

RED ROSE

For **COFFEE** particular people—
Pure! No chicory or any adulterant in
this choice coffee

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.

In making inquiries into the cause of the high rate of child mortality or deaths of young children, there must be several factors taken into account. One of these is carelessness on the part of the parent or guardian. Many deaths of children occur from such a simple reason as the mother carelessly leaving a pail of water on the floor while she answers the telephone. The child may fall in and be suffocated before the mother's return. Others give children easy access to tubs of hot water on wash day and death from scalding results. Mortality of children who take poisons by mistake, or medicine at the wrong time, is also traceable to neglectful parents. It is only a short while ago that a child in Toronto died through eating five or six tablets of A.B.S.&C., the common laxative, which has a small amount of strychnine in every tablet, but when several tablets are swallowed at once, become a dangerous poison.

Children are ever on the alert for some new toy, some strange object to get hold of. Everyone knows how young children tire of their toys and playthings and when not watched will grab anything that is novel or new to them. In this connection the "loose gun around the place," always followed up by the "didn't know it was

loaded" plea, is so common an occurrence as to barely warrant mention. Then there is the careless habit of parents leaving the door open and allowing little toddlers to find their way out on to the street or road. How often we read about accidents to children occurring on the streets when the thoughtless mother, busy with her duties in the house, did not even know the child had left the room, thinking it was busy with its toys or book. These instances may seem commonplace, and the reader may think that any parent at all careful would never let such an accident occur, yet the annual death rate of children, resulting from accidents due to the carelessness or thoughtlessness of parents is an alarming one.

We read the other day of a 10-months' old child becoming suffocated from stearate of zinc. Stearate of zinc makes excellent powder for toilet use and also for dusting furniture, but while no more harmful than other powders it becomes a real menace if it gets within the reach of a youngster's prying fingers.

The simplicity of the cause of accidents is what disarms many people. "Human carelessness" is a poor excuse for a child's death, but if parents would only be more on their guard for possible accidents, less of these dreaded occurrences would take place.

SPRING WEATHER HARD ON BABY

The Canadian Spring weather—one day mild and bright; the next raw and blustery, is extremely hard on the baby. Conditions are such that the mother cannot take the little one out for the fresh air so much to be desired. He is confined to the house which is often over-heated and badly ventilated. He catches cold; his little stomach and bowels become disordered and the mother soon has a sick baby to look after. To prevent this an occasional dose of Baby's Own Tablets should be given. They regulate the stomach and bowels, thus preventing or relieving colds, simple fevers, colic or any other of the many minor ills of childhood. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

World's Most Ancient Building.

It was King A-an-ni-pad-da of Ur, in Mesopotamia, who built the oldest building in the world which is still standing.

He reigned about 4,500 years before the birth of Christ, and the building is thus about 6,500 years old. Ur was the native place of Abraham and the city of Nebuchadnezzar.

The King's name and title were learned by the chance discovery of a gold scaraboid bead, on which they were engraved.

Mr. C. Woolley, leader of the joint expedition of the British Museum and the University Museum of Pennsylvania, made the discovery during the excavations, at Ur. The little temple which is the oldest building in the world is at Tel el Obeid, about four miles from Ur.

The Official Baby.

The arrival of a party of Swazi chiefs in England reminds the London Chronicle of the visit of a similar deputation in 1894 and its introduction to Queen Victoria, which shook a little even her experienced equanimity.

"We come, O great mother," translated the interpreter, "to bring to thee our babe. Take him, O mother, to thy knees; fold him to thy breast."

At that stage the queen was becoming alarmed. "But where is the child?" she cried. "I don't see him."

"Here, O Mother," said the Swazi, gravely bringing forward a powerful savage six feet tall and weighing considerably more than two hundred pounds. "Here he is."

No one is so'n without faults; he is best who is best by least.

Keep Minard's Liniment in the house.

