

RED ROSE TEA

TEA 'is good tea'
and the choicest of Red Rose Teas 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.

Ordinary sore throat is now regarded by many scientific men as a distinctly infectious disease, and people catch sore throat from other people. Keeping this in mind, it is well for those who are nursing a case of sore throat to wear a face mask or to see that the patient wears one. This mask should be made of at least five layers of buckram or some other rather closely woven, washable fabric. It should be changed often enough that the one in use may always be kept dry.

The usual procedure for disinfection should be adopted. All clothes, handkerchiefs and towels used by the patient should at once be sterilized by boiling. All cups, plates, spoons and forks used by the sick person should also be sterilized.

There is one point to remember, however. One rarely catches the disease directly from a person who is sick. It is generally contracted by coming into close contact, usually in a crowded room, with those who are "carriers," viz., people who are well themselves but who carry in their nose or throat the kind of streptococci or germs that cause ordinary tonsillitis.

For more than a year, a study of this subject was made on a group of nurses in Johns Hopkins University. It was found that nurses became sick after they had spent an hour or more "crowded into closed rooms engaged in

active talking, laughing and coughing."

A remarkable feature of this study on nurses was that sore throats seemed to come in waves. In the summer months there were no cases, but an outbreak occurred early in October. There were no further cases between October 13th and November 21st. From the latter date until December 9th it again prevailed, but there was none from December 9th to January 3rd.

It was further noticed that when the nurses were regrouped and new roommates were assigned, an outbreak of sore throat occurred. The study also showed that when girls who were susceptible were allotted to rooms with girls who carried the germ of tonsillitis, they shortly developed sore throat.

These outbreaks were not explained by any peculiarity of the weather, temperature, sunshine or humidity. Nor was there a history of exposure to wet or chilling to explain them.

People get sore throat through infection with streptococci and usually in a very short space of time. The infection is spread by drinking from the same cups, using the same towels, coming in contact with carriers, such as results from these carriers breathing, coughing or sneezing in your face.

By Plane to the Pole.

The schoolboy who was punished by his teacher for saying that the magnetic Pole was the North Pole had more imagination than the master gave him credit for. Once again it is calling, this time to the adventurous heart of Captain Roald Amundsen, the Norwegian explorer, who beat Captain Scott in the race for the South Pole. Plans for the project (which was almost turned down six months ago) are now in full preparation.

The most interesting feature is that the intrepid explorer proposes to fly over the Pole in an aeroplane. He will drift by ship as far north as possible and then begin his flight. It is not generally remembered that Captain Amundsen is the explorer who actually trained polar bears to pull sleighs.

LOWERED VITALITY

A Condition Following Indoor Confinement of Winter.

There are very few people who do not need a tonic at this season of the year. The reason for this is that whether in the home, the office or the factory, people have been living throughout the long winter months in an atmosphere more or less vitiated, and as a result find themselves not up to their summer-time health. Through the long months of winter your blood has been growing thin and poor. Closer confinement and lack of exercise have used it up and exhausted it. You are not as energetic as you could wish. Your work tires you and perhaps your digestion is none so good. Your nerves may be shaky and your appetite poor. All these things point to poverty of the blood. It is a scientific fact that if the blood of the strongest is tested in the spring there is less of it and it is poorer than it was in September. The spring medicines of our grandmothers—sulphur and molasses, salts and the like—recognized the necessity for aid at this season, but were an unscientific attempt to cleanse the blood. Modern medical science has found a better way. Dr. Williams' Pink Pills make new, rich blood at the first dose and at every dose afterwards. Thus they strengthen every organ of the body and give new vitality to the jaded system. Here is proof. Miss Clara Cheslock, High Falls, Que., says:—"I was in a much run-down condition and my blood was thin and poor. I must thank you for the good they did me. I never enjoyed better health than I have since I took them."

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.

Trying Him Out.

A little boy had just returned from a painful interview with the minister, to whom he had said, in reply to a question, that there were one hundred commandments. Meeting another lad on the way to the minister's, he asked: "An' if he asks ye how many commandments there are, what will ye say?"

