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### Sleepless?

An average adult needs eight hours' sleep, and this should not be difficult to achieve.

Late morning sleeping, except, of course, on special occasions and for special constitutions, is often inadvisable.

It sometimes produces a heavy feeling, which may persist all day, and even a kind of blotched look in the skin of the face — so different from the clear color that the beauty sleep before midnight can and does produce.

Of course, "Early to bed and early to rise" cannot be the good fortune of everybody.

But what of those who cannot sleep or who sleep fitfully and awake wearier than before?

If it persists, consult a doctor, but we can do much ourselves.

Seek the cause and try to cure that. A too heavy or too late meal? Or hunger? Rearrange our day's menu. Over-fatigue? This may banish sleep more certainly than most things.

When very tired it is a good plan, before actually getting into bed, to sit restfully for about five minutes sipping a hot drink. This will take the edge off the weariness and encourage sleep.

A warm bath is also beneficial, and deep breathing exercises are helpful.

Regularity in retiring to bed and a pleasant book to read when there help sleep. An extra pillow either at the head or under the knees can work wonders, and a few drops of lavender water on the top sheet will bring a feeling of freshness and comfort.

Also make up your mind that you are going to sleep, and don't worry about not sleeping if you won't.

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**HAVE YOU HEARD**

#### HOT STUFF

No matter what the older men are thinking, the young men are thinking of the girls.

The tendency when jumping at conclusions is to jump too far.

A hick town is mostly one that is on the square.

There is no loss when a retailer goes bankrupt. It is added to the overhead and somebody else pays it. You can't keep your feet on the ground with your head in the clouds.

Every man is important when he loses his life, and every man is funny when he loses his hat.

The trouble with a woman changing her mind is that the new one doesn't function any better.

Just as we feared. It's going to turn out, after all, that the only way to get anything is to work for it.

More than one person succeeds by making the most of other people's opportunities.

Its the brunettes who keep so many of the men from preferring blondes.

The best way to find out how the other half lives is to see what their women folks contribute to the church supper.

Our idea of a well matched couple is a husband with a keen mind and a wife with a sharp tongue.

A man with two buttons missing and a rip in his coat should either get married or divorced.

Many persons once proclaimed pennywise have suddenly become dime foolish.

The office boy wants to know if race suicide is the kind where everybody tries to get there first.

Some men look their age, and some don't — but a woman always over-looks hers.

The reason a lot of us aren't getting anywhere now is because we have to pay as we go.

#### JUST ONE REASON

It's not so much about the house that anyone can see.

It's not so much about the grounds that calls the bird and bee.

It's just the folks that live within, and flowers that bloom without.

### Grey Hair

I saw a handsome woman the other day, writes a correspondent. Well-balanced figure, beautifully moulded feet and ankles, simple but becomingly dressed. A radiant face framed by grey hair.

That grey hair was the crowning charm of her whole attractive appearance.

The natural greying of the hair softens the line of cheek and jaw which otherwise might have shown unkind changes.

Greying hair is not the same as faded hair.

When the natural color or sheen of the hair dulls, a good hair specialist should be consulted at once. The general health, and especially the condition of the nerves, must also be looked into.

Why not welcome your grey locks when they come?

Some families have a tendency to early greyness which often distresses those who belong to them.

They should visit a hair dresser. But ordinary grey hair-dressing turning white can bring a new charm and a new interest to the features.

Great care is needed to keep grey hair in a healthy condition. It wants careful brushing, and if inclined to dryness, massage with some good tonic lotion. But above all, constant washing and careful setting are needed.

Here is a home-made shampoo which is particularly suited to grey hair:

Take a piece of good toilet soap with a fatty basis, and shred it finely. Put it in a perfectly clean saucepan, add warm water, about half a pint to a tablespoon soap, and stir over the fire till the water boils and the soap is thoroughly dissolved.

To each pint of water add one and a half teaspoons glycerine, and two and a half of eau-de-Cologne or lavender water. A little rose water may also be added, if liked. Mix thoroughly and use as required. It should keep for a considerable time.

### Life and Death of The Cucumber "King"

(By Dr. Anderson, ex-Premier of Saskatchewan, in the Regina Star.)

