

RED ROSE TEA

"is good tea" and extra good is 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 matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

A thirteen-year-old girl has just won a twenty-five dollar prize for writing an essay on the subject "Honor thy father and thy mother." She finds no difficulty in obeying this Biblical injunction, but states emphatically that good parents are a necessity if the child is to grow up into a good citizen. Her line of reasoning is very clear. She says: "Parents have had the experience which we must get, and owing to this, they can make wise decisions when we most need them, and by which we may benefit as long as we live. Make life easier for them and make them as happy as they make us; the true friends, whose love is life-enduring—mother and father."

It is surprising what clearness of intellect some children show. In this essay contest just referred to, another of the prize-winners, also a thirteen-year-old school girl, evidently had prepared her composition before preparing her research into the prisons. In investigating the prisons, it is found that most of the prisoners of to-day were unfortunate in having lost their parents or in having been allowed to treat them disrespectfully. The compositions were read at a Parents' Day Celebration in Central Park, New York City, arranged by "Uncle Robert" Spero, a well-known philanthropist who devoted much of his time to work among unfortunate children and to inculcating among all children a sense of filial obligation. The occasion, the first of

this kind, was noticed in all the metropolitan newspapers and supported and encouraged by the public school authorities. Just before the meeting a radio message was broadcasted, in which these suggestions were offered to parents: (1) Set proper standards for your children to follow. (2) Be friends with your children, walk and play with them occasionally. We must not live above our children but with them. (3) Do not scold too much. Encourage them to do their best. Let us remember what Phillips Brooks said: "Children are white, spotted black, not black, spotted white." (4) See that they select proper friends and associates. (5) Make home as comfortable and happy as your means permit. (6) Give your children at least a high-school education. (7) Train them in the habit of regular attendance at church and Sunday-school. (8) See that they avoid all games of chance. A gambler never can be a success in life. (9) See that your children take plenty of physical exercise in the open air. It is better to walk than to ride in a limousine. (10) Let your children feel that any honor which they win in school, or any act of courage or unselfishness they may perform will bring great happiness to father and mother and put the family name on a higher plane of honor.

Do not forget that the future of this country depends upon how our boys and girls are trained to-day, not on how you were trained when you were children.

TEETHING TROUBLES

Baby's teething time is a time of worry and anxiety to most mothers. The little ones become cross; peevish; their little stomach becomes 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.

The Needles.
Beneath the swiftly flying clouds
And dainty stitch away
Are busy in the garden beds
And woods and fields again.
Their countless slender silver points
So bright in and thin and clean,
Go flashing in and out among
The leaves and grasses green.

They make the dahlia's big rosettes,
And dainty stitch away
Upon the morning-glory's pink
And azure bonnets gay.
And on the goldenrod they tuck
The yellow plumes in place,
And sew the little amber beads
On ferns of emerald lace.
—Mina Irving.



Too Firmly Held For That.
Wife—"Ha, ha! They say Sam Peters got in a scrap with his wife and bit her thumb."
Hubby—"Nothing to it—he didn't bite her thumb."
Wife—"But they say he did."
Hubby—"No, he'd never get from under it enough for that."

Summer Time.
When you are twenty years, they say,
You must learn to be wise;
But how can you remember this
When there are macherei skies?

How can you think of all they say
Of duty being good,
When there are humming-birds and sun
And orchids in the wood?
—Weir Vernon.

Business despatched is business well done,
But business hurried is business ill done.

Touring Canadians Royally Entertained



Canadian Weekly Newspaper Editors with their families aboard the S.S. Melita. Arriving at Brussels, the party were given an official welcome by the Belgian Government, and after they had visited the battlefields and other important sites, they were received by King Albert. Paris entertained the editors, and after some days in France they proceeded to England. On Dominion Day the party were received by Her Majesty the King and Queen at Buckingham Palace, and a tea was arranged for them at the House of Commons. They will, of course, visit the British Empire Exhibition, and their British itinerary will include important cities in England, and the Trossachs, Loch Lomond, Loch Katrine, the country of Scotland, and the land of Burns as well as Edinburgh and Glasgow in Scotland. At Belfast the visiting Canadians will be entertained by Sir Robert Baird of the "Belfast Telegraph."

