rium From Sea.

URIOUS CUSTOMS IN SNOWBOUND LANDS

SKIMOS HAVE VARIETY OF SPORTS.

cturesque Winter Scenes in Japan - Galleries From House to House.

hough the Eskimos have no na-I game, they lack neither in numnor in variety the diversions suits, children can still find pastimes put them on an equal footing with

notball is played with a bag stuffrith hair. "Tag" is the same game world over. Children are fond of tering," standing upon the end of amusement, which requires skill,

ed is the seat of a stout pair of

Athletics in Arctic Regions. etics are also much indulged in. the legs being outside of the and held straight out in front,

in trousers.

I with the ground. ng matches are also frequent. guided by goose feathers are

same the world over play with dolls carved out of shion in clothing of ermine, a to kick a ball of ice or snow vithout touching it with their

also tosa pebbles very skillulte being able to keep six or brass or anything that will ses, jingling the bracelets, keepne and accompanying the play sort of chant.

Snowbound in Japan.

ig the picturesque sketches of ded beneath undrifted snow. ed by an American observer ar the beach of the Sea of Jap-

stories of the dwellings which a means of passage from house he case, deep blocked with win-

scessive snowfall in the region an extraordinary contrast

e west the valleys lie deep in der a sky often hidden in s mouths together, a bright sky on valleys and plains compara ncovered.

to meet the exigencies of this lowfall that galleries are con-The inhabitants are comoccasionally buried that the ign-posts stuck in the snow or

to point out public buildings:

Talking Clock.

with neither dial nor hands an constructed by H. Hart-New York city.

fifteen minutes. There is. ord being carried on a band if desired, pressure on a butcause it to repeat the time.

becomes a hurricane when ty exceeds seventy-four miles

CANADA ASTONISHES HOW TO BE HEALTHY SOUTHERN FARMERS DURING THE WINTER

STATE FAIR.

Corn Growing is Successful Feature of Canadian Prairie Agriculture.

the premier exhibits of one of the first of thin blood, take a short course of nals as far as 15,000 miles. corn growing sections of the globe. If treatment with Dr. Williams' Pink Thus, with Eiffel Tower reserved Texas previously lacked interest in Pills. Do not wait until the color has for official and scientific despatches, Canada, their astonishment has entirely left your cheeks, until your such as noonday signals; the Nantes changed the situation and Texan farm- lips are white and your eyes are dull, station reserved for maritime purers have their eyes on the wonderful it is so much easier to correct thin- poses, and with both Lyons and Bor-

In addition to running off with the the case of Mr. B. M. Day, Newcastle European countries, France will be in first prize for a product which is Bridge, N.B., who says: "From my generally believed to belong o belts own experience with Dr. Williams' points of the globe. much farther south, Canada produced Pink Pills I can most heartily recomother apparent anomalies in the way mend them. Some time ago I was of prairie-grown crab apples, white badly run down and my blood seemed cherries, and giant strawberries, thin and watery, accompanied by the Again, there was honey produced on usual symptoms of this condition. A prairie farms which brings back to friend recommended Dr. Williams' memory the fact that in the honey con- Pink Pills, and after taking several test at the convention of beekeepers boxes I felt like a new man." from all over the world, held in .Switzerland in 1913, the first prize went to the product of the Province of Mani-

Exhibit Arouses Much Interest.

