



With The BOY SCOUTS

At the International Congress of Boy Scouts opened in Paris on July 22nd, Sir Robert Baden-Powell, founder of the Boy Scout Movement, announced that the membership of the Boy Scouts throughout the world has now almost reached the two million mark. The purpose of the congress, which is being held at the Sorbonne, is the adoption of measures for intensifying the enrollment of boys in Scout organizations in various countries into closer relation with each other. Representatives are present from a great many countries.

Gordon McKenzie, a thirteen-year-old Boy Scout of Shaunavon, Saskatchewan, has been recommended for a life-saver's medal for rescuing a five-weeks-old infant from a burning house. The child's mother and sister were working with a stove when it exploded, setting fire to the room in which it stood. In their excitement the frightened woman and her daughter rushed out of the house, forgetting the baby, who was sleeping in its cot in the burning room. On learning the situation, Gordon rushed into the house, snatched the baby from its bed, the blankets of which were then burning, and carried the child to a place of safety.

What is perhaps the world record for the Boy Scout stunt of lighting fire by friction (bow and drill method) is recorded in the following certificate:

"Houston, Texas, April 25, 1922
"This is to certify that we, the undersigned, acting in the capacity of official judges of the Boy Scout Field events on April 21st, 1922, at San Jacinto Battle Grounds, Texas, do hereby certify that Scout Elwood Fisher, Troop 13, Houston, Texas, did then and there make a fire with bow and drill by friction in nine and four-fifths seconds. We were acting in the capacity of official judges and were using an official stop watch.
(Signed)

JOHN DROEPER,
W. T. ALLYN,
CHARLES H. TAYLOR."

R. A. Adcock, Scout Executive.
In the rich vernacular of boyhood, "Can you beat it?"

The Hitch Hike is taboo! The practice of catching on behind, and asking for a lift because of the Scout uniform, is bringing disgrace upon the Movement. It is not Scouting. End it. Put the shame of it into the hearts of your Scouts. Get the fact into your local papers that hobo hikers who claim they are members of the Boy Scouts should be required to show unmistakable evidence that they are, before any courtesies are shown; even then, only in cases of unmistakable need should requests for assistance be heeded. This attitude on the part of the public will do much to end the nuisance of fake Scouts imposing on good nature, and will do much to encourage well-intentioned Scouts from undertaking "hobo hikes" with the idea of getting lifts and handouts all along the way. Scout officials also please heed this warning.

Saturday, September 9th, will be "Boy Scout Day" at the Western Fair, London, Ont., this year. Scout Troops from all Western Ontario are being invited to participate. Announcements of similar events at other fairs will probably be made shortly.

When cream is too thin to whip add the unbeaten white of an egg to it first. It becomes as stiff as the richest of cream.

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THE REASON WHY ANAEMIA PREVAILS

The Strenuous Conditions of Life To-day Responsible.

Mothers who remark that girls to-day are more prone to anaemia than the girls of a generation ago, should look back at the surroundings in which they and their companions lived. They would easily see the reason in life's altered circumstances to-day. Now the school girl's life is more strenuous; her more numerous studies are a severe tax upon the strength. Also, girls enter business soon after leaving school—at an age when they most need rest and outdoor life. Their womanly development is hampered by the stress of working hours, hurried and often scanty meals. Girls are more liable to bloodlessness to-day, but there is this consolation that this condition is now more easily remedied than in the years past. Such medicine as Dr. Williams' Pink Pills has helped thousands of weak, anaemic girls and women, simply because they contain the elements necessary to enrich the blood, which means good health and vitality.

This is proved by the statement of Miss Eldora Acker, Lake Pleasant, N.S., who says:—"I shall be glad if some other ailing girl will profit by my experience with Dr. Williams' Pink Pills. I was very much run down; my face was pale and there was dark circles around my eyes. My appetite was bad, and I had no ambition to do anything or go about. I had once before been helped by Dr. Williams' Pink Pills and decided to try them again. It proved a wise decision, for in less than two months time I felt in every way better; had a splendid appetite, the tired feeling disappeared, and I can work with enjoyment. Naturally I think there is no better medicine for young girls than Dr. Williams' Pink Pills."

