

RED ROSE TEA 'is good tea' and extra good is the ORANGE PEKOE QUALITY

HEALTH EDUCATION

BY DR. J. J. HENDERSON
President, Board of Health, Ontario

Dr. Henderson will be glad to answer questions on Public Health and
the health of the community. Address him at the Ontario House, Toronto.

What kind of person you are is due, in some measure, to heredity, but environment also plays a great part in your disposition and general character. If you are surrounded by uplifting and ennobling influences, the tendency is for you to become a better man or woman. If, on the other hand, your surroundings are mean, squalid or debased, there is little likelihood of your leading a life above, or even equal to that of the average mortal. "Show me the people you associate with," says one authority, "and I will tell you what you are." Of course there are exceptions to this, and in our mind's eye we can recount at least a few great men who have brushed aside their forbidding environment and risen to heights of fame, but as a general rule our surroundings and external influences play a great part in

what kind of people we really are. There is little need of emphasizing the importance of heredity. We do inherit traits of character from our parents, but sometimes there are great differences even among brothers and sisters. One may have generous traits, the other mean and hard as nails. Brothers and sisters may not even resemble each other in looks.

We are strange, nervous mechanism, we humans, fearfully and wonderfully made. S. T. Ballenger of New York, at a convention of paint and varnish makers, told this remarkable story of a young soldier, mentally wrecked by shell-shock, was experimented on by doctors. Taken to a room where everything was a vivid red, he shrieked with agony. Then they led him to a primrose yellow room. He sighed heavily and drifted into deep sleep. Kept in this room, he rapidly recovered to normal. Ballenger says scientists have discovered that a room furnished in a dark color tends to cause melancholia and an aversion to work. A red room temporarily stimulates, then reacts in nervous headaches. Blue induces calm. Green seems to impart happiness and vitality. Yellow makes people amiable, contented, cheerful. This is a good tip when you redecorate your home.

Too often we are the victims of environment. What a lot of harm can be wrought in a family by a hard-hearted and thoughtless parent! How many children have left the old homestead because they did not receive any affection or even consideration! Lack of sympathy and lack of interest among members of a family are the cause of many a wrecked home. Then too, the common practice of nagging or fault-finding is bad and often leads to dire results.

An environment that is pleasant and helpful makes for a higher and better standard of living and the reverse tends only to produce unhappiness, lack of interest in things worth while and a general disposition to take a distorted view of life.

The Oil Palm.

Unlike the date and the coconut palm, the oil palm is not at all well known. Nevertheless, it is exceedingly useful. In the Congo, writes Mr. Isaac F. Marcomson in An African Adventure, and for that matter in virtually all of West Africa, it is the staff of life. Thousands of years ago the Egyptians used the sap for embalming the bodies of their kingly dead. Today the oil palm not only represents the most important agricultural industry of the colony—it has long since surpassed rubber as the premier product—but it has an almost bewildering variety of uses. It is food and drink and shelter. From the trunk the native extracts his wine; from the fruit comes oil for soap, for salad dressing and for margarine; with the leaves the native makes a roof for his house; with the fibre he makes his mats, his

baskets and his strings for fishing nets.

The wood itself is used in building. An old palm will bear fruit within seven years after the young tree is planted. The fruit comes in what is called a regime, which resembles a huge bunch of grapes; each fruit in the cluster is approximately the size of a large date. The outer part, which is called the pericarp, is almost entirely yellow oil incased in a thick skin. Imbedded in the oil is the kernel, which contains a finer oil. The fruit is boiled down, and the kernels are dried and exported in bags to England, where they are broken open and the oil in them used for making margarine.

For hundreds of years the natives have gathered the fruit of the palm and have extracted the oil. The waste at first was enormous: the blacks threw away the kernels because they were unaware of the valuable substance inside.

London Bridge.

The folk that live in London, They cross, with little heed, The bridge their fathers builded To carry them at need.

The folk that come to London, Hotfoot from everywhere, They loiter by the arches, And lift their eyes and stare.

And, London-born or strangers, Men cross before they die The famous bridge of London, Beneath the London sky.

—Eric Chilman.

THANKFUL MOTHERS

Once a mother has used Baby's Own Tablets for her little one she would use nothing else. The Tablets give such results that the mother has nothing but words of praise and thankfulness for them. Among the thousands of mothers throughout Canada who praise the Tablets is Mrs. David A. Anderson, New Glasgow, N.S., who writes: "I have used Baby's Own Tablets for my children and from my experience I would not be without them. I would urge every other mother to keep a box of the Tablets in the house." The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach; drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are sold by medicine dealers, or by mail at 25c. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Cross the Atlantic on the "Paris."

"The liner, she's a lady," wrote Kipling, and he must have had in mind this namesake of the world's enchanting capital, the "Paris." At first sight of this thoroughbred of the seas, the grace of her design impresses you even more than the immensity of her proportions.

