

RED ROSE

COFFEE

For particular people—
Pure! No chicory or any adulterant in this choice coffee

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.

Scarlet fever, the scourge of child life, is on the increase. There were 870 cases reported during the month of January, 1924, with 13 deaths. During the month of January, 1923, there were only 368 cases, so the number of cases this year has more than doubled.

Prevention of contact is the only known way to prevent scarlet fever. Keep sick children at home and away from other children in the household. Although the disease belongs to the list of winter born ailments, and an increase at this time may be expected, it can be cut to a minimum by prompt isolation of cases. The school room offers the best medium for spreading scarlet fever, hence any child having even the suggestion of a rash, a cold or a sore throat, should be kept at home until permission to return is granted by a competent physician.

The seriousness of scarlet fever lies in the fact that it is extremely infectious. Mild cases, known as scarlatina, frequently pass unnoticed. Yet these spread infection just as potently

as the more severe cases, and the virulence of disease builds up with increased prevalence. In other words, the more a disease spreads the more serious are the cases of it that occur. Scarlet fever is infectious to the very last stage of the disease, and much of it is spread by the careless person who ventures abroad before complete recovery. The regulations of the Provincial Board of Health of Ontario require a quarantine period of 10 days for contacts, and in the case of patients a quarantine period of 35 days from appearance of rash, providing the discharges from nose, throat or ears are all cleared up.

After effects from scarlet fever, such as deafness and arrested development often follow. The disease is particularly damaging in its effects on the kidneys, and much Bright's Disease of later life may be attributed to scarlet fever contracted in childhood. There are from two to four deaths in every 100 cases of scarlet fever. Exercise precautions so that your child may not be numbered among the victims.

Thrift Shops.

A thrift shop is merely an old-fashioned "rummage sale" put upon a permanent basis and organized to keep the community attics and dark closets well combed of their superfluous articles. It does not take a large town to support one thrift shop. Poor people are not the only ones interested in picking up bargains, especially when the shop is devoid of the more objectionable characteristics of a second-hand store and the customers realize that the proceeds of the sales go toward some worthy object. Thrift shops in several small Eastern cities have been successful.

Let us talk to each other more and about each other less.—Anonymous.

ASPIRIN

Beware of Imitations!



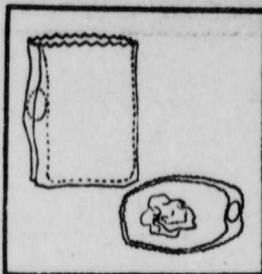
Unless you see the name "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for

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"Don't get tired—
drink Boveril"

EASY TRICKS

No. 227
The Vanishing Egg



An egg is shown and is placed in a small paper bag. The magician makes mysterious passes over the bag and then presses the bag smaller and smaller. The egg vanishes. The bag is opened and inside of it a handkerchief is found.

The bag and egg are prepared for the trick. The bag is made of two bags, one inside of the other. One side of the openings of the two bags are pasted together. It is thus possible to place an object either in the inner bag or between the two bags. The egg is prepared by punching a small hole in both ends of the egg and blowing the contents out. The egg should be permitted to dry before presenting the trick.

The handkerchief, a silk one, is in the inner bag at the start. The egg is placed between the two bags. The magician should ask an obliging friend to play mysterious music while he is doing the trick. The object of the music is to drown the sound of the crushing of the egg shell. If the opening between the two bags is treated with mucilage just before presenting the trick, the opening may be closed in the act of twisting up the mouth of the bag.

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

Denied Food to Starving Explorer.

Ada Blackjack, Eskimo woman, and sole survivor of the ill-fated Arctic expedition under Allan Crawford, the Canadian explorer, probably saved herself and refused to aid Lorne E. Knight, a member of the party, according to an interview with Harold Noice published in the New York World. Noice led the rescue party that reached Wrangel Island only to find Knight dead and Allan Crawford, Milton Galle and Frederick Mauer missing. Ada Blackjack was rescued.

Early stories paid tribute to the heroism of the woman. These stories, Noice said, were based on her own statements and on parts of a crude diary she kept. Some entries in this diary, thought to have been unreadable, have been deciphered by Noice and his wife. These, the explorer said, revealed that Ada refused to aid Knight as he lay dying on the island, and probably saved herself on food that would have saved Knight from starvation.

Ada was taken along with the Crawford expedition as a seamstress and cook. The diary kept by Knight reveals that she had other plans, Noice said, and proposed marriage to Crawford, and when he repulsed her, declared she had left Nome determined to marry one of the four white men in the party. None could see Mrs. Blackjack as a mate, however, and eventually the diary spoke less and less of her.

When Crawford, Galle and Maurer left on a dash for Siberia to get outside aid Ada was left to look after Knight, who was sick with scurvy. The three men were never heard of again. Knight's diary tells of the woman refusing to look after the traps, which were set near the tent, and of her washing her hair and making beads for herself when Knight was dying.