EASY TRICKS No. 288 How To Make A Coin Vanish



This stunt is used by many professional magicians when they wish to cause a coin to vanish. It requires a little skill but the amateur will be able to do it well after half an hour's practice. A half dollar is held between the finger tips and thumb of the left hand. The thumb of the right hand is placed under the coin and the fingers closed over it, and the coin apparently carried away in the right hand. When the right hand is opened, the coin has vanished. If you will try the trick, you will observe that when the fingers close over the coin, the coin can be dropped into the palm of the left hand. The right hand goes through the motion of taking the coin, every effort being made to duplicate the appearance of actually taking the coin. The left hand, in which the coin is "palmed" drops naturally to the side, the trickster having practiced holding it just as if it contained nothing.

The amateur will find some difficulty in palming the coin. In this particular trick it is better to hold the coin between the roots of the fingers and the first joint. The hand will be slightly curved and a natural position of the hand will be obtained very easily. Much of the success of the trick depends upon the manner in which it is acted. Until the moment when the coin is supposed to vanish, the trickster should act just as if the coin were really in the right hand.

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

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It is fraud to accept what you cannot repay.

Ask for Minard's and take no other.

Fortune can take nothing from us but what she gave us.



How Many Pounds Would You Like to Gain in a Week?

If you are thin and want to gain weight; weak and want to be strong, I will send you a sample of famous Alexander Vitamins, absolutely free. No money, just name and address for sample. ALEXANDER LABORATORIES, 354 Bazaar Building, Toronto, Canada.

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Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for Colds, Toothache, Neuritis, Neuralgia, Headache, Lumbago, Rheumatism, Pain, Pain.

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Drugists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. 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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The Tobacco of Quality



Sealed Package 15¢
(which keeps the tobacco in its original condition)
also in 1/2 lb. tins

Manufactured by Imperial Tobacco Company of Canada Limited

Information.

Teacher—"Johnny, what are the two genders?"

Johnny—"Maculine and feminine. The masculines are divided into temperate and intemperate, and the feminine into frigid and torrid."

By bearing with others, you shall be borne with.

A High Grade of Paper.

"I want some paper," the small boy said to the storekeeper.

"What kind of paper?"

"Better make it fly paper," was the reply. "I'm going to make."

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Doesn't hurt one bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.

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Minard's penetrates to the root of the trouble and eases pain. The universal remedy.



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More Phosphate if you want your complexion to clear, eyes to brighten, and skin to become soft and smooth. Thin, nerve-exhausted people grow strong on Bitro-Phosphate and druggists guarantee it. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

For the Kidneys

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Selgel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine at your druggist.



Young Girls Pimples Wipe

Gently smear the pimples with Cuticura Ointment on the end of the finger. Wash off the Cuticura Ointment in a few minutes with Cuticura Soap and water and continue bathing for some minutes. This treatment is best on rising and retiring.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura," P. O. Box 2114, Montreal, P. Q. Price, Soap 25c, Ointment 25c and 50c. Tablets 25c. Try our new Shaving Stick.

THEY TELL THEIR NEIGHBORS

Women Tell Each Other How They Were Helped by Lydia E. Pinkham's Vegetable Compound

Woodbridge, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for my male troubles. I would have headaches, backaches, pains between my shoulders and under my shoulder-blades, dragging down feelings on my face. I was sometimes unable to do any work and felt very bad. My doctor in-law told me about the Vegetable Compound and I got some right away. It has done me more good than any other medicine I ever took and I recommend it to my neighbors. You are quite welcome to use this letter as a testimonial if you think it will help some poor sufferer."—Mrs. EDGAR SIMMONS, R. R. 2, Woodbridge, Ont.

In nearly every neighborhood in every town and city in this country there are women who have been helped by Lydia E. Pinkham's Vegetable Compound in the treatment of ailments peculiar to their sex, and they take pleasure in passing the good word along to other women. Therefore, if you are troubled in this way, why not give Lydia E. Pinkham's Vegetable Compound a fair trial?

This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for long years proved its value in such cases. Everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.