

RED ROSE TEA 'is good tea'

and the choicest of Red Rose Teas is the ORANGE PEKOE QUALITY

October Chant.
Spring's a slim green lady
Fathered in the town,
Autumn is a farmer's lassie
With her hair down!

Scarlet is the homespun,
Bare her brown young feet,
And her lips are stained with berries
Red as bittersweet.


She has golden eyes to lure you,
Sleepy, slow and warm,
And her briar-tattered jacket
Bares a white soft arm.

Blue smoke from the leaf fires
Dims the frosty air—
If you crush her close and kiss her
She will never care.

She's no prim and proper
Lady of the town,
Autumn is a farmer's lassie
With her hair down!

—Kathryn Worth.

London was never walled all round
even in the times of the Romans. The
River Thames was its safeguard in the
South.



DEMAND
TANLAC
The World's Best Tonic

Over 100,000 people have testified that TANLAC has relieved them of:

Stomach Trouble, Indigestion, Heartburn, Palpitation, Rheumatism, Mal-Nutrition, Sleeplessness, Nervousness, Loss of Appetite, Loss of Weight, Torpid Liver or Constipation.

"Ask Anyone Who Has Taken TANLAC"

For Sale By All Good Druggists

TANLAC
40 Million Bottles Sold

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.

Minneapolis has a very low infant death rate as compared with many cities of similar size in the United States. An investigation conducted by the Women's Community Council of that city made a study of child welfare and found some very interesting facts. The children whose histories were taken were of the kindergarten stage. The kindergarten child is one who is just below the age when it can go to school. Generally the age of this class ranges from five to seven, and this was the kind of child studied. Of this group of children, more than half had been breast fed until they were more than seven months of age. Less than four per cent. had been exclusively bottle-fed. It is obviously a fact that breast feeding is the vogue in Minneapolis, and is one reason for their low baby death rate.

On making inquiries into the habits of the kindergartners, it was found that one of the worst habits was the unregulated use of candy and sweets. One-third of the mothers reported that they allowed their children to eat candy and sweets as they pleased. More than a fourth drank tea or coffee at home and one-fifth of the children did not get enough milk. Only ten per cent. reported their children were not allowed candy or sweets. The habits, and especially the eating habits of many of the children, were

unquestionably bad. Nearly forty per cent. were reported as irregular about their home noon lunch, and a fourth of them ate what they pleased when they pleased.

Of the children examined, eighty-four per cent. took neither a morning or an afternoon nap, while 165 of them did not get enough sleep. The question of keeping children away from the movies is an important one. Apart from the merits or demerits of the picture itself, the moving film is injurious to the eyesight of the young, and the time spent sitting in a stuffy, ill-ventilated picture house could with better advantage be taken up with walking or playing in the fresh air. It is interesting in this regard to note that half of the mothers interviewed in Minneapolis did not allow their children of pre-school age to go to the movies, while 115 children were reported as attending moving picture shows weekly.

When the question of discipline was considered, it was found that 603 families reported they trained their children through interest; 284 trained through punishment, and 193 by corporal punishment, or in other words, by beating or whipping. Of the group of 1,000 children examined, 415 had defective teeth. The next most frequent defect was enlarged tonsils and adenoids.

EASY TRICKS

No. 338
A Swindle

SIX	IX	XL
-IX	-X	-L
S	I	X

This is more of a practical joke than a trick, but it is a stunt that is not only very little known but is well worth knowing. When the conversation swings to mathematics, the trickster says: "I can take 9 from 6, 10 from 9 and 50 from 40—and have six left." A catch is suspected and a catch it is. The illustration shows how the trick may be done.

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



You Bet.

There was a young fellow named West,
Who went to the country to rest,
But a farmer named Snapper,
Had a daughter, a flapper,
Now the strain on his system's a test.

Choir-Boys and Their Punishments.

