

RED ROSE TEA "is good tea"

The ORANGE PEKOE QUALITY makes finer tea and more of it

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.

While the Canadian National Exhibition was in full swing last Fall, a very interesting stranger had a talk with me in the Provincial Board of Health's exhibit in the Government building. He was an Englishman, well educated and well read, who was in Toronto paying a visit to his son. This man asked me if I had any pamphlets on cancer, and although he was not a doctor said he was much interested in finding out all the latest ideas about the cause, treatment, etc., of this great scourge of mankind. I told him that the origin of cancer was still unknown, but there were many scientists to-day who were beginning to feel that our present custom of eating foods not in their natural state had something to do with the cause of stomach and intestinal cancers. Prolonged irritation of the bowels due to constipation or to gastro-intestinal stasis may have a tendency to cause malignancy, while some thinkers hold to the opinion that cancer may be brought about to some extent at least by the toxins resulting from the gastro-intestinal stasis being absorbed into the blood. Of course there is much difference of opinion on these points, but consideration of them will not do any harm, from whatever angle they are viewed.

This visitor to the Fair had a suggestion and an inquiry of his own to offer. He wondered if the increased use of serums and vaccines hypodermically had anything to do with the supposed increase of cancer in late years. On this point I was unable to

TEETHING TROUBLES
Baby's teething time is a time of worry and anxiety to most mothers. The little ones become cross; peevish; their little stomachs become deranged and constipation and colic sets in. To make the teething period easy on baby the stomach and bowels must be kept sweet and regular. This can be done by the use of Baby's Own Tablets—the ideal laxative for little ones. The Tablets are a sure relief for all the minor ailments of childhood such as constipation, colic, indigestion, colds and simple fevers. They always do good—never harm. The Tablets are sold by medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"There's Something Better in Me."
A year ago an employee in an ordinary position in a large concern said to himself, "There's something better in me than this, and I'm going to get it to work for me!" He didn't wait for his resolve to weaken or his enthusiasm to grow cool, and although a wife and two children were dependent upon him he threw up his job then and there and started out for himself. Today this man is doing splendidly in a business of his own, all because he had the faith to act on the belief that there was something better in him than he had been called upon to use in his dependent position as an ordinary employee.

Thousands of bright, ambitious employees know perfectly well that there is something better in them than they are using, but doubts and fears, the

dread of uncertainty, the fear of ridicule. If they should fail, hesitation to assume unaccustomed responsibility, to take the risk of starting out for themselves, pulling up stakes and risking everything on the chance of succeeding—prevents them from acting on their belief that there is something better in them. So they hang on to their jobs, hang on year in and year out, every year thinking that the next year they will surely start out for themselves, but the years go on and before they realize it they are in the clutch of a habit which, day by day, grows stronger and stronger until they find it practically impossible to break away.

Just think this over, and see if it isn't true in your own case. If you feel that there's something bigger and better in you than you have been using; if you feel that you have not yet done the best thing possible to you, why don't you have a heart to heart talk with yourself and see what is holding you back? Why don't you find it? Don't wait until it is too late. Now is the time to find and bring out the larger man or woman within that is clamoring for expression.—O. S. Marden.

WHERE THE BEST TEA GROWS.

The tea plant flourishes best on the well drained side of a mountain in a country where there is plenty of moisture and warm sun. Certain parts of Ceylon, India and Java are ideal for the growing of delicious tea, hence from these countries come the finest varieties. "SALADA" is a blend of the three most famous tea-growing countries in the world.

LUNCH COUNTER CARS ON NATIONAL

Lunch counter cars which will care for the needs of passengers in the coldest, first class and tourist cars of the main line trains, who do not desire to use the regular dining cars, have been placed in service between Winnipeg and Toronto by the Canadian National Railways. The suggestion of the lunch counter cars was made by Mr. Walter Pratt, General Manager of Dining, Sleeping and Parlor Cars and of Hotels.

