

RED ROSE TEA

"is good tea"

The ORANGE PEKOE QUALITY makes finer tea and more of it

HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health questions through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Milk is powerful—powerful as a food because it can generate energy, and the human system is an engine. Just what power a supply of milk has was strikingly demonstrated in Chicago recently, when a locomotive was run by milk. Not a human locomotive either, but an iron and steel engine, pulling a train of five cars for a distance of six miles and carrying two hundred passengers in the coaches. The demonstration was conducted by the Health Commissioner of Chicago just to show what milk could do as a fuel. The novelty of the test made it

all the more interesting, for who would think of milk being able to run an engine? And yet it did run an engine. It shows that all this talk of hygienists about milk being good food for children and adults is no idle talk, but that its truth can be forcefully shown. The train in question started from the Englewood Station on the Rock Island tracks and ran to Beverley Hills. The sole fuel was dried milk worked into lumps about four inches in diameter, approximately the same size as locomotive coal. Calculations show that this substance has about the same heat value as medium grades of coal. Several days previous to the running of the "milk" train, a test of milk as fuel was made at one of the roundhouses of the Rock Island Road. To give the strange fuel a chance, a "warmed up" engine was taken. The steam gauge registered 135. Then 125 pounds of the lumped milk was shovelled in and began to burn vigorously. One of the veterans of the roundhouse staff, on watching the experiment, exclaimed as the milk began to burn: "That milk stuff beats any fire I ever saw inside a locomotive. It burns like oil." The steam gauge had started to climb, and when it reached 200, the engineer who had fired the boiler, threw out his chest and said: "I have the honor of being the first man to fire a locomotive with milk."

The parallel between milk as human fuel and engine fuel was pointed out, because after all, the human body is essentially a very intricate machine which requires the right kind of fuel as much, if not more than the iron and steel locomotive that pulls a train of cars on the tracks. If all these, young and old, who now use tea and coffee, would stop using these beverages and take pure milk instead, they would soon find an improvement in their general health and would not regret adding the right kind of fuel for the delicate engines of which our bodies are composed.

Dizziness Is Nature's Warning



Headaches and dizziness are Nature's warning of a disordered digestion. If ignored, chronic ill health may follow. Avoid this by taking TANLAC, the world's greatest digestive medicine. TANLAC will tone up your stomach, cleanse your system and build you up to robust health.

TANLAC

The World's Best Tonic

At All Good Drug Stores
Over 40 Million Bottles Sold
Take Tanlac Vegetable Pills for Constipation

Order Your Farm Help Now

TO BE OF SERVICE to Eastern Canadian farmers and help to meet their needs in securing competent farm help, the CANADIAN PACIFIC RAILWAY will continue its farm help service during 1925 and will include in this service, as last year, the supply of women domestics and boys.

Through experience in the last two years, the Company is now in touch with a number of good farm laborers in Great Britain, Norway, Sweden, Denmark, France, Holland, Switzerland and other European countries and can promptly fill applications for farm help.

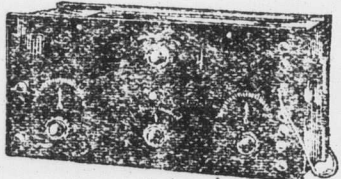
In order to have the help reach Canada in time for the spring operations, farmers requiring help must get their applications in early, to enable us to secure the help needed. Blank application forms and full information regarding the service may be obtained from any C.P.R. agent or from any of the officials listed below. THE SERVICE IS ENTIRELY FREE OF CHARGE.

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Department of Colonization and Development.

MONTREAL, Que.—J. Douglas, General Agricultural Agent.
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The R-3—A Radio Frequency Set.

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A fine, handsome instrument, operates with four Peanut tubes. Two of them are radio frequency amplifiers, giving volume with clear tone. So simple that five minutes is enough to learn its operation.

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What do we want of bed or board,
Of lock or lighted lamp;
What do we want of an acre or two
With the whole wide world for camp?

For a bed is not the gift of sleep,
Nor a board the zest of feasts;
A lock shuts out nor death, nor care,
A lamp lights no new easts.

For us the far horizons,
Their timeless come and go,
The mystic tents of change and charm
The stuff of dreams aglow.
—Edith Thompson.

