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"It Satisfies"



15¢ per packet  
80¢ a 1/2 lb tin

If you roll your own ask for **OGDEN'S FINE CUT** (green label)

## 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.

The death rate from cancer is not increasing for males up to 45 years of age and for females up to 60. The most rapid increase is occurring in extreme old age.

The painlessness of cancer in its early stages is one of the most insidious dangers since it leads the patient to delay in seeking medical advice. Were cancer as painful in its early stages as toothache there would be fewer of these pitiful cases in which the patient first seeks advice when the cancer has reached a stage beyond all but palliative treatment.

Medical advice should be sought at once should a lump be found in the breast, if an ulcerated condition exists on the tongue, lip or skin which does not heal in a few days, if there is persistent hoarseness, if a mole or wart shows a tendency to grow, if blood or mucus is passed with the

stools, if there is bloody or offensive discharge at other than the normal monthly periods, especially at the change of life or after it has passed. Even with the greatest care and skill doubtful cases occur; but only after careful medical examination can it be decided whether such conditions are or are not indicative of cancer, and those who seek advice in these circumstances are taking a wise course quite apart from cancer possibilities. An abnormality is there and whatever it is due to it should be treated and not nursed in secret.

The statement is repeated that prolonged irritation is the cause, but all tissues are not equally liable. The palm of the hand is probably in the deeper parts than in the nipple. Some tissues show a special liability such as the skin of the face, lips, insides of cheeks, tongue, lower part of the bowel and neck of the womb.

## TEETHING TROUBLES

Baby's teething time is a time of worry and anxiety to most mothers. The little ones become cross; peevish; their little stomach becomes deranged and constipation and colic sets in. To make the teething period easy on baby the stomach and bowels must be kept sweet and regular. This can be done by the use of Baby's Own Tablets—the ideal laxative for little ones. The Tablets are a sure relief for all the minor ailments of childhood such as constipation, colic, indigestion, colds and simple fevers. They always do good—never harm. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Water Gypsy.

Gypsies who love the water love the way  
Of ships along a ragged coast at dawn,  
Always they want a spar to lean upon,  
And freighters steaming down as salty bay.  
Gypsies who love the sound that water makes  
In coves at nightfall always want to hear  
The run of windy waves along a pier,  
The sound of foaming water when it breaks.

Gypsies there are who love the way of hills,  
Roads that go eastward underneath the moon,  
Valleys of daisies and new daffodils,  
Roads that go westward in the heat of noon.  
But they who love the water always see  
Through rifts of moonlight vessels or a quay.  
—Harold Vinal.

The greatest feature in the evolution of human life is perhaps the discovery of the uses of fire and its application to cooking.

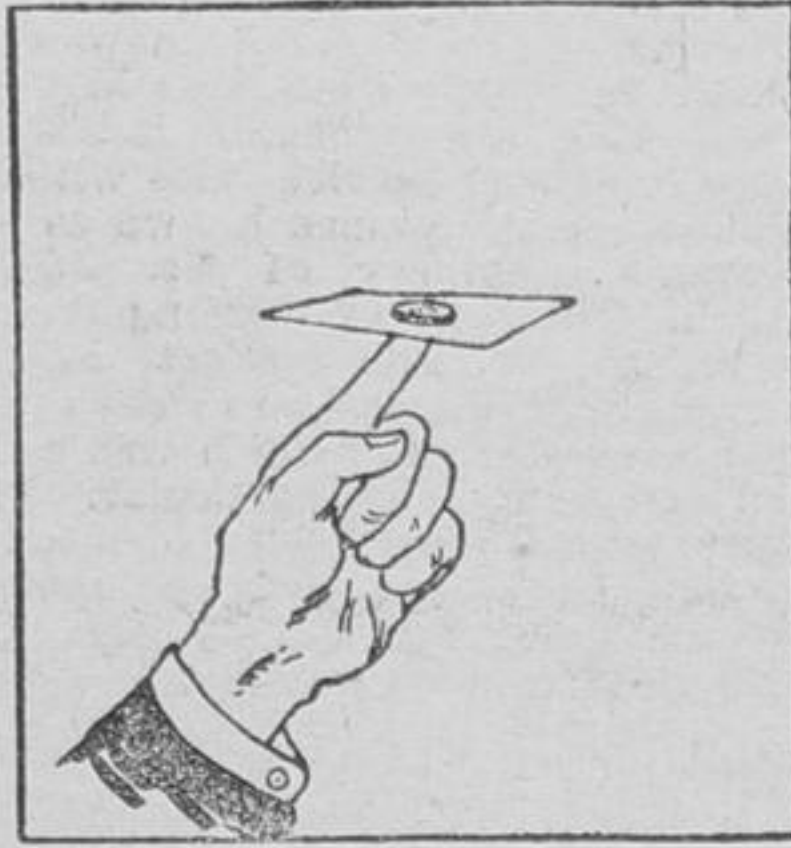
In England and Wales alone there are 40,000 civilian blind people.