The "Paris" is French in every line and detail. The furnishings, the cuisine, the conveniences, the comfort, the atmosphere of culture and luxury are essentially French. When you walk up the gangplank you are in France! You enjoy six days of your visit to France before you ever set foot on her soil.

Famous Parisian decorators have made the cabins de luxe as fascinating as the rooms of any great chateau. In the magnificent dining salon one recognizes the same Old World courtliness that make dining so delightful in famous Parisian cafes and hotels, and the same masterpieces of culinary art are offered for the traveller's enjoyment.

The kitchens of the "Paris" are a marvel—ranges of polished steel and gleaming nickel—long rows of steam serving tables—devices for timing the cooking of delicacies—white-clad chefs who take pride in their work of converting raw material into tempting dishes.

On the "Paris" children have the happiest of voyages. Governesses who speak both English and French take entire charge. They teach French, organize games and supervise the children at mealtime. Plenty of toys and a Punch and Judy show every day! So entertaining is it that the grown-ups love to visit this happy haven and join in the merriment of the fortunate little folk.

The gymnasium is equipped with every contrivance for the maintenance of physical condition. The promenade deck and the sundeck afford opportunity for healthful exercise. The fresh ocean air gives zest to the morning walk, and you may play deck tennis, shuffleboard, golf, or a variety of other sports.

You do not need to wait until you reach Paris to enjoy the novelty of the Boulevard meal—on the cafe terrace, with its flowers and shrubs and tiny tables, you may sip luxuriously, while looking out over an ivory-crested, jade-hued sea.

For the evening there is the music of a famous orchestra for dancing in the Grand Salon; concert programmes and often the impromptu appearances of internationally known artists.

The Anglo-Saxon visitor acquires something of the French capacity for enjoyment, for the care-free laughter that makes one young again; this remains an unforgettable inspiration.

One of the French Line offices is situated at 51 Adelaide Street West, Toronto, where information is promptly supplied.

Minard's Liniment for Rheumatism.

A GRATEFUL LETTER

From a Lady Made Well by Dr. Williams' Pink Pills.

"I wish from my heart I could persuade every person who is run down in health to give Dr. Williams' Pink Pills a trial." Thus writes Mrs. Louie Mitchell, Oak Point, Man., who further says: "About a year ago I was a weak woman, suffering from a run down system and impoverished blood. Any little exertion would cause my legs to tremble and my heart to throb violently. I could not sleep a room or walk fifty feet without being exhausted. Then I began taking Dr. Williams' Pink Pills and after taking only 6 boxes I am as well and strong as ever. I can walk and run without stopping every few seconds gasping for breath as previously. Dr. Williams' Pink Pills will be my standby in the future if ever my blood needs building up again, and I shall always find pleasure in recommending them to anyone needing a tonic."

There are many troubles due to weak, watery blood which can easily be overcome by a fair use of Dr. Williams' Pink Pills. The sole mission of this medicine is to enrich and purify the blood and when that is done all the varied symptoms of anemia disappear, and good health returns. You can get these pills through any dealer in medicine or by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Vast Stores of Food That We Neglect

Why don't you eat insects? Nearly every vegetable and animal contributes something to the world's food store, yet insects are neglected—and according to some authorities—wasted.

Why is this? It is not because insects are not good to eat. In past times they were eaten and relished by many races, and even today some tribes in Asia and elsewhere make them a part of their diet. Europeans eat snails and frogs, and crabs and lobsters, which are not very different from insects; but the only article of food we actually obtain from insects is honey.

In the Bible there are several instances of insects as food. Moses tells us of the Jews eating four kinds of crickets, and John the Baptist lived on locusts and wild honey. The ancient Greeks also ate locusts, and to this day many of the peoples of Africa and Arabia regard this insect as a great delicacy.

In North Africa the natives collect huge numbers of grasshoppers, which are eaten raw, as well as boiled or fried. Insects not consumed are dried in the sun and stored for future use.

The ancient Romans used to eat the larvae of beetles. Fabre, the famous entomologist, tried the experiment himself. "Roasted," he said, "they are juicy, tender, and tasty. There is a certain flavor of roasted almonds, with a vague aroma of vanilla."

The aborigines of Australia eat moths, which they catch at night by means of torches, while in Mexico there are certain tribes which make bread from the eggs of water-bugs. In Central America, also, honey-bugs are a popular sweetmeat.

During a famine in Ireland about three hundred years ago cockchafers were cooked and eaten.

Fascinating lectures



Interesting talks on the progress of science and the arts are sent into the air nightly from radio stations by world-famous authorities. As a means of keeping posted on the progress of mankind, radio is unequalled. For reception so clear that you seem to be in the room with the lecturer use a

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EASY TRICKS

No. 322 Mind Reading



A pack of cards is shuffled by the spectator and the performer is blindfolded. He takes the cards in his hand, then downward. He names a card and turns the top card face upward. It is the card he named. In a like manner he names half a dozen or more cards. The trick depends upon the co-operation of little skill but of much old-fashioned "nerve." In the performer's pocket are eight or nine cards arranged in a definite order which the performer has memorized. In the same pocket is a handkerchief. After the cards in the pack are shuffled, the performer puts them in a rather untidy heap on the table. He reaches into his pocket and brings out the handkerchief, and hidden by the handkerchief, the pre-arranged cards. He places the handkerchief carefully on the table. With a little care he can manage that the hidden cards will fall on those which have been shuffled. While he is being blindfolded he picks up the cards and squares them neatly. "Reading" the cards is then simplicity itself. He should never "read" all that he has pre-arranged.

