

soda. Mix the vinegar thor- and egg and sugar with three Add remain- shape, set in until chilled, inverted tins in the dough is last flour. No boiling prepar-

Winter, mmar are the big eggs for 1933 are not but are more cheaper.

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HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health mat- ters through this column. Address him at the Parliament Bldg., Toronto.

Children as a rule do not get enough sleep. On account of their rapid growth and development and their almost ceaseless inclination for play and activity their little frames get physically exhausted and need plenty of rest. Only during sleep is absolute rest obtained for the brain and nervous system generally. The infant should spend most of its time in sleep; the child of four at least half of its time. The child of seven should have at least eleven hours, and the child of nine as much as ten hours or more.

Children require more sleep in winter than in summer, and this necessity should be recognized; they should go to bed early, for the most refreshing sleep is obtained in the first few hours after going to bed.

The child will readily adopt these habits if it is trained to them, and it is just as easy to teach a child the right way as it is the wrong. To let a child stay up late at night is a practice that has nothing to commend it. It is allowed by some parents as a matter of expediency or personal comfort, because they will say the child, if it goes to bed early at night, wakes up the whole household at day-break next morning. This, however, is again a matter of habit, for up till nine years of age the child should have at least ten hours sleep.

The brain benefits from regularity of rest, no less than the stomach from regularity in meals. The signs of insufficient sleep are mainly mental, but largely physical as well. They are most marked in the case of the child, and children who get too little sleep are readily recognized. They are anaemic, languid, dull, drowsy and stupid. The appetite is poor, the growth is stunted. The face is pale; the eyelids are heavy; the eyes sunken and dark ringed. These children are

A DESIRE TO EAT WHAT YOU WANT

Stomachs Can be Restored to a Healthy Condition.

Not to be limited in diet, but to eat whatever he pleases is the dream of every dyspeptic. No one can honestly promise to restore any stomach to this happy condition, because all people cannot eat the same things with equally satisfactory results. But it is possible to tone up the digestive organs that a pleasing diet may be selected from articles of food that cause no discomfort.

When the stomach lacks tone there is no quicker way to restore it than to build up the blood. Good digestion without rich, red blood is impossible, and Dr. Williams' Pink Pills offer the best way to enrich the blood. For this reason these pills are especially good in stomach trouble attended by thin blood, and in attacks of nervous dyspepsia. Proof of the value of Dr. Williams' Pink Pills in cases of indigestion is given by Mr. John A. McDonald, Tarbot, N.S., who says: "Every sufferer from indigestion has my heartfelt sympathy, as I was once myself a bond slave to it. Eating at all became a trial, and as time went on I became a mere skeleton of my former self. I took all sorts of recommended medicines, doctors' and advertised, but to no avail. Then a friend said to try Dr. Williams' Pink Pills. I got a box and I thought before they were done I could feel a change. Then I got six boxes more, and by the time they were used I was eating my meals with regularity and enjoyment. My general health is now good, and it is no wonder that I am an enthusiastic advocate of Dr. Williams' Pink Pills."

You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

AFRAID TO GO OUT ON STREET ALONE

MRS. BEVERAGE LIVED IN FEAR OF ATTACKS.

Harold—"What's in a phrase?" Margaret—"Well, before you married me you used to say, 'How womanly!' whenever I did anything; now it's, 'That's just like a woman!'"

Sad Difference.
"Any special way you want your hair trimmed?" asked the barber. "Yes, with the scissors," replied the crusty patron. "If I wanted it trimmed with palsementerie and a bird's wing I'd have gone to a milliner."

Not Possible.
When a lady who was "burning up the road" on the boulevard was overtaken by a traffic officer and motioned to stop, she indignantly asked: "What do you want with me?" "You were running forty miles an hour," answered the officer. "Forty miles an hour? Why, officer, I haven't been out an hour," said the lady. "Go ahead," said the officer. "That's a new one on me."

Wrong House.
The book agent rang the bell. "Have you a Charles Dickens in your house?" "No, we haven't," said the woman who answered the ring. "Or a Nathaniel Hawthorne?" "No, I guess, mister, you got our house mixed up with the boardin' house two doors further along. Try there." And she shut the door.

