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SMOTHERING THE ENEMY- "ALL BLACK'S" STYLE

WOMAN'S HEALTH

WHEN FORTY-FIVE

A Critical Period When Dr. Wil-

liams' Pink Pills Are a Real

Blessing.

medicine to regulate her blood supply,

At special periods a woman needs a

The "All-Blacks," famous New Zealand Rigby team, is to tour Canada, sailing from Liverpool on January 24th aboard the "Montlaurier" and travelling via Canadian Pacific lines. At Vancouver and Victoria they will play Canadian teams. They did not lose's game on their recent tour of the Old Country and France. The photograph taken in the match against Cardiff gives an excellent impression of the deadly "All-Blacks" team-work.

## 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.

has to do with all phases of child life per normal progress. Some of the or her life will be a round of pain and and the general happiness and health of children. It has to do with avery sense are adenoids, diseased tonsils, Williams' Pink Pills are worth their of children. It has to do with every- decaying teeth, constipation and other weight in gold, for they make the new thing that affects their vitality either conditions that often are thought to rich blood that banishes the symptoms directly or indirectly. With a little be of little account in the progress the of distress that only women know. thought one can understand what a child is making, but which have a prowide subject child welfare is. It goes found bearing on its general vitality. back to the beginning of things and One of the most important features takes into consideration the health of of child welfare work is the reduction health and brings womanly the parents as well as of the children. of infant mortality. There are far too health and happiness. This is fully There is something in heredity. As a many deaths in Ontario and indeed in proved by the case of Mrs. G. Witchild often inherits the looks and Canada, of infants under one year of thuhu, Arcola, Sask., who says: -"I physical appearance of the parents, age. Many features contribute to this am one of the many for whom Dr. so it inherits some of their health high death rate, one of the chief of Williams' Pink Pills have done woncharacteristics and their freedom which is intestinal troubles brought from or susceptibility to certain disabout by improper feeding. Artificial ease or weaknesses. Child welfare feeding is difficult to carry on successions includes all this and more. It, in fact, fully. It can be done, but it requires the great fertility of its soil and its wound, will be much more comfortable sources. Humboldt, the German named less likely to draw, if it is pricked to cover a succession would without feel-time work, or even go about without feel-time work, or even go about without feel-time work. can be defined as "everything to do care and attention with strict medical ing utterly worn out. The doctor sugwith the child." It includes every pos- supervision. By far the best means of gested that an operation was the only

suitable employment. Child Welfare impressed with the necessity of breast was all due to the lingering change of feeding, their babies, except in one or life. At this stage I read an advertise-two special instances where the doctor ment of Dr. Williams' Pink Pills and dren who are destitute, neglected, delinqueent, abnormal in mind and body, in attendance advises against breast
orphaned, badly born, deprived of nafeeding, there would be a great drop
tural relationships and support. Proin infant mortality. Statistics show
tection must also be given to normal that eight babies fed artificially die
to they were just what I needed, and have faith in your dreams. For interested in Child Welfare to remove recognized.

Child welfare is a big subject. It would tend to lower vitality or ham-

is, therefore, the duty of all who are is becoming more and more clearly hams' Pink Pills and regain her more than plans.

all sinister influences which militate If we could concentrate our against perfect growth and develop- thoughts on the care of mothers before dealers or will be sent by mail at 50c is by Dominion Express Money Order. ment. These influences include not birth and the inestimable benefits of only environment and general up- breast feeding for infants, we would bringing as regards children, but also have struck two notes that would do the condition of their physical health, much to reduce our present high rate their freedom from any condition that of infant mortality.

health."

scopes.

well in it."

a box by writing the Dr. Williams'

Stars in Pairs.

and the other green. Albireo is con-

sidered to be one of the finest of the

pairs that are visible in small tele-

A Wonderful Hat.

Miss Gush-"I want you to see my

Mish Rush-"I am anxious to see it.

It certainly must be a wonderful hat."

Chinese Exports.

Birds in Yellowstone.

