

**Markets**

1 Northern, 47 1/2c  
 3 CW, 47 1/2c

ominal  
 ay porta  
 70c  
 yellow, 98 1/2c  
 5 to 80c  
 75 to 79c  
 \$1.50

real freight;  
 per ton, \$23;  
 middlings, \$36;  
 2 white, 97 1/2

41 to 43c  
 per cent pat,  
 prompt ship-  
 basis, \$4.60;

in jute sacks,  
 ata, \$5.70.  
 othy, per ton,  
 \$15; No. 2,  
 \$12.50;  
 on, \$9.50  
 reening, f.o.b.,

2 1/4 to 2 1/2c;  
 2 1/2 to 2 3/4c  
 Old, large,  
 31c; triplets

ry prints, 46  
 3 to 45c; No.

in cartons,  
 loose, 56 to  
 52c; extras,  
 49c; second,  
 40c; second,

chickens, 4  
 ens, 3 to 4  
 4 lbs., 15c;  
 over 5 lbs.,  
 12c; turkeys,  
 2c;

chickens,  
 ens, 3 to 4  
 4 lbs., 18c;  
 ove: 5 lbs.,  
 15c; turkeys,  
 28 to 32c;

pickled, lb.,  
 per imp.  
 \$2.40 per

to 12c per  
 5-lb. tins,  
 to 14c; comb  
 \$3.75 to \$4;

med, 25 to  
 28c; smoked  
 to 27c; spe-  
 30 to 33c;

bacon, 50  
 lb., \$13;  
 weight rolls,  
 12 to 14c;  
 7 to 17 1/2c;  
 15c; balls,  
 7 1/2c

to \$7.75;  
 12 to \$7.75;  
 \$4.75;  
 40; butch-  
 do, med.,  
 50 to \$5;  
 to \$5; do,  
 and cut-  
 ills, choice,  
 \$2 to \$3;  
 to \$4.50;  
 a good, \$4  
 4; milkers  
 0; calves,  
 med., \$9 to  
 grassers,  
 ewes, \$12  
 to \$13; do,  
 ewes, \$7.50  
 \$4.50; do,  
 4 watered,  
 try points,

56c; do,  
 extra No.  
 rai white,  
 1/2 white  
 \$5.30; do,  
 ater pag-  
 iled oats,  
 5; shorts,  
 Hay, per

4 1/2 to  
 to 4 1/4c;  
 rsts, stor-  
 39c;  
 fresh ex-  
 ata, \$1.35

Canada  
 to 1,384-  
 1,011,322  
 00 cords,  
 ures are  
 tons of  
 an manu-

# RED ROSE TEA

"is good tea"

Fine, brisk flavor! Best of all in the ORANGE PEKOE QUALITY

## 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 Spadina House, Spadina  
 Crescent, Toronto.

### HEALTH CONFESSIONS OF BUSINESS WOMEN.

A distinctly novel book has just been brought out by the Division of Industrial Hygiene of the Provincial Board of Health. It is a book for business women written by business women themselves and is the joint work of between 200 and 300 secretaries, clerks, stenographers, bookkeepers, telephone operators, and others.

"Health Confessions of Business Women" is a collection of very frank and revealing letters on the health problems—almost, one might say, the life problems—of business women. The introduction discusses the special features of the office worker's life and points out that the two rival hazards are, on the one hand, monotony, on the other, over-filling of life.

The first chapter deals with the philosophy of health and shows that as no two women have precisely the same health problem each one should do her own "doctoring" and make her own rules accordingly. The second chapter covers the psychological factors in health and discusses such subjects as congenial employment, use of leisure, the necessity of having an alert mind and broad outside interests, religion, service of others, moral qualities, etc., etc.

The third chapter deals with health in its narrowest meaning, physical health, and gives the business girls' own experience on subjects such as food, sleep, air, exercise, etc.

The fourth chapter goes into some detail into the problem of where and how to live in a boarding house or rooming house, alone or with others, showing the effect on health of the different ways of living and suggesting what methods would best suit the different temperaments.

The fifth chapter deals with working conditions, such as seating, light, rest rooms, rest periods, organization, etc., the sixth with "personal maintenance," that is, all the factors concerned in the "up-keep" of a feminine worker. The seventh, perhaps the most original chapter in the book, is called "Technique of Life" and is concerned with method—how to arrange your life and plan your time, how to

### KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are changeable—one bright, the next one cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds, and by their use the baby will be able to get over the winter season in perfect safety. The new sales tax will not increase the price of Baby's Own Tablets, as the company pays the tax. You can still obtain the Tablets through any medicine dealer at 25 cents a box, or by mail, post paid, from The Dr. Williams' Medicine Co., Brockville, Ont.

### Winter Evening in the Country

The Winter sun sinks in the west, And lengthening shadows slowly creep, And all the cares that lay in wait Fly fearful from the darkness deep. While stars their silent watches keep.

