

Order from your grocer his best tea and he'll usually send "Red Rose."

# RED ROSE

## TEA "is good tea"

The same good tea for 30 years. Try it!

### Classified Advertisements

**REMNANTS.**  
BARGAIN PARCEL, \$2; 5 LBS. Patches, \$2. McCreery, Chatham, Ontario.

**FREE CATALOGUE.**  
RASPBERRY BUSHES, GLADIOLAS, Iris, Peony, Fancy Dahlias and Barred Rock Eggs. The Wright Farm, Brockville, Ont.

**FEMALE HELP WANTED.**  
LADIES WANTED TO DO PLAIN and light sewing at home; whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

**LADIES ONLY—OUR BOOKLET.** Ladies' Friend, mailed in plain envelope, free. CASIER 2423, Montreal.

**WANTED.**  
KILN DRIED 2" SOFTWOOD Heading Boards, dressed one side to 1/2" and saw-jointed both edges. Quote P.O.B. here. Reid Bros., Bothwell, Ont.

**BERMUDA**  
Ideal Winter Playground  
Only 2 Days from New York  
Sailings Twice Weekly  
Leaving N.Y. Wed. and Sat.  
Via Palsat, Twin-Screw,  
Oil-Burning Steamers  
"FORT VICTORIA" and  
"FORT ST. GEORGE"  
Landing Passengers at Hamilton Dock  
For Illustrated Booklets Write  
FURNES BERMUDA LINE  
34 Whitehall Street, New York City  
or Any Local Tourist Agent

A really busy man has no time to worry. During the day he is too busy, occupied, and at night time he is too tired.

When sending money by mail use Dominion Express Money Orders. Safer than sending bills.

## 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.

Breast feeding seems to be one of the greatest checks to infant mortality that is known. It is positively alarming to take the records in any community and see the great preponderance of bottle-fed babies. While some women, through physical weakness, probably, cannot nurse their babies, the tendency of the present time is for mothers to forego breast feeding on account of the interference with social duties and ordinary routine of life that it would entail. Coupled with this regrettable viewpoint is the fact of commercialism in the supply of infant foods. Even cow's milk, which with a proper percentage of added sugar and water, makes the best substitute for mother's milk, nowadays rarely contains a proper standard of fat, the high prices of butter at present tempting many people to use the separator at the expense of child life. In conversation with a doctor recently in a good-sized country town, he told me the startling news that it was almost impossible to get pure milk of sufficient fat standard, on account of the prevalence of separators throughout the country. It is evident that the unfortunate results of this pauperizing of the milk is not realized by the people who do the separating, for there is not a man or woman in Ontario worth the name who would think of depriving the children of their only means of proper sustenance in the early months of life. It is just the lack of knowledge, coupled with the

butter which now fetches a high price on the market. This is one of the most important factors to be dealt with in the present campaign to build up a more robust babyhood in this province.

Some of the reasons why a baby should be breast fed are as follows: Breast milk is always ready and is never sour; it does not have to be prepared or measured; it is nature's method and makes the baby strong and healthy; it is absolutely free from germs and dirt; it protects the baby from many infant's diseases; it is safer for the baby; ten bottle-fed babies die for every one fed on the breast; it contains the proper elements of food in the right proportion for the growing child; breast-fed babies seldom have bowel trouble, which is so fatal in bottle-fed babies, especially in hot weather; the baby will have the best chance of living if breast fed. A normal baby should show the following points in its development: A steady gain in weight; bowel movements every day; a good appetite; no vomiting; a clear skin; bright, open eyes; very little crying; quiet, unbroken sleep, with eyes and mouth closed; a constant growth in stature and intelligence.

The temperature of the baby's bath should be from 98 deg. to 100 deg. F., and it should always be kept warm. Even a slight chill often brings disastrous results.

### RHEUMATISM AND LUMBAGO

ARE BANISHED BY

## Dr. Williams' Pink Pills

They Give New Vitality—and more.

Some diseases give immunity from another attack, but rheumatism and lumbago (which is really muscular rheumatism) work just the other way. Every attack invites another.

There is scarcely any disease which physicians find more difficult to treat successfully than rheumatism. Long study, however, has shown that the seat of the disease is in the blood. By maintaining the quality of the blood, you are doing the best possible thing to prevent and combat rheumatism.

That is why Dr. Williams' Pink Pills has proved successful in thousands of cases of rheumatism and lumbago. These pills enrich the blood and enable it to throw off the poisons of the disease. And so long as the blood is kept pure and rich, there need be no fear of a return of the trouble.