The Cost of Touchiness.
There are employees who are always complaining of their slow advancement. They can't see why they do not get ahead as others do. They would probably be surprised to know that an unfortunate disposition is keeping them back. I have known of a number of instances where employees have either been discharged or kept from promotion because of their touchiness, or extreme sensitiveness, their resentment of any criticism or faultfinding.

Employees who can't "stand the gaff" don't stand a very good chance of advancement. Those who fly into a rage or show offense at every little reflection on their work are never likely to get very far.


As a matter of fact employers are afraid of a hair-trigger temper which goes off at the slightest provocation. They know that it doesn't go with a cool, level head, and sound judgment, and these are the things they are looking for. The lack of amiability has stood in the way of advancement of many an employee who has wondered why he has not gotten ahead more rapidly.—O. S. Marden.

HOME TREATMENT SAFE AND EFFICIENT
Ailing People Made Strong by Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills do one thing, and do it well. They build up the blood, increasing the number of red corpuscles. As this is done the blood becomes a richer red and is able to carry more oxygen, the great supporter of human life. As the blood improves in quality the tissues of the body are better nourished and the functions of the body are better performed. This is the reason Dr. Williams' Pink Pills have been so successful in the treatment of diseases due to poor, thin blood, and it is also the reason why they are so successful in building up strength after fevers and acute diseases. Among those who have used Dr. Williams' Pink Pills with great advantage is Mrs. Heiema B. Taylor, Hanover, Ont., who says: "Not long ago I was critically ill. The trouble started with anaemia and a run-down system, and ended with pleurisy. I was confined to my bed for three months and three doctors were in attendance at different times. My life was despaired of, and I was practically living on doctors' medicine, because I could not eat. My friends did not expect me to recover. During my girlhood Dr. Williams' Pink Pills had brought me through a severe attack of anaemia, and my mother urged that I should try them again. The doctor could not understand why we wanted to try these pills, but we decided to do so. After taking six boxes a decided change was taking place. I was actually getting hungry and anxious to live. After using twelve boxes a miracle was worked. I could walk and felt my strength coming back, and people on all sides were asking what was helping me, and we were not slow in telling them it was Dr. Williams' Pink Pills. With my health fully restored through the use of these pills I am a striking example of what this wonderful medicine can do, and now I never see a pale or sickly-looking girl or woman that I do not feel like going up to her and asking why she does not take Dr. Williams' Pink Pills."

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.

EASY TRICKS
A Royal Flush



Remove the royal flush in diamonds from a pack of cards and tuck them under your belt at the rear. Give the remaining cards (do not suggest that the pack is not complete), to a spectator and ask him to shuffle them. Then hold them behind your back.

Ask a spectator to mention which color he prefers. If he says "red" ask him which suit he prefers. If he says "diamonds" you are ready for the rest of the trick. If he says "hearts," you will say: "Then that leaves the diamonds for the trick." You will observe that the spectator really has no choice—although if the thing is done in a snappy manner he will not suspect this.

While you have been talking you have taken the royal flush from under your belt and put them on the top of the pack. Ask the spectator what hand, if he were playing poker, he would most like to have. The answer invariably will be "The royal flush, of course."

As he speaks, hand him the five cards you had hidden with the comment: "Well, here it is!"

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

THE DIZZY WHIRL.
We commend to the natural philosophers this original view of a common phenomenon. It was found in the examination paper of a youthful scholar who was ambitious of being admitted to the upper class in high school: "The earth revolves on its own axis three hundred and sixty-five times in twenty-four hours. This rapid motion through space causes its sides to perspire; this moisture is called dew."

Classified Advertisements
Woolgrowers—Cotts and Rejects accepted for limited time only. Apply Georgetown Woolen Mills, Georgetown, Ontario.

MURINE
Keeps EYES Clear, Bright and Beautiful
Write Murine Co., Chicago, for Eye-Care-Book

Heal Skin Troubles With Cuticura
If you are troubled with pimples, blackheads, redness, roughness, itching and burning, which disfigure your complexion and skin, Cuticura Soap and Ointment will do much to help you. Always include the Cuticura Talcum in your toilet preparations.

