

RED ROSE

TEA "is good tea"

Next time try the finest grade—
RED ROSE ORANGE PEKOE

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.

Child Welfare Clinics are a great boon to mothers throughout the Province. Not only do these meetings provide a means for discussing with physicians how to keep well-babies well, which after all is the most important point, but they afford an opportunity for mothers to meet other mothers, and discuss many interesting little points which may be of mutual self-help in the upbringing of their children. The important point about these clinics is that they tend to promote healthy, happy childhood, by the giving of advice and by offering suggestions. The children are all weighed and examined; if the child is in good physical condition the mother is told so, and complimented. If the child is below normal in any way, or if it has any defects that are hindering its progress, these defects are pointed out to the parent and advice given to have the matter put right without delay.

A child may complain of pains, vague and indefinite perhaps, but still sufficient to cause annoyance and loss of sleep. The mother may regard these as "growing pains," and pay little heed to them, thinking of course that they occur naturally in childhood and that they mean nothing in particular. Yet these pains are very significant—they point to trouble ahead, they are of a rheumatic character and due very likely to some focus of infection which is poisoning the system. This focus of infection may be decaying teeth, diseased tonsils, etc., which need immediate attention but which are often neglected through lack of knowledge on the part of the parent as to the serious results which may arise from neglected treatment. These and many other questions of interest to mothers and their children are discussed at the Child Welfare Clinics throughout the Province.

Many interesting reports are received from time to time giving some idea of how the work is being carried on, and what valuable assistance these Child Welfare Clinics are in a community. Following is a report from the Public Health Nurse at Collingwood:

This year 52 clinics have been held, 572 babies have been weighed, measured and examined, and 2037 calls made, over 100 of the cases called upon being prenatal. A number of babies were visited regularly who lived either too far away or were too sick to bring to the clinic. A number of defects were found and the babies so affected were referred to the family physician.

Milk was supplied to fifteen babies,

and six others have had prepared foods given them. Ten mothers were attended at time of birth, and five were looked after till recovery was complete. A complete outfit of clothes was given to eleven babies, and eight others had part outfits given them. Many thanks are due the Daughters of the Empire for their valuable assistance given at all times."

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the newborn babe with perfect safety. The new sales tax will not increase the price of Baby's Own Tablets, as the company pays the tax. You can still obtain the Tablets through any medicine dealer at 25 cents a box, or by mail, post paid, from The Dr. Williams' Medicine Co., Brockville, Ont.



Haven't Descended As Yet.

"Do you believe that men have descended not only from monkeys, but farther back, from fishes?"

"No—most of 'em are poor fish still."

Ask for Minard's and take no other.

Free Rides to School.

Carfare is not needed by school children in Victoria, Australia. They are carried in street cars to and from school free of charge.

Mother! Give Sick Baby "California Fig Syrup"

Harmless Laxative to Clean Liver and Bowels of Baby or Child.

Even constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup."



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

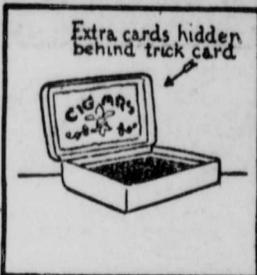
- | | |
|-----------|------------|
| Colds | Headache |
| Toothache | Lumbago |
| Neuritis | Rheumatism |
| Neuralgia | Pain, Pain |

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. 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 "Bayer Cross."

EASY TRICKS

No. 320

Chance Foretold



The apparatus for the trick is a box like that in which some brands of little cigars come. This is just about big enough to hold a pack of cards.

The cards are shuffled by a spectator and placed in the box. A spectator is asked to hold the box. The performer then tells the names of the three or four cards which are on top of the pack. When the box is opened and these cards examined the trickster is found to have spoken truly. The box may then be examined.

A second box is used. The label is soaked off the inner part of the cover and is pasted on the back of a playing card. On this card half a dozen cards are placed and the little packet placed in the cover of the box. The trickster keeps the hidden cards from falling by pressure of his fingers on the trick card and at casual inspection, the label being in view, there is nothing about the box to excite suspicion. When the cards are put in the box and the cover put on, the cards fall on the pack. As the performer knows which cards he put on the trick card, it is an easy matter to bring the trick to a conclusion. The box may be examined, of course, but the trick card should be removed from the pack at the earliest opportunity.

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



Depends on the Form.

Betty—"Is it bad form to appear in knickers?"

Bess—"That depends on the form."