You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent to you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

Unearth Gold Coins Minted Before Christian Era.

In the ruins of Sardis, the ancient capital of Lydia in Asia Minor, scientists have recently recovered 30 gold coins minted during the reign of Croesus, sometime between 560 and 546 B.C. The coins were found in a stone jar buried in an ancient tomb, only a few feet below the surface. Some of the coins are as fresh and bright as newly minted coins, while others show signs of having been in circulation.

Argentina's Oil Wells.

Argentina is planning to build an oil pipe line 850 miles in length of twice the present capacity of the wells it will serve.

Scorch marks may be taken out of linen by applying lemon juice and salt. Moisten the salt with the half of a cut lemon and rub over the mark, rinse with water, and repeat the process until all hint of the stain has disappeared.

Minard's Liniment Relieves Neuralgia

Colors From Coal.

As everyone who cares at all about pictures and painting is well aware, many of the most beautiful works of painters of a century ago are fading away.

Turner's exquisite pictures form an instance in point. To-day many are almost gone, and others have to be kept away from the light, in order to prevent further fading.

The reason is that the paints of that period were so bad. Artists used not only red and white lead, but even such extraordinary pigments as Spanish liquorice and tobacco-juice.

Now, in order to obtain good and lasting paints—permanent colors, as they are termed—it is necessary to use real scientific knowledge, and to make long and careful tests.

This has been done by the modern manufacturers of artists' colors, with the result that to-day the painter, whether in oil or water-color, has an immense range of colors to choose from, and these are constantly being increased in number by new discoveries.

In order to prepare these colors, every kind of material is used, a mere list of which would fill several pages of this paper. Colors come from mineral, vegetable, and animal sources. Take Prussian blue; this is an ore, ferro-cyanide of iron. Sienna is made from an earth, and so are yellow ochre and Vandyke brown.

One very beautiful blue comes from an extract of indigo, and the various madders from the root of the madder plant. The bark of a variety of oak-tree is used to obtain a lovely pink color. Charred oak and charred ivory are used for black pigments.

Exquisite reds, violets, and yellows are prepared from coal-tar, but whereas in earlier days coal-tar colors were often "fugitive"—that is, faded rapidly—to-day the artist knows exactly which are permanent, which are fugitive, and which stand between the two classes.

There never has been a time when the artist was so well off as regards paints. He can work in colors which will make his pictures last for centuries.

So Like Them Both.

The disadvantage of being a bachelor is that when other people's children are put into your arms you never know what to say.

George Weldon was a bachelor, and for this reason he was always putting his foot in it when he visited the parents of a new baby.

It happened again. The mother put the wriggling, noisy bundle of humanity in his arms.

She gazed proudly in silence for a few seconds, and then asked:

"Whom do you think baby takes after—his father or I?"

George Weldon, Esq., was confused. "Er—um—he's not very intelligent-looking, is he?" he stammered. "But I think he's like both of you!"

MONEY ORDERS.

Send a Dominion Express Money Order. Five dollars costs three cents.

Certainly Not.

You can't expect to keep your friends if you give them away.

A giant fish, measuring 78 feet in length and weighing fifteen tons, nearly the equal of five full grown elephants, was recently washed ashore at Cape May.

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat thrown the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any one of these troubles may prove deadly if not promptly treated. During the summer the mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The English sparrow invaded Alaska this spring for the first time. It arrived in America about the year 1850 and has been gradually working westward ever since. It has already spread over nearly the whole of Europe and in spite of everything seems likely to make a place for itself all the way round the world.