WHY RHEUMATISM OFTEN COMES BACK

The Usual Treatment Does Not Reach the Root of the Trouble.

Most treatments for rheumatism do no more than aim to keep down the poison in the blood and enable nature to overcome that particular attack. Then when the system becomes run-down from any cause the disease again gets the upper hand and it all has to be done over.

Sufferers from rheumatism who have found their condition unrelieved or actually growing worse while using other remedies, would do well to try Dr. Williams' Pink Pills. The tonic treatment with this medicine has proved in thousands of cases that it builds up the blood to a point that enables it to cast out the rheumatic poisons through the regular channels, the bowels, kidneys and the skin. When this is done rheumatism is banished, and as long as the blood is kept pure and rich the patient will be immune from attack. This is fully proved by the case of E. E. Davis, J.P., of Dinsmore, Sask., who says:—"I feel it my duty to sufferers from rheumatism to recommend Dr. Williams' Pink Pills. Some years ago I was a great sufferer from this trouble and was confined to my room. I tried two doctors without relief and had become despondent. Then I saw Dr. Williams' Pink Pills recommended for this trouble and got six boxes. Before they were all gone I was able to get around on crutches, and when I was on the eleventh box I started to work. I have not missed a day's work since on account of rheumatism. On two occasions since I have had light touches of the trouble, but a box of the pills soon put me right. I strongly recommend rheumatic sufferers to give Dr. Williams' Pink Pills a fair trial."

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

EASY TRICKS

No. 342

A Catch Game



Sometimes the folks play old-fashioned games in which forfeits have to be paid. Here is a little known stunt by which some person may pay his forfeit and provide a vast amount of amusement for the rest of the party.

The person to pay the forfeit is taken out of the room and his friends seat themselves in two rows, facing each other. Each person presses the toe of one shoe against the toe of one of the shoes worn by the friend who faces him. The victim is brought in and he is told that he will be blindfolded and asked to walk between the two rows. If, however, he steps on anyone's toes, another forfeit will be demanded.

The trick is that each person, as soon as the victim is blindfolded draws his feet under his chair. The victim, unaware of this, passes between the rows, endeavoring mightily to miss the feet that aren't there, and so adding to the fun of the party.

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

Sneeze Signs.

In the ancient days of Greece and Rome, a sneeze was supposed to bear in its train far greater portents than a mere cold.

To sneeze whilst rising from the table or bed was said to indicate approaching death. Yet to sneeze between midday and midnight under favorable planetary conditions was an augury of happiness.

Again, if the Greek or Roman turned to the right while sneezing, it was regarded as a happy omen.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

If I were asked to define salesmanship in one sentence, I would say it was nothing more nor less than making the other fellow feel as you do about the goods you have to sell.

Minard's Liniment for Rheumatism.

Music From a Mirror.

More than two thousand years ago a barber discovered that, in moving his mirror, air was forced through the tubes which were common in mirrors at that time. This caused a curious musical sound to be emitted. So struck was he by this peculiarity that he set about making an instrument which was the foundation of the modern organ.

After several experiments he made a water-flute, in which air was forced by bellows through an inverted cone which led to flutes controlled by a keyboard, the pressure being kept uniform by water.

After a thousand years a rival instrument made its appearance. This was of a similar pattern, but, instead of water, weights regulated the pressure.

In 951 an organ was erected at Winchester, England. It had twenty-six bellows and ten pipes to each key. The two men who sat at the keyboard "blew and sweated enormously." Later, a firm of organ makers in Germany succeeded in erecting the first really big instrument. The primary stops did not differ very much from those of to-day, although various novelties were introduced.

Among the innovations were the nightingale and cuckoo stops, while others represented cock-crowing and goat-bleating. Though these novelties have now fallen into disuse, an organ with one of these nightingale stops is still to be seen in Rome.

It was not until the nineteenth century that the problem of the regulation of air pressures was solved by the introduction of the hydraulic blower.

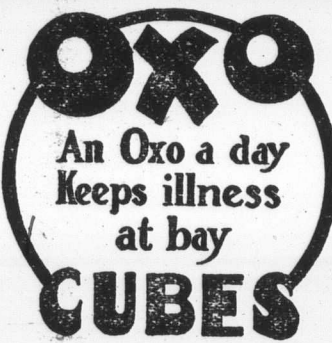
HEALTHY CHILDREN ALWAYS SLEEP WELL

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 new-born babe with perfect safety. You can 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.

