

## WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Somewhere, I Know.

Somewhere, I know, the sky at this bright hour  
Is brighter than the long flash of the seas  
Flung in a mellow curve against the breeze;  
Somewhere, I know, one frail and wistful flower  
Breathes to my heart more of the magic power  
And pain of loveliness than all the trees  
That shower ripe light on a thousand Hesperides,  
Leaving the stars ecstatic with the shower.

Somewhere, I know, there is an island's link  
Of splendor beat and braided to the moon  
Like blossom to blossom in an eternal June;  
Somewhere, I know, there shines for me the brink  
Of ultimate beauty, and may I thither climb  
On the pale ladder of one immortal rhyme!

—Joseph Auslander.

A sour clerk will turn the sweetest customer.



Cutting

"Young man, can you tell me which barber it was that cut my hair the last time?"  
Barber—"I'm sorry, sir, but I've only worked here four months."

**INDIGESTION, GAS,  
UPSET STOMACH**  
Instantly! "Pape's Diapepsin"  
Corrects Stomach so  
Meals Digest

The moment you eat a tablet of "Pape's Diapepsin" your indigestion is gone. No more distress from a sour, acid, upset stomach. No flatulence, heartburn, palpitation, or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

The average height of the human race increases at the rate of one and a quarter inches every thousand years.

Minard's Liniment for Rheumatism.

## 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.

The value of pasteurization as a means of keeping milk free from disease germs is becoming more widely known. Many people, however, do not as yet appreciate the value of pasteurization, and so do not even understand its meaning. One farmer, on being asked if he pasteurized his milk, replied "No, but I pasteurize my cows." He evidently confused the term with the feeding of cattle on pasture.

Some of the essential facts regarding pasteurization have been prepared by the Provincial Board of Health as follows:

**Pasteurized Milk.**  
Milk heated to a temperature of not less than 140 deg. F. or more than 150 deg. F. for at least 20 and not more than 30 minutes and then cooled to a temperature of 45 deg. F. or under, and kept at that temperature till delivered to the consumer.

**A. Advantages—**  
(1) Raw milk, no matter how carefully handled, is liable to contamination by germs from cases or carriers of such diseases as tuberculosis, diphtheria, typhoid fever, scarlet fever, and from dirt or manure which may set up diarrhoea in children. Tuberculin-tested cattle reduce to a minimum the possibility of infection with bovine tuberculosis but do not prevent the spread of diseases such as diphtheria, typhoid fever, etc. On the other hand the destruction of germs in the milk is effectively carried out by pasteurization.

(2) The cost to the consumer of the milk so treated is very little increased.

(3) A lowering of the infant mortality rate always follows the pasteurization of milk in a municipality.

**B. Disadvantages (so-called)—**  
(1) Pasteurization is said to make the dairyman careless and dirty. Clean cows, clean milkers, clean utensils and clean surroundings are, however, absolutely essential, and these conditions may be obtained by efficient sanitary inspection. Pasteurization is only an added precaution in the interests of the consumer.

(2) Pasteurization is said to make milk less nourishing for children by the destruction of certain accessory food factors found in raw milk. If this be correct, any slight destruction of vitamins is easily overcome by the addition of a small amount of orange juice to the diet of children.

(3) Heating the milk to 145 deg. F. is said to destroy the cream line. If the pasteurization is properly carried out, no such result follows. The small globules of fat may be slightly broken up, but otherwise the cream is unaffected.

**C. To Obtain Pasteurized Milk for Your Municipality—**

(1) Ask the Provincial Board of Health for a copy of the Model Milk By-Law.

(2) Have this By-Law, or one embodying the main features, passed by your local Council. This will ensure a clean, safe milk supply for you and your children.

## Sowing the Sea With Pearls.

Ceylon to-day is perhaps best known for its tea. But in days gone by it had a more romantic claim to fame—it was the home of the most renowned pearl fisheries in the world.

Fifteen years ago the pearl oysters, which were a source of great wealth to the island, made one of their periodic mysterious disappearances.

In 1919 it was discovered that they were returning to their banks on the Gulf of Mannar, the narrow strip of water that divides Ceylon from India. Unfortunately, as it seemed at first, they were depositing themselves on sand.

