

ENGLAND TO HAVE LARGEST STADIUM

PERMANENT STRUCTURE AT EMPIRE FAIR.

Seats Provided for 125,000 Spectators With Centre Area for 50,000 Additional.

England is building the world's largest athletic stadium, with a seating capacity of 125,000 persons, or 50,000 more than the Yale bowl, and expects to use this immense structure to better the friendship among the dominions of the British Empire and between the Empire and other English-speaking countries. Annual contests in all fields of sport are planned, and another proposal is that athletic teams from New York shall compete with London teams in track sports and games played by both countries.

This stadium—large enough to contain three steamships of the size of the majestic, the world's largest—is being reared on the 200-acre tract of the British Empire Exhibition, which will open about May, 1924. But the brick and concrete stadium structure will be permanent, so that it may be used in coming eras of athletic history, long after the great imperial exhibition has closed.

The stadium will bring together the greatest crowd ever witnessing an athletic contest, because its 125,000 seats will take up only the tiers. When a boxing exhibition is put on in the middle of the oval the seating capacity will be about 175,000—or almost twice as many persons as saw Boyle's "Twenty Acres" in Jersey City. The stadium's ground area inside the seats will be 800 feet long and 300 feet wide.

Will Set Many Records.

The special needs of boxing contests are being considered in the construction of the stadium, and it is expected that a large part of the revenues of the enterprise will come from these exhibitions. A championship fight there would set records in every way—crowds, purse, gate receipts, and possibly in public interest.

The British Empire Exhibition committee is having the roads leading to the stadium and exhibition grounds widened and extended and is even building special railroad lines into the grounds, so that England may "break" at home, see a championship contest in the stadium, and dine at home in the evening. Some days of the year all roads in England will lead to the portals of the world's greatest athletic field. It is virtually in London, because the train time is only 17½ minutes from the city to stadium.

The site of the exhibition is at Wembley, near Harrow-on-the-Hill, about ten miles north-west of London, the only large tract near London adaptable for the purposes of the British Empire Exhibition. The famous old White City ground, home of so many previous exhibitions, was too small.

The main features of the stadium have been approved by the American officials, several of whom have inspected the plans here and will go overseas to see the stadium before it is completed. One of these officials is Colonel Robert M. Thompson, president of the American Olympic Association, who visited England to confer on plans for a great Anglo-American athletic meet in the stadium next summer, after the proposed Olympic games in France.

Lease by Football Association.

Inside this vast area will be a quarter-mile circular track, football fields, cricket fields, polo fields, and even baseball diamonds, surveyed and laid out so that playing space may be turned to any game. Buried away under the vast tiers will be at least 400 dressing rooms for athletes, as well as training quarters, dormitories and dining rooms. Already the committees have leased the stadium for one day each year, beginning in the next football season, to the Football Association of England for the greatest match of the year in that sport. The lease runs for twenty-one years—one day each year at the rental of \$125,000 for that one single day each year. The association expects to fill the stadium every year for that match, so that there will be a profit.

"That one lease shows what can be done with such a stadium," says the designer, "with all the roads of England leading to its portals. The committee purpose to lease the stadium for the greatest boxing and wrestling tournaments held anywhere, with the largest crowds ever assembled."

"The stadium will have fretwork on which a canvas roof can be stretched to keep out the rain, so that great athletic contests will not be impeded, and so that the summer heat may be kept from running the turf. By a plan for the diffusion of light at night it is hoped to make possible athletic games at night as in the day, so that day workers may have their full enjoyment of this great stadium. It will also be open on Sundays for the benefit of the weekday workers."

Radio in Belgium.

Belgium is building its first high powered station for international radio traffic, heretofore having been able only to receive messages from distant points.

Going to the bad is a poor way of showing that you are a good fellow.

HOW TO REGAIN YOUR GOOD HEALTH

It Can Be Done Through Keeping the Blood Supply Rich and Pure.

There is not a nook or corner in Canada, in the cities, the towns, the villages, on the farms and in the mines and lumber camps, where Dr. Williams' Pink Pills have not been used, and from one end of the country to the other kind words have been said for this medicine.

You have only to ask your neighbors, and they can tell you of some rheumatic or nerve-shattered man, some suffering woman, ailing youth or anaemic girl who has been benefited by Dr. Williams' Pink Pills. For pills have been known not only in Canada, but throughout the world as a reliable tonic, blood-enriching medicine.

