

RED ROSE TEA "is good tea"

The ORANGE PEKOE QUALITY makes
finer tea and more of it

HEALTH EDUCATION

BY DR. J. J. HEDDERLEY

Physician, St. Michael's Hospital, Toronto

Dr. Hedderley will be glad to answer questions at Public Health and
also through this column. Address him at St. Michael's Hospital, 280
Queen's Avenue, Toronto.

Milk is powerful—powerful as a
food because it can generate energy,
and the human system is an engine.
Just what power a supply of milk has
was strikingly demonstrated in Chi-
cago recently, when a locomotive was
run by milk. Not a human locomotive,
either, but an iron and steel engine,
pulling a train of five cars for a dis-
tance of six miles and carrying two
hundred passengers in the coaches.
The demonstration was conducted by
the Health Commissioner of Chicago
just to show what milk could do as a
fuel. The novelty of the test made it

all the more interesting, for who would
think of milk being able to run an
engine? And yet it did run an engine.
It shows that all this talk of hygien-
ists about milk being good food for
children and adults is no idle talk, but
that its truth can be forcefully shown.
The train in question started from the
Englewood Station on the Rock
Island tracks and ran to Beverly
Hills. The sole fuel was dried milk
worked into lumps, about four inches
in diameter, approximately the same
size as locomotive coal. Calculations
show that this substance has about
the same heat value as medium grades
of coal. Several days previous to the
running of the "milk" train, a test of
milk as fuel was made at one of the
roundhouses of the Rock Island Road.
"Warmed up" engine was taken. The
steam gauge registered 135. Then 125
pounds of the lumped milk was
shoveled in and began to burn vigor-
ously. One of the veterans of the
roundhouse staff, on watching the ex-
periment, exclaimed as the milk began
to burn: "That milk stuff beats any
fire I ever saw inside a locomotive. It
burns like oil." The steam gauge had
started to climb, and when it reached
200, the engineer who had fired the
boiler, threw out his chest and said:
"I have the honor of being the first
man to fire a locomotive with milk."

The parallel between milk as human
fuel and engine fuel was pointed out
because after all, the human body is
essentially a very intricate machine
which requires the right kind of fuel
as much, if not more than the iron and
steel locomotive that pulls a train of
cars on the tracks. If all these young
and old, who now use tea and coffee,
would stop using these beverages and
take pure milk instead, they would
soon find an improvement in their gen-
eral health and would not regret add-
ing the right kind of fuel for the de-
licate engines of which our bodies are
composed.

Dizziness Is Nature's Warning



Headaches and dizziness are Na-
ture's warning of a disordered di-
gestion. If ignored, chronic ill-
ness may follow. Avoid this by
taking TANLAC, the world's great-
est digestive medicine. TANLAC
will tone up your stomach, cleanse
your system and build you up to
robust health.

TANLAC

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

Order Your Farm Help Now

TO BE OF SERVICE to Eastern Canadian farmers and help
to meet their needs in securing competent farm help,
the CANADIAN PACIFIC RAILWAY will continue its farm help
service during 1925 and will include in this service, as last
year, the supply of women domestics and boys.
Through experience in the last two years, the Company is now
in touch with a number of good farm laborers in Great Britain,
Norway, Sweden, Denmark, France, Holland, Switzerland and
other European countries and can promptly fill applications
for farm help.
In order to have the help reach Canada in time for the spring
operations, farmers requiring help must get their applications
in early, to enable us to secure the help needed.
Blank application forms and full information regarding the
service may be obtained from any C.P.R. agent or from any
of the officials listed below. THE SERVICE IS ENTIRELY
FREE OF CHARGE.

THE CANADIAN PACIFIC RAILWAY COMPANY

Department of Colonization and Development.

MONTREAL, Que.—J. Duggan, General Agent.

MONTREAL, Que.—C. La Due, General Agent.

TORONTO, Ont.—J. E. Parker, General Agent.

OTTAWA, Ont.—M. J. O'Brien, Special Colonization Agent.

SHEBBROOKE, Que.—W. M. Hillhouse, Special Colonization Agent.