Past history had shown that the pearl oyster never lived to a fishable age unless it settled on rock, but those responsible for the care of the oyster banks were not disheartened.

They believed that the oysters on the sand would breed, and, as there were numerous rocky areas in the vicinity, there was every chance of a fair proportion of the spats, or young oysters, depositing themselves on more favorable ground.

And such has proved to be the case. To-day there are countless millions of young and thriving pearl oysters on the rocky areas in the gulf of Mannar.

Another and more important discovery has been made. In the years when pearl fishing was a thriving industry in Ceylon many endeavors were made to transplant young pearl oysters. For some inexplicable reason their efforts always proved unsuccessful, none of the millions of oysters transplanted surviving.

In 1921, however, a special effort was made. A number of the oysters which had deposited themselves on sand in the Gulf of Mannar were fished up. They were placed under an awning in a trawler, sprayed with sea water from a pump the whole of the time they were there, and eventually deposited many miles south of the gulf.

A recent inspection has proved that the rocks where they were deposited are now covered with millions of young and healthy pearl oysters.

Though the best known of the Ceylon pearl banks are situated in the Gulf of Mannar, between that spot and Negombo, about twenty miles from Colombo, are 800 square miles of shallow water where pearl oysters have been known to occur. Now that transplantation can be undertaken with confidence, there is no reason why every inch of this area should not be literally sown with pearls.

## Belgian Uses Aeroplanes in Pigeon Racing.

M. Chaidron, a well-known Belgian pilot, is adapting three aeroplanes for use as carriers of racing pigeons and plans to carry ten thousand birds in his three machines. The space available for the birds is in the fuselage, one side of which is fitted with mica panes, and the other with doors through which the pigeons can be released. These doors are closed by a system of rods. Each plane will carry an attendant, who will watch the birds all the time.

### Noah a Floater.

Sunday School Teacher—"Can anyone tell me where Noah lived?"  
Pupil—"I don't think he had a regular home. I guess he and his family belonged to the floating population."

### Easy Job.

Mike—"I've been sacked, Pat!"  
Pat—"Then what'll ye do, Mike?"  
"I'll just go back to my former job."  
"And what was that?"  
"Lookin' for work, begorra!"

British war widows numbering 74,000 had remarried up to the end of last June; they form nearly one-third of the total of widows awarded pensions.

## WHEN NERVES ARE NEAR EXHAUSTION

The Right Thing to Do is to Take a Tonic for the Blood.

When you become so exhausted after a day's work that you cannot sleep, or sleep falls to refresh you, it is time to look after your health. Failure to act at once means a steady drain on your health reserve, which can result in but one thing—a nervous breakdown.

Do not wait for a breakdown. The treatment is simple enough if you do not let your condition become too far advanced. The treatment is one requiring an effective tonic to enrich the blood and feed the starved nerves. The most effective tonic known is Dr. Williams' Pink Pills, which act directly on the blood, and with proper diet have proved of the greatest benefit in nervous troubles and all conditions due to impoverished blood. Mrs. Mary Hanson, Brantford, Ont., has proved the value of Dr. Williams' Pink Pills and says:—"I was taken ill with what doctors whom I consulted called neuralgia of the tissues of the system. I was a complete wreck from constant pains in my body and limbs, dizzy headaches, fainting spells and constipation. So intense was the pain that at times it caused vomiting and I would have to go to bed for two or three days, only to get up so dizzy and so weak that I could not cross the bedroom without aid, and while these spells lasted I could keep nothing on my stomach. I doctored for almost a year, but with no beneficial results. Finally the last doctor who attended me said medicine would not benefit me. I must have perfect rest, and spend most of my time in the open air. He gave me very poor encouragement. Knowing that the mother of four children could not spend all her time in idleness, I told my husband I was going to try some other remedies. I got one, but after taking it for a month found no benefit. Then I decided to try Dr. Williams' Pink Pills, and at the end of two weeks I found these were what I needed. With nerves worn threadbare from all the suffering of the past, I continued the use of Dr. Williams' Pink Pills for three months and by this time I was able to do most of my own housework. In fact I soon felt well and was able to do any kind of work without feeling tired. Since that time I have continued to do all my own work and have had no return of the dreadful pain I suffered before. I have recommended the pills in many cases and have always seen good results from their use."