Mrs. Annie Wright, Woolchester, Alta., says:—"I was a sufferer from rheumatism for six years and most of that time my life was one of misery. I tried several doctors but never got more than temporary relief. The trouble seemed to affect my whole system. Finally I was advised to try Dr. Williams' Pink Pills and through these I found complete relief. I can strongly recommend Dr. Williams' Pink Pills to anyone suffering from this trouble."

**Laughing at the Centuries.**  
After being in use since the reign of "Good Queen Bess," the gates of the River Ship Canal have just been removed to the River Museum, says an English newspaper.

Similar relics are to be found in museums all over the country, but few people realize how many of our surviving examples of ancient workmanship are still in actual use.

For instance, there is an ancient stone weir, dating from about 1100, which was adapted a few years ago to drive the machinery which supplies Chester with electricity.

Even older than this is the Foss Dyke, in Lincolnshire, which was cut by the Romans, and is still in use as a canal.

### English Ship Money Tax.

The ship money tax of England was a tax imposed as early as 1607 A.D. by the sovereign on the maritime towns and counties of England, for the purpose of providing and maintaining a navy for the protection of the coast. It was revived by Charles I. in 1634, without the consent of Parliament and was arbitrarily levied on the whole of England. John Hampden, a squire of Buckinghamshire, resisted the payment of the tax as illegal, but was prosecuted and condemned. In 1640-41 the Long Parliament decided the levying of ship money to be illegal and annulled the judgment against Hampden, says the Detroit News.

The imposition of this tax was one of the chief causes of the Civil War and the rise to power of Cromwell.

### A HAPPY CHILDHOOD IS A MATTER OF HEALTH

Little children quickly get out of sorts but by prompt treatment they can just as quickly be set right again. Most of their troubles arise in the first place from the stomach and bowels; that is why a good clearing out is the first thing the doctor prescribes. Mothers, why not let Baby's Own Tablets keep your children well. Unlike that ill-smelling, rank tasting castor oil so dreaded by most children, the Tablets are pleasant to take and their action, though thorough, is gentle and causes no discomfort to either the baby or the growing child. Baby's Own Tablets are a never failing remedy for relieving constipation and indigestion; thus they break up colds and simple fevers, expel worms and make the teething period painless. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Tam P the Kirk.

O Jean, my Jean, when the bell ca's the congregation,  
Owre valley an' hill wi' the ding frae its iron mou',  
When a body's thoughts is set on his ain salvation,  
Mine's set on you.

There's a red rose lies on the Bulk o' the Word afore ye,  
That was growin' braw on its bush at the beek o' day,  
But the lad that pu'd yon flower i' the morning's glory,  
He canna pray.

He canna pray, but there's nane i' the Kirk will heed him;  
Where he sits sae still his lane at the side of the wa';  
For nane but the red rose kens what my lassie gie'd him  
It an' us twa!

He canna sing for the sang that his ain heart rales,  
He canna see for the mist that's afore his een,  
And a voice drowns the hale o' the psalms an' the paraphrases,  
Cryin' "Jean, Jean, Jean!"

—Violet Jacob.



Gross Neglect.

The Judge—"What's the trouble, madam? Hasn't the bailiff supplied the jury room with everything you need for your deliberations?"  
The Forelady—"No, your Honor. There isn't a mirror or a powder puff in the place."

**"The Tobacco of Quality"**

# SMOKE OLD CHUM

15¢ per Package also in 1/2 lb. VACUUMIZED TINS

MANUFACTURED BY IMPERIAL TOBACCO COMPANY OF CANADA LIMITED.

### EASY TRICKS False Magic



This is another "trick" that is not a trick at all but a mere practical joke.

The trickster selects the largest and most powerful spectator and says to him displaying a stick of wood about as large as a ruler: "You are strong enough to lift this stick with your little finger. Yet, I can make it so that you will be tired long before you are able to carry it out of the room."

That sounds ridiculous and the statement is usually challenged. The trickster is right, however. With his penknife he cuts off a microscopic bit of wood and asks the spectator to carry that out of the room. The spectator realises that if he is to carry it out, a tiny splinter at a time, he will indeed be tired long before he succeeds in removing the stick and he will make a mental note not to be so eager to challenge the trickster's next statement.

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

### Will a Good Pure Bred Sire Pay?

A bull will sire anywhere from one hundred to several hundred calves during his lifetime.