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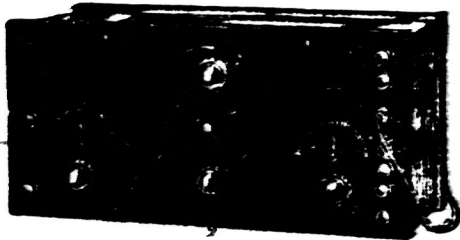
J. S. DENNIS,

Chief Commissioner.

Northern Electric

Radio Sets

Made by the people who
made your Phone.



The R-3—A Radio Frequency Set.

It brings in far stations easily and distinctly—and as
easily tunes out strong local stations.
A fine, handsome instrument, operates with four Pea-
nut tubes. Two of them are radio frequency amplifiers,
giving volume with clear tone. So simple that five
minutes is enough to learn its operation.
Write to-day for full information and illustrated
literature regarding radio apparatus of established
reputation from

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Dealers—We solicit your enquiries for catalogue and discounts.

Reasony Riddle—Freedom.

What do we want of bed or board,
Of lock or lighted lamp;
What do we want of an axe or two
With the whole wide world for camp?

For a bed is not the gift of sleep,
Nor a board the rest of feast;
A lock shuts out not death, nor care,
A lamp lights no new east.

For us the far horizons,
Their timeless come and go,
The mystic tents of change and charm
The stuff of dreams aglow.

—Mark Thompson.

WHY RHEUMATISM OFTEN COMES BACK

The Usual Treatment Does Not
Reach the Root of the
Trouble.

Most treatments for rheumatism do
no more than aim to keep down the
poison in the blood and enable nature
to overcome that particular attack.
Then when the system becomes run-
down from any cause the disease again
gets the upper hand and it all has to
be done over.

"Sufferers from rheumatism who
have found their condition unrelieved
or actually growing worse while using
other remedies, would do well to try
Dr. Williams' Pink Pills. The tonic
treatment with this medicine has
proved in thousands of cases that it
builds up the blood to a point that en-
ables it to cast out the rheumatic
poisons through the regular channels,
the bowels, kidneys and the skin.
When this is done rheumatism is ban-
ished, and as long as the blood is kept
pure and rich the patient will be im-
mune from attack. This is fully
proved by the case of E. E. Davis, J.P.,
of Dismore, Sask., who says:—"I feel
it my duty to sufferers from rheuma-
tism to recommend Dr. Williams' Pink
Pills. Some years ago I was a great
sufferer from this trouble and was con-
fined to my room. I tried two doctors
without relief and had become des-
pondent. Then I saw Dr. Williams' Pink
Pills recommended for this trouble
and got six boxes. Before they were
all gone I was able to get around
on crutches, and when I was on the
eleventh box I started to work. I
have not missed a day's work since on
account of rheumatism. On two occa-
sions since I have had light touches
of the trouble, but a box of the pills
soon put me right. I strongly recom-
mend rheumatic sufferers to give Dr.
Williams' Pink Pills a fair trial."

You can get these pills from any
medicine dealer or by mail at 50 cents
a box from The Dr. Williams' Medi-
cine Co., Brockville, Ont.

EASY TRICKS

No. 342

A Catch Game



Sometimes the folks play old-
fashioned games in which forfeits
have to be paid. Here is a little
known stunt by which some per-
son may pay his forfeit and pro-
vide a vast amount of amusement
for the rest of the party.

The person to pay the forfeit is
taken out of the room and his
friends seat themselves in two
rows, facing each other. Each per-
son presses the toe of one shoe
against the toe of one of the shoes
worn by the friend who faces him.
The victim is brought in and he
is told that he will be blindfolded
and asked to walk between the two
rows. If, however, he steps on any-
one's toes, another forfeit will be
demanded.

The trick is that each person, as
soon as the victim is blindfolded
draws his feet under his chair. The
victim, unaware of this, passes be-
tween the rows, endeavoring might-
ily to miss the feet that aren't
there, and so adding to the fun of
the party.

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

Sneeze Signs.

In the ancient days of Greece and
Rome, a sneeze was supposed to bear
in its train far greater portents than
a mere cold.

To sneeze whilst rising from the
table or bed was said to indicate ap-
proaching death. Yet to sneeze be-
tween midday and midnight under
favorable planetary conditions was an
augury of happiness.

Again, if the Greek or Roman turned
to the right while sneezing, it was
regarded as a happy omen.

Dominion Express Money Orders are
on sale in five thousand offices
throughout Canada.