The success of Dr. Williams' Pink Pills is due to the fact that they go to the root of the disease in the blood, and by making the vital fluid rich, they strengthen the organs and nerves of the body. Mr. A. M. Large, Victoria, P.E.I., adds his testimony to that of thousands of others who have found benefit through the use of this medicine. He says:—"About three years ago I became dreadfully run down, so much so that I had to stop work altogether, and being a carpenter, and busily engaged, the outlook was gloomy. I became so reduced that I would have to rest even after a short walk. My appetite almost completely failed. The doctor whom I consulted told me I would have to take a prolonged rest, and gave me a bottle of medicine, which, however, did not help me. Then a good friend urged me to try Dr. Williams' Pink Pills, and I got a supply and before long felt an improvement. From that on I continued to gain and was able to resume my employment. I continued taking the pills for some time longer and now feel as vigorous as I ever did."

You can get these pills through any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Industrious People.

Physiologists say that man was not intended by nature to apply himself without intermission for any long period to any manual or mental task, and that one of the great difficulties in the modern industrial system is to overcome what is for human beings a natural disability. Intervals of rest or distraction are necessary to everyone; but the frequency and length of the intervals and the use to which they are put vary with everyone. And on these variations success or failure, happiness or unhappiness, may very largely be predicted.

For the healthy person the best way to rest is to do something, says a writer in Youth's Companion. Manual occupation or physical activity is the best form of relaxation for those whose work is mental; and mental or physical activity is the best form of relaxation for those whose work is manual. The people who don't know what to do with their spare moments or half hours or holidays or who pass them in a discontented idleness derive no benefit from their opportunities. They might well envy those who hurry home eagerly to a good book to read, or something to make or build, or a musical instrument on which to practice, or a boy—or even a dog—to exercise. Most of those who are with a resource seek amusement in unwholesome ways. To be without a resource is to be lazy. People who are not lazy discover resources and enjoy them.

Industrious people have their worries and their troubles, but they are not subjugated by them. They get happiness out of life, and they don't sicken or irritate the world with lamentations over their misfortunes. Indeed, the great virtue of the industrious person is not that he works and produces,—excellent merit though that is,—but that he doesn't whine and complain.

Prevents Slipping.

An open web fabric to be cemented to the faces of pulleys has been invented to prevent belts slipping.

Many Inventors Watchmakers.

Watchmaking was the first mechanical activity of many of the famous inventors.

Minard's Liniment for Distemper.

The Best Harvest.

There are those who as they pass along life's pilgrim way gather to themselves a harvest of money. Money is something, but not everything. It can be used, or abused. It can do good—or evil. Other pilgrims, as they pass, gather to themselves a harvest of fame. That also is something, but not everything.

The best harvest is that of—friends. He who has no friends is the poorest man in the wide world.

Gather, therefore, of those other good things which life may bring you, but remember that the best harvest is friends.

Sympathy, courtesy, helpfulness—these, and the attraction of your own character will bring them to your side and keep them there.

Cultivate friendships in the spring of life, so that when the autumn and winter come you may walk through the grey days in company.

Of a truth, 'tis better to be homeless than friendless. Adversity, and not of your fault, may make you homeless. To be friendless means that you are self-condemned. You lacked something, and thereby gained no friend. While there is time, gather to yourself friends. They are life's most precious possession.

GUARD THE CHILDREN FROM AUTUMN COLDS

The Fall is the most severe season of the year for colds—one day warm, the next cold and wet, and unless the mother is on her guard, the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mother is on her guard, the little ones banishing colds. They act as a general laxative, keeping the bowels and stomach free and sweet. An occasional dose of the Tablets will prevent colds, or if it does come on suddenly their prompt use will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Self-Advertisement.

Little Barbara was out in the country walking with her mother. "Gracious, whatever's that noise?" asked mother.

"Oh, it's nothing, mummy," replied the child, "but a cow mooing, trying to sell her milk."

Crocodiles Eat Stones.

The crocodile has a gizzard which it uses to crush and grind large lumps of food. It takes in sharp-edged stones to help in the grinding process.

cover, examine and arrange for the specialized training and permanent care of mental defectives. Manitoba's new and constructive Child Welfare law gives such authority and provides the necessary machinery; a Director of Child Welfare, a specially trained medical Examiner, and a Board of Selection to determine what is to be done with each child.