Not His Sisters.
"I say," he asked, as he stood in the streets of Paris for the first time and watched two Sisters of Mercy pass, "what kind of women is them I see go along, all in black, with a white thing round their face and neck?" "Oh," replied the man addressed, "they're Sisters of St. John the Baptist."

"Get out!" was the sneering answer. "You can't fool me. Why, John the Baptist has been dead for centuries."

They Was Walls.
After a block of new houses had been partly finished, the builder and his foreman went on a tour of inspection. The former left his assistant in one house and went into the adjoining one, when the following conversation ensued: "Can you 'ear me, James?" "Yes." "Can you see me?" "No." The builder rejoined the foreman, and remarked, with a self-satisfied air: "Now, them's what you can call walls!"

Work, the Solution.
I am the foundation of all business. I am the source of all prosperity. I am the parent of genius. I am the salt that gives life its savor. I have laid the foundation of every fortune. I can do more to advance youth than his own parents be they ever so wealthy. I must be loved before I can bestow my greatest blessings, and achieve my greatest ends. Loved, I make life sweet, purposeful and fruitful. I am represented in the humblest savings, in the highest stack of bonds. All progress springs from me. Who am I? I am WORK.

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

The distinctive scientific fact in the recent great earthquake in China is that it literally made the whole world tremble. Most earthquakes are local. They usually originate in the ocean near an island or a continent and radiate inland. The crust of the earth, which is estimated to be from fifty to one hundred miles in thickness, must from time to time undergo readjustment to changes in internal heat and to other internal happenings, but a quake that is felt and recorded the whole world over is unusual.

Women who play golf number more than 50,000 in England and Wales alone.

To a lover there are but two places in the world—one where his sweetheart is and the other where she isn't.

Rural Route No. 1, Mascouche, Quebec. The Minard's Liniment People.
Sirs.—I feel that I should be doing a wrong if I neglected to write you. I have had four tumors growing on my head for years. I had them cut off by a surgeon about fifteen years ago, but they grew again till about three months ago I had one as large and shaped like a lady's thumb on the very place where my hair should be parted, and it was getting so embarrassing in public that it was a constant worry to me. About three months ago I got a bottle of your liniment for another purpose and saw on the label good for tumors. Well, I tried it and kept at it for exactly two months, with the result that it has entirely removed all trace of the tumor, and were it not for this testimonial and you can use it as you see fit.
(Signed) FRED C. ROBINSON.
P.S.—I am a farmer and intend using Minard's Liniment on more of a strained tendon, and am hoping for some results. FRED C. R.

FIND ROMAN HOUSE OF PETER AND PAUL

ALSO TEMPORARY TOMB OF THE APOSTLES.

Inscriptions on Walls of Ancient Dwelling Show That Saints Were Once Guests.

The vexing question of the exact locality of the temporary tomb of the apostles Peter and Paul may soon be settled, if the excavations under the Church of San Sebastian, begun in 1914, are completed successfully. There have been many delays, owing to lack of funds and, during the war, to lack of men. In the last six years only about one year's work has been done.

The excavations already have brought to light the remains of a villa which apparently belonged to a pagan family of wealth, turned Christian during the time of St. Peter. It is a first century building, and on its walls are graffities which prove that Peter and Paul lived here and were entertained by the family of Tontus Coelius. An inscription reads: "Petro et Paulus Tontus Coelius retribuerunt feci."

In those days inscriptions were always scratched on the walls with a sharp instrument, and on the day that Peter and Paul were entertained some guest or attendant attested in writing to this great event. Besides this inscription there are more than 150 invocations to Peter and Paul, all now carefully put together, which will be carried away to some museum. The ancient walls with their paintings will be left in the church for all visitors to see. The old pavement of the church will not be replaced.

St. Peter Lived in Rome.

Professor Marucchi, the well known archaeologist, who has visited the excavations and watched the work during the last two months, insists that the discoveries of Professor Styger, as well as those of more recent date,

WHAT THE BOY SCOUTS ARE DOING.

Modern archaeologists refuse to believe this casual chronicler, especially as Father Torrigio, in 1594, when the basilica was being demolished to make way for the present church of St. Peter, writes that the architect of the new church, Della Porta, opened a hole in the pavement and sent for the Pope, Clement VIII., to view it. The Pope, accompanied by his cardinals, Bellarmine and Stoncrati, visited old St. Peter's, and with a lowered candle saw below the church a marble sarcophagus with a cross of gold on top. This cross evidently was that which the Emperor Constantine placed there, but the brass was gone.

