Order from your grocer his best tea and he'll usually send "Red Rose."

TEA"is good tea"

The same good tea for 30 years. Try it!

Classified Advertisements REMNANTS.

B ARGAIN PARCEL, \$2; 5 LBS: Patches, \$2. McCreery, Chatham,

Ontario

FREE CATALOGUE. RASPBERRY BUSHES, GLAD-To iolas, Iris, Peony, Fancy Dahlias and Barred Rock Eggs. The Wright Farm, Brockville, Ont.

PEMALE HELP WANTED.

ADIES 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.

ADIES ONLY-OUR BOOKLET, Ladies' Friend, mailed in plain envelope, free. CASIER 2423, Mon-

WANTED

KILN DRIED 22" SOFTWOOD Heading Boards, dressed one side to ½" and saw-jointed both edges. Quote F.O.B. here. Reid Bros., Both-well Ont.

Sailings Twice Weekly

"FORT VICTORIA" and "FORT ST. GEORGE" For Illustrated Booklets Write FURNESS BERMUDA LINE whitehall Street . New York City or Any Local Tourist Agent

A really busy man has no time to worry. During the day he is too fully cure, the reserves of the worry worry.

When sending money by mail use Government's standard. Dominion Express Money Orders Safer than sending bills.

Crescent, Toronto

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario.

Dr. Middleton will be glad to answer questions on Public Health mat-

Breast feeding seems to be one of butter which now fetches a high price

ters through this column. Address him at Spadina House, Spadina

Sun Life Establishes Great Record.

The fifty-fourth annual report of the Sun Life Assurance Company of Canada, now being published, once again shows inspiring gains both in resources and in the spread of the Company's operations. All previous records of the Company, outstanding as they have been, have been greatly overreached.

43,671 new policies were issued and paid for during 1924.

In addition, a large block of profitable British and foreign business has been acquired from a big American the business of a Colonial company operating in the East. The world-wide organization of the Sun Life easily admits of the absorption of this business to advantage. The policies of a small Canadian company were also assumed.

In earnings from investments the Company's experience has been particularly gratifying. Both in the increase in market value of securities held, amounting to \$6,331,377, and the profit on sales wherein the increased value of securities has been capitalized, is reflected the wisdom of the Company's early policy of investment n longterm bonds and similar securities. While it is expected that this increased value will be permanent, possible fluctuation has been amply pro-

vided for in the contingency account. The rate of interest earned on the mean invested assets advanced to 6.38 per cent. This is exclusive of profits from sales and represents a substantial gain over the previous year's very satisfactory earnings.

Policyholders received or had allotted to them profits of \$6,681,652 during 1924.

That the future position of the Com

pany shall be even more solid and seat three per cent., while a special annuity reserve of \$750,000 has been set up beyond the amount required by the

For First Aid-Minard's Liniment

Laughing at the Centuries. After being in use since the reign of "Good Queen Bess," the gates of Exe-ter Ship Canal have just been removed to Exeter Museum, says an English

Similar relics are to be found in duseums all over the country, but few people lealize how many of our surviving examples of ancient workman ship are still in actual use.

For instance, there is an ancient stone weir, dating from about 1100, which was adapted a few years ago to drive the machinery which supplies

Chester with electricity.

Even older than this is the Foss Dyke, in Lincolnshire, which was cut by the Romans, and is still in use as

English Ship Money Tax.

The ship money tax of England was a tax imposed as early as 1007 A.D. by the sovereign on the maritime towns and counties of England, for the purpose of providing and maintaining a navy for the protection of the coast. It was revived by Charles I. in 1634, without the consent of Parliament and was arbitrarily levied on the whole of England. John Hampden, a squire of Buckinghamshire, resisted the pay-ment of the tax as illegal, but was prosecuted and condemned. In 1640-41 company by re-assurance, as well as the Long Parliament decided the levying of ship money to be illegal and annulled the judgment against Hampden, says the Detroit News.

The imposition of this tax was one of the chief causes of the Civil War and the rise to power of Cromwell.