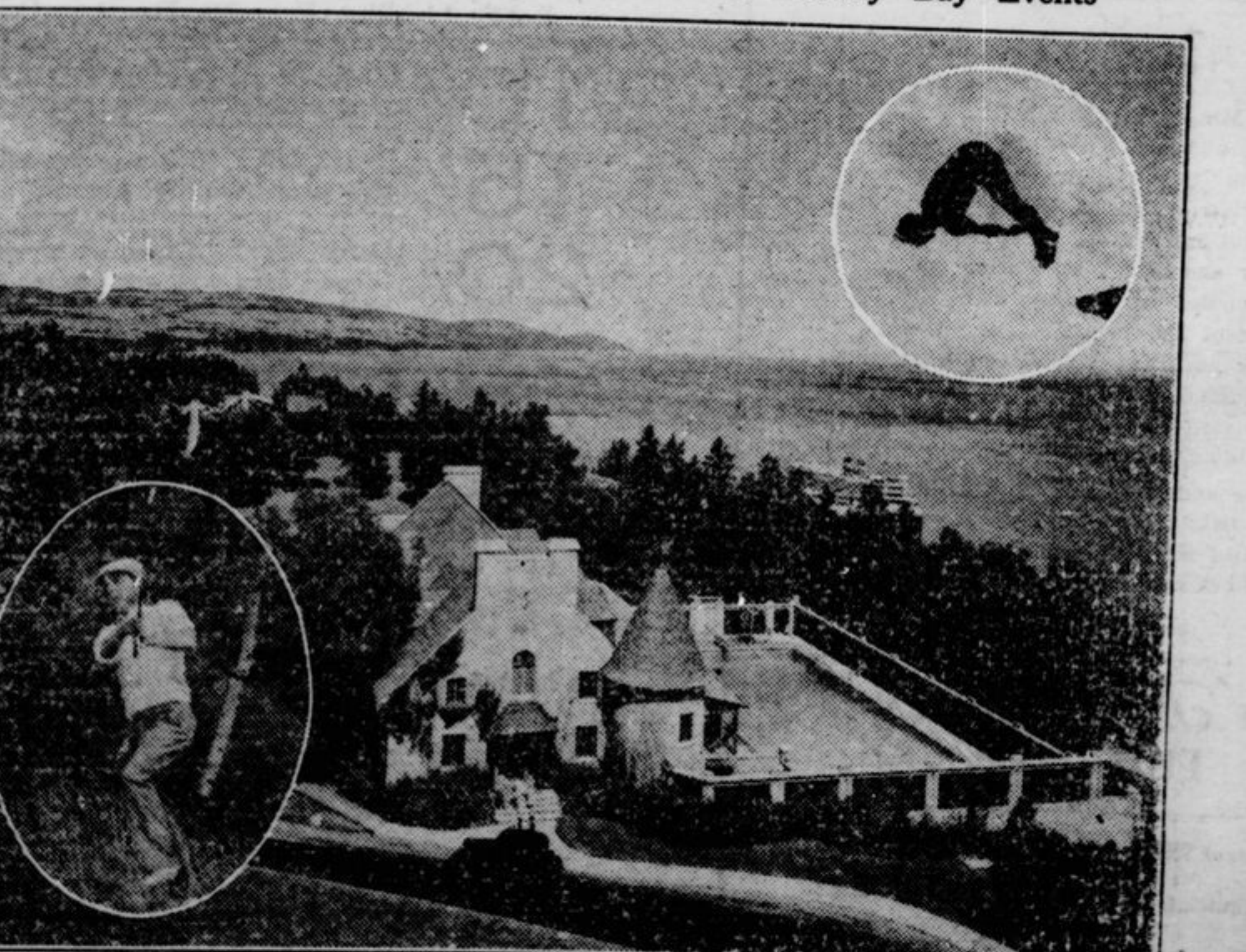
Mike Kova was a Hungarian. In his native land he was closely related to nobility and, prior to his migration to Canada, was in charge of a large estate in Hungary. A trained veterinary surgeon, his chief duty was to look after the thoroughbred stock of a Hungarian nobleman.

A family quarrel resulted in his determination to leave his native country for Canada, of which he had heard much from many of his countrymen who had migrated some years before and who sent back home glowing reports of this great new land of promise.

A few years ago he landed in Canada and later found his way out to the prairie province of Saskatchewan. Having homesteaded and built dwelling quarters he devoted himself to growing cucumbers. He was successful. His neighbors for miles around came to see his cucumber crop. He soon became known far and near as "The Cucumber King."

Roughly clad, unkempt in appearance, he led a life—drab, bleak, so different from the glamorous days he had spent in the castles and on the estates of Hungary.

### Championship Golfers and Swimmers in Murray Bay Events



From all parts of Eastern Canada and the United States, summer travellers go to Murray Bay to visit the Manoir Richelieu, golf on its championship 18-hole course, play tennis on its en-tout-cas courts and swim in its open-air, salt-water swimming pool. C. Ross "Sandy" Somerville, of London, Ontario, again Canada's amateur golf champion, is seen above during the annual golf tournament and competition for the Manoir Richelieu Golf Club Shield of which he is present holder. "Sandy" will likely return to defend his trophy during Golf Week, July 16-20 this year. Also seen above is the youngest son of Jimmy Rose, sports director and coach of many a Canadian Olympic swimming team. Jimmy seems to be following in his father's footsteps. One of the C.S.L. cruise ships that call at Murray Bay daily is seen at the dock.