If I were asked to define salesman-
ship in one sentence, I would say it
was nothing more nor less than mak-
ing the other fellow feel as you do
about the goods you have to sell.

Minard's Liniment for Rheumatism.

Music From a Mirror.

More than two thousand years ago
a barber discovered that, in moving
his mirror, air was forced through the
tubes, which were common in mirrors
at that time. This caused a curious
musical sound to be emitted. So
struck was he by this peculiarity that
he set about making an instrument
which was the foundation of the mod-
ern organ.

After several experiments he made
a water-flute, in which air was forced
by bellows through an inverted cone
which led to flutes controlled by a key-
board, the pressure being kept uni-
form by water.

After a thousand years a rival in-
strument made its appearance. This
was of a similar pattern, but, instead
of water, weights regulated the pres-
sure.

In 1951 an organ was erected at Win-
chester, England. It had twenty-six
bellows and ten pipes to each key.
The two men who sat at the keyboard
"blew and sweated enormously." Later,
a firm of organ makers in Ger-
many succeeded in erecting the first
really big instrument. The primary
stops did not differ very much from
those of to-day, although various novel-
ties were introduced.

Among the innovations were the
nightingale and cuckoo stops, while
others represented cock-crowing and
goat-bleating. Though these novel-
ties have now fallen into disuse, an
organ with one of these nightingale
stops is still to be seen in Rome.

It was not until the nineteenth cen-
tury that the problem of the regu-
lation of air pressures was solved by
the introduction of the hydraulic
blower.

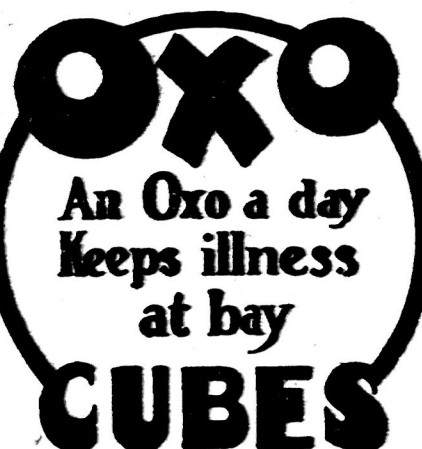
HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and
during its waking hours is never cross
but always happy and laughing. It is
only the sickly child that is cross and
peevish. Mothers, if your children do
not sleep well, if they are cross and
cry a great deal, give them Baby's
Own Tablets and they will soon be
well and happy again. The Tablets
are a mild but thorough laxative which
regulate the bowels, sweeten the
stomach, banish constipation, colic and
indigestion and promote healthful
sleep. They are absolutely guaranteed
free from opiates and may be given to
the new-born babe with perfect safety.
You can 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.

Melicious Fun.

Boys will be boys, in South Africa
as well as other parts of the world, but
sometimes, as in this case, they turn
fun into malicious mischief. There was
to be a dance at the Heidelberg
Town Hall, and everything was to be
in high style, until it was discovered
that some boys had poured a quantity
of tar all over the floor. The guests,
however, with the help of sand and
brooms, managed to have a dance,
which was enlivened by the news that
the culprits had been captured, and
their parents were thrashing them
with a vigor never surpassed.

According to scientists, Nature's
coal-forming process took eight mil-
lion years to complete.



An Oxo a day
Keeps illness
at bay
CUBES

Gold in the Head

Heat Minard's and inhale often.
Splendid for catarrh.



Insist on BAYER TABLETS OF ASPIRIN

Unless you see the "Bayer Cross" on tablets you are
not getting the genuine Bayer product proved safe
by millions and prescribed by physicians 24 years for

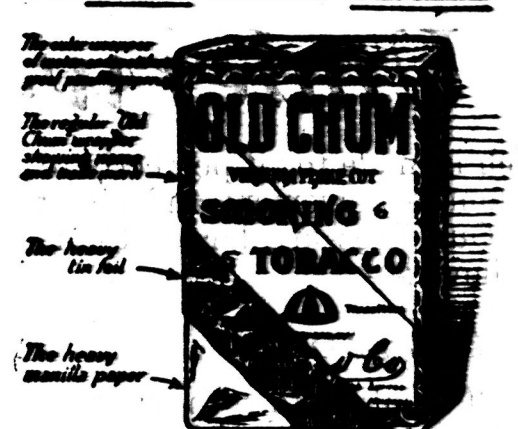
Colds Headache Neuralgia Lumbago
Pain Toothache Neuritis Rheumatism

Accept only "Bayer" package
which contains proven directions.
Handy "Bayer" boxes of 12 tablets
Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetyl-
sodium of Salicylic Acid (Acetyl Salicylic Acid, "A. S. A."). 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."

