

Health and Happiness

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In the open air. Keep out in the open air as much as possible and you will prevent sickness as well as the Flu.

The good old bicycle is the best way of getting "right with nature."



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The best bicycle is the cheapest bicycle. Other dealers always compare their wheels with a Massey. Say it is just as good.

WHY

Because the Massey has proved itself to give the best satisfaction to the most riders.

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And buy it now. Don't wait for another raise in price. Only one place to buy one, and we back them up with good service.

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In the World of Sport

WHO WILL EARN £10,000?

Daily Mail Offers That Amount for First Flight Over Atlantic. The proprietors of the London Daily Mail have offered the sum of £10,000 to be awarded to the aviator who shall first cross the Atlantic in an aeroplane in flight from any point in the United States, Canada, or Newfoundland to any point in Great Britain or Ireland, in 72 consecutive hours. (The flight may be made either way across the Atlantic.) The competition is open to persons of any nationality not of enemy origin, holding an aviator's certificate issued by the International Aeronautical Federation and duly entered on the Competitors' Register of the Royal Aero Club. No aeroplane of enemy origin or manufacture may be used.

No Slacker Champions.

Many abuses which have crept into the sport will be eliminated under the American Army, Navy and Civilian Board of Boxing Control, Inc., the new organization which has been launched under powerful and practically nation-wide auspices to govern the affairs of the roped arena and to put them on a plane with boxing as it is carried on in England at the present time.

No longer will it be possible for slacker champions to hold their titles indefinitely. Instead of being allowed to turn aside challenges and offers of bouts until such time as best suits themselves they will be compelled under the ruling of the board to defend the championship at least once every year. For that purpose a championship belt will be offered in every division from bantam-weight to heavy-weight.

Hockey Championship Games.

Toronto will see the best senior and junior hockey in all Canada next week. On Monday, Wednesday and Friday nights the Juniors will be seen in action.

On Monday the O.H.A. Junior winners will take on the Quebec champions in a sudden-death elimination game. Monday's winners will meet the Patricias of Regina, Western champions, on Wednesday and Friday nights for the Canadian title.

On Tuesday and Thursday nights of next week the Selkirk champions of Manitoba, and winners of their elimination round from the Columbus team of Fort William, meet the O.H.A. senior champions, Selkirk and the Regina Patricias will leave Winnipeg together on Friday.

Ty Cobb Is Slow.

This is one season of the year when Tyrus Cobb displays no speed. He has not signed his Detroit contract. The Georgian Peach is dilatory in the spring, but when he gets on the old base lines, Oh Boy! Cobb seldom signs until after the Tigers have completed their training camp stunts. He refuses to go to camp and is probably the only player in either major league who flatly declines to do so. He is perhaps the only one of the whole gang who dares to do it. The fleet Detroit hunter as well with dog and gun all winter and invariably reports in good condition about a week before the opening of the season.

For Amateur Boxing.

Major-General Leonard Wood, commander of the Central Department of the U.S. army, who, it was announced, was to be President of a newly-formed National Commission of Boxing Control, was notified that body that he would be unable to serve as President. He said, however, he wished to be made a member of the Advisory Council.

General Wood said he was heartily in favor of the project, provided it were conducted on purely amateur lines, but that he would not be identified with the movement if it branched off in the slightest manner to professional boxing.

To Run on Grand Circuit.

The good trotter, Golden Spler, 2:09 3/4, of the Single Hill Stable, owned by Wilbur J. Myers, of Springfield, Ohio, and so successfully trained and raced in 1918 by Harry Stokes, will be campaigned this coming season on the grand circuit by Ed. F. Geers.

No matter how many cook books a bride owns, she keeps right on cooking things the way her mother taught her. Moral for mothers; do some teaching.



TOO MUCH

You paid the minister five dollars when we were married. Yes, I am very careless about money matters; ought not to have given him more than two dollars and a half.



BOTH STUNG

"I'd never have married except for your money." "Yes, that's another disadvantage in having wealth."

He Now Turns to Sport.

Newton Bennington, one of America's foremost turfmen a decade or so ago, and who has been connected with the British Ministry of Shipping during this country's participation in the war, is back in New York longing for the resumption of his favorite sport. The greatest horse that ever carried the Bennington silks was the famous mare Belsham, whose racing qualities Mr. Bennington had leased from August Belmont.

Man may be made of dust—but he always wants a little bit more.

Marlatt's Specific Removes Gall Stones in 24 Hours

THE Never-Failing Remedy for Appendicitis

Indigestion, Stomach Disorders, Appendicitis and Kidney Stones are often caused by Gall Stones, and mislead people until those bad attacks of Gall Stone Colic appear. Not one in ten Gall Stone Sufferers knows what is the trouble. Marlatt's Specific will cure without pain or operation.