The Pope was so overawed that he ordered the cardinals to cover up the hole with rubbish and rubble. The architect also saw the tomb. The spot would have been exactly where, in the present St. Peter's, is venerated the tomb of the Apostles. Torrigio writes that the Pope bound the cardinals to secrecy of what they had seen, but the story was made public.

Visitors to the church are many and the sacristan, Frate Damiano, an ardent archaeologist, enjoys showing every one the new finds. It was due to his passion for digging in the cellar that many valuable inscriptions were brought to light before the official excavations were undertaken. As he wishes to see the tomb of the Apostles before he dies he is working hard to aid the excavations.

A SMILE IN EVERY DOSE OF BABY'S OWN TABLETS

Baby's Own Tablets are a regular joy giver to the little ones—they never fail to make the cross baby happy. When baby is cross and fretful the mother may be sure something is the matter for it is not baby's nature to be cross unless he is ailing. Mothers, if your baby is cross; if he cries a great deal and needs your constant attention day and night, give him a dose of Baby's Own Tablets. They are a mild but thorough laxative which will quickly regulate the bowels and stomach and thus relieve constipation and indigestion, colds and simple fevers and make baby happy—there surely is a smile in every dose of the Tablets. Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Just Fishin'.
One doesn't care much for politics, Or questions big and great, When his mind is on the minny pail Or a place to dig his bait. He doesn't think of sickness, Ah! he never could be ill When he feels the line a-tuggin'! With that joyous sort of thrill!

The place to lay aside your cares, Yer yearnin' and yer ishin', Is in a boat beneath the sky; Jest sittin' there a-fishin'.

Ask for Minard's and take no other.

Invocation.
I thought that beauty was forever dead, Until I saw a daffodil bloom And two bright tulips in my garden bed And silver spills beyond my little room. I thought that grief would never go from me, Yet how wonderful are all the days; I am no longer hurt by misery But wild with joy and tremulous with praise. O God, let not too many white stars fall, Nor let your bushes bloom in one small hour. I could not bear the beauty of it all, For I would pause with awe before each flower And touch each blossom with my finger-tips And feel the wind's first sweetness on my lips.

Photography is eighty-two years old next August, the secret of the first pictures, those of Daguerre, having been disclosed in 1839.

GLASSMAKING IN BELGIUM.

Lucky the boy who lives in the land of trout streams! To push through the tall ferns, crawling foot by foot to within reach of the deep, quiet pool just under the bank, there to steeple a cast over the willow bush and have the fly light neatly on the glassy surface; then to feel it spin away at the strike of some lusty patriarch of the river—that is for boyish delight and for lasting memories in places remote from brooks.

Minard's Liniment Relieves Neuralgia

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin. All in every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Drug-gists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monoaceticester of Salicylic acid.

CUTICURA HEALS ECZEMA

All over baby's face. Came in water blisters and then formed a solid scale. Began to itch and burn so had to bandage his hands as he wanted to scratch. Face was badly disfigured. Trouble lasted 4 months. Began using Cuticura Soap and Ointment. Used one cake Soap and one box Ointment when he was healed. From signed statement of Mrs. Albert Ellis, Wetzstein, N. S.

For every purpose of the toilet Cuticura Soap, Ointment and Tablets are supreme.

Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, St. Paul St., Montreal. **Cuticura** Soap without name.

ISSUE No. 25-21.

Saves Time - Saves Health

Here is a table drink made as quickly as you can pour hot water into the cup

INSTANT POSTUM

delights the taste, and causes none of the harm that often comes from tea and coffee.

"There's a Reason"

OPPOSUMS

which were introduced into New Zealand from Australia many years ago, have increased until they have become a pest in the fruit-growing regions. Nevertheless, their value for fur outweighs the damage they do. It is therefore proposed to give them every chance to breed in the forested regions. Watermelons, too, grow in New Zealand.

GLASSMAKING IN BELGIUM.

Before the war it was a source of large wealth, and to-day it is playing an important part in rehabilitating the country. Belgium has been famous for its glassmaking for many centuries, and at the present time glass holds first rank among the general exports from Belgium to all other countries. There is scarcely a civilized nation in the world that is not more or less dependent upon Belgium for window glass, mirrors and table glass.

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