

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!

### 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.

#### CAMPS AND HOLIDAYS.

Blossom time has come and from now until the snow flies in the fall, you will enjoy the great outdoors. Whether in your own or a friend's car, you will motor along one Provincial Highway one Sunday, and choose another point of interest the next. The end of the summer will find you happier and in better health of mind and body because of these outings, if you have, when away from home, taken care to see that you

Drink only water that is safe. Use only milk that is safe. Eat only food that is safe. Swim only where it is safe.

The roadside picnic or the run to the city for the week-end visit will

bring you past one or more of the several hundred camping grounds for motor tourists where you may stop and rest. Some of the camps have a small charge, while others are free; but whether you use a free or a pay camp, make sure of the purity of the drinking-water and the milk. If the children want to swim, find a place that is free from danger and where the water is free from serious contamination.

When planning for summer holidays it is well to think of these things. A vacation in the most beautiful spot will mean sorrow rather than joy if it has as its aftermath a severe attack of typhoid fever.

For your health's sake, "watch your step" when you are away from home.

#### A Liberal Speed Limit.

In those bygone days when motoring was something new and there was still plenty of room on the road, Ireland—if we can believe Sir Henry Robinson in his Further Memories of Irish Life—was a paradise for drivers who liked to go fast. One of Sir Henry's memories is as follows:

There were once two policemen on duty at the roadside, and each had a notebook in his hand and wore an air of intense responsibility. Colonel Nugent asked them what they were doing.

"We're watching out," they said, "for to see that them motorists isn't exceeding the legal limit."

At the time the cars were going out along the level stretch of road, few of them under forty miles an hour, and many of them much faster. Nugent, much amused, asked the sergeant what he would do if he saw a car that appeared to be exceeding the limit.

"We'd order him to disist," said the sergeant.



### WE WANT CHURNING CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, Cream must be free from bad flavors and contain not less than 80 per cent. Butter Fat.

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For references—Head Office, Toronto, Bank of Montreal, or your local banker. Established for over thirty years.

#### Ants With Pink Parasols.

Among the recent acquisitions at the London Zoological Gardens, says a newspaper despatch, is a nest of umbrella ants that have never been seen before in the gardens. They have had a busy time, because during the journey the queen's apartments became greatly disarranged, but the community soon put them to rights again.

In their native home in Trinidad the ants are always to be found in the neighborhood of rose trees. They cut off parts of the petals of the roses and carry them to their nests, holding them over their heads like parasols. On reaching home they masticate the petals thoroughly and pile up the resulting mixture in heaps inside the nest. On the beds thus prepared grows a special fungus of which the ants are very fond.

### THE ONE SURE WAY TO GOOD HEALTH

Is Keeping the Blood Pure by Using Dr. Williams' Pink Pills.

Impure, weak blood is the cause of most of the troubles that afflict people. This is the cause of the wretched feeling of languor and faintness, pains in the back and side, headaches and breathlessness, that afflict women and make her daily life a torture. To get new health and strength the blood must be enriched. What Dr. Williams' Pink Pills do in cases of this kind is told by Mrs. Augusta Emery, Woodford Station, Alta., who says: "Living on the prairie, and knowing that there are thousands of women like myself miles away from a doctor, I want to tell them what Dr. Williams' Pink Pills have done for me. After my first baby was born I seemed to have little energy. I felt weary and run-down and unable to do even the ordinary household duties. I felt I needed a tonic and as I had long seen Dr. Williams' Pink Pills advertised I decided to try them. I got a supply and carefully followed the directions and before very long the result was wonderful. Day by day I regained my former strength and energy. The pills seemed to give me a keen appetite and I gained in weight and soon was able not only to do my work about the house but to help with many chores on the farm. For this reason I would advise women, particularly those on the prairie or the farm, to keep a supply of these pills always on hand. One trial will convince you of their worth. I have recommended them to many of my friends and never have they failed to produce good results."

You can get these pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

#### My Six Little Ones Used Baby's Own Tablets

Mrs. John A. Patterson, Scotch Village, N.S., says:—"There are six children in our home, and the only medicine they get is Baby's Own Tablets, and I have not known the Tablets to fail when a medicine was needed. No mother should be without the Tablets in the house." Like Mrs. Patterson thousands of other mothers are quick to praise Baby's Own Tablets for bringing health and comfort to their little ones. The Tablets are a mild but thorough laxative which regulate the stomach and bowels, thus banishing constipation and indigestion, colds and simple fevers, and making teething easy. They are guaranteed to contain no opiates and are perfectly safe for the youngest child. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

#### The Newest Thing in Haircuts.

She—"Well, what's the newest thing in men's haircuts?" He—"Girls."