These Canadian products, including the corn, which was of similar kind to that which secured the world championship at the International Soil Pro- reading aloud, that medical authoriducis Exhibition at Kansas City a few ties agree in pronouncing it a healthy years ago, were part of a Canadian ex- and invigorating exercse for the mind hibit which also contained grains for and body. Persons whose chests are the growing of which the Western weak should read aloud at stated in-Provinces have achieved world-re- tervals, and even recite or sing, using

terest and caused genuine astonish- redered as salutary to the organs of ment at the fine displays of agricul- respiration as they are agreeable in tural products, many of which the be- their influence on the ordinary voice. holders had previously associated solely with climatic conditions to be experienced much farther south. The exhibition demonstrated concisely the tower of the Houses of Parl'ament, extent and diversity of Canadian na- London, automatically sends a signal

The Corn Belt's Northward Trend. When Canada successively secured the world's championship for wheat growing, universal interest was re vived at the steady northward trend of the wheat beit. Now it would appear that the corn belt is undergoing the same process if we are to judge by the international successes of the corn product of Canadian prairie farms, and the general enthusiasm with which the growing of this grain is being taken up. In fact, the prairie refuses to remain in the position assigned to it by tradition and opinion unsupported by experience, and has proved its adaptability to many lines of agriculture previously conceived to be entirely outside its scope.

Do You Know That-

The name of the Empire State was modern civilization is more impressive are to make men out of children we first given to New York by George than the splendid growth and special- now know that, in the infinitely com-Washingon, in his reply to an address ization of hospitals, convalescent plex conditions of modern life, we from the New York city Common homes, sanatoria, dispensaries, clinics, cannot do so by letting the children

and other organizations for the ap- take care of themselves. broken extent of level surface of any of disease. The impulses of philan- place in the healthy upbringing of the in the hope of finding suitable "Pilless threatening famine in Algeria is the region of the globe. The plains close of disease. The impulses of philan place in the healthy upor inging of the in the nope of finding suitable. Philess thropy are no less numerous and young. Medical treatment and sup- Jacks" for husbands in the United follow for a year.

The famous "Blue Danube" waltz came to Johann Strauss one day while he was strolling in the park with his wife, and having not a scrap of paper at hand, he wrote it on the white linen collar worn by Frau Strauss, as h own linen was limp colored calico.

The favorite sport of the Siamese fishfighting. The fighing fish are de scribed as being long and slendor, and very ferocious. The moment they are placed together in a vessel of water they dart at one another, and the on lookers become so excited over the contest that they will wager anything they have at hand on the success

their favorite fish. The heaviest timbers are oak, teak farrah (an Australian wood), and greenheart; the lightest are willow, poplar and spruce. The difference enormous. A cubic foot of teak will weight over eighty pounds, while cubic foot of willow does not exceed thirteen pounds. Besides being one of the heaviest the African teak oak is also the strongest of all woods.

The Japanese language is taught in Australian high schools.

"Baby" incendiary bombs, which our aircraft used during the war, were so small that a Handley-Page seroplane could carry 4,000 of them. In six weeks 85,000 of these bombs were dropped on German industrial towns

Of British home troops, numbering 153,000, nearly 50,000 are in Ireland. The total strength of the British Army all over the world is given at

The Canadian Chaplain Service had an authorized strength of 290 in the recent war; 426 served overseas; 108 gained awards; 6 died, and 21 were wounded in battles while di

if the Blood is Kept Pure.

dency towards anaemia, or bloodless- and even then with greatest difficulty.

things she is capable of in the agricul- ning of the blood in the earlier stages deaux handling hundreds of despatch-

You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent 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.

Reading Aloud Helpful. So wholesome is the practice of nown and secured many international due caution as to posture, articulation, for twenty-five years." and the avoidance of excess. These The exhibit aroused considerable in- regular exercises of the voice may be

> Dependable "Big Ben." "Big Ben," the famous clock in the

tural wealth along agricultural and each day to Greenwich; it rarely varies so much as a second.

of human sympathy. Nothing in our

cally defective, gives much food for and body.

treatment is to secure that the young- overestimated.

as in no other

THE STURDY FOOD VALUES

of wheat and malted barley are combined in

Grape-Nuts

Its rich, nut-like flavor attracts

and its nourishing qualities

are staunch. Unlike most pre-

pared cereals. Grape-Nuts

needs no added sweetening

SOLD BY GROCERS EVERYWHERE

prepared cereal food

Minard's Liniment for Dandruff.