Ask for Minard's and take no other.

## EASY TRICKS

No. 55

Fly Away



Balance a visiting card—or a playing card—on the tip of the forefinger of your left hand. On this, directly over the forefinger, place a half dollar.

The problem is to remove the card without touching the half dollar and without causing the half dollar to leave your finger tip.

All that you have to do is to snap the forefinger of the right hand so that it will strike the corner of the card. If you do it correctly—and you'll get the hang of it after a few trials—the card will fly away, leaving the half dollar on the finger tip.

There is a little knack about doing the trick but the knack will come with very little practice.

(Clip this out and paste it, with other of the series, in a scrapbook.)

## Make Effort to Learn Flight Line of Geese.

An interesting experiment with wild Canada geese is being carried out at the Central Experimental Farm, Ottawa, by officers of the Poultry Division of the Department of Agriculture and of the Canadian National Parks Branch of the Department of the Interior. This experiment is carried on to secure valuable information concerning the habits of these birds and it is hoped that it will result in having large flocks of these geese rest on Dow's lake, an expansion of the Rideau canal near the Farm during their migrations north and south next year.

"Jack" Miner, the well known and original investigator of wild goose life, is assisting the Government officials in the experiment. Four wild Canada geese caught on his sanctuary at Kingsville, Ontario, early in May, were wing-clipped and sent to the Central Experimental Farm, and these, together with five goslings raised this year by four captive Canada geese at the Farm, are being used in the experiment. Each of the geese caught by Mr. Miner wears one of his bands. These bands bear a scriptural text and his address, the inscription on one of these reading, "The word of the Lord endureth forever," 1 Peter, 1:25. Write Box 46, Kingsville, Ont." The other bands bear different passages and the address. The birds have also been banded with the official numbered band of the series in use by both the Canadian and United States authorities for marking wild birds.

The goslings, which are now full grown, have been placed with the Miner geese, and the flock makes repeated trips to Dow's lake. With the period for southern migration nearing those interested in the experiment are watching the birds to see whether the younger geese will follow their older companions or will remain at the Farm with their parents. It is hoped they will go south and return in the spring with more of their kind possibly to stop at Dow's lake on their northern journey.

One danger is that these birds may drop in with domestic ducks and geese unsuspecting any danger. If wild geese bearing bands as described join any domestic flocks between Ottawa and the South Atlantic coast, or between Ottawa and the mouth of the Mississippi river (depending upon which route they follow) it is hoped that they will not be killed but allowed to resume their journey. It is desired to learn as much as possible of their travels. If, therefore, persons who hear of any of these birds, or hunters who happen to shoot one, will communicate the particulars to the Commissioner of Canadian National Parks, Ottawa, Canada, their action will be appreciated. If the bird is alive and able to travel the number on the band should be read carefully and the bird released.

Keep Minard's Liniment in the house.

### Night Work.

"When was Rome built?" asked the teacher.

"At night, ma'am," was the surprising reply of one little girl.

"How did you get that idea?"