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

A Bad Guess.

Two artists were wandering about Spain. One day, after a long walk, they arrived at a shabby little posada in a village near a big town.

They could not talk a word of Spanish, and were half dead with thirst. The sun was so hot that they did not dare to drink wine, so they decided to try to get some milk. One of them drew on a sheet of paper a picture of a cow. The other jingled some coins in his pocket.

The proprietor went out making signs that he understood. He returned later with two tickets for a bull-fight!

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

Many a man doesn't get along well in this world because he imagines he is a modern Samson and tries to accomplish too much by swinging a jaw-bone.

Maple and beech are the principal hardwoods used in distillation plants in Canada. Products are charcoal, methyl alcohol, calcium acetate, ketones, aldehydes, and cresote oils.

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The Family Medicine Chest

The best remedy for pains, sores, cuts, bruises, sprains.

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Thin People

Thin, nervous, underweight people take on healthy flesh and grow sturdy and ambitious when Bitro-Phosphate is guaranteed by druggists is taken a few weeks. Price \$1 per page. Arrow Chemical Co., 25 Front Street East, Toronto, Ont.

Eat Again Like a Hungry Boy



You can remember when you were a boy how eagerly you devoured the good things your mother set before you. You were young and strong then, and your digestive organs were functioning properly. But since then you have overworked your digestive organs and now you may be on the high road to becoming a confirmed dyspeptic. You can quickly eliminate your troubles, tone up the digestive and eliminative organs, and bring back the lost appetite of boyhood.

Over 100,000 people have testified in writing that TANLAC has relieved them of stomach trouble and kindred ailments.

TANLAC

The World's Best Tonic At All Good Drug Stores Over 40 Million Bottles Sold This Tonic Vegetable Pills for Constipation

It would take nearly thirty-five years for an aeroplane, travelling at two miles a minute, to fly from the earth to Mars. It would take eighty-nine years to the sun and twenty million years to the nearest star; yet a wireless signal could travel to Mars and back in less than seven minutes.

Minard's Liniment Relieves Pain.

Experts figure that a bee must travel 40,000 miles to get a pound of honey.

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DOCTOR ADVISED AN OPERATION

Read Alberta Woman's Experience with Lydia E. Pinkham's Vegetable Compound

Provost, Alberta.—"Perhaps you will remember sending me one of your books a year ago. I was in a bad condition and would suffer awful pains at times and could not do anything. The doctor said I could not have children unless I went under an operation. I read testimonials of Lydia E. Pinkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better and now I have a bonny baby girl four months old. I do my housework and help a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use this testimonial letter."—Mrs. A. A. ADAMS, Box 64, Provost, Alberta.

Pains in Left Side

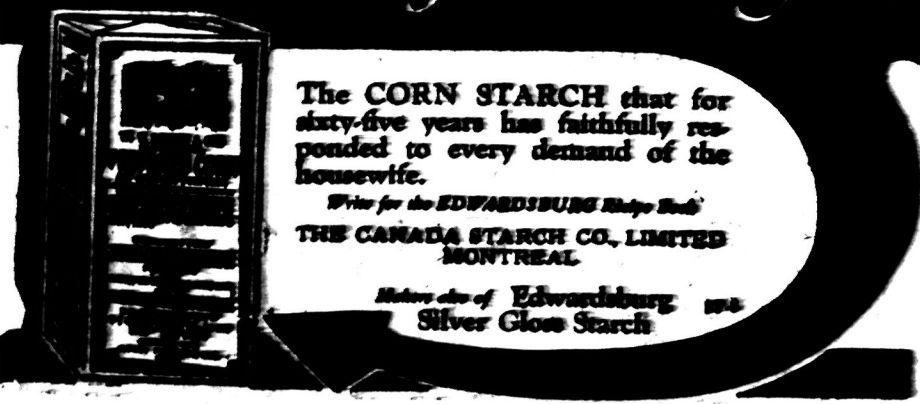
Lachine, Quebec.—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my left side and back and with weakness and other troubles women so often have. I was this way about six months. I saw the Vegetable Compound advertised in the 'Montreal Standard' and I have taken four bottles of it. I was a very sick woman and I feel so much better. I would not be without it. I also use Lydia E. Pinkham's Canine Urash. I recommend the medicines to my friends and I am willing for you to use my testimonial letter."—Mrs. M. W. ROSS, 650 Notre Dame St., Lachine, Quebec.

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