and safe is guaranteed in even the worst cases by using

TEMPLETON'S RAZ-MAH CAPSULES

We are so certain of results we will send you a free sample of these capsules, confident that you will find them all we have claimed. Write to Templetons, 142 King St. W., Toronto. Sold by reliable druggists everywhere for \$1.04 a box.

TEMPLETON'S RHEUMATIC CAPSULES

For fifteen years the standard specific for Rheumatism, Neuritis, Gout, Sciatica, Lumbago, Neuralgia. Many doctors prescribe them. Write to Templetons, 142 King St. W., Toronto, for free sample. Sold by reliable druggists everywhere for \$1.04 per box.

Secret of Smoke Screens.

The secret of the smoke screens used with such great success by the British navy in the raids on Ostend and Zeebrugge is definitely disclosed. They were produced from an acid, which has to be burned in the presence of a sufficient amount of water vapor, otherwise the smoke produced, even over the seas, is liable to be somewhat thin on a dry day. Commander Brock, who sacrificed his life in the assault on the German defences at the Belgian ports, devised the plan to feed the acid in a fine spray into the funnel of a destroyer, where the temperature was sufficient to vaporize the acid, and the water vapor present completed the formation of the cloud.

A Human Document.

It is expected that sailors and savages should be tattooed, and show performers are often notable examples of the art; but a French coachman originated the most extraordinary design ever worked on a human body. At the time of the Dreyfus trial he had at least one hundred and twenty illustrations of the case, including portraits of the leading persons connected with it, tattooed on himself. The tattooing took almost two years. It almost seems that, when he dies, he should be not buried but filed.

Spanish Flu

Claims Many Victims in Canada and should be guarded against.

Minard's Liniment

Is a Great Preventative, being one of the oldest remedies used. Minard's Liniment has cured thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma and similar diseases. It is an Enemy to Germs. Thousands of bottles being used every day, for sale by all druggists and general dealers.

MINARD'S LINIMENT CO., LIMITED, Yarmouth, N.S.

Unappreciated Advice.

"I have no doubts about this League of Nations," remarked the proud parent.

"Why?" "I understand they propose to go ahead and settle it without paying any attention to what my daughter has written about it in her school examination essay."

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

Song of the Wires.

Most of us have wondered at the curious "singing" of the telegraph and telephone wires often heard along quiet country roads. It is suggested by one authority that the noises are due to vibrations transmitted to the wires by the posts, which receive them from the earth, and that they are the result of earth vibrations identical with those that the seismograph, or earthquake detector, records.

The song of the wires, it is said, is the song of the barometer; if it is low, a change in the weather may come in two days; if sharp, it may be immediate.

His Understudy.

As the motor-bus rattled and roared on its way, the small and solem youngster stared unflinchingly at the old gentleman who sat opposite him.

Presently his relentless gaze began to make its victim uncomfortable, and, thinking to create a diversion, he winked at the small boy.

But he felt even more embarrassed when the youngster turned to his young and pretty mother, and said, in shrill, clear tones:

"Mamma, wink at that man!"

About thirty-five species of birch are known.

Prince Exhibits Canadian Gifts.

The Prince of Wales has arranged for a selection of the presents and addresses he received in Canada to be exhibited at the Imperial Institute, says a London despatch. The collection comprises about 200 addresses, from various sections of the community, from the Canadian Government to the pupils of Indian native schools. The membership card of the Great War Veterans' Association and the badge of the President of the Grand Army of Canada are of special interest.

One of the most interesting exhibits is the dress presented to the Prince on his election to the tribe of Stoney Indians as Chief "Morning Star." The gold railway pass presented by the Canadian Pacific Railway is shown, together with a souvenir from the Grand Trunk Railway, consisting of photographs taken in 1860 and 1901, enclosed in a box of bird's eye maple. These include, besides, the chief official photographs of King Edward VII. as Prince of Wales, and the present King.

The collection is arranged in the Canadian section of the exhibition galleries. The Queen has paid a private visit to the exhibition.

Minard's Liniment Lumberman's Friend. Buy thrift stamps.

SATISFYING RELIEF FROM LUMBAGO

Sloan's Liniment has the punch that relieves rheumatic twinges

This warmth-giving, congestion-scattering circulation-stimulating remedy penetrates without rubbing right to the aching spot and brings quick relief, surely, cleanly. A wonderful help for external pains, sprains, strains, stiffness, headache, lumbago, bruises.

Get your bottle today—costs little, means much. Ask your druggist for it by name. Keep it handy for the whole family. Made in Canada. The big bottle is economy. 85c., 70c., \$1.10.



"SYRUP OF FIGS"

CHILD'S LAXATIVE

Look at tongue! Remove poisons from little stomach, liver and bowels



Accept "California Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear. Mother! You must say "California."

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



For Colds, Pain, Headache, Neuralgia, Toothache, Earache, and for Rheumatism, Lumbago, Sciatica, Neuritis, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all. "Bayer Tablets of Aspirin" in an unbroken "Bayer"

There is only one Aspirin—"Bayer"—You must say "Bayer"

Classified Advertisements.

FARM LAND FOR SALE.

HALF SECTION FARM LAND. virgin soil, surrounding land under cultivation, near Battleford, Sask. Chas. H. Ross, 18 Rutherford Ave., Hamilton.

FOR SALE

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$1,500. Will go for \$1,200 on quick sale. Box 62, Wilson Publishing Co., Ltd., Toronto.

FERTILIZER.

STEVENS' COMPLETE FERTILIZER will pay you. Write for prices. SHIP YOUR EMPTY BAGS—SUGAR, flour, bran sacks to Stevens. Highest prices. Geo. Stevens, 364 Mark St., Peterboro.

SCHOOL TEACHERS

SCHOOL TEACHERS—MAKE REAL money in spare time—send post card to Ratepayer Publishing Co., 6 Columbine, Toronto.

SOFT ELM WANTED.

SOFT ELM WANTED, 2 IN. AND thicker, shipped green from saw. Do not sell until you communicate with us. Keenan Bros. Limited, Owen Sound, Ont.

WOOD ASHES.

IF YOU HAVE A CAR FOR SALE write me. Geo. Stevens, 364 Mark Street, Peterboro.

SCRAP IRON.

IF YOU HAVE A FIRE AND HAVE a car or more of scrap iron I will come and quote you where it lays. Geo. Stevens, 364 Mark Street, Peterboro.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

One of the great advances in the tractor game is the increased attention paid to the grade of lubricating oil supplied for particular purposes.

LET "DANDERINE" BEAUTIFY HAIR

Girls! Have a mass of long, thick, gleamy hair



Let "Danderine" save your hair and double its beauty. You can have lots of long, thick, strong, lustrous hair. Don't let it stay lifeless, thin, scraggly or fading. Bring back its color, vigor and vitality.

Get a 35-cent bottle or delightful "Danderine" at any drug or toilet counter to freshen your scalp; check dandruff and falling hair. Your hair needs this stimulating tonic, then its life, color, brightness and abundance will return—Hurry!

America's Pioneer Dog Remedies Book on **DOG DISEASES** and How to Feed Mailed Free to any Address by the Author, H. Clay Glover Co., Inc., 118 West 31st Street, New York, U.S.A.

SINCE 1870 **SHILOH** 30 DROPS COUGHS