Send a Dominion Express Money Order. They are payable everywhere.

When making a baked custard the milk should be brought almost to boiling point before it is poured over the eggs. This will prevent the custard from turning watery, as so often happens when cold milk is used.

The best way to get ahead is to make good use of the head you already have.

GIRLS! HAIR GROWS THICK AND BEAUTIFUL

35-Cent "Danderine" Does Wonders for Lifeless, Neglected Hair.

A gleamy mass of luxuriant hair full of gloss, lustre and life shortly follows a genuine toning up of neglected scalp with dependable "Danderine." Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drugstore.

DON'T TRY THE DO THIS WATCH TEST

Can You Hear?

Place watch to ear then draw away. You should hear tick of 56 inches. Does a ringing in your ears prevent your proper hearing?

LEONARD EAR OIL relieves both Head Noises and Deafness. Just rub it back of ears and insert in nostrils. Price \$1.25 For Sale Everywhere.

Interesting descriptive folder sent upon request.

A. O. LEONARD, Inc. 70 5th Ave. New York

CATARRH!

For quick relief heat Minard's and inhale. Splendid for cold in head, throat or chest.



Now Packed in Vacuumized Tins



80¢ the ½ lb.

Always - fragrant
Always - the same
Always - in good condition
Wherever and whenever you buy it.
Ogdens Liverpool.

The Drawback.

Eastman—"So your hired man's quit smoking?"

Westerman—"Yes—found it too much work to open his tobacco packages."

Keep Minard's Liniment in the house.

Size of Lake Winnipeg.

Lake Winnipeg is more than 1,000 square miles greater in area than Lake Ontario.

SALESMEN

We pay weekly and offer steady employment selling our complete and exclusive lines of whole-root fresh-dug-to-order trees and plants. Best stock and service. We teach and equip you free. A money-making opportunity. Luke Brothers Nurseries, Montreal.

Is Your Blood Starving For Want of Iron?

Without Plenty of Iron In Your Blood You Don't Get the Strength and Nourishment Out of the Food You Eat.

When over-work, lack of sleep, improper food and impure air sap the iron from your blood and make you feel weak, nervous, irritable and out-of-sorts, it is important that you should at once put more iron into your blood. Without iron the blood loses the power to change food into living tissue and therefore nothing that you eat does you the proper amount of good because you don't get the full strength out of it. Your food merely passes through your system like corn through a mill with the rollers so wide apart that the mill can't grind. Because of this steady starvation of the blood and nerves people often become weakened, tired-out, nervous and run-down and frequently develop all sorts of symptoms. But the moment organic iron—Nuxated Iron—is supplied a multitude of dangerous symptoms disappear in most cases, the flesh becomes firmer, the muscles get back their strength and the roses of health bloom in cheeks that were pale and sticky looking.

No matter what other so-called remedies you may have tried, if you are not strong, vigorous, hearty and well, you owe it to yourself to make the following test: How long you can work or how far you can walk without becoming tired. Next, take two five-grain tablets of ordinary Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. You can obtain Nuxated Iron from your druggist on the distinct understanding that if you are not fully satisfied your money will be refunded.



Children Delight In Cuticura Soap Baths

Because they are soothing and refreshing for tender skins, especially if assisted by Cuticura Ointment on first signs of redness or roughness. The Cuticura Talcum also, delicately medicated and exquisitely perfumed, is excellent for little ones.

Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 246 St. Paul St., W., Montreal.

Cuticura Soap shaves without mug.

A Captive Tiger's Food.

Tigers in captivity consume from 14 to 16 pounds of beef a day.

Classified Advertisements

FOR SALE

WOOLGROWERS, YOUR OWN wool manufactured or exchanged for yarn or blankets. Woollen Mills, Georgetown, Ontario.

MAH JONG, FASCINATING Chinese game. Complete set, with full instructions, one dollar postpaid. W. Aslett, Sarnia, Ont.

WONDERFUL DISCOVERY. Charges batteries in 10 minutes. Gallon free to Agents. Radcliffe Co., St. Paul, Minn.

MURINE
Keeps EYES
Clear, Bright and Beautiful
Write Murine Co., Chicago, for Eye Care Book

Cause of Early Old Age

The celebrated Dr. Michenhoff, an authority on early old age, says that it is "caused by poisons generated in the intestine." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound. 10

MRS. MISENER'S AGHES AND PAINS

Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont.—'When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken, I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.

Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women." 0