

A HERO IN EVERY DAY LIFE

One writer has said, "The courage of the commonplace is greater than the courage of the crisis." Another, commenting on this thought, adds, "Perhaps, yet the two are one. The fitness for the great ordeal, if it be genuine, must spring from something in the character that did not generate in a moment." The following little story so aptly illustrates the second writer's conception of courage, the ability to meet the great test, whether it be short and sharp or long and soul-wearing, that it seems worth telling:

A few months ago there died in a remote Western ranching community a young man of about twenty-four who, though unknown and unremembered save in the hearts of the little group that witnessed his unflinching courage, was nevertheless, in the truest sense of the word, a hero.

He was a country lad, and although he had lost his right arm when a youngster, he shared in most of the outdoor activities of his ranch home and made a favorable showing in the boy's feats that he and his chums engaged in. He never seemed to consider that the loss of his arm entitled him to immunity from farm work. He could drive a team and was a good rider. He had the coolest head and steadiest nerve in handling colts and unbroken horses. When the other boys hesitated about trying a "bad one," he would say, "You fellows give me a chance. I can ride this 'out-law.' It was no idle boast, for he generally did.

He was of a social disposition; tall and good-looking. People generally liked him. Contentedly he followed his round of work and recreation. His was the normal outlook of a country boy reared amid simple surroundings and loving them for their wholesome sturdiness.

Suddenly came the knowledge that death, not life, was before him. Not death, merciful death that could be met at the flood of emotion and high valor as soldiers meet it in battle, but a slow, furtive death whose approach he must watch and wait for. More than five years before the end the doctors gave him up; for three, he was a recluse. Afflicted with a lingering cancer, he was always in discomfort, even in acute pain.

When his mother would ask, "Well, how are you to-day?" he would reply cheerily, "Oh, just feelin' fine!" or "Not quite so stout, but still going strong, mother." He never complained.

At first he was able to attend the small social affairs of the neighborhood and to mingle with the young people as before, but as the disease advanced he had to forego even those simple pleasures. Gradually weakness compelled him to quit the little world that had helped to pass the time. Leading was his chief diversion, carried by a car ride or a visit with one of the few friends he continued to see. To one used to the changing outdoor duties of the ranch this enforced seclusion and inactivity were doubly irksome. But the grit that had made him stick to the bucking ponies and the patience and endurance learned during long, monotonous days of sheep herding did not now desert him. He met death with the same quiet courage with which he had awaited it.

Here was real heroism. There was no sudden burst of spectacular bravery, the result, perhaps, of the stimulus that some high-flaming moment gives, or of the desire to win the admiration and applause of his friends. This young man had in him the real stuff of heroes, the slow growth that follows daily battles obscurely but valiantly waged, the winning of which gives victory also over self.

To the few who knew of this young man's sturdy pluck and blithe courage, he stands forth a shining inspiration. The pity of it is that he never could know that anyone so regarded him. Such bravery merits a more substantial reward even on earth than a laurel wreath upon a grave.

Soap.

The amount of soap used is said to be a measure of the civilization of a people, and indeed it is difficult to picture the advancedness of living in a community where no soap or substitute for it is procurable. It is said—and it is quite easy to believe it—that during the war the sufferings of clean Germans owing to the lack of soap were almost as acute as those occasioned by the insufficient and monotonous diet. Yet soap is not an unmixed blessing, for much distress may be caused by abusing it or by using improperly made soap.

Soap is made by mixing a caustic alkali, soda or potash, with an animal or vegetable fat. The fat is a compound alkali and to it, the fatty acid—stearic, oleic, or palmitic—and when an alkali is added to it, the fatty acid divorces itself from the glycerin and unites with the alkali. A similar chemical reaction occurs when soap and water are applied to the skin; the water separates a portion of the alkali and the fatty acid, and the alkali, now being free, again forms a union with the fat of the skin, which holds the dirt, and takes away both the fat and the dirt. The fatty acid, deserted by the alkali, then acts as an emollient upon the clean skin, which has been deprived of its thin coat of fat during the washing process.

The danger to the skin arises from the alkali, which may be in excess in a poor soap or may be applied too liberally by frequent washing. That causes the skin to chafe and roughen, and leaves cracks and fissures into which germs penetrate and grow. That in turn gives rise to eczematous eruptions, excessive itching, or pimples and pustules. Soap is especially injurious to eczema or to the skin when the outer horny layer is worn thin by friction or made sodden by long contact with moisture.