You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The sea covers three-fourths of the earth's surface, or a total area of about 145 million square miles.

## "Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fine! When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No gripping—nice laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

## The Man Who Made the Dictionary.

Old Doctor Johnson, we are told.—The man who made the dictionary.—Though fat and cross and oftentimes stern,

Autocratic and arbitrary, Has always been a favorite With me, and for this simple reason:

He had the kindest heart, 'tis said; To this deny were simply treason.

The waifs reclaimed by him were legion: Wrapped in his handkerchief, he'd carry

Safe to his home some little puss Left starving or for dogs to harry. That he had rescued as he walked, A-thinking of his dictionary; His active kindness, quick and prompt, Was surely more than mere vagary.

Though seventeen cups of tea a day He drank, and some folks called him greedy,

He made his home, in very truth, A haven for the old and needy; And he was good to cats, and if By nature indolent, contrary, Never too lazy to be kind— And write a great big dictionary! —Lonella C. Poole.

It's a difficult thing to convince some people that happiness is never born of what you're going to have some day but always from what you already have.

Minard's Liniment for Neuralgia.

**MONEY ORDERS.**  
Send a Dominion Express Money Order. They are payable everywhere.

### Real Grief.

Dick—"Was yo one av the mourners at Casey's funeral?"  
Pat—"O! was; he owed me ten dollars."

## Footsore?

Bathe your feet with warm water then rub well with Minard's Liniment. Soreness goes—feet feel fine. For Minard's Liniment is King of Pain.

Minard's Liniment

The Family Medicine Chest.

KEEP YOUR STOVE BRIGHT  
**BLACK KNIGHT**  
STOVE POLISH

Will not burn  
Easy to use

## MRS. ANDERSON TELLS WOMEN

How Backache and Periodic Pains Yield to Lydia E. Pinkham's Vegetable Compound

Leslie, Sask.—"For about a year I was troubled with a distressing down-bearing pain before and during the periods, and from terrible headaches and backache. I hated to go to a doctor, and as I knew several women who had taken Lydia E. Pinkham's Vegetable Compound with good results, I finally bought some and took four bottles of it. I certainly do recommend it to every woman with troubles like mine. I feel fine now and hope to be able to keep my medicine on hand at all times, as no woman ought to be without it in the house."—Mrs. OSCAR A. ANDERSON, Box 15, Leslie, Sask.

### Mrs. Kelsey Adds Her Testimony

Copenhagen, N. Y.—"I read your advertisement in the papers and my husband induced me to take Lydia E. Pinkham's Vegetable Compound to get relief from pains and weakness. I was so weak that I could not walk at times. Now I can do my housework and help my husband out doors, too. I am willing for you to publish this letter if you think it will help others."—Mrs. HERBERT KELSEY, R.F.D., Copenhagen, N. Y.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound before they give up hope of recovery.

## Chest colds—broken!

Inflamed membranes, congestion, oppressive pain. Apply Sloans to chest and throat. It scatters congestion—your cold is gone!

## Sloan's Liniment

Made in Canada —kills pain!

For rheumatism, bruises, strains, chest colds.



# ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions of

Colds Headache Rheumatism  
Toothache Neuralgia Neuritis  
Earache Lumbago Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark registered in Canada of Bayer Manufacturing Co., Monroville, Pa., U.S.A. While it is well known that Aspirin is a Bayer product, the public is advised to look for the Bayer cross on the tablets. Tablets of Bayer Manufacturing Co. will be stamped with their name and the word "ASPIRIN" on each tablet.

## Let the Sunshine in!

Are you fagged and foggy when you wake up in the morning? "There's a Reason."

Tea and coffee are known to affect many people that way. Often, too, these beverages cause nervousness, sleeplessness and severe headache. "There's a Reason."

Instant Postum, made from choice, roasted wheat, is a delightful mealtime beverage free from any element of harm.

Try it for awhile, instead of tea or coffee, and let the Sunshine in.

At Your Grocer's in Sealed, Air-tight Tins

## Instant Postum FOR HEALTH

"There's a Reason"

A generous sample tin of Instant Postum sent, postpaid, for 4c in stamps. Write:

Canadian Postum Cereal Company, Limited, 45 Front St. E., Toronto. Factory: Windsor, Ontario