For sale at all druggists. Recommended by T. H. Sargent, Druggist, Kingston, Ont. J. W. MARLATT & CO. 531 ONTARIO ST., TORONTO, ONT.

INSIST ON GOLF

As Part of Training of New York Americans.

An hour on the links will be part of the New York Klitties' training routine while in the south, according to Miller Huggins, who intends to use to the limit all of the facilities for conditioning in Jacksonville.

Huggins is a firm believer in golf as an aid in developing a batsman and intends to have all his men, and especially the weak batsmen, undergo a course in golfing during their stay in the Florida city. Capt. Huston, vice-president of the Highlanders, also is a golfing devotee, and he intends to spend much of his time while in Jacksonville on the links.

Boston Would Shake Herzog.

President Grant of the Boston National League met Charley Herzog in New York last Tuesday. Herzog has a contract with the Boston Club which calls for a salary of \$10,000 for the season of 1919. It is said that waivers have been signed by all the major league clubs on Herzog, and it was rumored that the second-base man might come to the New York Americans by the waiver route.

Grant said he had made what he considered a flattering offer to the player, which Herzog refused to accept. Herzog stated that Grant wanted to cut the salary of \$10,000 which the contract calls for and he would not consent.

At the offices of the American League club, denial was made that any attempt had been made to negotiate with Herzog. President Grant also said that no club had made any proposition to him for Herzog's services, but that he would willingly entertain any desirable bids in that direction.

If riches didn't have wings, there would be but few high fliers.

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MATHIEU'S SYRUP is a sovereign tonic combining the curative properties of TAR and the strengthening virtues of COD LIVER OIL.

Colds, when neglected or badly treated give rise to consequences of such a grave character that you should not risk using inferior preparations.

MATHIEU'S SYRUP is the only genuine remedy whose reputation has caused to crop up many imitations of doubtful value.

ON SALE EVERYWHERE

CONCRETE HIGHWAYS

Save Time Money Labor

WHATEVER speeds up traffic must be a real economy. Whatever delays traffic must always involve waste of time and effort.

Concrete, being the road material of minimum tractive resistance, makes a pavement on which all types of vehicle can travel quickly, and this speeding-up of traffic makes possible the speeding-up of production.

Wherever there is a concrete road, in that locality you will find farmers and their "help" able to devote more time to the vital work of sowing and gathering the crops.

SAVING TIME OF BERRY PICKERS

THE girls who helped so splendidly in the gathering of our berry crop last summer, can testify to the value of a concrete highway along lines of time-saving. To those of them who were able to use the Toronto-Hamilton highway, it meant many hours saved in transit between their camps and their berry-patches—thus giving them more hours for berry picking than they could possibly have had if their travelling to and fro had been on the old style road.

The manner in which the Toronto-Hamilton highway conserved time in last summer's berry picking is but one of the many sidelights on the value of concrete that have been revealed to those farmers whose properties adjoin this modern concrete road.

SAVING THE FARMER'S TIME

THIS same concrete highway has resulted in the opening of many wayside markets, to which motorists come for their fruit and provisions, thus saving much of the farmers' time.

Then, too, those farmers who still take their "truck" to market are able, on this highway, to get to market and back in double quick time. A farmer situated on this highway, twenty miles from market, can load his motor truck, and leave in the morning—be back home for lunch—and make another trip to market in the afternoon. Instead of three uncomfortable team trips per week, which was his average before the concrete road was built, he now makes twelve trips in comfort—two trips each working day—by motor truck.

HOW ONE FARMER PROFITS

THIS is the experience of R. H. Lush, of Clarkson, Ontario, whose farm adjoins the Toronto-Hamilton highway. He sold at his wayside booth last summer among other fruits, 700 baskets of cherries at an average price of \$4.60 per basket, a total of \$1,120, for cherries alone. Had he shipped those 700 baskets to Toronto (as he had to do before the highway was built), he would have had to reckon with the following items:

Commission to commission house (12 1/2 per cent on \$1,120)	\$140.00
Express (at 5c. per basket)	35.00
Cartage at city end (1c. per basket)	7.00
Hauling from farm to railroad	7.00
	\$189.00

The \$189 which he saved by selling his cherries at his wayside booth represents an extra profit of \$189 on cherries alone.

It is the duty of every Canadian citizen—a duty he owes both to himself and to his country—to get the facts about concrete highways which will enable him to intelligently use his influence for the building of the kind of roads which shall result in more complete conservation of all we produce.

CANADA CEMENT COMPANY LIMITED

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