In choosing a soap it is a matter of personal taste whether it shall be perfumed or not. Whatever perfume is used is present in so small an amount that it can neither help nor harm the skin. The same is true of the preparations in most so-called medicated soaps; so little antiseptic or other medication is present, and it is in contact with the skin so short a time, that it is difficult to imagine any germicidal action. Superfatted soaps contain an excess of fat and are believed to be less irritating to tender skins, but for the same reason they are to an equal degree less cleansing.

CONSTIPATED CHILDREN

Children who suffer from constipation, indigestion or any of the other ailments due to a clogged condition of the bowels will find prompt relief through the use of Baby's Own Tablets. The Tablets are a mild but thorough laxative which can always be depended upon to regulate the bowels and sweeten the stomach. They are absolutely safe and are sold under a guarantee to be entirely free from opiates or other injurious drugs. Concerning them Mrs. Thomas A. Boucot, Lake Baker, N.B., writes: "I am pleased to state that Baby's Own Tablets were of great help to me when my baby was suffering from constipation." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

The heart of a vegetarian beats, on an average, fifty-eight times in a minute; that of a meat-eater, seventy-five times.

Efficiency experts say that the people who get the most work done in a day are those whose desks have the least on them. They lose no time in hunting for material and are never discouraged by an accumulating mass of work. Each item is taken up in turn and disposed of, and there is nothing else to divide the attention of the worker.

AUTO SPARE PARTS

For most makes and models of cars. Your old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfaction or refund in full our motto. Shaw's Auto Salvage Part Supply, 223-231 Dundas St., Toronto, Ont.

World's Oldest Fur Traders.

The fact that the Hudson Bay Company is celebrating its 250th anniversary calls attention to a trading concern which has a history older than the Bank of England.


It was originally a corporation formed in 1670 by Prince Rupert, nephew of Charles I., and seventeen noblemen, for importing into Great Britain furs and skins obtained by hunters from the Red Indians of North America.

It was granted trading rights over a vast tract of territory, and hundreds of stirring and romantic stories have been written concerning the adventures in their dealings with the Red skins. Hundreds of lives were lost in their quest for furs.

The company also had to contend against the hostile acts of the French of Canada, who destroyed their forts, ruined their goods, and captured their ships. There was a period, too, when they had to struggle against the enterprise of the North-West Fur Company of Montreal.

Ultimately interests were amalgamated, and until 1869, the Hudson Bay Company controlled the fur trade of North America. Afterwards the trade was thrown open to the world, the company receiving big indemnities for conceding rights, besides retaining fifty thousand acres and other lands, from the sale of which it now derives a large income.

Summer Fashions for Children



9529—Child's Dress. Price, 20 cents. In 8 sizes, 1 to 10 years. Size 6 requires 1½ yds. 36 ins. wide. McCall Transfer Design No. 1014. Price, 20 cents.

9499—Child's Yoke Dress. Price, 20 cents. In 7 sizes, 6 months to 6 years. Size 4 requires 1½ yds. 32 ins. wide; contrasting, ¾ yd. 36 ins. wide. McCall Transfer Design No. 690. Price, 15 cents.

9506—Child's Dress (sleeve in two lengths). Price, 20 cents. In 6 sizes, 2 to 8 years. Size 6 requires 2 yds. 32 ins. wide, or 1½ yds. 36 ins. wide.

9388—Child's Romper. Price, 20 cents. In 3 sizes, 2 to 6 years. Size 4 requires, striped, 1½ yds. 32 ins. wide; plain, ¾ yd. 32 ins. wide. These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

Harvesting Peanuts.

The chief item of expense in raising peanuts has always been the picking of them from the vines, this work being done usually by women and children. Lately, however, machinery has been introduced for the purpose.

One reason that we have for being interested in peanuts is that the plant originated in the New World. It was first obtained and carried to Europe from the American tropics, probably from Brazil.

Peanuts as a living ration were first fed to human beings on board slave ships which brought cargoes of captive negroes to the United States from Africa. They were fed to the blacks because they were cheap and sustaining.

Peanuts are very rich in protein, the stuff that makes muscle and blood; also they are rich in starch, which is good fuel to run the body machine. They furnish a sort of balanced ration. With nothing else to eat, one could live for a long time on peanuts.

Folding Drum.

A folding drum for orchestra musicians has been invented that is extended to full size by hinged ribs between the heads.

The luggage lost on the railways of the United Kingdom every year would make a mountain if piled up. On one railway \$400,000 was claimed by passengers last year for lost luggage.

That Unusual Flavor

Wholesome, Rich, Delightful that comes from blending malted barley with whole wheat is distinctive of

Grape-Nuts

This food is ready cooked, economical, easily digested and very nourishing.

Sold by grocers

The Top Dog.