"Flying" at 23 Miles Per Hour.

A bold sportsman who lived in England a hundred years ago when the railway was new accepted an invitation to go with a house party for a run of five miles by rail. In a letter written in 1825 he gives this account of his experience: "The quickest motion is to me frightful; it is really flying, and it is impossible to divest yourself of the notion of instant death to all upon the least accident's happening. It gave me a headache that has not left me yet." The train in which he rode "flew" at the terrific speed of twenty-three miles an hour.

Probably the most popular illustrated paper in the book note.

Keep Wilson's Ketchup in the House.

Wilson's Ketchup is a household necessity. It is a pure, natural, and delicious condiment. It is made from the finest tomatoes and is free from any artificial coloring or preservatives. It is a perfect food and is good for the health. It is a perfect food and is good for the health. It is a perfect food and is good for the health.

#### All Honor to These Mothers!

It is sometimes said that all great men have great mothers. That is surely true of the French missionary Francois Collard. Nothing in the son's brave and noble life eclipses the heroism and devotion of his mother.

When little Francois was two years old she was left a widow and destitute. Her husband had foolishly bequeathed bills for friends and creditors, and at his death the burden of indebtedness fell on her. The farmstead and the stock had to be sold. She took a post as housekeeper, and the little boy did his part by helping to herd turkeys.

When she had saved a little money she returned to her native village of Assieres. There was an excellent Protestant school there, where she wanted her boy to be educated; she had already dedicated him to the ministry. She farmed a few acres of land with her own hands and with such help as she could occasionally afford. The boy reared rabbits to pay for his Latin books and his school stationery. Yet, poor though they were, the little cottage was a centre of hospitality.

Amid her poverty she kept bright the flame of her ideal for the boy. She introduced him to books. Together they read the life of Robert Moffat and it became one of the master influences in the boy's life.

"O mother, how splendid it must be to be a missionary!" he exclaimed one day.

"Yes, my child," she replied; "it is finer even than to be a minister." That he might be a minister was her great dream. But she was not thinking of herself. When the Paris Missionary Society appealed to him and he hesitated on her account she wrote: "I understand now that God is calling you. Go, I will not keep you back. I had hoped you would be the staff of my old age, but it was not for myself I reared you. The good God will not forsake me."

In Dundee not long ago a memorial was unveiled to brave Mary Slessor, the "White Queen of Okoyong." Courageous as she was, her life was no more heroic than her mother's.

Married to a drunken husband, Mrs. Slessor had to earn the living as well as care for the children. Drunk as well as the father lived for. Sometimes when his wife had gone without supper that he might have food he would throw it into the fire in his drunken rage.

In circumstances heavy enough to break a woman's heart Mrs. Slessor cherished her ideals. It was she that first told little Mary stories of far Calabar and of the cruelties of the natives. It was she that thus fired the girl's imagination and urged her to her great work for humanity.

#### DEAF?

A remarkable device has been perfected by the Dictograph Products Corporation by the use of which the deaf can hear as well as ever.

Inasmuch as 500,000 users have testified as to the wonderful results obtained from the "ACOUSTICON" we feel perfectly safe in urging every deaf person without a penny of expense, and entirely at our risk, to accept the

"ACOUSTICON"

For 10 Days' Free Trial No Deposit. No Expense.

**J. Anderson & Company**  
357 St. Catherine St. West  
Montreal Quebec

Swing Your Hammer.

"What, starting to build a house, and winter only a week off!" Thus the passer-by hailed the young contractor who was laying the sills for a new building.

The workman grinned. "I sold my house a little while ago; too good an offer to refuse. Hustled right over here, bought this lot, had the cellar dug and walled—and now we're all set to get this shack up, inclosed and roofed before bad weather hits us. Get as far as that, chimney up and heater in—and we can finish it, no matter what's doing outside. I'm praying for good weather, but I'm swinging my hammer as fast as I can at the same time."

"Good luck! I won't stand around and hinder you," said the other, laughing.

Path and Work are good partners. They don't wait for each other to do anything that needs doing; they tackle it together. Path believes that she will help on any good job, whether it be building a house or saving a soul. It is only when she confidently believes that work awaits a lucky hammer.

