

EUGENE LEPAGE GIVES TANLAC FULL CREDIT

Stomach Trouble Vanishes and Montreal Man Gains 14 Lbs. On Four Bottles.

"Since I began taking this wonderful Tanlac I seem to be getting younger every day. I have gained 14 pounds on four bottles, and everybody speaks about how well I look."

The above statement was made, recently, by Eugene Lepage, proprietor of the Hotel-restaurant, 100, St. Jacques Street, Montreal, Canada, one of the most exclusive tontorial parlors in this city. Mr. Lepage further said:

"Stomach trouble had almost completely wrecked my health. I was a mere shadow of my former self and so run-down and nervous I thought I would have to give up my work."

"Tanlac soon had me eating everything, sleeping like a log at night and feeling as fine as one could ask to feel. My only regret is that I did not learn about Tanlac long before I did."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.



EUGENE LEPAGE
Tanlac Vegetable Pills For Constipation. Made and Recommended by the Manufacturers of Tanlac.

A New Apple Industry.

A new and valuable industry to Canada, one not only involving Canadian manufacture but the utilization of Canadian waste products, has just come into being with factories to be established at Kentville, Nova Scotia, and Montreal, and head office at Kentville. This is for the manufacture of a new breakfast food to be known as Appo-Krips, said after exhaustive tests to contain higher food values than all other breakfast foods, and which it is expected to place on the market at an early date. The company, with Montreal and Nova Scotia capital and directors, has been incorporated with Nova Scotia charter under a capitalization of \$500,000.

The new cereal is very largely composed of wheat, apples, and sugar. It is crisp and highly flavored with apple. The whole project of manufacture, however, is based on utilizing grades of apples which, though of perfect quality, are too small to be readily marketable owing to having been bruised when falling from the tree or undersized. In this manner, with the co-operation of the Valley growers and in the form of pulp, a profitable market will be found for apples which have hitherto been more or less difficult to market, the fruit first undergoing an evaporation process before entering the final stage of manufacture under the company's new system.

Even in its initial stages the manufacture is expected to result in a valuable economic saving. It being anticipated that 200,000 barrels of apples will be needed yearly. Under the minimum economic operation two carloads of apple pulp per week will be needed, and this, treated at the Kentville plant, will be shipped to Montreal. The output of the plant at Montreal is expected to be 25,000 pounds of breakfast food per week put up in half-pound cartons.

The industry should be a valuable addition to those activities utilizing purely Canadian materials in manufacture, especially as it is making a commercial use of a product for which there has previously been little market. The Annapolis Valley is one of the first apple-growing areas of the American continent, with an average yearly yield of about two million barrels, and there will be available an adequate volume of the raw product with the development of the manufacturing industry and the expansion in the utilization of waste apples.

EASY TRICKS A Card Mystery



Hand a pack of cards to a spectator and turn your back. Ask her to shuffle the cards and then to select one of the last ten cards in the pack, remembering its number from the bottom of the pack but not disturbing the order of the cards. Ask her to hand you the cards. Face her and put the cards behind your back. Ask the spectator to mention any number between ten and twenty. Whatever number he mentions, count one less than that number from the bottom of the pack and put them on the top without disturbing their order. Bring the cards into view again and call to the spectator's attention the fact that no one excepting herself knows just where his card was. Ask him to observe that you do not manipulate the cards in any way and then ask her to tell you the number from the bottom of the selected card was.

Starting with the number following the number she gives you, count to the first number she gave you, dealing of a card for each count. The last card dealt will be the selected card. If you follow the instructions, the trick will work itself.

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

GREEN TEA IMPORTS LARGER.

Statistics from Ottawa show that in 1923, 553,977 pounds more Green Tea were brought into Canada than in 1921, and 906,728 pounds more than in 1922. The reason given is that the fine quality Green Teas of India and Ceylon have displaced the inferior Japan and China Greens which, due to their low price, were imported heavily some years ago. Salada Tea Company is the largest importer of India and Ceylon Green Teas.

The Mystery of Scent.

No one should write of hunting without alluding to the important question of scent. To ignore the subject is gravely unconventional, if not worse. That at least is the excuse which Miss E. E. Somerville offers for quoting this incomprehensible incident in her memoirs of Irish life.