If you are the top dog, and have won Good Fortune's smile; If all the blessings that you wish come to you all the while; If food and raiment trouble not, your coffers flowing o'er; If you can buy the very best from your increasing store— Then reach a paw and help the struggling bottom dog to rise.

There may have been a bygone time when you were struggling there. When you, too, in the toll of life, stood in and took your share.

When buffeted and torn by Fate, you needed someone near To raise and lift you from the mire and speak a word of cheer. And if that help was given to you, in measure great or small, If you have reached to dizzy heights, where once you feared to fall, Then view the struggling bottom dog with sympathetic eyes, And lend a paw to help the poor unfortunate to rise.

SCIATICA

Would you be rid of that sickening pain—that sharp knife-like thrust along the sciatic nerve—course at every movement?—Then have found lasting relief in

Templeton's Rheumatic Capsules

Many doctors prescribe them. Write Templeton, 142 King St. W., Toronto, for free sample. Sold by reliable druggists everywhere for \$1.00.

ASTHMA

Templeton's RAZ-MAN Capsules—the sure relief for ASTHMA. Don't suffer another day. Write Templeton, 142 King St. W., Toronto, for free sample. Reliable druggists sell them at \$1.04 a box.

Help You to Resist Disease—Aid These With a Tonic to Keep the Blood Pure.

The power of your body to resist disease and to fight it after disease gets a foothold, is one of the most precious possessions you have. You weaken this power when you let your general health run down, your blood gets thin and your nerves unsteady. You weaken it when you worry, when you over-work, when you do not get sufficient sleep, and when you are under-nourished, either because you do not eat the right kind of food or because your digestion is out of order.

You preserve your power to resist disease when you keep good hours and eat proper food at regular intervals. You further increase and strengthen resistance to disease when you build up your blood and nerves by the occasional use of a tonic like Dr. Williams' Pink Pills, which are free from opiates and harmful drugs of any kind. The value of these pills as a health builder is fully shown by the experience of Mrs. E. C. Taylor, Hamilton, Ont., who says: "At various times since I was a girl of fifteen I have proved the value of Dr. Williams' Pink Pills. At that age I was in a much run down condition, suffering from many of the well known symptoms of anaemia. My mother procured a supply of Dr. Williams' Pink Pills, and after taking about a half dozen boxes I was restored to normal health. Again after my marriage, and before my boy was born, I felt miserable and again took Dr. Williams' Pink Pills, which once more met all my expectations and fully restored my health. My latest experience with these pills was following an attack of pleurisy, which left me completely broken in health. Part of the time I was under the care of two doctors, and for three months I was practically between life and death. Again at my mother's suggestion I started the use of Dr. Williams' Pink Pills. I had not been taking them long before I could tell that they were helping me. Day by day I could feel my strength returning, and was soon enjoying good health once more. In view of my experience I think I can safely say there is nothing in the way of medicine better than Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills are sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

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.

When peeling large quantities of apples, as in preserving, drop them into cold, slightly salted water after coring, peeling and slicing them. This will prevent discoloration.

DOG DISEASES

and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc., 111 West 41st Street, New York, U.S.A.

SHILOH

SINCE 1850
30 DROPS STOPS COUGHS
ISSUE No. 24-20.

Blowing Railway Stations.

Flowers are amongst the assets of the Canadian Pacific Railway. Flowers bloom in C.P.R. gardens at most of the principal stations from one end of the country to the other. There are flower knots outside the Algonquin Hotel at St. Andrews, on the Atlantic coast, and one of the most beautiful flower gardens in America blooms around the Empress Hotel in Victoria.

In the old days most of the pioneers were too busy opening up the untrodden ways to give much attention to the cultivation of flowers. Yet flower cultivation along the C.P.R. seems to have progressed with the commercial prosperity of the railway system itself, for it is now thirty-one years since one of the C.P.R. employees produced a few varieties of flower seeds in his own plot and distributed them amongst his friends at some of the stations—with the object of starting flower gardening along the line. The start was auspiciously made, and now the C.P.R. has a floral department with headquarters at Windsor Station, Montreal. Mr. B. M. Winnegar is the horticulturist and forester.

Every year thousands of packets of flower seeds, bulbs, trees, shrubs, grass seed, and large quantities of fertilizers are distributed free of charge to station agents, section foremen, caretakers of round houses and emigrants. The seeds that will flower along the railway in the summer and autumn are sent out in March. Full particulars for cultivation are printed on each seed packet. Bulbs for spring flowering are sent out in the fall.