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Exports from the Chinese province

new hat. My friends say that I look

Medicine Co., Brockville, Ont.

# A DANGEROUS SEASON FOR THE LITTLE ONES

Winter-with its extreme changes of temperature one day warm and bright, the next cold and stormy, is decidedly dangerous to the health of little ones. The mother is afraid to take the children out for the fresh air and exercise they need so much. The children are cooped up in over-heated, badly ventilated rooms and in consequence many of them are seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They are a sure regulator of ors to make a man-I hope that isn't the stomach and bowels and in this so in your case." way drive out constitution and indi-gestion and break up colds or grippe. you for a certainty one dress maker beards, fox tails, licerice, human hair, By their use baby will be aided over can break me." the winter season with perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

War Holds Up Soy Beans.

The export of say beans from China is threatened by the present warfare. which involves Manchuria, the chief ceratre of soy bean cultivation.

A man who may be able to speak the journey would have taken so long six languages may be unable to think of anything worth saying.

### Canadian Almanac 1925

78th Annual Seus Now Resdy Containing Customs and Excise Tariff, Legal Directory of Canada, Complete lists of Banks and Trust Companies in Canada, Directory of Fost Offices and Railroad Stations with Shippers' Guide, etc., etc.

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Wife-They say it takes nine tail-

Alligators by Air Mail.

One of the strangest "parcels" ever sent by air arrived at Croydon recent in Yellowstone National Park. ly in an aeroplane from Amsterdam,

says a London newspaper. The "parcel" consisted of six baby alligators, in a special tank, the temperature of the water in which had to be kept at 70 degrees Fahrenheit. If they had been sent by any other way that there would have been a risk of a drop in the temperature of the tank that would have proved fatal to the

infant sauriaus. Throughout the trip a special attendant was watching over the comfort of the reptiles, who seemed none the worse for an adventure that was sure ly new in the experience of their kind.

But Seldom le.

Many a man who has made a failure of everything else imagines he is a

success as a husband. Parents usually appear infallible in their children's eyes. And that is as

it should be



This is a favorite trick with several professional magicians. If you will practice it, you will discover that it will make a veritable sensation when you perform it. It is performed while the performer is seated at the dinner table.

A coin is borrowed and marked and is placed on the table in front of the performer. A tumbler is inverted over the coin. A sheet of newspaper is placed over the tumbler and is moulded to its shape. The performer makes a few mystic passes over the hidden tumbler and lifts it, seemingly surprised to discover that the coin has not vanished. He repeats the perform-Again the coin does not

"This time it has got to go!" he exclaims, "One! Two! Three! Go!" As he says "go" he strikes the tumbler with his open palm. No harm is done, however, for the paper collapsed. The tumbler has vanished! The coin is still there -its mission being merely to mislead the spectators as to the purpose of the trick.

The secret is simple. The secend time he lifted the tumbler all eyes were on the coin. The magician took advantage of this to let the tumbler slip out of the paper into his lap. The moulded paper, holding the form of the tumbler, looks exactly as it did and the absence of the glass is not suspected. The magician makes a sort of runway of his legs and lets the tumbler slide, noiselessly to the floor. When he strikes the paper, he gives the tumbler a shove with his foot so that when it is discovered it will be as far away from him as possible.

(Olip this out and paste it, with other of the series, in a scrapbook. World's Storehouse.

Mexico is often referred to as the "storehouse of the world" because of turalist, nearly a hundred years ago all over with a fine needle before being spoke of Mexico as the "treasure applied. sible provision for children before and feeding an infant is by nature's way, thing that would help me, but this I house of the world." Although still after birth; before, during and after viz,—at the mother's breast. If all refused to undergo, and I returned undeveloped, Mexico is one of the all refused to undergo, and I returned undeveloped, Mexico is one of the school age; and into adolescence and the mothers of this province could be home almost in despair. My trouble most richly mineralized regions of the