We were hunting in the hills. It was a bright and sunny day, with a light and vanishing touch of frost. The hounds were drawing along the southern side of a high hill covered with short rough grass and heather, with furze brakes here and there among the rocks. We had not found, but the hounds were busy "feathering" and were obviously sure that a fox had been about. Then one of the field rode up to me and said with the icy calm that so often masks the fullness of pride:

"There's your fox, master!" He pointed with his whip to something that looked like a rusty can lying under a furze bush.

"A fox! Not as I first feared dead, but very much alive. I cracked my whip at him, and he slid away over the hill, crossing after half a dozen yards or so a wide blackened patch where furze had been burnt. In an instant we brought the hounds to the place where he had lain. They made no outcry. They were interested, but no more than that. We took them on and crossed the burnt patch, and sundown on its farther verge they all put their heads down and went away with a shout, and we had a brilliant forty minutes. Till the fox beat us on the edge of the sea and got safe into a slit in the cliffs.

Why should the bed of the fox have been less odorous than his light feet, and why did the hounds not acknowledge him until he had crossed the burnt bit of hill? These things are a mystery.

Company.

There was a man lived up this lane Whom no one ever went to see. He never walked but in a rain, And then indifferently.

A dog was always chained ahead, And trotted slow as it to find The road for him; and people said Therefore he was blind.

But there were some who said he saw, The animal was only kept For comfort; and he lay a paw Beside him when he slept.

Pay your out-of-town accounts by Dominion Express Money Orders.

Japan Progressing Fast
Wider use in Japan of labor-saving devices, such as steam shovels, auto trucks, and other mechanical appliances, is reported to be one of the results of the recent earthquake.

Japanese Practicing Thrift
From the wealthiest to the poorest, thrift is being practiced in Japan as a national rule to enable that country to recover from the recent earthquake and fire.

OLD CHUM SMOKING TOBACCO

IS FOUR TIMES SEALED



to bring you the full richness and mellow sweetness of this—

"Tobacco of Quality"

Manufactured by IMPERIAL TOBACCO CO. OF CANADA LIMITED

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

What do you want to know about public health? Is there any particular phase of the work that interests you? These are questions that I can only answer if you write and tell me. Sometimes I get very good suggestions from correspondents who want to know something definite about a communicable disease or the question of pure water, child welfare, goitre, and many other topics of interest to the public. A few days ago I received the following interesting question: "What is the difference, if any, between scarlet fever and scarlatina? What are the symptoms of these diseases? Is it the law to quarantine scarlet fever cases for six weeks? Are there any after-effects of measles?"

There is no difference between scarlet fever and scarlatina. The latter name is only used by the public to denote a mild attack of the disease, but it should be kept in mind that a mild attack is just as infectious as a severe one. The symptoms are sore throat, headache, rise in temperature, nausea, vomiting, "strawberry tongue," swollen neck glands and the rose-red, or pin-point rash. It is the law to quarantine scarlet

fever cases for a period of about six weeks or until all discharges from the nose, throat and ears have cleared up. The after-effects of scarlet fever are middle-ear disease and kidney disease. These should be carefully guarded against, for in the case of middle-ear disease, deafness often results, and in the case of kidney disease the patient sometimes becomes a semi-invalid for life.

As regards measles, the most common after-effects are pneumonia and tuberculosis. The coryza or cold in the head which is generally one of the early symptoms of measles, should never be neglected. The infection may spread down the bronchial tubes and cause broncho-pneumonia. Tuberculosis, also, results not infrequently from an attack of measles. The high death rate from measles should be a warning to parents and guardians not to think of the disease as a trifling one that the child will eventually get and soon get over. It is really one of the most serious diseases of child life and no matter how mild the symptoms may be, a doctor should always be in attendance to guard against the possibility of serious complications.

A REAL NERVE TONIC

Is a Bountiful Supply of Rich Health-Giving Blood.

Sufferers from what medical men speak of as nervous debility find themselves tired, morose, low-spirited and unable to keep their minds on anything. Any sudden noise hurts like a blow. They are full of groundless fears and cannot sleep at night. Their hands tremble, the legs feel as if they will give away following a walk or any exertion, and the mind is greatly disturbed by the most trivial incidents.

