

Ogden's CUT PLUG TOBACCO

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.

Goitre in its simple form can be cured, and iodine is believed to be the cure. The great obstacle in the way of a widespread and persistent use of iodine taken internally is because it is so unpalatable. Among school children where goitre is especially prevalent the taking of iodine should become a routine. The amount required to supply the needs of the body and prevent an enlargement of the thyroid gland is very small. But it is also very unpleasant to the taste and hence children simply won't keep up the treatment long enough to make it effective. Dr. Kimball of Cleveland who has made extensive studies of goitre and its treatment, recommends the giving of iodine in the form of a chocolate covered wafer or tablet containing 10 milligrams of iodine. This provides a medicine pleasant to the taste and yet with an adequate amount of iodine, one tablet taken once a week throughout the year being sufficient to control the disease, and in the great majority of cases to bring about a reduction in the size of the thyroid gland.

In Switzerland, in the most goitrous districts, Klinger, a Swiss physician, following the lead of other scientists, instituted the use of iodine in the treatment of school children with goitre. The results were astonishing. In the canton of St. Gallen which in January, 1919, showed 87.6 per cent of all school children goitrous, had in January, 1922, effected a reduction of 13.1 per cent.

In 1917 Marine and Kimball instituted routine iodine treatment among

Luxury on the Road.

Luxurious as some English motor touring caravans are, none probably so large or so perfectly fitted as one that was completed recently in Paris. Curiously enough, says Chambers' Journal, this caravan de luxe was originally ordered by an Englishman, who was afterwards unable to buy it.

Two vehicles form the caravan, the leading one of which has a four-cylinder motor. When the tourist makes his halting place for the night he has a gateway between the leading vehicle and the trailer and then has the equivalent of a fairly roomy bungalow.

To begin behind the driver's cab of the leading vehicle, there is first a servants' combined living room and bedroom, then a well-equipped kitchen in the middle and a dining room with inlaid decorations at the rear. Entrance to both vehicles is obtained from the gateway between them. In the trailer you step into an entrance hall that forms the anteroom to a beautifully furnished and decorated drawing-room. A passage leading from that room gives access to the bathroom and the lavatory and also to a charming and comfortable bedroom, which occupies the rear part.

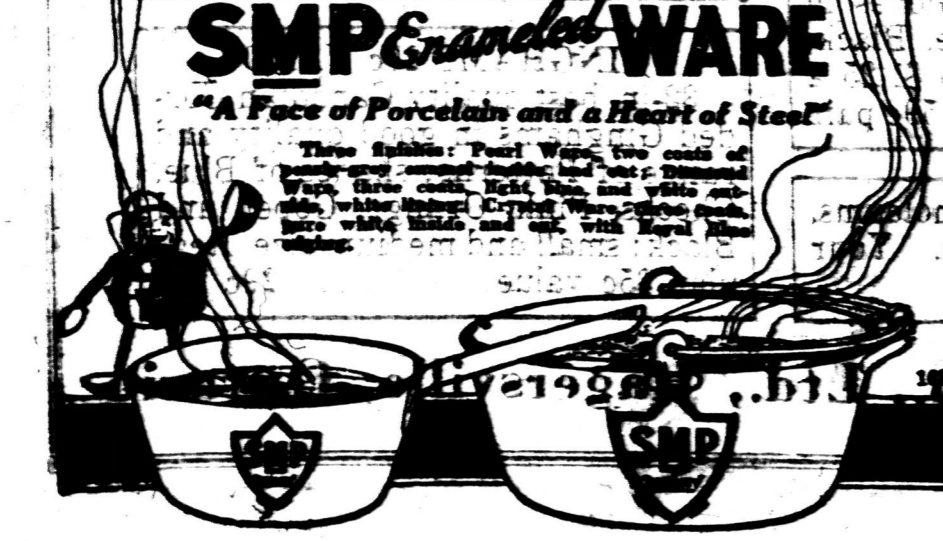
CREAM

We want YOUR Cream. We pay highest price. We supply cans. Make daily returns. To obtain best results write now for cans to BOWES CO., LTD. TORONTO

Bovril makes your food nourishing!