Suppose we place the number of calves at one hundred, and suppose the calves by one bull are worth an average of \$5.00 per head more than the calves by another bull, what would this mean?

It would mean that one bull would be worth to his owner \$500.00 more than the other bull, except the small difference in interest on investment.

If the difference in value of the calves were \$10.00 per head, the difference in the value of the bulls would be \$1000.00 and correspondingly greater for wider differences in the value of the calves.

There are cases where steers by a good bull have brought \$50.00 per head more than steers of the same age by inferior or scrub bulls.

These figures should make any man pause before buying an inferior bull merely because the price is low.

It is true that merely paying a high price for a bull does not make him a good one, and excellent bulls are often bought at very modest prices; but it is equally true that really good bulls are always worth the money paid for them, while inferior bulls are dear at any price.

No man can afford to use a scrub bull. A good bull at \$1,000.00 is cheaper than a scrub bull received as a gift, as the figures given above amply prove.

It is also worth noting that steers by good bulls have "topped" the open market in Canada and the United States, and still hold several open market high price records.

Surely the thoughtful farmer will see to it that the bull he uses in future must be a good pure bred, and the result will be more beef, more milk, and more profit.

He'd Stand Without Hitching.  
"Does your new clerk seem to be a steady fellow?" the customer asked of the proprietor of the drug store.  
"Steady," repeated the proprietor.  
"I should say he was steady! If he were any steadier, he'd be motionless!"

Happiness is the natural flower of duty.—Brooks.

Nothing will make a man strong but his own concentration of thought.—Eugene Sandow.

### The Training of Nurses.

The appeal of service which nursing makes to the spiritual forces in a young woman is the deciding factor which draws her into the nursing profession rather than into some more lucrative and pleasing calling.—Jean E. Browne, President Canadian Nurses Association.

**Spading Tractor.**  
A new implement, a "spading tractor," will plow, harrow and cultivate in one operation, and has a capacity of three acres an hour.

### Quick Relief for Rheumatism

Mrs. Bert Young of Fitch Bay, Que., writes as follows:

"I could not turn over in bed at night. I tried doctors and sent off for medicines which did me no good, but after using three bottles of Minard's my rheumatism left me entirely, and I have never felt it since."

Always keep Minard's handy.

**Minard's Liniment.**



### Clear Your Complexion With Cuticura

Bathe with Cuticura Soap and hot water to free the pores of impurities and follow with a gentle application of Cuticura Ointment to soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum for powdering and perfuming.

Send 3¢ each for the full address Canadian Agents: "Cuticura," P. O. Box 2514, Montreal. Price, Soap 5¢, Ointment 15¢ and 5¢, Talcum 25¢. Try our new Shaving Stick.

Italy's Silk Wealth.  
The silk cocoon crop in Italy has been very satisfactory.  
For Every Ill—Minard's Liniment.

Lord Birkenhead stated in a recent speech that he had read every one of Scott's novels at least nine times.

### Look Younger

Care-worn, nerve-exhausted women need Bitro-Phosphate, a pure organic phosphate dispensed by druggists that New York and Paris physicians prescribe to increase weight and strength and to revive youthful looks and feelings. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

### TO EXPECTANT MOTHERS

Letter from Mrs. Ayars Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Spring Valley, Sask.—"I took the Vegetable Compound before my last confinement, when I got to feeling so badly that I could not sleep nights, my back ached so across my hips, and I could hardly do any work during the day. I never had such an easy confinement and this is my sixth baby. I read about Lydia E. Pinkham's Vegetable Compound in the 'Farmer's Telegram' and wrote you for one of your books. We have no druggist in our town, but I saw your medicine in T. Eaton's catalogue, I am a farmer's wife, so have all kinds of work to do inside and outside the house. My baby is a nice healthy girl, who weighed nine pounds at birth. I am feeling fine after putting in a large garden since baby came. (She is as good as she can be.) Yours is the best medicine for women, and I have told about it and even written to my friends about it." — Mrs. ANNIE E. AYARS, Spring Valley, Sask.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system so that it may work in every respect as nature intends. All druggists sell this dependable medicine. Give it a trial.

FOR Neuralgia

# BAYER ASPIRIN

Proved safe by millions and prescribed by physicians for

Neuralgia	Colds
Headache	Pain
Lumbago	Toothache
Rheumatism	Neuritis

**Safe**

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 Mepacetic Acid 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 "Liger Brand."