station near Melun, it may be in a winter. For people who have a ten- tween 40,000 and 50,000 words a day, metal a paying proposition.

ness, winter is a trying season. Lack The new wireless station near Mel- of gold to the ton, and, in quantity, of exercise, lack of fresh air, and a un is to be completed in two years and twice as much silver. Copper and more restricted diet are among the will be able to send 1,000,000 words a other metals likewise contribute their Corn grown at Kelwood, Manitoba, things that combine to lower the tone day. The apparatus designed will be salts to the ocean in appreciable of the body and weaken the blood. able to send seven and receive five amounts—as, indeed, might be ex-As soon as you notice the tired separate despatches simultaneously pected, inasmuch as rivers carry down State Fair, carried off the first cham- feeling, lack of appetite and shortness and will have a radius of 10,000 miles to the sea all the materials of which pionship honors, winning out against of breath that are warning symptoms and the power to transmit urgent sig-

than later. This is well illustrated in es daily for the United States and wireless contact with the uttermos

Handicapped.

anthropist in the West, who is a man absurdity. of big business as well and who is noted for his sympathy for the "downand-outers." If possible, ne will give any deserving applicant for work a chance to make good."

have had him ejected from the office. does not get him out in the fresh air graduated from this "Camp-ecole," as asked the good man, when he had heard the man's recital of his woes.

"I can find work all right," said the der and he becomes peevish and cross. Canada on the staff of the 1920 camp. man, "plenty of it,. but everybody To guard against this the mother wants references from my last em- should keep a box of Baby's Own Tab- Charters permitting organizations to "And cannot you get those refer-

"No, sir. You see, he's been dead

If a man can write a better book. preach a better sermon, or make a better mousetrap than his neighbor. though he build his house in the woods, the world will make a beaten path to his door .- Ralph Waldo Em-

Osborne House, formerly Queen Vic- course, albinos. toria's residence in the Isle of Wight, was built at a cost of £200,000, from word "albino" was first coined, and designs of the Prince Consort.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health. Ontario

Middleton will be glad to answer questions on Public Health mat-

ters through this column. Address him at the Parliament Bldgs.

France May be World's

New salt works established at Ber-If the French Government carries gin, in Norway, will turn out as a by out its present plans to develop the product about 100 tons of metallic mastery of the world's wireless tele | magnesium per year. Sea water (from FIRST PRIZE AT TEXAS Many Troubles May be Avoided commencement of the sixteen tower takes four tenths of 1 per cent. of magposition to take all business from the Increased demand for magnesium in

cable companies in France, as these airplane construction, with cheap elec-Do not let your blood get thin this companies are now handling only be- tric power, makes extraction of the Sea water contains four cents' worth

including the metals contained in

It is familiarly known that certain marine plants the kelps and other seaweeds-take up iodine and potash from the sea water, concentrating those minerals in their own structure. Such plants are important commercial sources of potash and iodine.

In Spain a plant which secretes soda was long cultivated and harvested for that chemical, the ash derived from the burning of it being called "barilla Thus it would seem that the notion of This story is told by a certain phil- a mineral farm is not altogether an

On one occasion this gentleman was the baby. He is more or less confined France co-operated in this work and approached by an individual that any to stuffy, badly ventilated rooms. It some 275 older boys and young men but the philanthropist himself would is so often stormy that the mother from the devastated regions of France as often as she should. He catches it was called. Mr. Frank C. Irwin, the stomach and bowels and break up the Provincial Council for Ontario, colds. They are sold by medicine Headquarters, Sherbourne and Bloor dealers or by mail at 25 cents a box Sts., Toronto. The conditions upon from The Dr. Williams' Medicine Co., which charters are granted are, first, Brockville, Ont.

White Negroes.