A plan of this kind systematically and well worked for a generation will enormously reduce if not eliminate the problem of the feeble-minded.

Second, the adults also should be discovered, examined, and the worst of them segregated and so prevented from multiplying their kind.

On industrial farms they can be self-sustaining. The large home at Waverly, Mass., with 2,000 inmates, is practically so. And the inmates of both sexes and all ages are happy and contented, and though neither walked nor bolted, nor barred in, never run away. The Spring City, Penn., one with 1,000 inmates, is altogether self-sustaining. So are many others.

Every Canadian province should have at least one such institution, one or more.

McCulloch Says It Helped Him From First

"I am glad to recommend Tanlac, for it has helped me to gain twelve pounds and made me feel better than I have in many years." This clear statement was made recently by David McCulloch, 43 New St., Calgary, Alberta, Canada.

"I had been in very poor health for four years, being generally run down, with no appetite to speak of, and my nerves were always more or less on edge. My strength and energy were at a very low ebb, and a good night's sleep seemed utterly out of the question. I was simply worn out all the time, and was considerably under normal weight."

"Friends of mine who had tried Tanlac urged me to take it. I began to pick up from the very first bottle, and now I have plenty of strength and energy, never seem to tire, and eat and sleep like a healthy man should. I have taken five bottles, and do not hesitate to pronounce Tanlac a fine medicine."

Tanlac is sold by all good druggists. Advt.

Music Prevents Crime.

Education in music as an antidote for criminal propensities was advocated recently by Glenn H. Woods, director of music in the Oakland public schools, California. There is nothing that will improve the taste of the young people of to-day as will a thorough drilling in the fundamentals of a classical musical education, said Mr. Woods. The problem school authorities had to face, he said, was that of leading the child to spend his leisure time in a manner that would react to his continued development. The child should be taught, not a few mere facts that did not affect their lives much, but rather how to make their lives better; and in no way was this interest maintained in such a large group, and with such solidarity of interest in the group, as by music.

A musical education was a prime essential for the good of society. The State was becoming acutely aware of this fact and this was why Mr. Woods was now engaged upon a survey of the conditions in the various parts of his State. Mr. Woods estimated that one out of every four students would readily respond to enthusiastic work on the part of the music instructors, so that say in a city of 20,000 school children at least 5,000 of these should be receiving musical education.

"Cascarets" 10c

Best Bowel Laxative When Biliary, Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach and all such distress gone by morning. Nicest physic on earth for grown-up and children. 10c a box. Taste like candy.

Vary Likely.

They were discussing animals, and the intelligence of dogs in particular. Said Robinson: "There are some dogs that have more sense than their masters."

"Exactly," said young Jones, getting a word in at last. "Mine's one of that sort."

Minard's Liniment for Garget in Cows.

Where Was the Rest?

Little Tommy Taylor was visiting for the first time the house of an aunt in the city, and among the objects of interest she showed him was a bust of her grandfather, whose history she detailed to Tommy with much gusto. "And is that your grandfather?" Tommy asked, when the recital had been concluded.

"Yes, dear," said the aunt. "Is that all there was of him?" added Tommy, very much perplexed.

Civilization and the Teeth.

"One of my earliest observations when I came to the Eskimos was that those who were not eating civilized food to any extent invariably had undecayed teeth, although they were sometimes badly worn down through chewing food containing sand."—Stefansson.

There are a lot of 8-hour men with 16-hour wives that ought to uniformize their homes.

It is to her moderate men that Great Britain owes what she has done and what she is.—Colonel E. Kitson Clark.

A pessimist is a man who on every opportunity sees a difficulty; an optimist, one who in every difficulty sees an opportunity.

The fall is the time to select roots of parsnips, carrots and beets to plant for seed next year. It is a mistake to save seeds from plants that bolted this year, for they are likely to pass the tendency on to their offspring. Choose the best roots when you lift the crop, store them carefully, plant them next spring and grow them especially for seed.

ISSUE No. 45-22.

PUT STOMACH IN ORDER AT ONCE

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for few cents.