Cook with This Ware - It Uses Less Fuel

Save money by using SMP Enamelled Ware cooking vessels. They use less fuel. To satisfy yourself try this convincing test in your kitchen. Take an SMP Enamelled Sauce Pan and one of equal size made of aluminum, tin or other metal. Into each pour two quarts of cold water. Place each sauce pan over the fire. The water in the SMP Enamelled Sauce Pan will be boiling merrily when the water in the other is just beginning to simmer. Save your money. Use.



Pollished hardwood floors are fitted throughout and are carpeted or partly covered with rugs in the various rooms. Electric lamps are provided in all parts, and in the dining room there is an electric fire, which gives the appearance of glowing coals. Current is supplied from a battery under the leading car, which is charged by a motor-driven dynamo in the driver's cab. There is fresh water in tanks under the vehicles, whence electric pumps lift it to supply tanks over the sink and the bath. A petrol geyser furnishes hot water for bathing. A small van, which acts as a tender for the caravan, brings up supplies and water.

The caravan, it is samptuously furnished may be gathered from the fact that it cost five hundred thousand francs before the franc had fallen to its present level. If we assume that the owner and his wife occupy the bedroom, four persons can be carried in comfort, for in the drawing-room two beds are rigged on box mattresses that are snugly stowed away during the day. The servants contemplated are a man and his wife in the leading vehicle and a man-servant in the van. In spite of the length—not much short of fifty feet over the two vehicles—the caravan can be hauled on any ordinary road or among traffic.

BABY'S OWN TABLETS ALWAYS KEPT ON HAND

Mrs. David Gagne, St. Godfroy, Que., writes: "I have used Baby's Own Tablets for my three little ones and have found them such an excellent medicine that I always keep them on hand and would strongly advise all other mothers to do the same thing." The Tablets are a mild but thorough laxative which quickly relieve constipation and indigestion; break up colds and simple fevers and promote that healthful refreshing sleep which makes the baby thrive. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

To a Grandmother.

At six o'clock in the evening. The time for lullabies. My son lay on my mother's lap With sleepy, sleepy eyes! O drowsy, little manny boy, With sleepy, sleepy eyes!

I heard her sing and rock him, And the creak of the swaying chair, And the old dear cadence of the words Came softly down the stair.

All the years had vanished, All folly, greed and stain— The old, old song, the creaking chair, The dearest arms again! O lucky little manny boy, To feel those arms again!

—Christopher Morley

The Younger Generation Scores.

A young husband, says the Argonaut, criticized the biscuits that his wife served him for breakfast. As usual they were "nothing like those mother used to make." The young lady plumed her campaign, and the next morning she set before him a plate of her biscuits alleged to be made as mother used to make hers.

"Now you've got it," he exclaimed feignedly as he sampled the new lot. "These are exactly like mother used to make! How did you happen to hit upon the receipt?"

"It's no great secret," his wife said with a smile. "I put in oleo instead of butter, used cold storage eggs, dropped a bit of alum in the flour and adulterated the milk. Remember, sweetheart, your mother lived before there were any pure-food laws."

A Curious Tree.

Did you ever hear of the upas tree of Java? Up until recent decades its exhalations were supposed to be so deadly that birds, flying over it frequently dropped dead. Experiments in English hothouses failed to prove this story, and investigators explain that in Java the tree usually grows in low valleys where the escape of carbonic acid gas, from crevices in the ground is abundant, and that this gas was the real cause of the birds' death. The upas really does contain a virulent poison, but the old story of its deadly exhalations has been proved

What you do not want is dear at

Grief decreases where it has nothing by which it can be measured.

Keep Minard's Liniment in the house.

Whence Cometh My Hair?