The restless choir-boy is often the best singer, as the inhumanly well-behaved youngster is often devoid of initiative, musical or otherwise. The writer well remembers the choir-master of his own chorister days who, to his sorrow, sat immediately behind him in the choir-stalls. This gentleman had a difficulty of speech which prevented him from pronouncing the word "ears" as it deserves. This must have been a sore trial to him, for the word was constantly on his lips. At frequent intervals during the services, at all events, the boy sitting in front of him would hear a loud stage-whisper, angrily tuned, saying: "I'll box your ears with a book." It became a famous phrase among the boys—and sometimes it was translated, painfully for them, into action. But even this, surely, was a less embarrassing punishment for a choir-boy than that devised by a clergyman who, in the course of his sermon, stepped from the pulpit, drew forth from the choir an offending youth, took him into the pulpit and stood him in the face of the congregation through the remainder of the sermon. That was indeed a penalty.

RHEUMATIC PEOPLE CAN NOW FIND RELIEF

By Driving the Poisonous Acid From the System.

Rheumatism attacks people when the blood is thin and watery, or charged with impurities, thus setting up inflammation of the muscles and joints. Cold, wet weather or sharp winds may start the pains, but the cause is rooted in the blood and to get relief it must be treated through the blood. As a blood builder and nerve tonic Dr. Williams' Pink Pills are unsurpassed, and for that reason do not fail to give relief to rheumatic sufferers when given a fair trial. Among the rheumatic sufferers who have proved the great value of this medicine is Mrs. Simeon J. Tatton, Indian Head, Sask., who says: "For over two years I was an intense sufferer from rheumatism and until I began the use of Dr. Williams' Pink Pills no treatment that I took helped me any. The trouble grew so bad that I could not move around the house without help, and finally I had to give up and go to bed. Words cannot tell how much I suffered, and I could not bear to have anyone come near me. Finally one of my neighbors strongly urged me to try Dr. Williams' Pink Pills, and I decided to do so. In the course of a few weeks I could feel an improvement, and I was able to get up. I kept on taking the pills until all traces of the trouble were gone, and I could again do my household, feeling like a new person. Three years have passed since that and there has never been the slightest return of the trouble, so that I feel safe in saying that the relief brought by this medicine is permanent."

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

The World's Population.

Fifty years ago France, with 38 million people, was the most populous country in Europe. Germany came next with 37 millions, and Britain third with 30 millions, whilst the United States had a population two millions less than France.

A great change has taken place since, and from being first France is now last in point of population. Her present population is only a million in excess of what it was fifty years ago, whilst Germany's 37 millions have become 64, the United Kingdom's 30 millions have become 49, and the United States' 36 have actually become 110 millions.

Since 1800 America has multiplied its population by 22, and since 1850, that is to say, in 75 years, she has multiplied her population by 6½.

The population of the whole world is estimated to amount to some 1,800 millions, of whom 500 millions dwell in Europe, 900 millions in Asia—chiefly in China, India and Japan—150 millions in Africa, 200 millions in North and South America, and only some seven millions in Australasia, a term which is meant to include the Pacific Isles.

The Old Ones Are the Best.
Recently a dispensary patient was placed on a strict and scant diet, on which she did not improve as was expected. The doctor sent a social worker out to investigate. The patient admitted that she was much worse, but protested, almost tearfully, that she had eaten everything as the doctor had ordered. "What else did you eat?" asked the inspired social worker. "Nothing except my regular meals," said the truthful patient.

Don't judge another by what he thinks of you.—Lincoln.

Minard's Liniment Relieves Pain.

CONSTIPATED CHILDREN

Constipation is one of the most common ailments of childhood and the child suffering from it positively cannot thrive. To keep the little one well the bowels must be kept regular and the stomach sweet. To do this nothing can equal Baby's Own Tablets. They are a mild but thorough laxative; are pleasant to take and can be given to the newborn babe with perfect safety. Thousands of mothers use no other medicine for their little ones but Baby's Own Tablets. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Rhymes on Rings.

While some old customs are dying out, others are being revived. Among the latter is that of engraving mottoes and proverbs on lovers' rings. Rings thus engraved were formerly called "posy rings," and some of the inscriptions were very quaint.

For instance, how would the following appeal to the "modern miss": "My love is fixt, I will not range, like my choice too well to change." Among the many other mottoes which adorned the rings of old-time lovers were:

"In thee, my choice, I do rejoice,"
"This and the giver are thine forever,"
"Of all the rest I love thee best,"
"God for me appointed thee," "I joy in thee, joy thou in me," and "Providence divine hath made thee mine."

Minard's Liniment for Rheumatism.