It is understood that most members of the party will write up their experiences fully, and the trip will do much toward strengthening the bonds of the Empire.

A Thunderstorm.
A sunset sky of palmer mood,
Southward a dull blue-green,
With rolling cloud-banks grey and white,
The lightning, vivid, keen.

The rumble of the coming storm
Nearer and louder grown,
The thunders rattling cannonade,
Loud crashing comes and goes.

A hurrying wind sweeps darkly by,
The storm-clouds swiftly lower—
The landscape thickly veiled in grey—
The fast approaching shower—

Then sudden, sharp, the first great drops
Strike on the roof and pane;
And all along the hillside sweep
The squadrons of the rain.

The tempest blots the landscape out,
The crashing comes again,
While all the clouds let loose their floods,
In dashing, pouring rain.

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 966,728 pounds more than in 1922. The reason given is that the fine quality Green Tea 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 Tea.

Romance of a Great Woman.
Now that the centenary of the birth of Lord Kelvin, the scientist and inventor, is about to be celebrated, it is interesting to recall that Mrs. Ramsay MacDonald, the late wife of the Prime Minister, was a relative of the great man. She was, as a matter of fact, Lord Kelvin's niece. This is one of the facts mentioned in "Mrs. Ramsay MacDonald," by Lucy Herbert.

Margaret Ethel Gladstone, which was Mrs. MacDonald's maiden name, was born in London in 1870. Her forebears were, like those of her husband, of very humble origin, and of the same nationality—Scottish. They were damask weavers and lived in Kelso, and by dint of study and perseverance they raised themselves.

From very early years Mrs. MacDonald was interested in scientific questions, which she seemed able to master with little effort.

It was in June, 1895, that Mrs. MacDonald first met her future husband. Their views on life were similar—they were both striving after the betterment of their fellow men and women. Within a few months they were engaged, and they were married in November in the following year.

"The bride did not want to be 'dressed up,'" the authoress says. "She wore a soft grey dress and changed into an old frock to go away in. It was not unlike her."

Once, while staying with Lord Kelvin, the future Mrs. MacDonald wrote: "It gives one rather a common-sense or scientific way of looking at things to stay with Uncle William. You begin to feel that everything has a reason and that that reason may be found out; and that things should not be sturred over or left to chance when you can direct them by taking a little more trouble and using a little thought."

Mrs. MacDonald never learned of the high position which her husband achieved, for she died in 1911.

Army blankets, surgical bandages, and even carpets are sometimes made, to a certain extent, of peat fibre. The same substance is also used for filling mattresses in public institutions.

Some men never find the key to success, because they don't look in the right place—inside their own minds.

Minard's Liniment for Rheumatism.

July.
You wait in loveliness, July,
Waiting the onset of thyme and bay.
Too swift your hours of beauty fly.

You set the sweet blue honey
In daisy banks to cheer the way.
You walk in loveliness, July.

The harvests ring as you pass by:
Rest-harrow vashly bids you stay.
Too swift your hours of beauty fly.

The limes are stirred with melody
Where wild bees sit from spray to spray.
You walk in loveliness, July.

With slender spears the corn grows high,
And languid heads of poppies sway.
Too swift your hours of beauty fly.
Your stars are night-flowers in the sky;

Your hot sun glids the grain by day.
You walk in loveliness, July—
Too swift your hours of beauty fly.

July.
A white cloud-sail in a sea of blue
Mid the splendours of the day,
A meadow drenched with the diamond dew

And the air with new-mown hay;
A lazy brook through a green vale
Flowing

And never a breeze astir,
A sun-kist flower by the wayside blowing.

A swallow's wing awhir,—
This is July of the bountiful heat,
Month of wild roses, and berries and wheat.

NERVOUS DEPRESSION

Why People Are Low Spirited and Depressed.

Nearly all women and most men suffer at times from fits of depression and low spirits. Everything seems a burden; then come periods of nervous irritability, headaches and weariness. People who suffer this way lack vitality because their blood is poor and nerves are starved in consequence.