Early Portuguese explorers found on the west coast of Africa a number of "white Negroes," who, by reason of the peculiarity, were held in vene ration by the blacks. They were, of

It was to describe them that the since then it has been applied to human beings of all races whose lack of pigment deprives their skin, eyes and hair of normal coloration.

Albinism is assuredly one of na ture's strangest freaks. In former days persons so aglicted were regard-

From time immemorial the treat- er generation shall grow up as fit fact.

ment of the sick has relied, not un- physically and mentally as the applied Albinos of Caucasian race have pe- ing stomach correcter in world .- Adv. successfully, on the organizing power science of the day makes possible. culiarly fine hair, glossy and silklike. But the healthy growth of a child is which rather resembles corn-tassel a function of many variations. If we silk.

Million Surplus Women in

"Jackless Jills" are emigrating plication of scientific ideas to the cure The school clinic fills an important considerable numbers from England powerful to-day than in any past gen- ervision, it is true, cannot solve all States, according to Norah March, eration, but as civilization advances, the problems centred in the school bachelor of science. Her comments the intensive study of disease de- child; yet this it can secure: that he on England's "marriageable women mands more and more organization. shall come to school clean; that he who may never marry" before the Na-The multitudes of minor ailments re- shall have his vision tested and cor- tional Birth Rate Commission have vealed in the inspection of children rected if it is defective; that he shall been widely discussed in the British tend to outrun all our present re- have his ears treated if he cannot press.

sources. The children's hospitals are hear; that he shall have his skin dis- Government figures show there is a as busy as ever, but wherever volun- eases cured or kept harmless; that he surplus of a million women in England tary clinics for children are establish- shall have his heart, his lungs, his whose only hope of marrying depends ed they rapidly become crowded, and bones, his joints examined before he on their migrating to some part of the there is urgent need for more and is required to undergo any physical earth where there is a more even dismore clinics all over the Province. instruction; that he shall have his tribution of the sexes. According to Open-air nurseries and nursery schools hours of work adapted to his indi- Miss March, they are doing it. She are all urgently needed, for immense vidual capacity; that he shall have says she is receiving letters from fields of treatment are still unoccupied. sufficient healthy play to preserve his America that are "significant of the The recent report of a Medical Officer elasticity and to promote his growth; loneliness of some men's lives."

of Health for a large city in Ontario that, in a word, he shall have, at every "Women are enterprising to-day," showing that thirty per cent. of chil- stage of his growth, his maximum she added. "Many are emigrating who dren arriving at school age are physi- chance of attaining to fitness of mind a few years ago would have feared to take the great adventure."

thought. The medical and nursing This is the purpose aimed at in the Judging from an official report presupervision of the child is imperative, medical inspection of schools, and the pared by the Census Bureau in Washand the purpose of inspection and importance of the work cannot be ington indicating there are nearly ten million bachelors in the United States above the age of 20, there is considerlish "JiHs."

Queer Storage Place.

Andre Lefevre, French Minister of War, also a distinguished chemist, recently startled the Chamber of Depu- near six-year-old Harold's home, gave ties with the proposal to store the him an opportunity to try his first pair French stock of guncotton and nitro- of skates. Of course he made a poor cellulose explosives in one of the lakes tob of it and was down every minute of the Pyrenees.

tons of high explosives, enough to last ing, a woman on the bank said kindly, her 300 battle days, even at the enor- "Why, little man, I wouldn't stay of mous rate at which powder was con- the ice and keep falling down so; I'd umed during the war.

or later if the mass of explosive is not little fellow looked from his advisor for Colds, Headache, Neuralgia, Rheukept at a safe and constant tempera- to the shining steel on his feet and matism, Earache, Toothache, Lumbago ture. The temperature of the water said pluckily, "I didn't get some new and for Pain. Handy tin boxes of of Pyrenean lakes never varies more skates to give up with! I got 'em to twelve tablets cost few cents. Dr than four or five degrees.

