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



**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 the first night until midnight, and

Bed-wetting is not a disease; it is simply the persistence of an infantile condition or habit. Most children at-tain 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 the end of a week. When, In order to effect a cure, the child must be taught to empty his bladder at the end of a week. When, at regular intervals, and always be-fore the time the wetting usually oc-curs. The periods between the pass-ing 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:--

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 blad-

wonderful medicine for little ones

advise all mothers to do likewise.

hood arise in the stomach and bowels

and can be quickly banished by Baby's

Own Tablets. These Tablets relieve

up colds and simple fevers, expel

worms, allay teething pains and pro-

mote healthful sleep. They are guar-

anteed to be free from injurious arugs

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. Wil-

liams' Medicine Co., Brockville, Ont.

organ in a Kingsway Church, London, for 60 years, she has only missed a

Sunday service four times, apart from

holidays.

Although Miss Cope has played the

constipation and indigestion, break

**MADE HER BABY** 

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 5. The diet should be blood. 3. The diet should be blood. 4. 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 therefore, is not to blame. Encourage to be allowed on cereals. 3. The diet should be blood. 4. No liquids or fruit are to be punished for bed-wetting, because the act is involuntary, and he does not therefore, is not to blame. Encourage to be allowed on cereals. 3. The diet should be blood. 4. No liquids or fruit are to be punished for bed-wetting occurs, and, therefore, is not to blame. Encourage to be allowed on cereals. 5. The diet should be blood. 5. The diet should blood. 5. The diet should blood. 5. The di him to be on the alert to feel the need of emptying the bladder. Guard par-ticularly against over-fatigue or ex-citement. Be insistent on the mid-

morning and mid-afternoon rest per

Drugs are of little or no use. Pa-5. He should be wakened every hour practically all cases.

### 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 exer cises an important influence on the mechanical properties of timber had been brought to light by previous research. It was known that in softwoods, 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 hardwoods such as Ash and Oak, the re-

more rapid growth. Analysis of the results of many thousands of strength tests made at the Laboratories, has now enabled the No Money Made With Poor 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 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 rcck Here on the Breton strand! -Tennysor

## **HELP FOR TIRED NERVOUS PEOPLE**

Found in the Use of Dr. Williams' Pink Pills

If you have any of these symptom 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 emer-

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.

### 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

to prove that where farmers are using

herds, they are making greater in-

When we consider that these figures

living under average farm conditions we can hardly discredit them.

Liberal feeding of inferior live stock

The pure bred sire has back of him

pose in view; either the production of

These characteristics are highly in-

tensified in his blood so that he transmits them to his offspring, even

The grade sire has back of him

generations of ancestors that, like

"Topsy," just happened. The result

is that you can expect nothing, but

Haphazard hit and miss breeding

when only a grade female is used.

beef or the production of milk.

either milk or beef.

quantity of feed.

red



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.

Why Socks Have Clocks.

It is surprising how much of the past

still remains. more especially in re-

respond to the fourchette pieces be-

In earlier times gloves were not

To a similar reason the clock on a

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 survival of the survival of

Handkerchiefs were not always square. At one time they were shaped to the user's fancy. It chanced that

his irregularity displeased Marie An-

toinette, who suggested one winter evening at Versailles that a uniform

Louis XVI., issued in the early days of

1785, enacting that all pocket-hand-

kerchiefs should have right-angled

When ordering goods by mail send

Dominion Express Money Order.

Queer Heirloom.

would be an indication of good The result was a decree by

ing used to hide the seams.

with a piece of string.



This trick is done with an Eng-lish walnut, selected at random from a pile on the table. The magician strokes the walnut, as-serting that he is magnetizing it. Presently he gives evidence that he has spoken truly because the walnut clings to his finger tip as it his finger were a magnet and the

walnut clings to his finger tip as if his finger were a magnet and the avaluat a bit of steel. But that isn't the true explana-tion. While stroking the walnut the magician opened one end of it very slightly. With a little pres-sure this can be done with any English walnut that isn't too fresh. This will pinch the skin of the fore-finger and will hold, although a lit-tle shake will dislodge it. An altle shake will dislodge it. An al-mond 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 extrac

A Loud Voice.

tion were shipwrecked. For two days they floated around on a life raft. Near Mr. Spouter-"An heirloom, Johnnie, the end of the second day one of them cried: "Morris, look! I see a sail!" something that is handed down from father to son." "Vell, vat good does dot do us?" snapped back Morris. "We ain't got Little Johnnie-"Huh! That's a fun-

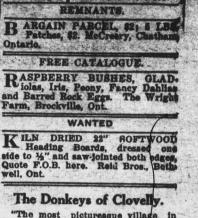
ny name for pants." For First Ald-Minard's Liniment

shape

taste.

adges.