Fulfillment.
We cannot kindle when we will
The fire that in the heart resides,
The spirit bloweth and is still,
In mystery our soul abides:
But tasks in hours of insight willed
Can be through hours of gloom fulfilled.

—Matthew Arnold.

Avoid loss when sending money by mail—Use Dominion Express Money Orders—the safe, convenient, inexpensive way.

We do not eat enough fruit or drink enough milk, according to one medical expert. Spinach is specially valuable to children.

OLD CHUM SMOKING TOBACCO

IS FOUR TIMES SEALED



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

"Tobacco of Quality"

Manufactured by
IMPERIAL TOBACCO CO. OF CANADA LIMITED

Homeward.

Across the meadow comes the night
Like tides from out the sea
To break upon the twilight's shore
With murmuring harmony.

And o'er the roads through dusk and dew
From fields where toil is done,
The workers of the day return
With toil's contentment won.

They hasten where, like harbor lights
The sailors love and know,
Bright through the shadows cheerily
The home lights gleam and glow!

—Arthur Wallace Peach.

The salt in the ocean is sufficient to cover 700,000 square miles of land to a depth of one mile.

BOILER

Water tube type, 125 h.p., in good condition, also a large amount of plumbing, lighting and heating equipment. Will sell entire or in part at great sacrifice because of alterations to our property. Real Estates Corporation, Limited, Top Floor, 73 West Adelaide Street, Toronto. Telephone Elgin 8101.

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FULL RIGGED
SHIP MODELS
Send description and full particulars to
L. COSTELLO
73 W. Adelaide St. Toronto

Burns!

Apply Minard's at once. It acts as a counter irritant and gives quick relief.



Genuine BAYER ASPIRIN

Insist on BAYER TABLETS OF ASPIRIN
Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24 years for

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

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 Mesoacetic-acid ester of Salicylic Acid (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."

A good test of a man is the way he spends his money.

Classified Advertisements

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

LADIES ONLY.

OUR BOOKLET, "LADIES' FRIEND," mailed in plain envelope, free. Casier 2423, Montreal.

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SHORTHAND OR BOOKKEEPING taught in twenty home lessons. Proficiency guaranteed. Diploma given. Empire Business College, 346 Broadview Ave., Toronto.

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

BETTER IN EVERY WAY

After Taking Lydia E. Pinkham's Vegetable Compound

Ingomar, N. S.—"I took your medicine for a run-down condition and inward troubles. I had pains in my right side so bad at times that I could not walk any distance. I saw about Lydia E. Pinkham's Vegetable Compound in the newspapers and have taken five bottles of it. I am better in every way and you can use my letter to help other women." —Mrs. ALVITA M. PARRY, Ingomar, N. S.

Nervous Breakdown Relieved

Toronto, Ontario.—"It is pretty hard to explain your feelings in nervous troubles. I felt low spirited, had pains in my head and eyes, always crying, and did not want to go anywhere. I do knitting and fancy work, and I would get irritable after a few minutes of work. I have been in Canada five years and have been this way ever since I came. I am taking Lydia E. Pinkham's Vegetable Compound and I sleep better and it seems to make me eat, and I must say I am feeling more jolly. I have great faith in your medicine because of what it has done for my husband's sister and she recommended it to me." —Mrs. A. SMITH, 10 Burling Avenue, Todmorden, Toronto, Ontario.

All druggists sell this dependable medicine, and women suffering from these troubles so common to their sex should give it a trial now.

ERUPTIONS ON HEAD AND FACE

Red, Swollen and Sore.
Cuticura Heals.

"I had my trouble from childhood. It took the form of white, scaly, sore eruptions which caused terrible itching and burning, also loss of sleep. My head and face and parts of my body were affected. The skin on both my head and face was red and swollen and awfully sore. The breaking out caused disfigurement, and I lost nearly all my hair.

"I began using Cuticura Soap and Ointment and they afforded relief, and at the end of three months I was completely healed." (Signed) Mrs. W. A. MILLER, Marshall, Washington, Nov. 8, 1923.

Use Cuticura Soap, Ointment and Talcum for all toilet purposes.

Sample Each Free by Mail. Address Canadian Cuticura, P. O. Box 214, Montreal. Also Soap, Ointment and Talcum. Try our new Shaving Stick.