Doctorsing the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. To secure this new, rich blood use Dr. Williams' Pink Pills which have a direct action on the blood and through it stimulate every nerve and organ in the body. Mrs. Alpheus Merritt, Fenwick, Ont., gives her experience with this medicine as follows: "I had a nervous breakdown and was in the Welland County Hospital for some time. As I was not improving my husband took me out and took me up to my mother's. I doctor-ed there but it did not help me. Then I returned home, and was again under a doctor's care, but with no better results. I would tremble and get numb all over, and the least noise would affect me. I was quite unable to do my housework, and was in a terrible condition. Finally I was advised to try Dr. Williams' Pink Pills, and am thankful that I did so, as after taking about a dozen boxes I was again a healthy woman. I have used the pills since while nursing my baby, with equally good results, and I strongly advise other ailing women to try them."

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



A Well-Founded Suspicion
"This is machine-oil in this bottle, ain't it, ma?"

"Of course, not, Jimmie—it's glue."
"Oh! I s'pect that's why you can't sew on your machine."

No one should keep a dog unless he can give it proper food and exercise.
More are slain by suppers than the sword.
Minard's Liniment Relieves Pain.

"The Lord God Planted a Garden."

The Lord God planted a garden In the first white days of the world, And he set there an angel warden In a garment of light enfolded.

So near to the Peace of Heaven, That the hawk might meet with the wren.

For there in the cool of the even God walked with the first of men.

And I dreamed that these garden-cloves With their shade and their sun-baked sod, And their lilies and bowers of roses Were laid by the hand of God.

The kiss of the sun for pardon, The song of the birds for mirth— One, is nearer God's heart in a garden Than anywhere else on earth.

—Dorothy Frances Burney.



Always Musses the Hair.
Friend: "So you intend never to fall in love?"
"Miss Prim—" "No—it always musses the hair."

Sword Captured in Turkey Presented to Queen Marie.

There was an interesting little incident at the Rumanian Legation recently, when Queen Marie, on her visit to London, was presented by Captain Locker-Lampson with a sword captured in Turkey by the unit of British naval armored cars which served in Russia and subsequently fought in the Dobrudja retreat.

The sword was to have been presented to the Queen when peace was declared, but the ceremony was postponed until she could visit England officially as Queen of a restored Rumania.

Minard's Liniment for Rheumatism.
A pleasant possession is of no good without a comrade.

A SPLENDID LAXATIVE FOR THE BABY.

Mothers should constantly be on guard to keep baby's bowels working freely and his stomach sweet, for nine-tenths of the ailments from which little ones suffer are caused by derangements of the stomach and bowels. Baby's Own Tablets are a splendid laxative for the baby. They are mild but thorough, contain neither opiates nor narcotics, and are absolutely guaranteed to be safe and efficient for either the newborn babe or the growing child. By their action on the bowels and stomach they drive out constipation and indigestion; break up colds and simple fevers; and make the dreaded teething period easy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Pastoral Pictures.
A field of ripe wheat,
Blowing brown in the breeze,
A flock of fat sheep,
Drowsing under the trees,
An orchard with fruit,
Bending low to the ground,
The corn in the shock,
And the pumpkins around.

Pictures of plenty
Wealth that is sure
Not sudden riches,
But real, safe, secure.

But that which to me
Is the best on the farm,
Are the fields of alfalfa,
That stretch from the barn.

West to the road-side
To the grove on the east
Where buff and White Guernseys
Are waiting the feast.

Knee deep in clover,
Yes, waist deep, well nigh
Bright green in August,
No matter how dry
The season may be,
The meadowlark sings,
The gay bobolink
Replies as it wings.

Picture of plenty
Wealth to endure
Product of Nature
And real, safe, and sure.

He that is not gallant at twenty, strong at thirty, rich at forty and experienced at fifty, will never live to be gallant or strong or rich or prudent.

Immigration 1923-24.

Total immigration to Canada in the fiscal year ended March 31st, 1924, totalled 148,560, as against 72,372 in the previous year, an increase of 104 per cent. The highest percentage of increase recorded was 231 in August, 1923, and the lowest 44 per cent in April, 1923.

Of the total movement of the year British immigration accounted for 72,919 souls against 34,508 in the previous year, an increase of 111 per cent. The movement from all other countries with the exception of the United States resulted in the addition of 52,120 to the population as against 16,372 in the previous year, an increase of 237 per cent. There was, however, a decrease of 7 per cent in the movement from the United States, 20,521 moving from that country as compared with 22,007 in the previous year. Approximately fifty per cent of the year's immigration was from the British Isles.