When the Noice expedition reached Wrangel Island late last summer they found Knight's emaciated body, weighing only 90 pounds. Mrs. Blackjack was well and fat. The party's original supply of food had not run out. There were 12 pounds of hard-tack, tea and blubber, Noice said.

Mr. Noice said he intended to bring the facts before the Explorers' Club and start some kind of an inquiry which would establish the facts officially.

Buy your out-of-town supplies with Dominion Express Money Orders.

Pen and Pencil.

A combined fountain pen and mechanical pencil, the size of an ordinary fountain pen, is one of the latest pocket writing conveniences. The pen portion is self-filling. Pencil points can be replaced.

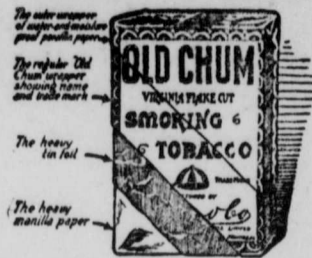
It does not matter what feelings of revenge and jealousy a person may have toward us, if we hold the love thought, the charitable thought toward him, his javelins of hate will glance from us, fly back and wound only himself.

Ask for Minard's and take no other.

OLD CHUM

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

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Manufactured by
IMPERIAL TOBACCO CO. OF CANADA LIMITED

Musical Story-Telling.

Many people object to the idea that music should be made to represent a picture or a story, and think that it should be merely a succession of pleasant sounds. The greatest musicians, however, including Haydn, Beethoven, Schumann and Liszt, as well as many only one degree down in the scale of composers, like Mendelssohn and Sterndale Bennett, have written their most inspired works for the piano or for the orchestra with the definite intention of telling or illustrating a story. Beethoven, the greatest of them all, in fact, said that he never composed without having a picture in his mind. But he did not always tell us what that picture was.

To be conscious that you are ignorant is a great step to knowledge.—Disraeli.



INDIGESTION, GAS, STOMACH TROUBLE

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diapepsin.

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Are relieved in a few days by taking 30 drops of Mother Seigel's Syrup after meals and on retiring. It dissolves the lime and acid accumulation in the muscles and joints so these deposits can be expelled, thus relieving pain and soreness. Seigel's Syrup, also known as "Extract of Roots," contains no dope nor other strong drugs to kill or mask the pain of rheumatism or lumbago; it removes the cause. Ask your Druggist.

Joints Ache?

Minard's will ease the pain and stiffness. The old reliable remedy.



Thin Folks

If you are weak, thin and nervous let your druggist supply you with Bitro-Phosphate. It is guaranteed to increase weight and strength and restore energy, vigor and nerve force. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

It adds nothing to my satisfaction that another man shall be disappointed.—Lincoln.

Classified Advertisements

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ACNE ON FACE CUTICURA HEALS

Hard, Large and Red Pimples, Itching Was Terrible.

"Had been troubled all my life with acne on my face. My forehead was a mass of pimples. They were hard, large and red, and the itching was most terrible. My face was disfigured. I sent for a free sample of Cuticura Soap and Ointment and after using them got instant relief. I bought more, and after using two cakes of Cuticura Soap and three boxes of Cuticura Ointment I was healed." (Signed) Mrs. G. S. Miller, Box 14, Marshall, Wash., Jan. 9, 1922.

Use Cuticura for every-day toilet purposes. Bathe with Soap, soothe with Ointment, dust with Talcum. Sample Each Free by Mail. Address: "Lyman, Limited, 246 St. Paul St., W., Montreal." Sold everywhere. Soap, 2c. Ointment, 25c. Talcum, 5c. Cuticura Soap shaves without rug.

EXCRUCIATING PAINS, CRAMPS

Entirely Remedied by Lydia E. Pinkham's Vegetable Compound

Eberts, Ont. "I started with cramps and bearing-down pains at the age of eleven years, and I would get so nervous I could hardly stay in bed, and I had such pains that I would scream, and my mother would call the doctor to give me something to take. At eighteen I married, and I have four healthy children, but I still have pains in my right side. I am a farmer's wife with more work than I am able to do. I have taken three bottles of Lydia E. Pinkham's Vegetable Compound and I feel that it is helping me every day. My sister-in-law, who has been taking your medicine for some time and uses your Sarsaparilla Wash, told me about it and I recommended it now, as I have received great relief from it."—Mrs. NELSON LOTT, R. R. 1, Eberts, Ont.

Lydia E. Pinkham's Vegetable Compound is a medicine for ailments common to women. It has been used for such troubles for nearly fifty years, and thousands of women have found relief as did Mrs. Lott, by taking this splendid medicine.

If you are suffering from irregularity, painful times, nervousness, headache, backache or melancholia, you should at once begin to take Lydia E. Pinkham's Vegetable Compound. It is excellent to strengthen the system and help to perform its functions with ease and regularity.