Fond Mother-"What do you think Loyalty is a priceless quality of



Classified Advert

"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 Hterally 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 Clovelfy. 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, shagsy, 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.



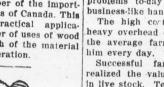
"My trouble began with red spots breaking out on my shoulders, neck and face. They itsed and burned causing me to scratch and irritate the affected parts. The erup-tions scaled over and my clothing aggravated them. My face was dis-figured, and the trouble kept getting

"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, Obio, June 15, 1023 15, 1923.

Cuticura Soap, Ointment and Tal-um are all you need for every-day

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

They never fail to regulate the baby's stomach and bowels, and make him plump and well. I always keep a box verse was true, slowly grown wood of the Tabets in the house and would being inferior in strength to that of Most of the ordinary ailments of child-



gency. If you are ailing give these pills a

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.

BERMI Sailings Twice Weekly Via Palatial, Twin-Screw, Oil-Burning Steamers "FORT VICTORIA" and "FORT ST. GEORGE" ding Passengers at Hamilton Dock For Illustrated Booklets Write FURNESS BERMUDA LINE Whitehall Street . New York City or Any Local Tourist Agent



America's Resort Hotel. Smartest

pean Atmosphere.

Perfect Cuisine and Service.

Single rooms from \$5.00 Double rooms from \$8.00 European Plan

New Hydriatric and Electro - Therapeutic Department.

GUSTAVE TOTT, Manager



The Cat. "I golfed with Jack this morning it was shown, was not as great a fac. and he proposed to me at the ninth tor in increasing the labor income as hole."

"That's nothing. I golfed with him was the use of pure bred sires. last week and he proposed to me at. generations of ancestors that were selected and bred with a specific purthe third hole."

### Electric Warning for Motorists.

Automatic warning signals to prevent collisions between motor cars at dangerous cross-roads have been tested recently near Bordeaux. France. These signals are operated electrically. Across each roadway near the intersection is placed a metal plate even with the road level. Whenever a

Live to-day! Get all of the sun-

shine, the happiness, the broader, bet-ter viewpoint that to-day holds for

costly.

motor car approaching the crossing passes over the plate, it makes an electric contact that releases a danger operations are the causes of low labor incomes and financial failures among Ontario farmers to-day.

signal at the crossing and on the inter-secting road. At night the signals are hands. The remedy lies in the farmers'

are liable to get anything.

illuminated for several seconds after Thus a driver is warned instantly that another car is approaching the in-tersection. The signal is at a metal ward success. tersection. The signal is at a suffici-

The Wise Woman.

ent distance from the crossing to give him time to apply the brakes. Instal-Old Sailor-"Yes, mum / that's a lation of the system is said not to be man o'war.'

Lady-"How interesting! And what statute one just in front?" Sallor---"Oh, that's just a tug." Lady---"Oh, yes, of course, tug of war. I've heard of them."

For Every Ill-Minard's Liniment

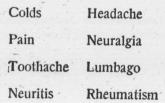
to produce The surveys conducted by Prof. own crier, likely!" Leitch in the different counties all go

to samples."

and mind—an alloy of golden Exasperated Father-"I don't know; kindliness, silver sentiment and copper common sense.



Proved safe by millions and prescribed by physicians for



Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100-Druggists.

ver Tablets

spirin

in, Canada) of Bayer Manufacture of Monacetic-ylic Acid, "A. S. A."). While it is well known to assist the public against imitations, the Tablets lith their general trade mark, the "Bayer Cross."

toilet and nursery purposes.

mple Each Free by Mail. Address Ca spot: "Outleurs, P. O. Box 2616, Mon fee, Scap 25c. Ointment 25 and 50c. Taic Try our new Shawing Stic

# **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 Lydha E. Pink-ham'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 Veg-etable Compound is the only one that has helped me for any length of time. I recommend it to any one with troubled like mine and you may use my letter for

I recommend it to any one with troubled like mine and you may use my letter for testimonial." - Mrs.RoBERTMCCULLEY, Port Greville, Nova Scotia. Before and after child-birththe mother will find Lydia E. Pinkham's Vegetable Compound a blessing. Many, many letters are received giv-ing the same sort of experience as a given in this letter. Not only is the mother benefited, but these good results pass on to the child. 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. C

" ISSUE No. 9-- "? ".