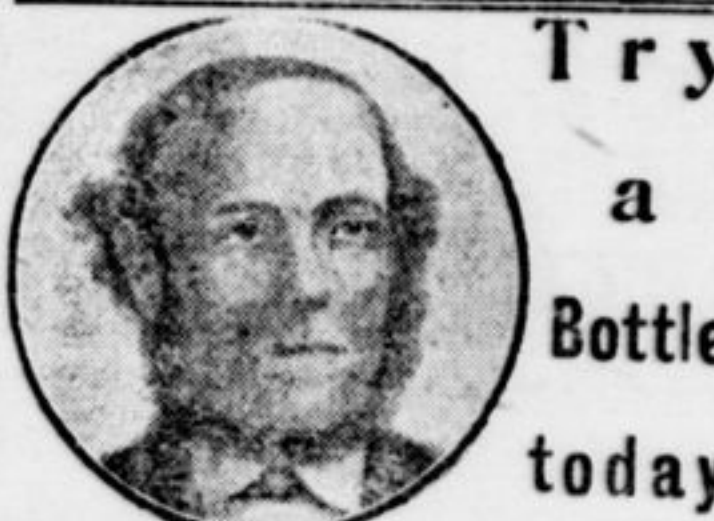
Pulp from Hemp Waste.

Experiments will be made in the Philippines in the manufacture of pulp for paper from hemp waste and low grade fibre.

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

The school of experience grants no diplomas. There is always a post-graduate course.



DR. MINARD, Inventor of the Celebrated MINARD'S LINIMENT

Ammon's Flower Dog Remedies Book on DOG DISEASES and How to Feed Mailed Free to any Address on the Author, E. C. Glover Co., Box 128 West 24th Street New York, U.S.A.

COARSE SALT LAND SALT Bulk Carlots TORONTO SALT WORKS C. J. CLIFF TORONTO



CUTICURA CARES FOR YOUR HAIR Nothing like shampoos with Cuticura Soap and hot water, preceded by touches of Cuticura Ointment to spots of dandruff and itching, to keep the scalp and hair healthy. They are ideal for all toilet uses. Soap 25c. Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

Classified Advertisements FOR SALE. YARN—WONDERFUL VALUES AND colors, samples free—Georgetown Woolen Mills, Ont. RIBBON & MAYER, BENT BLDG., 70 Yonge Street, Toronto. Registered Patent Attorneys. Send for free booklet. BELTING FOR SALE BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cables, hose, etc., shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

MOTHER! Your Child's Bowels Need "California Fig Syrup"



Hurry, Mother! A responsible of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even a cross, feverish, constipated child loves its "fruity" taste, and mothers can rest easy because it never fails to work all the sour bile and poisons right out of the stomach and bowels without griping or upsetting the child. Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.

SO WEAK COULD HARDLY DO ANYTHING

Now Looks After Home, Thanks to Lydia E. Pinkham's Vegetable Compound

Meaford, Ontario.—"I was so weak I could hardly do anything and my back ached the worst. I read so much about Lydia E. Pinkham's Vegetable Compound for women that I thought I would try it. I feel that it did help me for I am looking after my own home now and seem quite strong again. I have recommended your Vegetable Compound to quite a few friends and you can use my name if you wish to do so."—Mrs. H. Porter, Box 440, Meaford, Ontario.

In your own neighborhood there are doubtless women who know of the great value of Lydia E. Pinkham's Vegetable Compound. Women everywhere, either by word of mouth or by letter, recommend this splendid medicine. Those who have suffered from female weakness, change of life, and similar troubles know of the wonderful relief brought to them by the Vegetable Compound.



Are you enjoying a harvest of health?

IN THE plump kernels of wheat and barley Nature plants the seeds of human energy, which man himself must utilize in order to enjoy a harvest of health. These nutritious grains are carefully selected and scientifically converted into crisp, delicious Grape-Nuts, which provides the nutritive and mineral elements that Nature intended for the use of man. The 20-hour baking process partially pre-digests the starch and makes Grape-Nuts a rich and delicious food which digests easily and assimilates quickly. Try a dish of crisp and crunchy Grape-Nuts with good rich milk for breakfast or lunch. Grape-Nuts also makes delicious pudding for your dinner. It is wonderfully sustaining and satisfying these brisk November days.

Grape-Nuts FOR HEALTH "There's a Reason"

Made by Canadian Postum Cereal Co., Ltd., 45 Front St., E., Toronto. Factory: Windsor, Ont.