So then it doesn't matter whether you say, "Work, but swing your hammer!" with the Spanish, or "God helps them that help themselves," with Ben Franklin, or "Faith without works is dead," with the Bible. Get the idea and you'll find that God helps, but not all that you can take your effort.

George.

"My children were," said Sir James Smith to the St. Andrew's students, in 1845, "most of a lovely vintage. George is the third. Unless a man has that virtue he has no country for himself or any other. George, my children, and I trust the women with a strong faith in all the while."

For Every St. Andrew's Student.



## OLD CHUM

### The Tobacco of Quality

#### Ontario Has An Interest in Her Children.

"Who is that woman who has been driving a small car 'round the Township all week? What's her line, I wonder? She called at every house down the main road and I suppose she will stop here some day soon," questioned the bachelor of the "Corners," as he sat down beside the door to enjoy his after-dinner smoke and watch the sun go down in all its glory behind the wooded hills. His sister came over just then for a chat, and so he had all his questions answered: "That woman was a nurse, a nurse who helped people before they got sick, as well as when they had to stay in bed; a nurse who gave a lot of her time to the children—those who went to school and those who hadn't started yet, and, most of all, the wee new babies just arrived in the homes throughout the Township. 'She visits every home,' added his sister, 'and talks over the health of every member of the family, so don't be surprised when she calls on you. Well, I must be going now, and you won't see much of me for a few days; the children have their Health Talks and Little Mothers' Classes in school, and the women have asked the nurse to give a Home Nursing Class this week. Where did the nurse come from, did you say? Oh, she is the Public Health Nurse from the Ontario Provincial Department of Health, Spadina House, Toronto." (Advertisement).

#### No Such Place.

Social Novice—"What do you do when you get something ending with R.S.V.P.?"

Wireless Enthusiast—"Don't let 'em fool you. There isn't any such sending station."

Britons last year consumed, in one form or another, fruit equivalent to eighty-five apples and fifty-three oranges per head of the population.

#### MURINE

### Keeps EYES

#### Clear, Bright and Beautiful

Write Murine Co., Chicago, for Eye-Care Book

#### CUTICURA HEALS ECZEMA ON FACE

In Rash. Spread to Scalp. Itched and Burned. Face Very Sore.

"Eczema broke out in a rash on my face and later spread to my scalp. The rash scaled over and sore eruptions formed. It caused a great deal of itching and burning and my face was very sore. The trouble lasted three or four weeks. I was treated without any benefit. I began using Cuticura Soap and Ointment and could see a great change after the first night. I continued the treatment and in four weeks I was completely healed." (Signed) Miss Margaret Danyow, Ferrisburg, Vermont.

Daily use of Cuticura Soap, with touches of Cuticura Ointment now and then, keeps the skin fresh, smooth and clear. Cuticura Talcum is also ideal for the skin.

Single Bath Free by Mail. Address: Cuticura Department, "The Great Toiletries," P.O. Box 100, St. Albans, N.H., U.S.A. Cuticura Shaving Stick 25c.

#### A WOMAN'S SUFFERING

Relieved by Lydia E. Pinkham's Vegetable Compound

F. Verdur, Montreal, Quebec.—"I am one of thousands who have taken Lydia E. Pinkham's Vegetable Compound and I have great faith in it. I can safely say it has relieved my troubles and I shall never be without a bottle of it in my house. Since my last baby was born I suffered from pains and backache and would feel so tired I could not do anything in my house. Since I have been taking the Vegetable Compound and Lydia E. Pinkham's Blood Medicine I feel so different. I recommend it to all my friends and hope it will cure other women who are suffering from the troubles I had."—Mrs. THOS. H. GARDNER, 323 Evelyn Street, Verdun, Montreal, Quebec.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for the new mother. It is prepared from roots and herbs, contains no harmful drugs and can be taken by the nursing mother.

Its worth in restoring the mother to normal health and strength is told again and again in just such letters as Mrs. Gardner writes.

A recent canvass of women users of the Vegetable Compound shows that 90 out of every 100 women taking the medicine are benefited. By it they write and tell us so. Such evidence entitles us to call it a dependable medicine for women. It is for sale by druggists everywhere.

#### First Aid

In case of sprains, bruises and inflammation apply Minard's at once. It prevents complications, soothes and heals.

#### MINARD'S

### LINE OF PAIN

#### LINIMENT

Look Younger

Care-worn, nerve-exhausted women need Nitro-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 feeling. Price \$1 per phlg. Arrow Chemical Co., 35 Front St. East, Toronto, Ont.

For Every St. Andrew's Student.



Always a Smooth Road Ahead