**SCOUTING**  
Here - There Everywhere

A brother to every other Scout, without regard to race or creed

The latest report on the Empire Jubilee chain of Boy Scout beacons records a total of 1,775 bonfires in England, Wales, Scotland and Northern Ireland. They were viewed by several millions of onlookers. Apparently the largest assemblage was that at Newcastle, where an estimated gathering of 200,000 people watched the lighting of the beacon on Town Moor.

Scouters throughout Canada joined to extend warm congratulations to Rev. Dean Carrington, one of the movement's best known Scout leaders and writers, upon his election as Anglican Bishop of Quebec.

A joint picnic of Scouters and Guides of London, Ont., was an enjoyed success. Mrs. G. A. Routledge Provincial Guide Commissioner, showed two reels of pictures taken at the London rally to Lord and Lady Baden-Powell.

Boy Scouts of Merritt, B.C., in co-operation with the local Mosquito Control Committee, made a systematic survey of the district for pools and swamps containing mosquito larvae, in order that these might be treated with oil sprayers.

One hundred and eighty thousand official programmes of the King's Silver Jubilee were sold on the streets of London by Boy Scouts. The proceeds went to the King's Jubilee Trust Fund.

Siam is the world's third largest Boy Scouting country, with a membership of 78,757 Scouts and leaders.

The well diversified programme of Guelph's first joint Scout and Guide display included a lively tent-pitching contest between four Scouts and two Guide teams. The boys of the 2nd Guelph Troop won. The Fourth Troop made best time in constructing a bridge with rope lashings.

The famous Christmas toy manufacturing Scout troop of Rosetown, Sask., was talking 1935 Christmas gifts as early as June. The talk resulted in the Rovers arranging a series of barn dances during the summer to finance additional toy shop machinery.

Thirteen nationalities were represented at a Scout church parade to the Church of All Nations, Toronto. One of the troops present was the 128th, composed entirely of Chinese boys.

A regional gathering of the Boy Scouts of America at Boston was addressed by District Commissioner Roy Wilson of St. Johns, Que., on "International Jamborees and Their Relation of World Peace".

A joint weiner roast was fully enjoyed by the 7th Brantford Scouts and 7th Company of Girl Guides, both of St. Jude's Church.

Many people in good circumstances cater to this trade, making a substantial sum per week, which helps to pay off the mortgage. We heard recently of a couple in the Niagara area who started to buy a 15-room house in the days before the economic slump, and then found themselves in a fix. They were confronted with the prospect of losing what they had already paid, but pocketed their pride and took in tourists.

In four years the fine home which they had figured on owning in 12 years was their own. The "depression" proved a boon to them. The experience could be multiplied indefinitely on varying scales.

Of course, this has been hard on standard hotels, but there has been a general feeling of travel which otherwise would not have taken place. People are getting to know their own country, and that of the United States better, and a lot of money is being put into general circulation.

### DIONNE BABIES SHOULD LIVE TO 39 AND LAST SURVIVOR TO AGE OF 83

(From the Statistical Bulletin of the Metropolitan Life)

May 28, 1935, is a notable date in history. Never before has there been an authenticated report of quintuplets all surviving to celebrate their first anniversary. The Dionne quintuplets are the first to have accomplished this feat. For this gratifying result we may thank Dr. Datoe, whose great care and skill, assisted by all the expedients of modern medical science, have made this joint survival possible.

In surviving together to age one, this group of five baby girls has successfully overcome risks equivalent to those that one female individual meets in the course of her first 51 years of life. This statement is based on the most recent life table representing current American mortality conditions, according to which the probability of one girl baby surviving to age one is a little over 95 per cent. The probability of five such babies all surviving to age one is the fifth power of this figure, that is 78 per cent.

The same life table shows that the probability of one female newborn baby surviving to age 51 is 78 per cent. Thus, even if we assume as favorable mortality for quintuplets as for the average American child, we reach the conclusion stated above, that in the first year of their life they have withstood the degree of life risk ordinarily met with by one female individual in the first 51 years of her life.

Actually, these babies were prematurely born, and this without doubt greatly increased their risk of dying in their first year. When we consider in addition the fact that multiple births always represent a very serious handicap, we cannot raise too highly the skill of the physician and his staff whose unflinching efforts have preserved these remarkable children and brought them to their present state of robust babyhood.

As the result of this achievement, any one of these children considered separately has now an expectation of life of 65 years. If we ask how long they may all as a group expect to live together, the answer, computed from the life table, is naturally, a smaller number, namely 39 years.

This is an average figure. Actually they may well do better than that, for they seem to be in splendid health, and, as wards of the King, will continue to receive excellent care.