Outside while winds of Winter blow, And falls the curtain of the night, Our homely hearth with fire aglow And hearts all warm with love and light.

Make Winter evenings glad and bright.

memory of these peaceful eves Will stir the heart in years to be, And when life's hopes, like Autumn leaves, Wither and die, we still shall see These evening joys, in reverie.

—Helen B. Anderson.

### NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' course of training to young women, having the required education, desiring to be certified nurses. This course is a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.



Charles Edward Davies  
 Formerly Assistant General Manager, whose appointment as Acting General Manager of the Canadian National Telegraphs has been announced, following the sudden death of Mr. George C. Jones, late General Manager, December 31st, 1923.

### TORTURES OF SCIATICA

Relieved by Enriching and Purifying the Blood.

Sciatica is neuralgia of the sciatic nerve and the treatment should be the same as for other forms of neuralgia. Sciatica is stubborn in resisting treatment and the patient frequently suffers for years.

So many cases of sciatica have been helped by Dr. Williams' Pink Pills that every sufferer is justified in giving this treatment a thorough trial. Dr. Williams' Pink Pills do not simply relieve pain—they correct diseases caused by weak, watery blood. Thus they are beneficial in the treatment of even the most severe disorders. Their value in cases of this kind is shown by the experience of Miss Lizzie Freeman, Nogies Creek, Ont., who says:—

"I was confined to bed for seven weeks with sciatica. What I suffered is almost impossible to realize. The doctor did all he could for me, and yet I was not getting any better, and he told me the trouble was likely to leave me crippled. A neighbor who was in to see me, strongly advised me to try Dr. Williams' Pink Pills. I decided to do so and after taking them for a while found they were helping me. I continued taking the pills until I had taken nine boxes, when I was able to walk as well as ever, and felt that I was fully restored. In view of what these pills have done for me I strongly recommend them to all sufferers."

If you are suffering from any condition due to poor, watery blood or weak nerves, begin taking Dr. Williams' Pink Pills now and note how your strength and health will improve. The new sales tax will not increase the price of Dr. Williams' Pink Pills, as the company pays the tax. You can still obtain the pills through any medicine dealer at 50 cents a box, or by mail, post paid, at this price, from The Dr. Williams' Medicine Co., Brockville, Ont.

### Snow

Lo, what wonders the day hath brought,  
 Born of the soft and slumbrous snow!  
 Gradual, silent, slowly wrought,  
 Even as an artist, thought by thought,  
 Writes expression on lip and brow.

—Elizabeth Akers.

### Enough Said

Visiting Minister—"I trust your neighbors are church-going people who eschew profanity in all its forms."  
 Resident—"Why—the majority of 'em play golf."

### His Hearing Restored

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth avenue, New York city, will be given a prompt reply.

### Mother! Give Sick Child "California Fig Syrup"

Harmless Laxative for a Bilious, Constipated Baby or Child.

Constipated, bilious, feverish, or sick, colic babies and children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Made upon genuine "California Fig Syrup" which contains directions.

### EASY TRICKS



Where is it?

This is the amateur tricker's opportunity to prove that the hand really is quicker than the eye.

Hold your hands in front of you, about eight to ten inches from the body, with the palms of both upward. In one hand a half dollar lies. The half dollar should be about in the middle of the palm.

Turn the hands rapidly over, turning the right hand toward the left and the left toward the right, closing them as they turn. The coin should fly from one hand to the other but so rapidly that a person standing directly in front of you cannot see its flight. As both hands close at the same time he will have some difficulty in guessing which hand contains the coin. The trick will not be accomplished the first time the beginner tries it as it requires a certain knack that will come with practice.

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

### Sing, Little Fire

Sing, little Fire—  
 You have done your part,  
 And the love that makes you  
 Warm a cold winter's heart.

### Cutting His Losses

The sea, says "Whiting" in the Boston Herald, breeds philosophy and logic and an agreeable way of viewing many things. Take for example this case of a handy man on Cape Cod:

"How much do I owe you, Obed, for fixing the screen?" a cottager asked him.

"Wal, be ye goin' to pay cash or charge it?"

"Wal, if it's cash, it's two dollars and sixty cents for the job; but if you're goin' to charge it, it'll be two dollars."

"Why, Obed, that's queer! Usually it's less when it's cash."

"Yep; but ye see so many summer folks go 'way an' forget to pay their bills, I lose more where it's charged, an' so I'd rather keep them charge accounts as small as I kin."

### Ask for Minard's and take no other.

His Subsequent Action.

"Gap, what would you do if you had a million dollars?" asked Mrs. Johnson the other evening.

"What's—yaw-w-w-w—that?" returned Gap Johnson, of Rumpus Ridge, starting out of a halfway doze.

"What would you do if you had a million dollars?"

"I wouldn't do nuthin' till I got plumb rested."

### Be what your friends think you are

avoid being what your enemies say you are, go right forward and be happy.

—Marcus Mills Pomeroy.