The only way the nerves can be reached is through the blood. By enriching the blood with Dr. Williams' Pink Pills the starved nerves are supplied with just the elements they need. This is proved by the experience of Mrs. J. E. Dudson, 12th Ave. East, Vancouver, B.C., who says:—"About three years ago I became very weak and nervous. I had pains in my side and back, and also suffered from frequent pains in the back of my head and neck. I was hardly able to do anything about the house. I would wake with a start in the night and my heart would flutter so that it almost choked me. I tried much doctor's medicine but it did me no permanent good. One day I read about Dr. Williams' Pink Pills and decided to give them a trial. These pills produced such a beneficial change in a short time that I kept taking them until I had used a dozen boxes. By this time there was such an improvement in my condition that friends would ask me what I was taking, and of course I was only too pleased to tell them it was Dr. Williams' Pink Pills. I am now feeling like a new person and am doing my own housework. We would not now be without Dr. Williams' Pink Pills in the house."

You can get these pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Something to Love.
When yer as lonesome as lonesome kin be,
Git something t' love.

If only th' hard things of life you kin see,
Git something t' love.
If all things around you seem empty and cold,
You feel pessimistic and wrinkled an' old,
Don't worry an' grumble an' cuss 'round an' scold,
Git something t' love.

Whether it's children or chickens or trees,
Git something t' love.
Or horses or women or yellow-back bees,
Git something t' love.
Don't close your heart up to Nature and things,
The world sometimes grumbles, but mostly it sings,
Just take my tip, man, an' see what it brings;
Git something t' love.

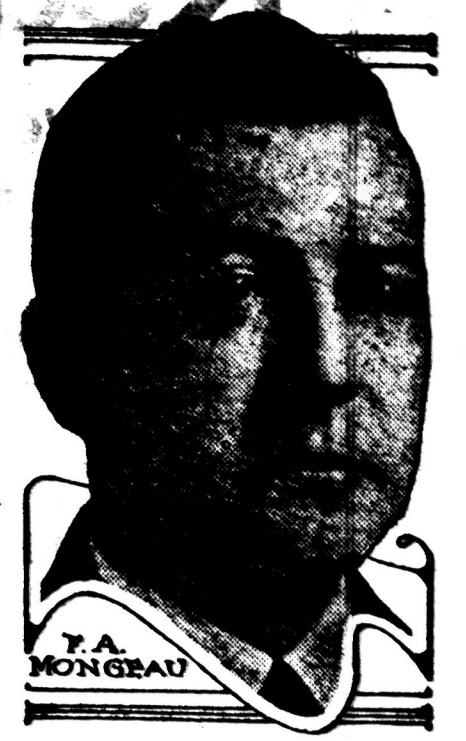
Founded by Saxon King.
A memorial to Walter Hines Page, a distinguished American ambassador, was recently unveiled at Pickering, England. Pickering is one of the oldest towns in Yorkshire, its foundation, 370 years before the Christian era, being ascribed to the British king Feri-hura. According to a local tradition its name is derived from the finding, in the body of a pine a ring which the King had dropped into the River Gosta. The Castle of Pickering was the prison of Richard III. after his deposition, and Elizabeth during the reign of her sister, Queen Mary.

It is always safe to send Dominion Express Money Orders.

A life without a friend is like a life without a sun.

RHEUMATISM GONE, SAYS MONTREAL HOTEL MAN

F. A. Mongeau Tells How He Recovered Strength After Eight Years of Rheumatism.



F. A. Mongeau, popular night clerk at the Prince of Wales Hotel, 17 and 19 McGill College Avenue, Montreal, Canada, lends his name to further the cause of Tanlac, the treatment that has proved of such great benefit to him.

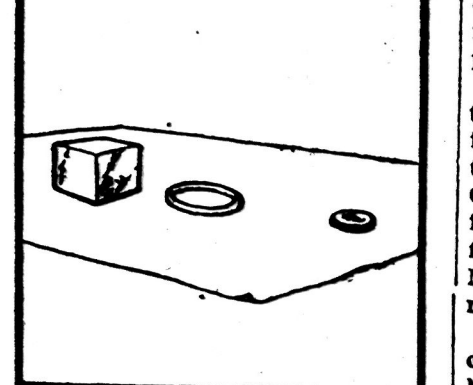
"After all Tanlac has done for me," said Mr. Mongeau, "I just feel like praising it to everybody. Eight years of muscular rheumatism had just about made a cripple of me. I got to where I simply had to limp around on a cane. My nerves became affected, my sleep unaccounted and I felt completely knocked out.