Minard's Liniment for sale everywhere

In line with the fruit growers and other producers, a number of the fishermen on Lake Erie have formed the Fishermen's Co-operative Association, with a capital of 40,000, to market the output of their fisheries.

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Daily use of Cuticura Soap, with touches of Cuticura Ointment now and then, keeps the skin fresh, smooth and clear. Cuticura Talcum is also ideal for the skin.
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Cuticura Soap shaves without mug.

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THRESHIRE BELTS AND SUTTON hose, new and used, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto, Ont.

We all dislike self-satisfied persons; is it because they don't care for our approbation?

Those Having Sick Animals SHOULD USE

**MINARD'S
"KING OF PAIN"
LINIMENT**

Good for all throat and chest diseases, Distemper, Garget, Sprains, Bruises, Colic, Mange, Spavins, Running Sores, etc., etc. Should always be in the stable.—SOLD EVERYWHERE.

**PETRIE'S
MACHINERY
TORONTO**

NURSE THINKS NOTHING BETTER

Lydia E. Pinkham's Vegetable Compound Advised for all Women in Poor Health

Toronto, Ontario.—"I took Lydia E. Pinkham's Vegetable Compound for years and it is the only patent medicine I ever recommend. I am a nurse and if I find a woman in poor health I always tell her to take it. Although you know that doctors and nurses do not use patent medicines I must say that I think there is nothing better than your Vegetable Compound. When I first took it many years ago, I was so tired when I got up in the morning that I could not eat, and when I went to bed I was too tired to sleep. My mother-in-law told me that Lydia E. Pinkham's Vegetable Compound was just what I wanted so I tried it and only took two bottles when I felt better. Since then I have found that there is nothing that makes me feel so well, for it seems to build my system right up. I don't know any other medicine that has done so much for women."—Mrs. W. H. PARKER, 19 Wellesley Ave., Toronto, Ontario.

Women testify again and again that they have been helped by Lydia E. Pinkham's Vegetable Compound "after other medicines have failed." It has been tried for nearly fifty years and not found wanting. If you are suffering from any of the various ailments which accompany female weakness try Lydia E. Pinkham's Vegetable Compound.

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.

Are you going swimming this summer? If you are, be careful, especially if you are a beginner. Don't think you can learn to swim without a good deal of effort, and do not take chances. If beginners would only take warning in time fewer drowning accidents would result. It is necessary to give attention to one or two points before starting to learn to swim, and even when you can swim.

To begin with, a spot for swimming should be selected where the bottom can be comfortably reached. In places where the beach is sloping, every swimmer should make his effort towards the shore and not parallel to the shore. It often happens that the beach slopes down more sharply a few paces further along so after having made some progress in the water, the swimming novice may be unable to touch the bottom only a short distance from the starting point. Then there is the possibility of a level beach or bathing pond having holes or depressions which cause drowning accidents. There may also be a growth of weeds below the surface in which the bathers' legs may get tangled. In learning to swim it is always better to see or know the kind of bottom of the bathing place, and to keep strictly

in water than can be bottomed by an ordinary individual. One can learn to swim very well in water that does not reach above the shoulder. Another important point for swimmers to remember is that bathing after a heavy meal, or a plunge into cold water with the body superheated, is liable to cause muscular cramps which may result fatally. People troubled with heart disease, hardened arteries or weak kidneys are warned against taking cold plunges or staying too long in the water. The increased work thrown on the heart trying to force the blood through surface blood vessels that are contracted by the cold, is often too much of an effort.

"Rocking the boat" is another cause of drowning accidents, and this applies especially to canoes, and this craft that is very easily upset if the occupants are not used to it, or if they are careless and move about in the canoe or try to exchange seats, etc. Another important point is for the users of dinghies and small sailing craft to take precautions regarding weather conditions and the possibility of squalls. These seem trifling and commonplace warnings but it is the neglect of the commonplace precautions that causes most of the accidents.

ASPIRIN

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