According to the declaration of destination made by the immigrants, Ontario was the favorite province, no less than 65,280 deciding to settle there.

Fifty-six Thousand Agriculturists.
The largest class of immigrants in the year was bound for the land, a total of 56,330 persons, made up of 45,029 men, 6,608 women and 5,693 children, having this destination in mind on entry. Another large class was that of domestic servants made up of 13,875 individuals. Of the total United States immigration nearly 40 per cent had declared its intention of pursuing agricultural occupations, whilst over 25 per cent of the British movement was bound in the same direction.

The outstanding feature of the situation is the large number of countries from which immigrants are moving to the Dominion, and the fine auspices under which they are being introduced. Having regard to the rapid manner in which the situation has readjusted itself, it should not be long before immigration figures are back on that trend which the outbreak of the war interrupted.

Lot's Wife.

On the island of St. Helena there is a curious and interesting rock called Lot's Wife. It stands erect on the crest of a ridge that runs across the barren and uninhabited part of the island, and it is supposed to be a mass of lava long ago forced up through a crack in the crust. It is nearly or quite three hundred feet high, and when seen from a distance bears a striking resemblance to a draped human figure of tremendous size.

Victor and venquish never unite in a hearty agreement.

No Monkey Business

Treat your fowls with Die Lice. One application guaranteed to keep four fowls free from lice for six months.

SEND NO MONEY—Just drop us a card, we will mail you Die Lice sufficient to treat 200 fowls. When it arrives pay postman 25c and postage. Money back if it fails. Secret how to tell sex of an egg before incubation, and wonderful laws, secret how to rid your place of rats, mice and roppers without the use of traps or poisons sent free with each box. Agents wanted.

THE DIE-LICE CO.,
Drawer, 55, Warrington, Ont.

Cuts & Bruises

Heal quickly after a few applications of



Not Ambitious.
"How high are we now?" asked the timid aeroplane passenger.
"About 4,000 feet," said the pilot. "I haven't started to climb yet."
"I don't know whether or not I mentioned it before we hopped off," quavered the passenger, "but I'm not at all ambitious."

He who knows not the way to the sea should make the river his companion.

Classified Advertisements.

WANTED—CAR OWNERS TO send for our Big Free Catalogue showing 101 bargains in Auto Supplies. It will save you money. Send for it to-day. Canadian Auto Shops, Box 154, Niagara Falls, Ontario.



CUTICURA HEALS LARGE PIMPLES
On Face, Itched and Burned; Lost a Great Deal of Sleep.

"I had pimples on my face for several months. They were hard and large, and the skin was sore and red. The itching and burning almost set me crazy at night and I lost a great deal of sleep. The breaking out caused disfigurement. I tried many different remedies but found no relief. I almost despaired of help when I tried Cuticura Soap and Ointment and in a short time my pimples completely healed." (Signed) Miss Annie Fletcher, Box 45, Hutton, Saskatchewan.

Clear the pores of impurities by daily use of Cuticura Soap and occasional touches of Cuticura Ointment as needed, to soften, soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum.

Sample Each Free by Mail. Address Canadian Depot, Cuticura, P. O. Box 218, Montreal. Price, Soap 25c, Ointment 25c and 50c. Talcum 25c. Try our new Shaving Stick.

BEFORE MY BABY CAME

I Was Greatly Benefited by Taking Lydia E. Pinkham's Vegetable Compound

Sydenham, Ont.—"I took your medicine before my baby was born, and it was a great help to me as I was very poorly until I had started to take it. I just felt as though I was tired out all the time and would have weak, faint spells. My nerves would bother me until I could get little rest, night or day. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to recommend this good medicine. I will lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will help others take it."—Mrs. HARVEY MILLIGAN, Sydenham, Ont.

It is remarkable how many cases have been reported similar to this one. Many women are poorly at such times and get into a weakened, run-down condition, when it is essential to the mother, as well as the child, that her strength be kept up.

Lydia E. Pinkham's Vegetable Compound is an excellent tonic for the mother at this time. It is prepared from medicinal roots and herbs, and does not contain any harmful drugs. It may be taken in safety by the nursing mother.

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