



# With The Boy Scouts

A Story of Scouting.  
(Continued from last week)

Summer came, and Camp began to be the talk. Mothers shuddered anew at visions of upset canoes, whittled-off fingers, and starved lost boys. The Scoutmaster interviewed each one and outlined a plan for a cheap camp on the lake, with supervised swimming and a first aid expert.

"But who will cook their meals?" asked each anxious provider of "mother's cooking."  
"They cook their own," promptly responded the Scoutmaster.

"Nonsense," rose the chorus.

But the troop served a Mothers' and Sons' Banquet—and the mothers capitulated. Then came more surprise. The Scoutmaster read a list of "good turns" and they realized that the mysterious supply of Widow Jones' larder was explained; that their sons had directed strangers; and so, a church lawn. They remembered now a subtle change in the youngsters' attitude towards "chores" and errands. Bank-books were furnished, the fruits of manifold toil at ten cents an hour. The boys revived an apparently drowned member, signalled to an imaginary distant camp for aid and carried the embarrassed "patient" off on a coast stretcher. A serious young orator made the address of the evening, telling in boyish phrases of "What the Scout Movement Means."

The troop went camping. But when they got home, it was their turn to be surprised. The "Mothers' Auxiliary" of Troop 1 had been formed, and when the boys saw that fitted out Headquarters, they—

But that's another story. All this happened a good while ago, and most mothers know more about the Scout movement than they once did. But not all, even yet, realize the serious aspect under its fun and outdoor good times. Women who live in some of the larger Canadian cities have seen the outcome of Scouting plainly. They have enlisted the khaki clad youngsters in distributing "swat the fly" or "clean up" literature. They have been met at trains coming for big conventions, and courteously escorted to hotels. At community celebrations the Scouts have been ready, no crowd too big to yield to their good natured persuasions, no task too great for their ready help.

Gradually these sons have grown more hardy and self-reliant, yet more helpful and considerate. They can mend a broken table leg, suggest a way of keeping water cool in hot weather, or turn in a fire alarm, direct the men accurately and swiftly, while other Scouts close windows, carry out furniture, and unroll the hose. "A Scout is resourceful," they say teasingly to each other, but they are proud to have their resourcefulness tested and proved. They even are not ashamed to be seen helping an old man across the street, for the old-time "gang" will recognize it as the day's "good turn."

Then perhaps one day a crowded rowboat overturns, or a child is pushed off a pier. The "little boy," as he is still called at home, dives instantly, his brown arms flashing through the water. He breaks the "death hold" coolly, and swims slowly back to where his comrades are ready to pull rescued and rescuer from the water and to pump the air back into the half-drowned lungs. The wet, shivering Scout looks up in astonishment as the crowd cheers, or frantic parents thank him. "Twain's anything," he mutters. "Any Scout could do it. It is the Scout's a hero. But more than the knowledge of the proper thing to do his mother values the spirit of sacrifice that prompts action too quick for thought."

(To be continued.)

## Get It Done.

There's a task that awaits you, a task which is yours;  
To neglect it were surely pure madness.

Dereliction of duty most surely ensues  
A harvest of sorrow and sadness.  
Then heed not the voice that will bid you delay

And tell you to wait till to-morrow:  
The task that you ought to be doing to-day—  
Get it done, if no trouble you'd borrow.

Today is no time to be lazy and slack.  
To be wilfully idling and shirking;  
The hours you are wasting will never come back.

These hours when you ought to be working  
So tackle that task with a cheery good will—  
To-morrow its duties is bringing—  
For well-finished work to the heart brings a thrill.

Get it done: soon for joy you'll be singing.  
—Alice Wise.

## Steady Job.

Every day for two years \$5,000 war service medals have been engraved with the recipient's name by an English firm of medal-makers.

The best way to remove freckles is to apply at night a mixture of equal parts of strained lemon juice, glycerine, and olive oil.

# CANCER

GREAT SUCCESS OF CANTASSIUM TREATMENT

A well-known London Surgeon and recognized authority on Cancer has created worldwide interest in the discovery that Cancer is due to a deficiency of potassium "salts" in the body, which causes the cells to break down and become malignant.

