People who use "Red Rose" are usually those who like tea of extra good quality

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. 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.

Bed-wetting is not a disease; it is simply the persistence of an infantile condition or habit. Most children attain control of the bladder by the end of the third year, but if they do not, the condition has become a habit. In order to effect a cure, the child must be taught to empty his bladder at regular intervals, and always before the time the wetting usually occurs. The periods between the passing of urine are gradually lengthened by patient and systematic training. The mechanism of urination soon acts under the child's control, and the "dry" habit is established.

Directions for forming the "dry" habit are as follows:—

1. No liquids or fruit are to be taken after 4 p.m.

2. A rather light, dry supper should be provided at night; for example, not more than a tablespoonful of milk is to be allowed on cereals.

3. The diet should be bland; no tea, coffee or highly seasoned foods, nor should the child be allowed candy or desserts between meals.

4. The child should empty its bladder before going to bed.

5. He should be wakened every hour the first night until midnight, and then every two hours until morning. These periods should be lengthened one-half hour each night.

Most cases will be cured by this treatment at the end of a week. When, however, it is found that the child is apt to wet himself at a certain hour, it should empty its bladder a half-hour before that time for several days until the habit is cured. Many children are especially apt to wet themselves about an hour after going to bed. An alarm clock is useful at night, and a chamber should be placed on a rug at the bedside, convenient for use. The child should be encouraged by rewards or gifts for every dry day and night, and should never be punished for bed-wetting, because the act is involuntary, and he does not know when the wetting occurs, and, therefore, is not to blame. Encourage him to be on the alert to feel the need of emptying the bladder. Guard particularly against over-fatigue or excitement. Be insistent on the mid-morning and mid-afternoon rest periods.

Drugs are of little or no use. Patience and persistence will win out in practically all cases.

MADE HER BABY PLUMP AND WELL

Nothing makes a mother more grateful than a benefit conferred upon her child. Mothers everywhere who have used Baby's Own Tablets for their children speak in enthusiastic terms of them. For instance, Mrs. Zepherin Lavoie, Three Rivers, Que., writes: "Baby's Own Tablets are a wonderful medicine for little ones. They never fail to regulate the baby's stomach and bowels, and make him plump and well. I always keep a box of the Tabets in the house and would advise all mothers to do likewise." Most of the ordinary ailments of childhood arise in the stomach and bowels, and can be quickly banished by Baby's Own Tablets. These Tablets relieve constipation and indigestion, break up colds and simple fevers, expel worms, allay teething pains and promote healthful sleep. They are guaranteed to be free from injurious drugs and are safe even for the youngest and most delicate child. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Although Miss Cope has played the organ in a Kingsway Church, London, for 60 years, she has only missed a Sunday service four times, apart from holidays.

Of every thousand British children ten or more have lost the power of seeing clearly at a distance by the age of four, while in twenty years 150 will have become short-sighted.

BERMUDA
"Ideal Winter Playground"
Only 2 Days from New York
Sailings Twice Weekly
Leaving N. Y. Wed. and Sat.
Via Palatial, Twin-Screw, Oil-Burning Steamers
"FORT VICTORIA" and "FORT ST. GEORGE"

Strength of Woods.

Within the past year new knowledge regarding the effect of rate of growth on the strength of Canadian woods has been reached at the Forest Products Laboratories of Canada (Dominion Forestry Branch), Montreal.

The fact that rate of growth exercises an important influence on the mechanical properties of timber had been brought to light by previous research. It was known that in soft-woods, such as pine and Spruce, slowly grown material tended to be stronger than that of very rapid growth and that in the so-called ring-porous hard-woods such as Ash and Oak, the reverse was true, slowly grown wood being inferior in strength to that of more rapid growth.

Analysis of the results of many thousands of strength tests made at the Laboratories, has now enabled the investigators to go a step further and to determine definitely the rates of growth at which maximum strength is developed in a number of the important commercial woods of Canada. This information finds practical application in a large number of uses of wood in which the strength of the material is a primary consideration.

The Cat.

"I golfed with Jack this morning and he proposed to me at the ninth hole."

"That's nothing. I golfed with him last week and he proposed to me at the third hole."

Electric Warning for Motorists.

Automatic warning signals to prevent collisions between motor cars at dangerous cross-roads have been built [illegible]

[illegible]

The Shell.

See what a lovely shell,
Small and pure as a pearl,
Lying close to my foot,
Frail, but a work divine,
Made so fairily well
With delicate spire and whorl,
How exquisitely minute,
A miracle of design!

What is it? a learned man
Could give it a clumsy name;
Let him name it who can,
The beauty would be the same.

The tiny cell is forlorn,
Void of the little living will
That made it stir on the shore.
Did he stand at the diamond door
Of his house in a rainbow frill?
Did he push, when he was uncurl'd,
A golden foot or a fairy horn
Thro' his dim water-world?