OLD CHUM SMOKING TOBACCO

IS FOUR TIMES SEALED



to bring you the full richness
and mellow sweetness of this—

"Tobacco of Quality"

Manufactured by
IMPERIAL TOBACCO CO. OF CANADA LIMITED

Tiny Titles.

"What is it called? This is the ques-
tion we usually ask concerning a new
book, and one with an original title
will stand a good chance of becoming
a best seller if the matter inside the
covers is equally good.

One-word titles are not much in
vogue to-day, although Mr. Hilaire Bel-
loc published a book called "On" re-
cently. Two novels, published some
years ago, go one better than this,
however. One was called "E," and the
other "B."

Similarly, "Why," published in 1921,
has been beaten by "7," which hails
from the United States.

There are many three-letter titles,
some of the best known being "She,"
"Eve," "Now," "Fan," and "Tim."

Customer—"I say—do you mind
changing these vests for some less
humorous ones? These tickle me to
death!"

Salmon fishing is rivaling mining in
Alaska.

MORE THAN 55,000 FARMERS

have bought their farms in Western
Canada from the Canadian Pacific.
A remarkable fact. Think! There is a
reason. The large area of our hold-
ings affording choice of location and of
land to suit every farming need. Fair
price, fair contract, and fair dealing
combined with abundant fertility of
soil, good climate and social condi-
tions make farm life there desirable
and attractive. Thousands more will
select their farm from our virgin lands,
from our improved farms, and with
some capital and determination to
work, can make a home and pay for it.
Write for our booklet, "The Prairie
Provinces of Canada," and leaflet,
"Western Canada Forges Ahead." C. L.
Herwood, Land Agent, Canadian Pacific
Railway, Desk W., Windsor Station,
Montreal, Que.

Reason's whole pleasure, all the joys
of sense, lie in three words—health,
peace and competence.—Pope.

Classified Advertisements

MONEY TO LOAN.

FARM LOANS MADE. AGENTS
wanted. Reynolds, 77 Victoria
St., Toronto.

MURINE You Cannot Buy
New Eyes
But you can Promote a
Clean, Healthy Condition
YOUR EYES
The Murine Eye Remedy
Keeps your Eyes Clean, Clear and Healthy.
Write for Free Eye Care Book.
Murine Eye Remedy Co., 9 East 42nd Street, New York, N.Y.

**BEECHAM'S
PILLS**
Sweeten
the Stomach

CUTICURA HEALS PAINFUL PIMPLES

On Face and Shoulders.
Itched and Burned.

"My trouble began with a rash
of pimples on my face and should-
ers. The pimples were hard and
red and feasted and scaled over.
They were very painful and itched
and burned so that I could not sleep
nights. I was ashamed to go any-
where my face was so disfigured.
The trouble lasted about four and
a half years.
"I began using Cuticura Soap
and Ointment, and after using three
boxes of Cuticura Soap and two
boxes of Cuticura Ointment I was
completely healed." (Signed) Miss
Myrtle A. Westover, Bolton Centre,
Quebec.
Rely on Cuticura Soap, Ointment
and Talcum to keep your skin clear.
Sample Book Free by Mail. Address Canadian
Department: "Cuticura," P. O. Box 2418, Montreal.
Price: Single Ointment 10c and 25c. Talcum 10c.
Try our new Shaving Stick.

PAINS IN LEFT SIDE AND BACK

Other Troubles Women Often Have
Relieved by Lydia E. Pinkham's
Vegetable Compound

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 wo-
man and I feel so much better I would
not be without it. I also use Lydia E.
Pinkham's Sanative Wash. I recom-
mend the medicines to my friends and I
am willing for you to use my letter as a
testimonial."—Mrs. M. W. Ross, 556
Notre Dame Street, Lachine, Quebec.

Doctor Said an Operation

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 have a healthy baby
girl four months old. I do my house-
work and help a little with the house.
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. G.