In order that everyone may learn

**The Real Cause of Cancer**

a remarkable book has been specially written.

This book will be sent free to patients or anyone who is interested in the most successful method of fighting "THE CANCER SCOURGE."

The following is a list of the chapters:—

1. The Limitations of Surgery. 2. Some Doctors Oppose Operation. 3. What "Cancer" Is. 4. Why the BODY "GROWS BILLS." 5. Injuries Causing Cancer. 6. Common Errors in Diet. 7. Vital Elements. 8. The Chief Minerals of the Body. 9. The Thymus Gland. 10. Age When Life Begins to Accumulate. 11. Age When Life Begins to Accumulate. 12. Potassium Causes Life Extension. 13. Great Value of Potassium. 14. Parts of Body Liable to Cancer. 15. Parts Which Are Seldom Affected. 16. How a Doctor Can Help. 17. How to Avoid Cancer. 18. Death Rate From Cancer. 19. Arterial Sclerosis and Old Age. 20. Rheumatism, Gout and Kindred Complaints.

With this book are a number of interesting case-reports, proving the great value of "Cantassium Treatment" in various cases. The treatment is simple and inexpensive, and can be easily taken in one's own home. Apply for free book to Charles Walter, 51 Brunswick Ave., Toronto, Ontario, Canada.

## Socialist Aborigines.

After almost two years in the Caribbean Sea among the primitive tribes of Panama the naturalist and explorer Mr. F. A. Mitchell-Hedges has returned to England. He visited, says the London Times, every village and island of the San Blas coast and penetrated the little-known Chucunaque country. He describes the San Blas Indians as an extraordinary people and as pure in blood.

They live, he says, a socialistic kind of life. One man grows bananas, another grows plantains, and a third grows coconuts. They exchange their produce. If a house is to be built, all the men, including the chief, share in the work. They suffer badly, however, with smallpox, and their eyes are affected by a tick that gets under the lids.

I believe no white person before myself ever entered the Chucunaque country. The people are about four feet three inches in height, and the women wear nose rings. They are all simple and honest; they do not use money, and they have no steel weapons. They have very big heads, very broad shoulders and are mostly bow-legged. The women seem to be of superior sex. The chief food is a kind of corn, plantains and bananas, which are cooked unripe. They eat no flesh. I did not see a four-legged creature in the country. They like fish, however; and they have a dish of pineapples, pears and other things, which are all boiled together in a common pot.

The Indians made idols of wood, and each tribe has its own special god. The people believe that when they die they enter a canoe and that their spirit guides them until the river divides into many streams. The spirit then points to the stream they are to follow, and they are led to a comfortable hut in a happy land.  
For burial the dead body is placed in a hammock and carried to a grave house, a thatched structure two hundred feet long by one hundred and fifty feet wide. When the hammock has been placed in a hole a vine is put down into the hole so that the spirit can come out at night. The dead man's stool and the utensils from which he ate are placed near by; they believe that the spirit comes forth to sit on the stool and talk with other spirits.

## Essentials of Church Music.

Music in the churches varies from cheap, trashy anthems to the music of the great masters, both with and without accompaniment. Music has come to mean so much in the daily life of the individual, particularly in recent years, that there has developed a much larger general musical appreciation than is often recognized. A poorly attended church generally means poor music. Those in charge of such matters often do not consider the standards of public taste which must of necessity be high to appeal to the musical public. It is on this account that the church which has worthy music well presented at its services, is generally well supported and attended, for there is a spiritual beauty and exaltation in such music which cannot be measured and which exceeds greatly that of the spoken word.

The first essential to good church music is a chorus choir, and if not difficult to maintain. This is a primary consideration of much more importance than a solo quartette which is too limited to be useful in producing fine choral effects. If the church cannot at first pay its singers, a volunteer chorus choir must be organized. Under the prevailing conditions and customs in this country a boy choir is most difficult to maintain, and in many places where it is maintained the same energy and financial backing would produce infinitely greater and more important results if applied to a mixed choir.

A difficult job requires a somebody; an easy job, an anybody.