You see all tenderness, oh gentle hand! I know you do not love me. You say you love me. But you are kind. With comfort when the evening shades creep. To little hollows for a place to sleep, Leaving the weariness of day behind As the day passes. Then the dew of night Steal down and bring gray wisps of hair that rest Like floating veils of tulle across the breast Of some cool virgin. And there is no light Except a gentle radiance that fills You with all tenderness, oh placid hills!

—Rofte Humphries.

THE DELICATE GIRL

What Mothers Should Do as Their Daughters Approach Womanhood.

If growing girls are to become well-developed, healthy women, their health must be carefully guarded. Mothers should not ignore their unsettled moods or the various troubles that tell of approaching womanhood. It is an important time of life. Where pain, headache, backache or other signs of anaemia are evident you must provide the sufferer with the surest means of making new blood.

Remember, pale bloodless girls need plenty of nourishment, plenty of sleep, and regular open-air exercise. But to save the bloodless sufferer she must have new blood—and nothing meets the case so well as Dr. Williams' Pink Pills. These Pills increase the supply of new, red blood; they stimulate the appetite and relieve the weary back and limbs; thus they restore health and charm, and bring to anaemic girls the rosy cheeks and bright eyes of strong, happy girlhood.

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.



And She Got It, of Course.

Mrs. Nulywed—"The ox tail I got from you last week was simply fine." Butcher—"Glad you're pleased, ma'am."

Mrs. Nulywed—"Yes, quite pleased, you may give me another from the same ox, if you will."

Buy your out-of-town supplies with Dominion Express Money Orders.

Where the Deer Keeps Its Scent.

We are frequently asked about the scent given out by the deer. It is located in the hoof. The hoof is separated a little pocket is found containing a pasty substance, the odor of which resembles that of rank cheese. This substance works out on the hoof and leaves its scent on the ground. If a deer is hard-pressed by hounds he will take to water, and running in for some distance, the odor will be so thoroughly washed out of the hoof that no scent will be left on the ground, and consequently the dogs will be unable to follow.

Silk Haising Once Secret.

The secrets of silk making were formerly guarded with great care. In Roman times an emperor bribed two Persian monks to visit China and bring back specimens of the worm that spun silk. They accomplished their mission by concealing the eggs of the silkworm in a hollow cane.

Chapped Hands or Face

Cured by one application of MEDORA CREAM. Leaves skin smooth and velvety. Use exclusively in Toronto General Hospital for ten years. Ask your druggist for 50c bottle and preserve your youthful complexion, or send postpaid on receipt of 50c. J. A. MacQuaid, Phm.B., 34 Hogarth Ave., Toronto.

THERE'S MONEY IN IT.

YOU CAN USE YOUR SPARE TIME OR ALL YOUR TIME

AND PUT Money in Your Pocket! Money in Your Bank!

Act as our Agent for your R. & E. Superior Hosiery business, neighbors and friends.

The work is simple and profitable. Any woman with a good eye and a high quality of B & E hosiery. This class of hosiery is not generally available locally. Therefore, people are anxious to buy from our agents. Housewives who need more ready cash, schoolgirls with books and dresses to buy, teachers, men or women, any one can sell B & E Hosiery and make money. At the same time you can help the B & E Manufacturing Co. (Incorporated) in Toronto, Ontario.

MRS. CRANKER GIVES TANLAC FULL CREDIT

"As a Stomach Medicine and Tonic—Tanlac is Certainly Wonderful," Says Brockville Lady.