"Please, ma'am, I've heard my daddy say that Rome wasn't built in a day."

Worry is interest paid on trouble before it becomes due.

**LARGE STOCK TROJAN ELECTRIC** Washing Machines being sold direct from Toronto warehouse while they last at \$88. Regular retail price \$165. Write at once. F. B. Proctor, 102 Atlantic Ave., Toronto.

## Leaves.

Peace to these little broken leaves,  
That strew our common ground;  
That chase their tails, like silly dogs,  
As they go round and round.  
For though in winter boughs are bare,  
Let us not once forget  
Their summer glory, when these leaves  
Caught the great Sun in their strong net;  
And made him, in the lower air,  
Tremble—no bigger than a star!  
—W. H. Davies.

## Look Younger

Care-worn, nerve-exhausted women need Bitro-Phosphate, a pure organic phosphate dispensed by druggists that New York and Paris physicians prescribe to increase weight and strength and to revive youthful looks and feelings. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East.

## Got a COLD?

Take a small pan of boiling water and put half a teaspoon of MENTHOLATUM in the hot water, then breathe the steam. It's the best and also the quickest way to get relief.

For sale at all Drug Stores. Write for Free Sample.

THE MENTHOLATUM CO.  
Bridgeburg, Ont. Box 53



### BABIES LOVE

### MRS. WINSLOW'S SYRUP

The Infants' and Children's Regulator Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless. It quickly overcomes colic, diarrhoea, flatulency and other like disorders. The open published formula appears on every label. At All Druggists

## INDIGESTION, GAS, STOMACH TROUBLE

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diapepsin.

## Mother! Give Sick Child "California Fig Syrup"

Harmless Laxative for a Bilious, Constipated Baby or Child.



Constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.

## ASPIRIN

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians over twenty-three years for Colds Headache Toothache Lumbago Earache Rheumatism Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."



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CLEAN CLEAR AND HEALTHY  
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America's Pioneer Dog Remedies  
Book on **DOG DISEASES**  
and How to Feed  
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## INFLUENZA.

Don't wait till you get the flu. Inhale Minard's night and morning. The great preventive.



## GIRLS! A GLEAMY MASS OF BEAUTIFUL HAIR

35-Cent "Danderine" So Improves Lifeless, Neglected Hair.

An abundance of luxuriant hair full of gloss, gleams and life shortly follows a genuine toning up of neglected scalps with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drugstore.



## Face Disfigured With Large Pimples Cuticura Healed

"For some time my face was affected with pimples and skin eruptions, which by times would be very irritating. The pimples were very hard and large, and turned bluish when rubbed or picked, which caused disfigurement."

"I was treated but it did not prove satisfactory. I read an advertisement for Cuticura Soap and Ointment and decided to try them, and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was healed." (Signed) Mrs. Earl Cooke, Box 374, Napanee, Ontario.

Cuticura Soap daily, with Cuticura Ointment occasionally, prevents pimples or other eruptions. They are a pleasure to use, as is also Cuticura Talcum for performing the skin.

Sample Each Free by Mail. Address: "Lyman, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25c and 50c. Talcum 25c. Cuticura Soap shaves without mug.

## BEFORE MY BABY CAME

I Was Greatly Benefited by Taking Lydia E. Pinkham's Vegetable Compound

Sydenham, Ont.—"I took your medicine before my baby was born, and it was a great help to me as I was very poorly until I had started to take it. I just felt as though I was tired out all the time and would have weak, faint spells. My nerves would bother me until I could get little rest, night or day. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to recommend this good medicine. I will lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will help others take it."—Mrs. HARVEY MILLIGAN, Sydenham, Ont.

It is remarkable how many cases have been reported similar to this one. Many women are poorly at such times and get into a weakened, run-down condition, when it is essential to the mother, as well as the child, that her strength be kept up.

Lydia E. Pinkham's Vegetable Compound is an excellent tonic for the mother at this time. It is prepared from medicinal roots and herbs, and does not contain any harmful drugs. It may be taken in safety by the nursing mother.