## The Anchor.

Here on the wharf I lie, idle and rusting.  
Scored with the scars of strife,  
Wars that to win meant life;  
Many a sailors wife  
Gave, all unknowing, her heart to my trusting.

Offtimes the restless sea breezes sweep o'er me,  
In a familiar tongue  
Singing the days I swung  
From a stanch vessel slung,  
Blue sky above and wide waters before me.

Many a mighty ship peacefully riding  
Held I nor counted cost;  
Fog-wrapped or tempest-tossed,  
Never my grip I lost.  
Never broke faith with my charges confiding.

Here on the wharf I lie, home from the ocean,  
Never to plunge again,  
Bearing my sturdy chain,  
Down through the yeasty main—  
Symbol unswayed of faith and devotion.  
—Harold Willard Gleason in Youth's Companion.

## "Sermon" in Leaves.

The Corporation of London's gardener who attends to the little green spaces around St. Paul's Cathedral has chosen the City's arms and motto for his landscape lesson, or "Sermon in Foliage," this summer.

It can be seen on the grassy slope near the south door. The general groundwork is in dark green "thrift," grass, the cross and sword in the shield are in rich bronzed, and the "quarters" in delicate leafy plants in silver tones.

The motto, "Domine Dirige Nos" (O Lord Guide Us), and the text from the fresco in the Guildhall of St. Paul presenting his sword to the City fathers, "Except the Lord keep the City, the watchman waketh but in vain," are in golden pyrethrum.

## Preserve Your Health Yourself.

"Disease is always due to breaking the laws of health."

"To be constantly commenting upon the high death-rate from cancer, without taking into account the fact that it is primarily a blood disease, is the height of folly. And when it has been demonstrated over and over again that it is only by raising the blood to a healthy standard, and retaining it there, that cancer can be, and has been cured, what possible ground can there be for denying such a truth?"—Medical Times, Lon.

The late Dr. Forbes Ross, of London, Eng., in 1912, proved in the most conclusive manner that cancer is caused by potassium deficiency. When certain combined assimilable salts of potassium have been administered to far advanced and apparently hopelessly incurable cancer patients, every one received marked benefit. And while it may be conceded that the small quantity of medicinal assistance given is imperative, the fact remains that fully seventy per cent. of the credit due to every completely restored cancer case belongs to the correct diet taken.

It is of supreme importance to adapt the diet so that it may supply those organic salts contained in vegetables, cereals and fruit, when in their natural condition, combined with the living principle of these products of the vegetable kingdom, which are of vital importance.

Cancer is an unconsciously self-inflicted blood disease which, without warning, on the most trifling provocation is liable to attack any adult reader who consistently adheres to the generally accepted diet of the civilized world. The best proof of the truth of this appalling statement arises from the fact that if individuals from uncivilized, cancer-free races partake of European or American fare, they speedily become cancer-stricken.

There is no reason why cancer should not be eliminated from this country if the public will exercise common sense in the matter of its diet and positively refuse to continue to destroy, in cooking, the organic salts in vegetables, which are essential to the continued preservation of our health. We must admit that we pay much greater attention to the diet of our animals than we do to our own. As a consequence, one hundred and ten thousand persons died from cancer on this continent alone during 1922, and this awful mortality will be increased in 1923 unless we reform our mode of living. We must face these unpleasant facts.

Believing that every man and woman should personally help to relieve humanity from its needless sufferings, the writer has printed and copyrighted a dietary upon which the eminent cancer expert, Dr. Robert Bell, of London, England, has complimented him. Fathers and mothers, adopting such diet, will very speedily find that their children are enjoying such health as never before experienced; that, consequently, doctors' bills don't have to be paid, and no medicine is wanted, and, last but not least, a considerable money saving is effected by the greatly reduced cost of living. To help some who may not know how to cut loose from civilization's present disease-producing, premature death-dealing habits, the writer will gladly and freely mail one thousand copies of his dietary to the first one thousand readers who apply for same to Charles Walter, 51 Brunswick Ave., Toronto, Ontario.

# HAVE YOU ANY OF THESE SYMPTOMS?

If You Have You Are in Need of a Tonic Medicine.