Seeds and plants of the best kind are always provided. Standard flower seed packets contain nasturtiums, alyssum, mignonette, sweet peas, phlox and Kochia. Ferns and house plants are sent to large stations. An endless variety of perennials are distributed, and amongst the varieties of trees supplied are maple, birch, beech, poplar and catalpa. Shrubs include laurel leaf willow, sumac, berberis and weigela.

In all cases the cultivation of flower beds is done by the employees of the company, many of whom have become expert gardeners. On each division of the C.P.R. prizes are given every year for the best display of flowers, and some of the products of gardens kept by the railway amateurs have won prizes at Canadian and United States floral exhibitions.

During the last thirty-one years the encouraging influence of the C.P.R. flower growers has materially assisted in the inauguration of floral societies all over the country. Many of the railway officials are members of these societies. Flowers have improved the appearance of the railway stations, and inspired by the beauty of the stations, residents of the towns have planted flowers that beautify their homes. A little flower fame along the C.P.R. has often thrown the spark that ignited a fire of flowers.

How Sandwich Was Named.

Many city folk who during the noon hour luncheon invade the downtown automat, buffets, &c., to grab a quick lunch, which mostly consists of a few sandwiches as a starter, never stop to think of how the sandwich first became a quick lunch food.

Research discloses that the fourth Earl of Sandwich, the originator of the noon hour bite, was born November 3, 1718, over 201 years ago. This Earl, like most of the English nobility of his time, was a devotee to games of chance. When the stakes ran high the Earl was unable to tear himself away, and it was his custom to order the servants to bring him slices of bread and ham. Other devotees of the goddess of chance followed his example, and soon after affixed the name "sandwich" to the combination of bread and meat which the hustle and bustle of modern times have given a wide popularity.

No matter how happy we may be elsewhere, home is concentrated in one tiny place, and there is that in us which makes it impossible to scramble our affections all over the globe. We have to roll them up, when the final test comes, to one doorway, one little room—somewhere.


Wood for tennis rackets requires at least five years' seasoning—that is to say, it requires to be kept for five years in the rough timber state before being cut up for use. Wood for pianos is kept, as a rule, for forty years before it is used.

Produce and conserve.

Double Beauty

OF YOUR HAIR

"Danderine" creates mass of thick, gleamy waves




In a few moments you can transform your plain, dull, flat hair. You can have it abundant, soft, glossy and full of life. Just get at any drug or toilet counter a small bottle of "Danderine" for a few cents. Then moisten a soft cloth with the "Danderine" and draw it through your hair, taking one small strand at a time. Instantly, yes, immediately, you have doubled the beauty of your hair. It will be a mass, so soft, lustrous, and so easy to do up. All dust, dirt and excessive oil is removed.

Let Danderine put more life, color, vigor, and brightness in your hair. This stimulating tonic will freshen your scalp, check dandruff and falling hair and help your hair to grow long, thick, strong and beautiful.

MOTHER!


"California Syrup of Figs" Child's Best Laxative



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 physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California."

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



The name "Bayer" is the thumb-print of genuine Aspirin. It positively identifies the only genuine Aspirin—the Aspirin prescribed by physicians for over nineteen years and now made in Canada.

Tin boxes of 12 tablets each, always buy an unbroken package, a few cents. Larger "Bayer" packages. There is only one Aspirin—"Bayer." You must say "Bayer!"

Aspirin is also the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacid of Salicylicacid. While it is well known that Aspirin means Bayer manufacturer, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

CLASSIFIED ADVERTISEMENTS

WELL EQUIPPED NEWSPAPER

and job printing plant in Eastern Ontario. Insurance carried \$1,000. Will go for \$1,500 on quick sale. Box 44 Wilson Publishing Co., Ltd., Toronto.

SOFT ELM WANTED.

SOFT ELM WANTED, 3 IN. AND 4 IN. THICKER, SHIPPED GREEN FROM SAW, DO NOT SELL UNTIL YOU COMMUNICATE WITH US. Keenan Bros. Limited, Owen Sound, Ont.

REGISTERED TRAINING SCHOOL

For Nurses: St. Elizabeth Hospital, 704 South Broad Street, Elizabeth, New Jersey. Complete course. Monthly allowance: first year \$5.00, second \$10.00, third \$15.00. Address: Superintendent.

HELP WANTED.

WANTED, FIRST-CLASS BENCH carpenter to work on interior fittings. Good wages, steady work. Apply Laidlaw Lumber Company, 2250 Dundas W., Toronto.

LADIES WANTED.

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time; good pay, work steady; no disbursements. Send stamp for particulars. National Manufacturing Co., Montreal.

When soaking clothes for the wash add one teaspoonful of peroxide to a tub of water for the clothes.

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