Sole U.S. Mfrs., 25 and 27, Nassau St., N.Y. Sold through the Dominion, Canadian Depot: Toronto, Limited, 344 St. Paul St., W. Montreal.

"Cuticura Soap always without soap."

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 wearied, 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.

Reader Takes Newer Form of Iron—Feels Years Younger
"Six weeks ago I saw a special offer in the paper telling how thousands of people grow old in looks and energy long before they are really old in years, because, as examinations by physicians have shown, an enormous number of people do not have enough iron in their blood. I have been taking Nuxated Iron for two weeks; the results are simply astounding. The roses have come back in my lips and cheeks, and I can conscientiously say that I feel ten years younger."

The above is a typical hypothetical case showing the results that have been achieved by a great many people since we started this "satisfaction or money back" offer on Nuxated Iron. We will make you the same guarantee. If, after taking the two weeks' treatment of Nuxated Iron, you do not feel and look years younger, we will promptly refund your money. Call at once for a bottle of Nuxated Iron at any good drug store.

ASPIRIN
Beware of Imitations!
Demand



Unless you see the name "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for:

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

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains twelve tablets. Handy boxes of twelve tablets cost few cents. Drugists also sell bottles of 24 and 100.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monacrafts, Division of Salicylic Acid. While it is well known that Aspirin means Bayer Manufacture, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

He Wondered.
Bill Sparrow—"Great Scott, I'd like to see the bird that eats those worms!"

Hearthside Hint.
If you stir an open fire in a grate and bring fresh coals to the front, it gives out a warmer glow. It is the same way with the sun, says C. G. Abbot, in charge of the astrophysical laboratory of the Smithsonian Institution. The so-called sun spots are produced by a stirring of the sun's outer layer. By comparing measurement of solar radiation with photographs of the sun he has found that there is an increase in heat radiated by the sun on the same day that sun spots form, grow or are brought into view on the visible disk of the sun by rotation.

When ordering goods by mail send a Dominion Express Money Order.

Vacuum Street Cleaner.
Dustless street sweeping has been accomplished in a Western city where a tank shaped machine cleans one hundred blocks a day. It operates by gasoline and has one man to drive it. Revolving brooms loosen the dirt, a vacuum inlet draws the refuse into containers built in the machine.

There are 3,114 dairy factories in Canada. The value of the products is placed at \$111,924,017.

Keep Minard's Liniment in the house.

THE VANISHING WHITE.

"I'm afraid there will soon be no white people in Europe."
"You're joking—why?"
"Because all those who haven't turned Red are decidedly blue."

Spruces.
Little green spruces
Are counting on their fingers,
On a million fingers
Gemmed with early dew,
All their fragrant uses,
Blessed joy that lingers
Summer time, winter time,
The whole year through.

Breathes a million praises,
Little green chorus!
Shake your spicy thankfulness
Through the golden aid!
E-ling phrases
Echo in and o'er us,
Telling us our blessedness,
Urging us to prayer.

—Abbie Farwell Brown.

Love does not always want to please, sometimes it wants to hurt.
The enemies of life are pettiness, narrowness and selfishness.

MISS MILLIONBUCKS—"But you are penniless."
"Cholly Redcent—"But if you marry me I'll have a hundred dollars at least. I have a bet of that amount you'll marry me."

Ask for Minard's and take no other.

The greatest known depth of the sea is said to be 32,088 ft., about 40 miles north of one of the Philippine Islands. At this point the ocean bottom would be about eleven and a half miles lower than the top of Mount Everest.

In ourselves we suffer for the sins we commit; in our communities we suffer for the sins we permit.

If you will not give up you cannot be beaten.

MINARD'S
"KING OF PAIN"
LINIMENT

CUTS!
Minard's cures inflammation, soothes and heals cuts and bruises.


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Ogden's CUT PLUG

Now in Vacuumized Tins



80¢ the 1/2 lb
always fresh
Ogden's Liverpool.

The Dizzy Whirl.
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