"Six bottles of Tanlac, taken eight months ago, made a new man of me and I have had no further trouble with rheumatism, or my health, since. My nerves are steady as a die, I sleep fine and feel the same way. Anyone wanting to know of me what Tanlac will do, just phone me here at the hotel."

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

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

EASY TRICKS The Ring And Block



A coin, a harness ring and a block of wood are used in this little illusion. A piece of paper—wrapping paper—is also used but important this is.

The harness ring and the block of wood are placed on the paper. The coin is then marked and is placed some distance away, also on the paper. The block of wood is placed on the harness ring and the two are placed on the coin. The inevitable magic word is said and the block of wood is lifted. The coin has vanished. The block is replaced, another magic word is said and both block and ring are lifted. The coin reappears.

The harness ring is about as big as a half dollar. The opening of the ring is very neatly covered with paper—the same wrapping paper mentioned as being so essential. The block of wood should be about the size of the ring, so that the two can be lifted together without awkwardness. When the ring rests on the paper, the fact that it is prepared cannot be seen—except by careful inspection of the ring, because the paper matches perfectly. The secret being known, the operation of the trick will be easily understood.

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

Minard's Liniment Relieves Pain.
Buffalo Milk Rich.
Milk of the Indian Buffalo is said to be richer than that of the European cow.

Merit begets confidence. Confidence begets enthusiasm, and enthusiasm can conquer the world.

Among the scientific exhibits at Wembley is a microphone which enables you to hear a fly walking.

TO EXPECTANT MOTHERS

A Letter from Mrs. Smith Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Trenton, Ont.—"I am writing to you in regard to Lydia E. Pinkham's Vegetable Compound. I would not be without it. I have taken it before each of my children was born and afterwards, and find it a great help. Before my first baby was born I had shortness of breath and ringing in my ears. I felt as if I would never pull through. One day a friend of my husband told him what the Vegetable Compound had done for his wife and advised him to take a bottle home for me. After the fourth bottle I was a different woman. I have four children now, and I always find the Vegetable Compound a great help as it seems to make confinement easier. I recommend it to my friends."—Mrs. FRED H. SMITH, John St., Trenton, Ont.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system, so that it may work in every respect effectually as nature intended. Thousands of women testify to this fact.

Many-Eyed Insects.

Some insects are liberally provided with eyes. In general, they have two kinds—simple and compound. Simple eyes are like our own, though less efficient, while compound eyes are composed of numerous facets or lenses.

Most people know how difficult it is to catch the common house-fly. This is not surprising when one realizes that a fly's eye possesses 4,000 facets. Consequently there is not much that is out of its line of vision. The dragon fly's eye has 12,000 facets, and the Mordella beetle's eye is made up of no fewer than 25,000.

While the compound eyes never exceed two, the single eyes vary in number from one to eighteen or twenty. They are situated in groups on each side of the head.

Spiders and scorpions have both single and compound eyes, though they appear to derive little benefit from them.

In the trans-Atlantic service, first-class passengers pay the cost of the trip; the profits are made by carrying large numbers of third-class passengers.

Classified Advertisements

WANTED—MAN TO OPERATE local Auto Supply Branch. Apply Canadian Auto Shops, Box 154, Niagara Falls, Ont.

MURINE FOR YOUR EYES
Wholesome Cleansing Refreshing

Look Younger

Care-worn, nerve-exhausted women need Bitro-Phosphate, a pure organic phosphate dispensed by druggists that New York and Paris physicians prescribe to increase weight and strength and to revive youthful looks and feelings. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Stiff Joints

Lumber up with Minard's Liniment. Leading athletes use it.

MINARD'S "KING OF PAIN" LINIMENT

Cuticura

Clears The Scalp Of Dandruff

Treatment: On retiring, rub Cuticura Ointment, with the end of the finger, on spots of dandruff and itching. Next morning shampoo with a soda of Cuticura Soap and hot water. Rinse with tepid water. This treatment does much to keep the scalp clean and healthy and promote hair growth.

1540E No. 28-24.