Slight, to be crush'd with a tap
Of my finger nail on the sand,
Small, but a work divine,
Frail, but of force to withstand,
Year upon year, the shock
Of cataract seas that snap
The three decker's oaken spine
Athwart the ledges of rock
Here on the Breton strand!

—Tennyson.

HELP FOR TIRED NERVOUS PEOPLE

Found in the Use of Dr. Williams' Pink Pills

Are you pale and weak, tired most of the time, out of breath on slight exertion?

Are you nervous, is your sleep disturbed so that rest does not refresh you?

Is your appetite poor, your digestion weak and do you have pains after eating?

If you have any of these symptoms you need the help of such a reliable tonic as Dr. Williams' Pink Pills. Read what Mr. W. W. Francis, of Calgary, Alta., says of this tonic. "After returning from overseas," writes Mr. Francis, "my whole system was in a badly run down condition. I became nervous, irritable, pale and lost weight. Of course I was given treatment and recommended many tonics, some of which I took, but with no apparent result. At last I could not even sleep. My sister, who is in England, wrote and urged me to give Dr. Williams' Pink Pills a trial, and I can scarcely say how glad I am that I took her advice. My friends were surprised at my complete recovery, but I assured them it was due entirely to Dr. Williams' Pink Pills and I now always keep a box on hand in case of emergency."

If you are ailing give these pills a fair trial and they will not disappoint you. Sold by all dealers in medicine or sent by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

No Money Made With Poor Stock.

Breeders of live stock are facing problems to-day that require expert business-like handling.

The high cost of feed, labor and heavy overhead expenses are matters the average farmer find confronting him every day.

Successful farmers have always realized the value of good breedings in live stock. Testimonies from these men are easily obtained and should convince the most skeptical that the only way to beat the labor situation, cost of feed, etc., is to keep only those animals that are bred to produce either milk or beef.

The surveys conducted by Prof. Leitch in the different counties all go to prove that where farmers are using pure bred sires, in either beef or dairy herds, they are making greater incomes with practically the same quantity of feed.

When we consider that these figures were obtained from actual farmers, living under average farm conditions, we can hardly discredit them.

Liberal feeding of inferior live stock, it was shown, was not as great a factor in increasing the labor income as was the use of pure bred sires.

The pure bred sire has back of him generations of ancestors that were selected and bred with a specific purpose in view; either the production of beef or the production of milk.

These characteristics are highly intensified in his blood so that he transmits them to his offspring, even when only a grade female is used.

The grade sire has back of him generations of ancestors that, like "Topsy," just happened. The result is that you can expect nothing but are liable to get anything.

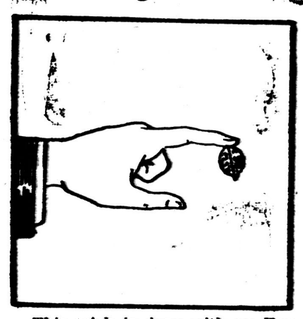
[illegible]

JAN REIKKO FROM FINLAND

Jan Reikko, from Finland, is six feet tall, weighs about two-hundred and fifty pounds (rough estimate) and, it will be admitted, was a very picturesque figure as he stepped from the "Montlaurier" special train at Montreal. Winter will have no terrors for him. With a number of his fellow-country-men he was bound for the woods. Jan was not as wild as his bear-skin cap made him appear. A good natured fellow, of great strength and intelligence, he will no doubt prove one of the most valuable of immigrants to Canada during 1925.

EASY TRICKS

Magnetism



This trick is done with an English walnut, selected at random from a pile on the table. The magician strokes the walnut, asserting that he is magnetising it. Presently he gives evidence that he has spoken truly because the walnut clings to his finger tip as if his finger were a magnet and the walnut a bit of steel.

But that isn't the true explanation. While stroking the walnut the magician opened one end of it very slightly. With a little pressure this can be done with any English walnut that isn't too fresh. This will pinch the skin of the forefinger and will hold, although a little shake will dislodge it. An almond can also be used in this trick.

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

No Sale.

Two gentlemen of Hebrew extraction were shipwrecked. For two days they floated around on a life raft. Near the end of the second day one of them cried: "Morris, look! I see a sail!"

"Vell, vat good does dot do us?" snapped back Morris. "We ain't got no samples."

A Loud Voice.

Fond Mother—"What do you think baby will be when he grows up?"

Exasperated Father—"I don't know; town crier, likely!"

Why Socks Have Clocks.

It is surprising how much of the past still remains, more especially in regard to the clothes we wear. On the back of most gloves will be found three thin stripes. These marks correspond to the fourchette pieces between the fingers.

In earlier times gloves were not made so neatly as they are to-day, and the stitching of the fingers was carried down part of the way on to the back of the glove, braid being used to conceal the seams.

To a similar reason the clock on a sock owes its origin. In the days when stockings were made of cloth, the seam occurred where the clocks are now displayed, the decoration being used to hide the seams.