Malicious Fun.

Boys will be boys, in South Africa as well as other parts of the world, but sometimes, as in this case, they turn fun into malicious mischief. There was to be a dance at the Heidelberg Town Hall, and everything was to be in high style, until it was discovered that some boys had poured a quantity of tar all over the floor. The guests, however, with the help of sand and brooms, managed to have a dance, which was enlivened by the news that the culprits had been captured, and their parents were thrashing them with a vigor never surpassed.

According to scientists, Nature's coal-forming process took eight million years to complete.



An Oxo a day Keeps illness at bay

Gold in the Head

Heat Minard's and inhale often. Splendid for catarrh.



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Pain Toothache 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 is the trade mark (registered in Canada) of Bayer Manufacture of Monocyclic-acidester of Salicylicacid (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 "Bayer Cross."

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

"Tobacco of Quality"

Manufactured by IMPERIAL TOBACCO CO. OF CANADA LIMITED

Tiny Titles.

"What is it called? This is the question we usually ask concerning a new book, and one with an original title will stand a good chance of becoming a best seller if the matter inside the covers is equally good.

One-word titles are not much in vogue to-day, although Mr. Hilaire Belloc published a book called "On" recently. Two novels, published some years ago, go one better than this, however. One was called "E," and the other "B."

Similarly, "Why," published in 1921, has been beaten by "I," which hails from the United States.

There are many three-letter titles, some of the best known being "She," "Eve," "Now," "Fan," and "Tim."

Customer—"I say—do you mind changing these vests for some less humorous ones? These tickle me to death!"

Salmon fishing is rivaling mining in Alaska.

MORE THAN 55,000 FARMERS

have bought their farms in Western Canada from the Canadian Pacific. A remarkable fact. Think! There is a reason. The large area of our holdings affording choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farm from our virgin lands, from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces of Canada," and leaflet, "Western Canada Forges Ahead." C. L. Norwood, Land Agent, Canadian Pacific Railway, Desk W., Windsor Station, Montreal, Que.

Reason's whole pleasure, all the joys of sense, lie in three words—health, peace and competence.—Poep.

Minard's Liniment: Relieves Pain.

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CUTICURA HEALS PAINFUL PIMPLES

On Face and Shoulders. Itched and Burned.

"My trouble began with a rash of pimples on my face and shoulders. The pimples were hard and red and festered and scalded over. They were very painful and itched and burned so that I could not sleep nights. I was ashamed to go anywhere my face was so disfigured. The trouble lasted about four and a half years.

"I began using Cuticura Soap and Ointment, and after using three cakes of Cuticura Soap and two boxes of Cuticura Ointment I was completely healed." (Signed) Miss Myrtle A. Westover, Bolton Centre, Quebec.

Rely on Cuticura Soap, Ointment and Talcum to keep your skin clear. Sample Each Free by Mail. Address Canadian Depot, "Cuticura," P. O. Box 2418, Montreal. Price, Soap 25c, Ointment 25c, Talcum 50c. Try our new Shaving Stick.

PAINS IN LEFT SIDE AND BACK

Other Troubles Women Often Have Relieved by Lydia E. Pinkham's Vegetable Compound

Lachine, Quebec.—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my left side and back, and with weakness and other troubles women so often have. I was this way about six months. I saw the Vegetable Compound advertised in the 'Montreal Standard' and I have taken four bottles of it. I was a very sick woman and I feel so much better I would not be without it. I also use Lydia E. Pinkham's Sanative Wash. I recommend the medicines to my friends and I am willing for you to use my letter as a testimonial."—Mrs. M. W. Rose, 580 Notre Dame Street, Lachine, Quebec.

Doctor Said an Operation

Provost, Alberta.—"Perhaps you will remember sending me one of your books a year ago. I was in a bad condition and would suffer awful pains at times and could not do anything. The doctor said I could not have children unless I went under an operation. I read testimonials of Lydia E. Pinkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better and now have a bonny baby girl four months old. I do my household work and help a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use this testimonial letter."—Mrs. A. A. ADAMS, Box 54, Provost, Alberta. O. I.