Hence M. Lefevre would France's stock of war explosives in waterproof tanks in the lakes and keep them thus for decades.

De Mari of Handella.

Instead of Mustard Plaster BENGUE

Boy Scout Notes.

BEWARE OF SUBSTITUTES

\$1.00 a tube

THE LEEM'NG MILES CO., LTD

MONTREAL
Agents for Dr. Jules Bengué
RELIEVES PAIN

Patrol Leader Frank B. Johnston, of the 64th Toronto Troop, Boy Scouts, has just been awarded the bronze medal of the Carnegie Hero Fund for saying Miss Daisy A. Hooper from drowning in Lake Scugog. Scout Johnston was awarded the highest award The Boy Scouts Association could give him -its Bronze Cross for Gallantry-

Le Comite American pour les Re giones Devastees de la France, which conducted a large Boy Scout Training Camp at Compiegne, France, last summer, will next summer conduct five similar camps for French boys. Last year The Bcy Scouts Association, the Boy Scouts of America, the two Belgian Scout organizations and the The winter season is a hard one on several Boy Scout Associations colds which rack his little system; Executive Secretary of the Boy Scouts his stomach and bowels get out of or- Association for Ontario, represented

lets in the house. They regulate the form Boy Scout troops are granted by that the organization-it may be a church, a school, a community club, "The End of a Perfect Day" each a parents' association or any other night, and really mean it, is pretty group of citizens-will guarantee for sure to sleep soundly. one year adequate leadership and facilities; second, that it will endeavor to provide an opportunity for the members of the troop to spend a week or more in a summer camp; and third, that it will conduct the troop, through a Troop Committee appointed by it, in accordance with the rules and regulations of the Association. There are now nearly 250 registered Boy Scout Troops in Ontario.

"Pape's Diapepsin" Corrects Stomach.

"Pape's Diapepsin" is the quickest, ed with horror and systematically surest relief for Indigestion, Gases, Flatulence, Heartburn, Sourness, Fer-Because of their shrinking from mentation or Stomach Distress caused bright light the approbrious name of by acidity. A few tablets give almost "cockroaches" was bestowed upon immediate stomach relief and shortly them, and it was ignorantly supposed the stomach is corrected so you can that they were defective mentally. For eat favorite foods without fear. Large the latter notion, needless to say, case costs only 60 cents at drug store. there was never the slightest basis of Absolutely harmless and pleasant. Millions helped annually. Largest sell-

Algeria Suffers From Drought

"The Drinkers of Sunshine," as the Arab shepherds call themselves in their own language, are on the verge of starvation throughout Algeria, and fruity taste. Full directions on each ca may have nothing but sunshine as fallen for a year.

This has proved a calamity for the Arab hepherds, nomads living practically by their flocks. eventy-five per cent. of the sheep in Algeria have died as a result of the drought, and the Arab "Drinkers of Sunshine," dreamers and philosophers, incapable of any work but that of guarding the flocks. are in dire straits.

Governor-General Abel of Algeria has left for Paris to ask the Government to arrange for the importation of wheat from America or Argentine to tide the people over the crisis.

Have used MINARD'S LINIMENT in

The Right Spirit.

The cold snap, hardening the pond

France has on hand about 90,000 Observing the hard time he was havjust come off and watch the others." Explosives deteriorate with time. The tears from the last hard bump Chemical decomposition begins sooner were still on the rosy cheeks, but the In every Bayer package are directions

learn how with."



A Rubber Baby.

Two American women, one of whom carried an infant of surpassing ugliness, entered a London bus. A man why in this country the gathering of who sat opposite them seemed fas- sweet-smelling herbs and flowers for cinated by the ugliness of the baby, the perfumery trade might not be and could not keep his eyes off it. At found profitable. It has recently belength the mother, annoyed by the come a considerable industry in rural prolonged stare, leaned forward and parts of England, a great many women

The man, unaware that this is the In April the picking of cowslips be Yankee expression for staring, gave a gins, those flowers being in demand as sigh of relief and replied: "Thank a cure for sleeplessness, and also for Heaven; I thought it was real!"