### ASPIRIN

Beware of Imitations!



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  
 Toothache  
 Neuritis  
 Rheumatism  
 Headache  
 Lumbago  
 Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetylacidester of Salicylic Acid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

### To Gain Weight

Druggists guarantee Bitro-Phosphate to rebuild shattered nerves; to replace weakness with strength; to add body weight to thin folks and rekindle ambition in tired-out people. Price 61 per page. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

# Smoke OLD CHUM

The Tobacco of Quality



Sealed Package 15c  
 (which keeps the tobacco in its original condition.)  
 also in 1/2 lb. tins

### Sing, Little Fire

Sing, little Fire—  
 In the sweet home places,  
 For the love that makes you  
 Lights the children's faces.

### Do not throw out empty cans that have had any kind of food in them

without flattening them so that no cat can get its head into one. Cats and dogs have caught their heads in empty cans when seeking food and have been cruelly injured or have died before they were released. Simply stamping on a can will answer the purpose. Founding the can flat is the best method.

Estimates place the total population of the world at 1,500,000,000.

### STOMACH MISERY, GAS, INDIGESTION

"Pape's Dipepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Dipepsin.

### To Make Rich Red Blood

Revitalize your worn-out exhausted nerves and increase your strength and endurance

Take Nuxated Iron, not metallic iron which people take. Nuxated Iron is estimated to be approximately equivalent (in organic iron content) to eating one quart of spinach, one quart of green vegetables or half a dozen apples. It is like taking extract of beef instead of eating pounds of meat. Nuxated Iron is partially protected and ready for almost immediate absorption and assimilation by the blood, while metallic iron is iron just as it comes from the action of strong acids on small pieces of iron filings.

Over 4,000,000 people annually are using Nuxated Iron. It will not injure the teeth nor disturb the stomach. A few doses will often commence to equalize your blood. Your energy will be renewed by the manufacturers if you do not obtain satisfactory results.

Beware of substitutes. Always insist on having genuine organic iron—Nuxated Iron. Look for the letters N. I. on every tablet. Sold by all druggists.

### NUXATED IRON

### Chilblains

Minard's takes the sting out of them. Quickly relieves aching or blistered feet.

### MINARD'S "KING OF PAIN" LINIMENT

The Cause of Heart Trouble

Faulty digestion causes the generation of gases in the stomach which inflate and press on the heart and interfere with its regular action, causing faintness and pain. 15 to 30 drops of Mother Seigel's Curative Syrup after meals sets digestion right, which allows the heart to beat full and regular. At druggists.

### Lady to salesman who had unrolled all the linoleum

"Thank you, so much, my little boy has enjoyed it. I'll bring him to-morrow to see the carpets."

### Classified Advertisements

FOR SALE  
 CORDWOOD, MILL SLABS, STOVE length. Car lots. Reid Bros., Bothwell, Ont.

WOOLGROWERS, YOUR OWN wool manufactured or exchanged for yarn or blankets. Woolen Mills, Georgetown, Ontario.

### MURINE EYES

IRRITATED BY SUN, WIND, DUST & CINDERS  
 RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS  
 MADE IN CANADA

### PIMPLES ON HEAD AND NECK

Small and Formed Sore Eruptions, Skin Sore and Red. Cuticura Heals.

"Pimples broke out on the back of my head and neck. At first the pimples were small and then they formed eruptions about the size of a ten cent piece. The skin was sore and red and itched a great deal, causing me to scratch. I had the trouble about six months before I began using Cuticura Soap and Ointment, and after using three boxes of Soap and three boxes of Ointment I was healed." (Signed) J. A. Macdonald, Giffard, Quebec.

Rely on Cuticura Soap, Ointment and Talcum to care for your skin.

### PUTS HEALTH AND VIM INTO WOMEN

So Says Mrs. MacPherson of Lydia E. Pinkham's Vegetable Compound

Brantford, Ontario.—"I was always tired and the least exertion would put me out for a day or two. I had a pressing pain on the top of my head, pain in the nape of my neck, and when I stooped over I could not get up without help, because of pain in my back. I did not sleep well and was nervous at the least noise. I keep house, but I was such a wreck that I could not sweep the floor nor wash the dishes without lying down afterwards. A friend living near me told me what Lydia E. Pinkham's Vegetable Compound had done for her so I began to take it. With the first bottle I felt brighter and got so I could wash dishes and sweep without having to lie down. Later I became regular again in my monthly terms. I have taken ten bottles all told and am now all better. I can truly say that your wonderful medicine cannot be beaten for putting health and vim into a woman."—Mrs. JAMES H. MACPHERSON, 309 Greenwich St., Brantford, Ont.

If you are suffering from a displacement, irregularities, backache, or any other form of female weakness write to the Lydia E. Pinkham, Medicine Co., Caborough, Ontario, for Lydia E. Pinkham's Private "Let-Book" upon "Abnormalities Peculiar to Women."