While the expectation of life of the five as a group necessarily is less than that of any one of them separately, on the other hand, the longest lived of the five, whoever she may be, has a great expectation of life than any random one of them. Her expectation is 83 years.

All these figures are based on averages, and actually the children may do better than stated above. One fact which it is not possible to take into account in the computation is that the children are of the "identical" kind of multiple births, and therefore they probably have very closely similar predispositions, such as would tend, barring accidents, to make them all survive to about the same age.

This we have every reason to hope, may be an advanced age, to judge from their present robust health and the special provisions taken for their welfare.

### Clergyman's Wife Will Combine Medical and Missionary Work

Edmonton. — Graduate of McGill Medical School, Mrs. Tom Greenwood passed through Edmonton on her way to Fort McPherson, N.W.T., to join her husband, Rev. Tom Greenwood, missionary, far above the Arctic circle.

Rev. Tom Greenwood finished his Divinity course at Trinity College, Toronto last year, married Isabel G. Herbert, the young medical student, and left for his lonely Arctic assignment.

Mrs. Greenwood continued her studies and received her sheepskin at McGill a few weeks ago. She immediately set out for her northern post. Charming and blessed with a delightful sense of humor she started on the final stage of her journey in high spirits.

Not only will she help her husband with his church work, but she will be assistant to Dr. F. A. Urquhart, of Aklavik, physician to the Indians at that post near the mouth of the Mackenzie river.

The young doctor is taking "Marie Blanche" with her to the Arctic. Marie Blanche is a big white Great Pyrenees dog which she hopes to train for the sled.

### Modern Tourist Changes His Ways

(From the St. Thomas Times-Journal.)

The motorist who went on a vacation with his family 10 or 12 years ago had to cut it short unless he was able to afford to spend a substantial sum on hotels, or, alternatively didn't mind lugging a tent along with him and camping on any field where he got permission, plus carrying a cooking outfit and utensils—which didn't make it much of a holiday for the wife and mother.

There were few tourist camps to be seen, and those that did exist were just wooden huts put together, while the beds and bedding were far from inviting. If he did get to a hotel he had to be prepared to pay five to ten dollars a night for a room or rooms, dinner and breakfast bills, a dollar for garage, and last, but not least, hand out tips here and there.

During recent years there has been an amazing change. There are sleeping cabins everywhere along the highways, some of them as attractive and inviting as any small Summer home, and amid surroundings in orchards or by lakes and rivers that positively persuade the tourist to stop and enjoy the location.

Beds and conveniences are all that could be desired, and the price within the reach of the most humble travellers. And beautiful tourist homes, too, so nice-looking outside and in that one has to look twice to see if he is not making a mistake in pulling up at the residence of some gentleman who would be insulted if asked for a room.

Many people in good circumstances cater to this trade, making a substantial sum per week, which helps to pay off the mortgage. We heard recently of a couple in the Niagara area who started to buy a 15-room house in the days before the economic slump, and then found themselves in a fix. They were confronted with the prospect of losing what they had already paid, but pocketed their pride and took in tourists.

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### Cowcatchers To Catch Cows

(From the New York Herald Tribune.)

Mr. Daniel Willard has claimed the "blue ribbon with palms" rashed offered by a columnist to any one who could cite a case of a cowcatcher catching a cow. In the early days the cowcatcher of a locomotive Mr. Willard was driving not only caught a cow but prevented the cow from catching the locomotive, and so preserved Mr. Willard to posterity and the president of the B. & O.

This is a noble though now declining institution of American rail-roading vindicated. The old-fashioned cowcatcher was generous in proportions, strongly barred and amply sloped. For generations of tank town small boys it was a focal point in the imagination, second only to the thundering wheels of the esoteric glories of the cab.

It was exciting in its suggestion at once of menace and defence; it figured largely in the railroad dime novels in desperate deeds of villainy or heroism, and the dream of one day riding the cowcatcher represented a summation of adventurous bliss beside which even a ride in the cab would pale. It would have been heartbreaking to believe that a cowcatcher had never even caught a cow.

The cowcatcher, distinguishing the fast mail or the through freight

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from the humble and domesticated switch engine, was a symbol of romance and of release.

It was so in a larger sense, the neat little British locomotives, running between the clipped hedges and careful fences of a settled land, never had cowcatchers. There was no need for them in England. The device on the iron horses of America bespoke the pioneer conditions, the unfenced distances, the wildness of the country through which they ran, just as the old heath-stacked woodburners bespoke primeval forest, so plentiful that one could afford to stoke locomotives with it.

But the bell's rung long since civilization; the cowcatcher has more recently been following, until already it approaches the vestigial. Today one has to look twice to find, tucked away under the front castings of the modern giants, the few strips of metal which are all that remains of that once mighty symbol of our lavish liberty.

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