A HAPPY CHILDHOOD IS A MATTER OF HEALTH

Little children quickly get out of sorts but by prompt treatment they can just as quickly be set right again. Most of their troubles arise in the first place from the stomach and bow-els; that is why a good clearing out is the first thing the doctor prescribes Mothers, why not let Baby's Own Tablets keep your children well. Unlike that ill-smelling, rank tasting castor oil so dreaded by most children, the Tablets are pleasant to take and their action, though thorough, is gentle and causes no discomfort to either the baby or the growing child. Baby's Own Tablets are a never failing remedy for relieving constipation and in-digestion; thus they break up colds and simple fevers, expel worms and make the teething period painless. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co. Brockville, Ont.

Tam I' the Kirk. O Jean, my Jean, when the bell ca's

the congregation, Owre valley an' hill wi' the ding frae its iron mou', hen a' body's thochts is set on his ain salvation,

Mine's set on you. There's a red rose lies on the Buik o' the Word afore ye, That was growin' braw on its bush

at the beek o' day, But the lad that pu'd yon flower i' the morning's glory, He canna pray.

Breast feeding seems to be one of butter which now fetches a high price the greatest checks to infant mortality that is known. It is positively alarming to take the records in any community and see the great preponderance of bottle-fed babies. While some women, through physical weakness, probably, cannot nurse their babies, robably, cannot nurse their babies, the tendency of the present time is for mothers to forego breast feeding on account of the interference with social ducies and ordinary routine of life that it would entail. Coupled with this regrettable viewpoint is the fact of commercialism in the supply of infant foods. Even cow's milk, which with a proper percentage of added sugar and water, makes the best substitute for mother's milk, nowadays rarely contains a proper standard of fat, the high prices of butter at present tempting many people to use the separator at the expense of child life. In it is used to the separators throughout the country, twin, he told me the startling news that it was almost impossible to get pure milk of sufficient fat standard, on account of the previous proper percent the proper who do the separators throughout the country. It is evident that the unfortunate results of this pauperizing of the milk is not realized by the upper large of the man or woman in Ontario worth the name who would think of depriving the children of their only proper sustenance in the early monts of life. It is just the fearly month as the proper life. It is just the fearly months of life. It is

not a trick at all but a mere practical joke.
The trickster selcts the largest

eager to challenge the trickster's next statement.

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

Will a Good Pure Bred Sire Pay?

during his lifetime.

the calves by one bull are worth an average of \$5.00 per head more than the calves by another bull, what would

It would mean that one bull would be worth to his owner \$500.00 more than the other bull, except the small fference in interest on

If the difference in value of the calves were \$10.00 per head, the difference in the value of the bulls would be \$1000.00 and correspondingly greater for wider differences in the value of

These figures should make any man pause before buying an inferior bull merely because the price is low.

price for a bull does not make him a good one, and excellent bulls are often bought at very modest prices: but it is equally true that really good bulls are always worth the money paid for them, while inferior bulls are dear at

No man can afford to use a scrub bull. A good bull at \$1,000.00 is cheaper than a scrub bull received as a gift,

It is also worth noting that steers by good bulls have "topped" the open market in Canada and the United States, and still hold several open

see to it that the bull he uses in future must be a good pure bred, and the result will be more beef, more milk, and more profit.

He'd Stand Without Hitching. "Does your new clerk seem to be steady fellow?" the customer asked of

"Steady?" repeated the proprietor. "I should say he was steady! If he were any steadier, he'd be motion-

Happiness is the natural flower of

Nothing will make a man strong but his own concentration of thought.

188UE No. 8-'25.

also in /2lb. VACUUMIZED TINS MANUFACTURED BY IMPERIAL TOBACCO COMPANY OF CANADA LIMITED.

EASY TRICKS False Magic



This is another "trick" that is

The trickster selcts the largest and most powerful spectator and says to him displaying a stick of wood about as large as a ruler:

"You are strong enough to lift this stick with your little finger. Yet, I can make it so that you will be thred long before you are able to carry it out of the room."

That sounds ridiculous and the statement is usually challenged. The trickster is right, however. With his penknife he cuts off a microscopte bit of wood and asks the spectator to carry that out of the room. The spectator realizes that if he is togcarry it out, a tiny splinter at a time, he will indeed be tired long before he succeeds in removing the stick and he will make a mental note not to be so eager to challenge the trickster's now work statement.

A bull will sire anywhere from one hundred to several hundred calves

Suppose we place the number of calves at one hundred, and suppose

There are cases where steers by good bull have brought \$50.00 per head more than steers of the same age by inferior or scrub bulls.