Adding her voice to the thousands who are praising Tanlac for the recovery of their health and strength, Mrs. Margaret Cranker, 84 Louis St., Brockville, Ont., says:

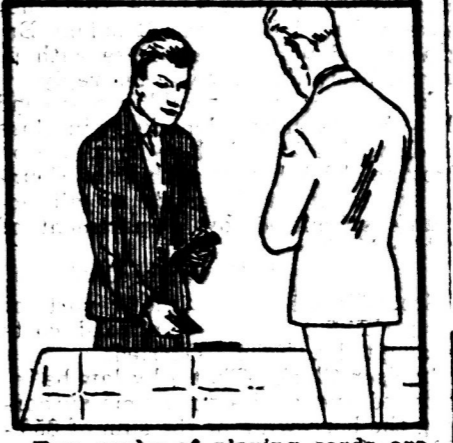
"Tanlac is such a grand, good medicine and has done so much for me that I will praise it. Following a spell of typhoid fever, two years ago, I was just a shadow of myself and remained so weak I couldn't walk across the floor. Stomach pains and backache tortured me and I was almost frantic from nervousness.

"My husband, who had used Tanlac with fine results, persuaded me to try it, too, and it proved to be just what I needed. Six bottles helped me back to health and strength and I also gained 12 pounds. That was two years ago and I have felt fine ever since. As a stomach medicine and tonic Tanlac is certainly wonderful."

Tanlac is for sale by all good druggists. Accept no substitute. Over 44 million bottles sold.

Tanlac Vegetable Pills, for constipation, made and recommended by the manufacturers of TANLAC.

EASY TRICKS One Hundred



Two packs of playing cards are usually used for this trick but matches, toothpicks, buttons, coins, etc., can be used. You will take fifty of the cards and your friend will take fifty. Then you declare you will show him an obviously fair game at which he cannot win. You claim the privilege of dealing first and deal one card. He is to place on that card not more than ten cards. If the other player understands the trick you will be unable to win, unless you deal first and deal one card only.

(Give this out and paste it, with either of the series, in a notebook)

Classified Advertisements

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

CHICKS FROM FAMOUS laying strains. Barred Rocks, Rhode Island Reds, Wyandottes, \$20 a hundred. Safe arrival guaranteed. Chas. Gillespie, Balsam, Ont.

Danger of Blow Torch.

Do not permit painters to burn off old paint with a torch. There are several inexpensive liquid paint removers on the market which will do the work better. Warn plumbers and repair men to exercise every precaution in using blow torches or heaters about a building. Carelessness of workmen has caused many fires. Our church was recently set on fire when a blow torch, used on the bottom of a door, ignited paper on the other side. —C. P. S.

Ask for Edward's and take no other.

Bad Marks.

Irate Mother—"What do you mean by saying my boy has some of the characteristics of the German?"

Teacher—"I merely wanted to indicate that he has too many bad marks."

Neglect of the teeth may have a harmful effect on all the joints of the body.

MURINE Keeps Eyes Clear, Bright and Beautiful

CUTICURA HEALS SKIN TROUBLE

Face Broke Out in Pimples. Were Disfiguring. Extremely Sore.

"My face broke out in a mass of pimples that were very annoying as well as disfiguring. The pimples were small, hard, red lumps at first, but increased in size and came to a head. The pimples were extremely sore and tender, and I was very much discouraged. I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more, and after using two cases of Cuticura Soap, together with the Cuticura Ointment, I was healed." (Signed) Miss Alberta Moore, Salt Springs, Ont., New Scotia.

For every purpose of the toilet and bath, Cuticura Soap, Ointment and Talcum are excellent.

Sample Book Free by Mail. Address: Circulating Dept., Cuticura, P. O. Box 1212, Montreal, Quebec, Canada. Talcum, 25c. Try our new Shaving Stick.

MRS. DAVIS NERVOUS WRECK

Tells Women How She Was Restored to Perfect Health by Lydia E. Pinkham's Vegetable Compound

Whisper, Man—"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for me. I was a nervous wreck and I just had to force myself to do my work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not speak a word to my husband. The doctor said he could do nothing for me. My husband's mother advised me to take the Vegetable Compound and I started it at once. I was able to do my work once more and it was a pleasure, not a burden. Now I have a fine home and am able to nurse my children."

CORNS

For pure relief apply Minard's daily. Excellent for blisters.