"Say" replied the other boy. "Why, ten, of course."

"Ten? Ye will try him w' ten? I tried him w' a hundred and he wasna satisfied."

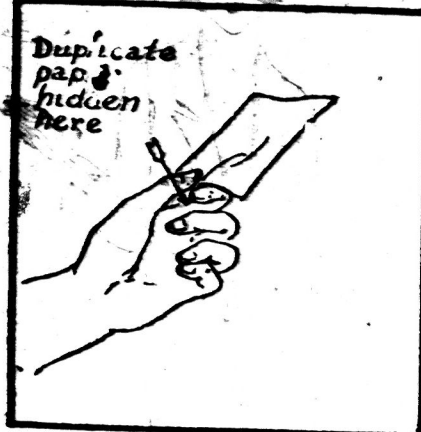
Irish.

"What do you mean by bringing me an odd pair of boots?" demanded the enraged master, displaying one black boot and one brown.

"Indade, sorr," said the new Irish Valet, "'tis a quare thing. But the quarest thing is, there's another pair down below just like them."

EASY TRICKS

The Restored Paper



A sheet of cigarette paper is torn to bits and rolled into a tiny ball. This is breathed upon in the usual manner of the magician and is unrolled. The torn pieces have seemingly joined to make an uncut sheet of paper. The spectators suspect that a duplicate piece of paper is used, but an examination of the magician's hands fails to disclose the hiding place of the bits of paper.

The cigarette paper is held between the forefinger and thumb of the trickster's right hand, hiding the duplicate piece, rolled into a small ball. When the bits are made into a ball, the exchange can easily be made. The duplicate paper is held between the thumb and second finger tips, or it may be hidden in the crevice at the base of the forefinger. When the duplicate is about half unrolled, the magician takes the duplicate piece in his left hand and moistens his right fingertips with his lips. That gives him an opportunity to slip the little wad of paper into his mouth where it remains hidden.

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

THE PIONEER IN CANADA

Thirty-two years ago the now famous "SALADA" Tea was placed on the market in metal packages. "SALADA" was the pioneer package tea in Canada. Immediately its superior flavor and purity won for it a great popularity that has been growing ever since. It is still a little different and a little better than ordinary tea.



Miss Edith Picton-Turbervill
Famous English writer, preacher and humanitarian, who is visiting Toronto, is shown in the clerical garb she wears as a lay preacher in the Church of England.

The Main Part.

"Are you sure you have shown me all the principal parts of this car?" asked the fair prospective purchaser.

"Yes, madam, all the main ones," replied the dealer.

"Well, then, where is the depreciation?" Tom told me that was one of the biggest things about a car."

It is always safe to send Dominion Express Money Orders.

Covering It Up.

Ethel was sitting on the sofa, with a friend. On her knee was her little niece. The door leading to the next room, which was full of people, was wide open. The people in the outer room heard this:

"Kiss me, too, Aunt Ethel."

"Certainly, dear; but don't say 'two'; say 'twice'; 'two' is not grammar."

Keep Minard's Liniment in the house.

Diagnosed.

"Your husband is suffering," said the doctor, "from syncope of heart."

Much impressed, the pair returned home and consulted the dictionary. When they read: "Syncope—moving quickly from bar to bar," their already high opinion of the doctor became a matter of awe.

If God bolts the door do not get through the window.

MURINE You Cannot Buy New Eyes
But you can Preserve a Clear, Healthy Condition
of your eyes with Murine Eye Remedy
"Soft and Soothing."
Keep your eyes clear, clear and healthy.
Write for Free Eye Care Book.
Murine Eye Remedy Co., 3 East Ohio Street, Chicago.

Ogden's CUT PLUG

Now in Vacuumized Tins



80¢
the ½ lb

always fresh

Ogden's Liverpool.

The Village Pump.

It's feeling rather worried with the up-to-dateness moving; It finds it is not moving with the times;

It sits and frowns and mutters on its little grassy mound, Out there beneath the sycamores and limes.