It is true that merely paying a high any price.

as the figures given above amply

market high price records.

Surely the thoughtful farmer will

the proprietor of the drug store.

duty.-Brooks

The Training of Nurses.

The Tobacco of Quality

The appeal of service which nursing makes to the spiritual forces in a young woman is the deciding factor which draws her into the nursing profession rather than into some more lucrative and pleasing calling.—Jean E. Browne, President Canadian Nurses Association

Spading Tractor.

A new implement, a "spading tractor," will plow, harrow and cultivate in one operation, and has a capacity of three acres an hour.

Quick Relief for Rheumatism

Mrs. Bert Young of Filch Bay, Que. writes as follows:

"I could not turn over in bed a night. I tried doctors and sent off for medicines which did me no good, but after using three bottles of Minard's my rheumatism left me entirely, and I have never felt it

Always keep Minard's handy. **Minard's Liniment**



Clear Your Complexion With Cuticura

Bathe with Cuticura Soap and hot water to free the pores of impurities and follow with a gentle application of Cuticura Ointment to soothe and heal. They are ideal for the toilet, dering and perfuming.

Jample Each Free by Mall. Address Camberger: "Gutterra, P. O. Box 2616, Martirce, Soap Ec. Ointernet 25 and 50c. Taleur

Try our new Shaving Stick.

Italy's Silk Wealth. The silk cocoon crop in Italy has been very satisfactory.

For Every III-Mmard's Liniment

Lord Birkenhead stated in a recent speech that he had read every one of Scott's novels at least nine times.

Look Younger

Care-worn, nerve-exhausted women need Bitro-Phosphate, a pure organic phosphate dispensed by druggists that New York and Paris physicians prescribe to increase weight and strength and to revive youthful looks and feelings. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Letter from Mrs. Ayars Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Spring Valley, Sask.—"I took the Vegetable Compound before my last confinement, when I got to feeling so badly that I could not sleep nights, my back ached so across my hips, and I could hardly do my work during the day. I never had such an easy confinement and this is my sixth baby. I read about Lydia E. Pinkham's Vegetable Compound in the 'Farmer's Telegram' and wrote you for one of your books. We have no druggist in our town, but I saw your medicine in T. Eaton's catalogue, I am a farmer's wife, so have all kinds of work to do inside and outside the house. My baby is a nice healthy girl, who weighed nine pounds at birth. I am feeling fine after putting in a large garden since baby came. (She is as good as she can be.) Yours is the best medicine for women, and I have told about it and even written to my frienda about it."— Mrs. Annie E. Ayars, Spring Valley, Sask.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system so that it may work in every respect as nature intends. All druggists sell this dependable medicine Give it a trial.

druggists sell t Give it a trial.



Proved safe by millions and prescribed by physicians for

Neuralgia Colds

Headache Pain

Toothache Lumbago

Rheumatism Neuritis



Accept only "Bayer" package which contains proven directions.

Handy "Bayer" boxes of 12 tableta,
Also bottles of 24 and 100—Druggists.
in Canada) of Bayer Manufacture of Munacottecylle Acid. "A. S. A."). While it is well known,
to assist the public against imitations, the Tabletg
with their general trade work, the "Bayer Gross."

RHEUMATISM AND LUMBAGO ARE BANISHED BY

Dr. Williams' Pink Pills

They Give New Vitality—and more.

Some diseases give immunity from another attack, but rheumatism and lumbago (which is really muscular rheu-matism) work just the other way. Every attack invites

There is scarcely any disease which physicians find more difficult to treat successfully than rheumatism. Long study, however, has shown that the seat of the disease is in the blood. By maintaining the quality of the blood, you are doing the best possible thing to prevent and combat

That is why Dr. Williams' Pink Pills has proved successful in thousands of cases of rheumatism and lumbago. These pills enrich the blood and enable it to throw off the poisons of the disease. And so long as the blood is kept pure and rich, there need be no fear of a return of the trouble.

Mrs. Annie Wright, Woolchester, Alta., says:—"I was a sufferer from rheumatism for six years and most of that time my life was one of misery. I tried several doctors but never got more than temporary relief. The trouble seemed to affect my whole system. Finally I was advised to try Dr. Williams' Pink Pills and through these I found complete relief. I can strongly recommend Dr. Williams' Pink Pills to anyone suffering from this trouble."