Are you pale and weak, easily tired and out of breath on slight exertion? Are you nervous? Is your sleep disturbed? Do you wake up in the morning feeling as tired as when you went to bed? Is your appetite poor, your digestion weak, and do you have pains after eating?

If you have any of these symptoms you need a tonic, and in the realm of medicine there is no better tonic than Dr. Williams' Pink Pills, which enrich the blood, restore shattered nerves and bring the glow of health to pale cheeks. The value of Dr. Williams' Pink Pills is shown by the case of Mr. Horace Cuphill, Woodward's Cove, N.B., who says:—"The first indication that my general health was not good was a shortness of breath after the least exertion. Then my appetite began to fail, and after eating it seemed as if there was a lump in my stomach. I grew so weak that I could not walk a hundred yards without resting. Then I was taken with a numbness all over my body and was in a sad plight. I was under a doctor's care, but as I was not getting any better, I decided to try Dr. Williams' Pink Pills. The first few boxes did not seem to help me but my wife urged me to continue their use and I got four boxes more. Before these were gone I could eat a fair meal, the numbness was leaving me and I was feeling much better in every way. I took the pills for a while longer, and felt that I was again a well man. I still take the pills occasionally but have had no return of the old trouble."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Animals as Prophets.

The senses of animals differ enormously from those of human beings. For instance, a cuckoo, five months old, which has never been five miles from the place where it was hatched, can find its way, unaided, from this country to Africa, says an English writer.

As all fishermen know, trout go off their feed before rain. They cannot see the sky, yet they know hours in advance when a change in the weather is coming.

Animals can tell in advance when a bad earthquake or volcanic eruption is about to occur. In Sicily dogs showed great uneasiness two days before the eruption of Etna. Cats carried their kittens away from houses, and horses seemed stupified by fright.

Similar knowledge was exhibited by animals before the great Valparaiso earthquake of 1906, but in this case horses and cattle as well as dogs were desperately uneasy for twenty-four hours before the big shock. Dogs howled all night, and cattle loved.

Before the Messina earthquake of January, 1915, birds were noticed to be flying in flocks, evidently greatly disturbed, but it is an odd fact that there were no such signs before the sudden and dreadful earthquake which destroyed San Francisco.

One explanation of this sense possessed by dumb creatures may be that animals, having finer powers of hearing than man, may detect underground rumblings or quiverings which man cannot sense. Or it may be that there is some electric tension which affects them. At any rate, there is no doubt that they do know many hours beforehand when an earth convulsion is about to take place.

## Largest Building.

For exhibiting furniture Chicago is erecting the world's largest building, a sixteen-storey structure that will contain 1,500,000 square feet of floor space.

## MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

The serious young man wrote to his prospective father-in-law: "I hope my recent appointment to the curatorship of the museum of antiquities will induce you to trust your daughter to my care."

Keep Minard's Liniment in the house.

## Washes Shoes.

When a person steps on a stand invented in Japan water is automatically turned on to wash his shoes.

# SALESMEN

We pay weekly and offer steady employment with our complete and exclusive line of whole and part-time salesmen. Best stock and service. We teach and equip you free. A money-making opportunity.