"The way that people carry on is fit to make one jump; I'm glad I am old-fashioned," says the little village pump.

They're bringing in the water to the houses in the row;

I hear they're planning gas, electric light; When I was young folks ran with pails and buckets to and fro, And used a lamp and candle after night.

It's all for alterations now and change in one big lump;

"I can't abide such nonsense," cried the little village pump.

And so it frowns and grumbles till the summer time comes flitting, And old and young a-wander up the lane,

For Granter brings his paper there and Granny brings her knitting, While lovers help the lassies pump again.

And as it watches them it smiles, the little village pump; It whispers to its daisy chums, a snowy friendly clump,

"I fear my heart and temper were affected by the cold; Dear human nature's just as nice as in the days of old."

The Warning.

A stranger who was very deaf entered a little Highland church. He seated himself in a front pew, and from a capacious pocket took an ear trumpet. This he placed upon his knee, waiting use for it when the service began.

An elder of the kirk who had never seen an ear trumpet before watched the stranger with grave suspicion.

When the minister entered, the deaf man lifted the trumpet from his knee. Before he could get it any higher he felt a tap on the shoulder, and heard the indignant voice of the elder: "One toot an' ye're oot!"

Microscopic examination of dirt and dust upon the clothing of suspects is a new way French police have of detecting crime.

Classified Advertisements

PURE, BEAUTIFULLY PLUFFY, carded wool; sample, enough light comforter; one dollar. Woolen Mills, Georgetown, Ont.

Miss Eva Roddick Tells How Cuticura Healed Eczema

"My trouble began with an itching and burning of the skin and then eczema broke out on my hands in a rash. It got so trying on my nerves that I scratched it, which caused watery, sore eruptions. It was very painful to put my hands in water, and hard for me to do my work. I also lost my rest at night because of the irritation."

"I began using Cuticura Soap and Ointment and they helped me, and after using almost two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was completely healed." (Signed) Miss Eva Roddick, Fallow Lake, Nova Scotia.

Daily use of Cuticura Soap, Ointment and Talcum helps to prevent skin troubles.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura," P. O. Box 3616, Montreal, Que. Sample Ointment 25¢ and Soap 10¢. Try our new Shaving Stick.

MOTHER OF LARGE FAMILY

Recommends Lydia E. Pinkham's Vegetable Compound to Other Mothers

Hemford, N. S.—"I am the mother of four children and I was so weak after my last baby came that I could not do my work and suffered for months until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. Since taking the Vegetable Compound my weakness has left me and the pain in my back has gone. I tell all my friends who are troubled with female weakness to take Lydia E. Pinkham's Vegetable Compound, for I think it is the best medicine ever sold. You may advertise my letter."—Mrs. GEORGE I. CROUSE, Hemford, N. S.