Greatly Benefited.

"You may have heard of me-I am Dr. Blagby," the pompous gentleman announced in the smoking compart. sage, mint, balm and thyme.

thank you for what you did for me." the quiet young fellow responded. "I have benefited greatly by your treat- public mind is mathematically meas-

mine? Though, of course, I couldn't awaken you to think; if it lift you possibly remember all-"

A Splendid Bull.

and I was his heir."

The climate of India is vigorously, if Emerson. not quite logically, defended in Bulls and Blunders by a certain Irish

"Bad climate be hanged!" roared the irate warrior. "There's no better climate in the world; but there are a lot of young fellows who come India, and they eat and drink, and they drink and eat, and they die; and ther they write home and say that the climate has killed them. Of course, lots they don't, and I'll go and end my

"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



Stop that pain!

QUICK, warming, soothing, comforting relief follows an application of Stoan's overworked muscle. Good for rheumatism. too. Penetrates without rubbing. Sloans Liniment (Pains)

ASPIRIN

Only "Bayer" is Genuine



are not getting genuine Aspirin at all gists also sell larger packages. Made in Canada. Aspirin is the trade mark Send a Dominion Express Money
Order. They are payable everywhere. (registered in Canada), of Bayor
Munufacture of Monoaceticacidester of
Salicyticacid.

year course of general training: attractive residence; single rooms. For salary and other information apply Lady Superintendent. Toronto Free Hospital, Weston, Ontario.

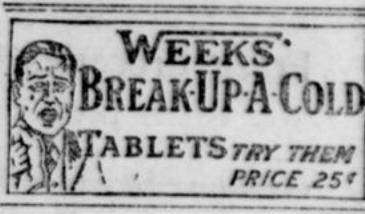
Perfume Hunters.

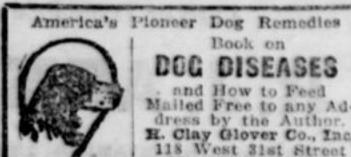
There seems to be no good reason and children having taken it up.

"potpourei" and sachets. Broom and elder flowers follow. Mullein and mallow, bergamot, peeny petals, rose petals and red poppy petals bring good prices: likewise raspberry leaves,

"Ah, then I have the opportunity to Minard's Liniment Relieves Distemper

The effect of any writing on the urable by its depth of thought. How "Why-er-were you a patient of much water does it draw? If it from your feet with the great voice "Oh, no, not I. But my uncle was, of eloquence; then the effect is to be wide, slow, permanent, over the minds of men; if the pages instruct you not, they will die like flies in the hour .-





A Quick Relief

DOG DISEASES

and How to Feed

for Headache A headache is frequently enused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which is turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheuma tism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.

Girls! Save Your Hair! Make It Abundant!



massage, your hair takes on new life, lustre and wondrous beauty, appearing twice as heavy and plentiful, because each hair seems to fluft and thicken. Don't let your hair stay lifeless, colorless, plain or scraggly. You, too, want lots of long, strong, beautiful hair. A 35-cent bottle of delightful "Danderine" freshens your scalp, checks dandruff and falling hair. This stimu lating "beauty-tonic" gives to thin dull, fading hair that youthful bright ness and abundant thickness .- All

Also Itchy Scalp. Hair Fell Out. Face Disfigured.

"My head began to itch and there had pimples and blackheads all over face was disfigured.
"This trouble lasted about two

months and I began using Cuticure used two cakes of Soap and two of Cuticura Soap, Ointment and Talcum. They are ideal. Seep 25c. Ointmest 25 and 50c. Talerm 25c. Sold throughout the Dominion. Canadian Depot: Louise. Limited, 344 St. Paul St., W., Mentreal. Catioura Soap shaves without mug.

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