The little bow which will invariably be found in the leather band inside a man's hat is a survival of the time when a hat was made by taking a piece of leather, boring two holes through it, and drawing it together with a piece of string.

Handkerchiefs were not always square. At one time they were shaped to the user's fancy. It chanced that this irregularity displeased Marie Antoinette, who suggested one winter evening at Versailles that a uniform shape would be an indication of good taste. The result was a decree by Louis XVI., issued in the early days of 1785, enacting that all pocket-handkerchiefs should have right-angled edges.

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

Queer Heirloom.

Mr. Spouter: "An heirloom, Johnnie, is something that is handed down from father to son."

Little Johnnie—"Huh! That's a funny name for pants."

For First Aid—Minard's Liniment.

Loyalty is a priceless quality of heart and mind—an alloy of golden kindliness, silver sentiment and copper common sense.

For Colds
BAYER
ASPIRIN
Proved safe by millions and prescribed by physicians for
Colds Headache
Pain Neuralgia
Toothache Lumbago
Neuritis Rheumatism
Safe
Accept only "Bayer" package which contains proven directions.
Handy "Bayer" boxes of 12 tablets.
Also bottles of 24 and 100—Druggists.
Aspirin (the trade mark designating the product of Bayer Manufacture of Monoaceticacidester of Salicylicacid) and "A.S.A." Whilst it is well known that Aspirin means Bayer manufacture, to protect the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Classified Advertisements

REMNANTS

BARGAIN PARCELS, 40 x 2 lbs. Patches, St. Mary's, Ontario.

FREE CATALOGUE

RASPBERRY BUSHES, GLADioius, Iris, Peony, Fancy Dahlias and Barred Rock Eggs. The Wright Farm, Brockville, Ont.

WANTED

KILN DRIED 22" SOFTWOOD Heading Boards, dressed one side to ⅞" and saw-jointed both edges. Quote F.O.B. here. Reid Bros., Bothwell, Ont.

The Donkeys of Clovelly.

"The most picturesque village in England" is what Mary Ellen Chase calls Clovelly in an interesting description in the Wellspring. She says that Clovelly is situated on the North Devonshire coast, on a bay of the sea, and sheltered from the Atlantic winds and storms by great brown cliffs on either side. It is literally built upon the face of a rocky hill, and its one narrow street, the High Street, is well named, for it is made in the form of cobbled-stone steps, which mount from the sea to the summit of the hill. So narrow and precipitious is this street that no vehicles of any kind can be used in Clovelly. Only patient, sure-footed donkeys go up and down, carrying panniers of fish or vegetables, and sometimes children or grown-ups, too, who take this easier way of mounting from sea to hill. These donkeys are part of the charm of Clovelly. Long-eared, shaggy, and patient, they climb up and down, down and up, for hours, driven by sturdy, brown-legged lads who are as sure-footed as they from long experience in climbing over stones. Then, their work over for a few moments, they sleep in the sunshine, dreamily flicking away the flies with their long ears and short, stubby tails.

Quick Relief for Rheumatism

Mrs. Bert Young of Filch 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

CUTICURA HEALS SKIN TROUBLE

Eruptions On Shoulders, Neck and Face. Itched and Burned.

"My trouble began with red spots breaking out on my shoulders, neck and face. They itched and burned causing me to scratch and irritate the affected parts. The eruptions scaled over and my clothing aggravated them. My face was disfigured, and the trouble kept getting worse.

"I began using Cuticura Soap and Ointment, and after using three cakes of Cuticura Soap and one and a half boxes of Cuticura Ointment I was completely healed." (Signed) Miss Pauline Mills, R. F. D. 4, Quaker City, Ohio, June 15, 1923.

Cuticura Soap, Ointment and Talcum are all you need for every-day toilet and nursery purposes.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2616, Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c. Try our new Shaving Stick.

MISERABLE AND ALWAYS IN PAIN

Lydia E. Pinkham's Vegetable Compound a Dependable Help for Mothers

Port Greville, Nova Scotia.—"I took your medicine for a terrible pain in my side and for weakness and headaches. I seemed to bloat all over, too, and my feet and hands were the worst. I am the mother of four children and I am nursing my baby—the first one of four I could nurse. I took Lydia E. Pinkham's Vegetable Compound before the baby's birth, so you can see how much it helped me. I cannot praise it too highly for what it has done for me. I took all kinds of medicine, but the Vegetable Compound is the only one that has helped me for any length of time. I recommend it to any one with troubles like mine and you may use my letter for a testimonial."—Mrs. ROBERT MCCULLEY, Port Greville, Nova Scotia.

Before and after child-birth the mother will find Lydia E. Pinkham's Vegetable Compound a blessing.

Many, many letters are received giving the same sort of experience as given in this letter. Not only is the mother benefited, but these good results pass on to the child.

No harmful drugs are used in the preparation of this medicine—just roots and herbs—and it can be taken in safety by the nursing mother.

98 out of every 100 women reported benefit from its use in a recent canvass among women users of this medicine. G