chi'dren, for the great aim of preven- every one fed at the breast, and this under their continued use for some out of dreams grow empires. Let tive medicine is to keep well children fact in itself should make us stop and time my health was fully restored, and imagination be the architect of your well. This great purpose of preventive think. Pre-natal care, or care of the since that time I have been in the best future. But do not forget that reason medicine, of course, applies to adults mother before her child is born is an of health. I am writing this letter in and good judgment must be the actual se well as children, but it is to chil- other important way to reduce infant of health. I am writing this letter in and good judgment must be the actual dren that we are especially directing mortality. This is a feature of child the hope that it may induce some builders of it. Without their service our thoughts at the present time. It welfare work, the importance of which other suffering woman to use Dr. Wil- your plans will never be anything

These pills are sold by medicine

Romance in Transportation.

Probably the most romantic chapter in Canadian history is the one which There are many stars that are doughas to do with transportation. First ble, says Nature Magazine. That is, there was the pack horse, then the oxthey are made up of stars revolving cart, finally the wagon. Now the modaround one another. Most of these ern locomotive and automobile lead pairs are of contrasting colors, one the list.

#### EAST TRICES A ten your grocer recommen The Disappearing Tumble



The Frontier College, established by

as the University in Overalls. Since

school work. The founder writes:

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tirely out of sight, is restoring the

hearing of hundreds of people in New

drum to relieve himself of deafness

and head noises, and it does this so

successfully that no one could tell he

to A. O. Leonard, Suite 487, 70 Fifth

avenue, New York city, will be given

The ship encircles the earth of one's

own effort and fetches back a cargo

only in return for one sent out. Call

it trading if you will. I call it "God's

law of compensation." It is as abso-

lute as gravity's law itself.—O. S. M.

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its beginning it has sent more than Reckless driving and other flagrant seven hundred instructors into camps in different provinces, and each year disregard of the rights of others by approximately fifteen hundred men re any user of the streets or highways ceive instruction in some kind a should be punished.

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Red. Lasted Six Months. "My trouble began with pimples on my face, neck and chest. The pimples were hard, large and red and festered and itched very bally, especially at night. The irritation caused me to scratch and the scratching caused eruptions. The trouble lasted about six months. "I began using Cuticura Soap and Ointment and they afforded relief, and after using one cake of Cuticura Soap and one box of Cuticura Ointment I was healed." (Signed) Miss Harriet Gusdorf, 617 S. Ele St., Spokane, Wash., June 4, 1923 Cuticura Soap daily, with Cuticura Ointment occasionally, prevents pimples or other eruptions. They are pleasing to use, as is also Cuticura Talcum, an excellent deodorant. Sample Each Free by Mail. Address Canadian Depot; "Outicara, P. O. Box 2616, Montreal." Price, Seep 25c. Unitment 25 and 50c. Talcum 25c. Try our new Shaving Stick.

# **BREAK-DOWN**

Pains in Back and Legs Relieved by Lydia E. Pinkham's Vegetable Compound

Ford, Ontario.—"I had a nervous break-down, as it is called, with severe pains in my back and legs, and with fainting spells which left me very weak. I was nervous and could not sleep nor eat as I should and spent much time in bed. I was in this state, more or less, for over two years before Lydia E. Pinkham's Vegetable Compound was recommended to me by my neighbor. Before I had taken five doses I was sitting up in bed, and when the first bottle was taken I was out of bed and able to walk around the house. During my sickness I had been obliged to get some one to look after my home for me, but thanks to the Vegetable Compound I am now able to look after it myself. I have taken Lydia E. Pinkham's Blood Medicine in turn with the Vegetable Compound, and I certainly recommend these medicines to any one who is not enjoying good health. I am quite willing for you to use these facts as a testimomial."—Mrs. J. Shepherd, 130 Jos. Janisse Avenue, Ford, Ontario.

Nervousness, irritability, painful times, run-down feelings and weakness are symptoms to be noted. Women suffering from these troubles, which they so often have, should give Lydia E. Pinkham's Vegetable Compound a fair trial. All druggists sell this medicine.

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