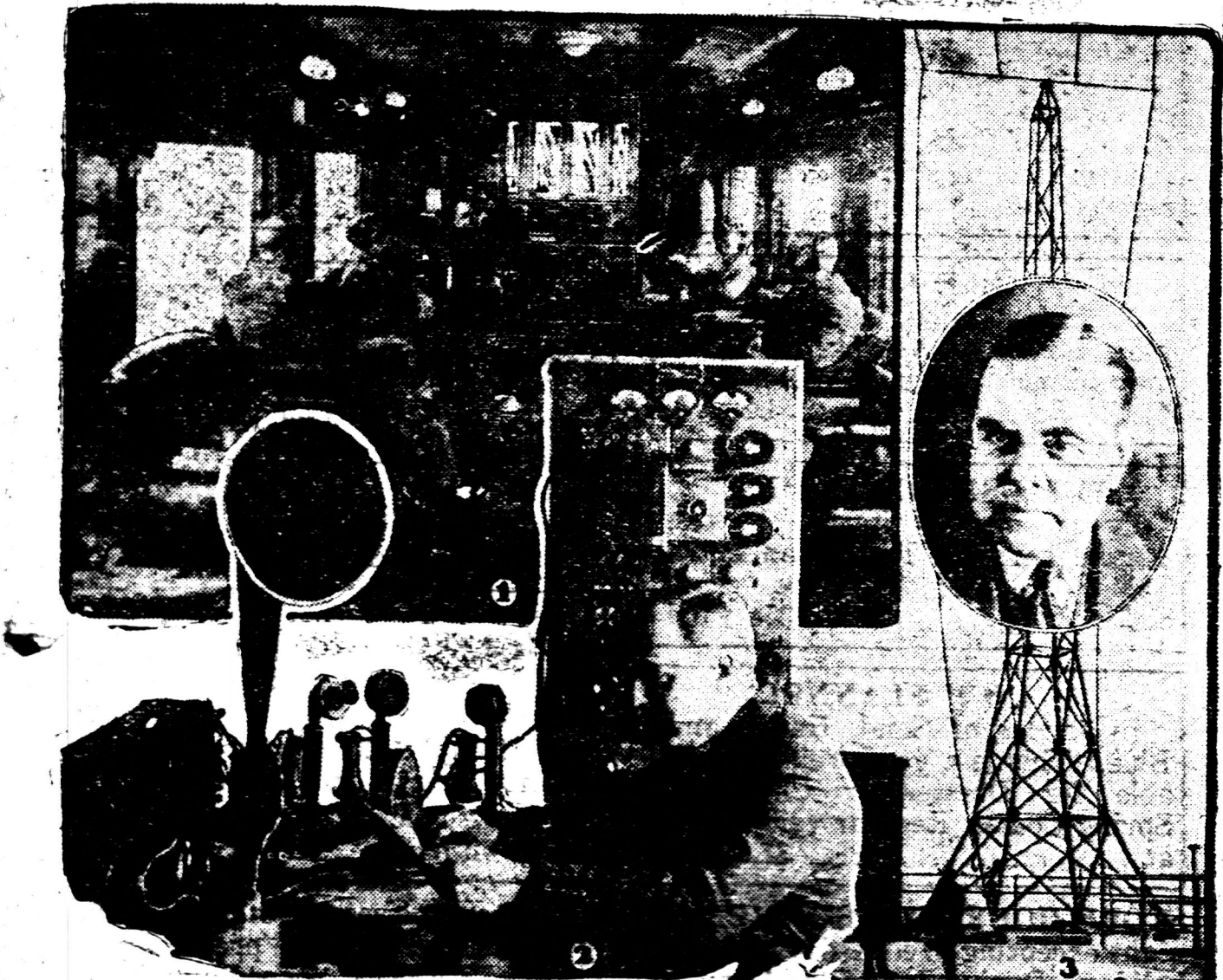
My First Child

Glen Allen, Alabama.—"I have been greatly benefited by taking Lydia E. Pinkham's Vegetable Compound for bearing-down feelings and pains. I was troubled in this way for nearly four years following the birth of my first child, and at times could hardly stand on my feet. A neighbor recommended the Vegetable Compound to me after I had taken doctor's medicines without much benefit. It has relieved my pains and gives me strength. I recommend it and give you permission to use my testimonial letter."—Mrs. IDA RYK, Glen Allen, Alabama.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Allments Peculiar to Women."

ISSUE No. 16-24

Most Powerful Radio Broadcasting Station in Dominion



The photographs show some of the activities of the Canadian National Railways in the realm of radio. No. 1—Passengers on board a compartment observation car listening to a radio program. No. 2—Mr. Tom Moore, representative of the Trades and Labor Congress in the Box of Directors of the Canadian National Railways, talking into a microphone in the operating room of the Canadian National Railways radio broadcasting station in Ottawa. No. 3—One of the two great aerial towers on top of the Jackson Building in Ottawa. Inset—Mr. W. H. Swift, Jr., Radio Engineer of the Canadian National Railways, who has charge of radio operations for the entire system.

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Branch clubbed to-d a lakeside cottage which the members delightful rest days a schedule planned y during the hottest pt occupied! d some of our time y on the recreation us from taking that n bed with a doctor t winter. What the to herself is worthy sideration too, if she ficient.

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WHITNEY'S CORN SYRUP