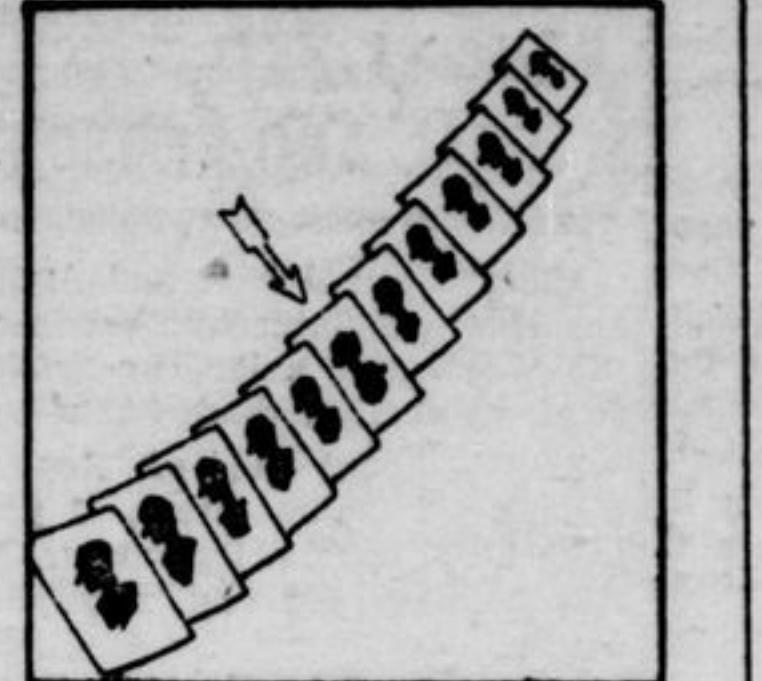
LUKE BROTHERS, MONTREAL

Keep Stomach and Bowels Right  
By giving baby the harmless, purely vegetable, infants' and children's regulator.  
**MRS. WINSLOW'S SYRUP**  
brings astonishing, gratifying results in making baby's stomach digest food and bowels move as they should at bedtime. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.  
At All Druggists

ISSUE No. 40-23.

# EASY TRICKS

No. 47  
A Card Mystery



The performer asks a spectator to select a card from the pack, to look at it and without showing it to anyone, replace it in the pack anywhere he likes. The performer then asks the spectator to shuffle the pack. Apparently the card is lost in the pack. The performer, however, puts the cards behind his back and repeats a magic phrase. Then he brings the cards into view and asks the spectator to name the card he selected. The performer turns over the top card. It is the card selected.

This trick can be done without a sleight of hand by using cards which have pictures, instead of conventional designs, on the back. Before presenting the trick, arrange the cards so that the pictures all face the same way. When the spectator is looking at his card, turn the pack around. When he replaces his card, therefore, it will be the only one that is upside down. After the spectator has shuffled the cards, shuffle them yourself, keeping your eyes open for the inverted picture. It will not be difficult to complete the shuffle so that this card will be on the top or bottom. Placing the cards behind your back is merely to make the trick seem more complicated.

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

## THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**Illuminated Sign.**  
An advertising sign to be placed on a door and illuminated automatically when the door knob is turned is the invention of a Chicago man.

**Starting Well.**  
Employer—"Your first duty will be to post this ledger."  
New Clerk—"Yes, sir. Where shall I send it?"

## DON'T COUGH

Rub the throat and chest with Minard's. Also inhale. It gives quick relief.

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

# ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

- Colds
- Toothache
- Earache
- Headache
- Neuralgia
- Lumbago
- Rheumatism
- Neuritis
- Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocentrico-ester of Salicylic acid. 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."

# Fill your pipe with



**Ogden's CUT PLUG**  
"It Satisfies"

15¢ per packet  
80¢ a 1/2 lb. tin

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

## He Admitted It.

"English as she is Japped," is the term given by Anglo-Saxons in the Orient to the weird effect sometimes produced by Japanese in their efforts to employ English in their shop signs.

This Oriental capacity for using our mother tongue with strange twists of unconscious humor is perhaps no better exemplified than in the wording of a delicious sign on a Japanese baker's shop:—"A Kashiuru, Biggest Loafer in Tokio."

## Cancer Unknown.

Cancer is unknown in Tunis and Abyssinia.

## Ask for Minard's and take no other.

The King Cobra is the only reptile that will attack everything that it meets.

**MURINE FOR EYES**  
IRRITATED BY SUN, WIND, DUST & CINDERS  
RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS  
WRITE FOR FREE EYE CARE BOOK, MURINE OR DISCOUNT

**Be Safe!**  
Don't wait for someone to be in pain to get Kendall's Spavin Treatment in the house.  
For all external hurts and pains—  
for all muscular troubles.  
Kendall's Spavin Treatment makes good.

**KENDALL'S SPAVIN TREATMENT**

**MRS. MISENER'S ACHEs AND PAINS**  
Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken, I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the "Great War" period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.

Write to the Lydia E. Pinkham Medicine Co., Coughing, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Afflictions of Women."