

RED ROSE

TEA 'is good tea'

The ORANGE PEKOE QUALITY makes finer tea and more of it

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.

While the Canadian National Exhibition was in full swing last Fall, a very interesting stranger had a talk with me in the Provincial Board of Health's exhibit in the Government building. He was an Englishman, well educated and well read, who was in Toronto paying a visit to his son. This man asked me if we had any pamphlets on cancer, and although he was not a doctor said he was much interested in finding out all the latest ideas about the cause, treatment, etc., of this great scourge of mankind. I told him that the origin of cancer was still unknown, but there were many scientists to-day who were beginning to feel that our present custom of eating foods not in their natural states had something to do with the cause of stomach and intestinal ailments. Prolonged irritation of the bowels due to constipation or to gastro-intestinal stasis may have a tendency to cause malignancy, while some thinkers hold to the opinion that cancer may be brought about to some extent at least by the toxins resulting from the gastro-intestinal stasis being absorbed into the blood. Of course there is much difference of opinion on these points, but consideration of them will not do any harm, from whatever angle they are viewed.

This visitor to the Fair had a suggestion and an inquiry of his own to offer. He wondered if the increased use of serums and vaccines hypodermically had anything to do with the supposed increase of cancer in late years. On this point I was unable to

give any definite information, because there are no available statistics on the subject, and besides, it would be difficult to associate the one with the other as cause and effect. However I obtained the opinion of a prominent physician who was especially interested in the subject of cancer, and he gave his opinion as follows:—First: There is considerable difference of opinion that cancer has in reality increased, but even if it were so it would be impossible to attribute this to any one factor since the cause of cancer is unknown. Second: It has been suggested that the alleged increase of cancer has coincided with intensive production by machinery, commonly associated, as it is, with a comparatively sedentary life of the operators. Third: One might hazard such another suggestion as the poisoning of the air of cities by carbon monoxide fumes from the exhaust of motors with its deterioration or lowering of health. Fourth: The "wearing out" of our body cells due to the greater intensity of modern life inducing a much earlier pre-semile state which we know is conducive to malignant disease. Fifth: Notwithstanding that serums and vaccines have been used for more than thirty years, no single case has been reported associating their use with cancer. Sixth: Coley's Fluid, as you know, has been used for at least thirty years for the treatment of sarcoma.

So it would seem as far as our present knowledge goes that serum inoculation is not associated in any way with the cause of cancer.

TEETHING TROUBLES

Baby's teething time is a time of worry and anxiety to most mothers. The little ones become cross; peevish; their little stomach becomes deranged and constipation and colic sets in. To make the teething period easy on baby the stomach and bowels must be kept sweet and regular. This can be done by the use of Baby's Own Tablets—the ideal laxative for little ones. The Tablets are a sure relief for all the minor ailments of childhood such as constipation, colic, indigestion, colds and simple fevers. They always do good—never harm. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Wasn't Sure. She—"Don't you think the Van Lucres all have a wonderful carriage?"

He (absent-mindedly)—"I know they used to, but I thought they sold it and got an automobile."

Keep Minard's Liniment in the house.

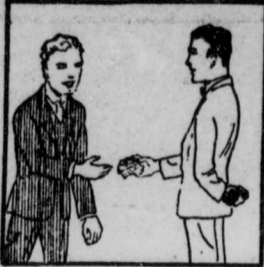
If men understood domestic economy half as well as women do, then their political economy and their entire consequent statecraft would not be the futile muddle which it is.—Jas. Stephens.

Ice takes four and a half years to travel from the Arctic Ocean north of Siberia to the East Greenland current, where it begins to affect our own weather.

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

EASY TRICKS

No. 551
A Royal Flush



Remove the royal flush in diamonds from a pack of cards and tuck them under your belt at the rear. Give the remaining cards (do not suggest that the pack is not complete), to a spectator and ask him to shuffle them. Then hold them behind your back.

Ask a spectator to mention which color he prefers. If he says "red" ask him which suit he prefers. If he says "diamonds" you are ready for the rest of the trick. However, if he says "black," you will have to say: "Then that leaves the red cards for the trick. Which of the red suits, hearts or diamonds, do you prefer?" If he says "diamonds" you are ready for the rest of the trick. If he says "hearts," you will say: "Then that leaves the diamonds for the trick." You will observe that the spectator really has no choice—although if the thing is done in a snappy manner he will not suspect this.

While you have been talking you have taken the royal flush from under your belt and put them on the top of the pack. Ask the spectator what hand, if he were playing poker, he would most like to have. The answer invariably will be "The royal flush, of course."

As he speaks, hand him the five cards you had hidden with the comment:

"Well, here it is!"
(Clip this out and paste it, with other of the series, in a scrapbook.)

WHERE THE BEST TEA GROWS.

The tea plant flourishes best on the well drained side of a mountain in a country where there is plenty of moisture and a warm sun. Certain parts of Ceylon, India and Java are ideal for the growing of delicious tea, hence from these countries come the finest varieties. "SALADA" is a blend of the choicest qualities grown, in these, the three most famous tea-growing countries in the world.

The Perfect Illusion.

Harold—"Poor old Winkus! His imagination gets the best of him."
Percy—"What's he been doing now?"
Harold—"So hoarse he can hardly speak to-day. Tore the inside out of his throat cheering a football game he was listening to over the radio."

Island War on Typhoid.

Typhoid fever, which formerly was very prevalent in the Virgin Islands, has been abolished by inoculation with anti-typhoid vaccine of all persons between the ages of 5 and 45.

My heart was troubled in seeking her; therefore have I gotten a good possession.

ASPIRIN

Beware of Imitations!



Demand

Unless you see the name "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 Headache
Toothache Lumbago
Neuritis Rheumatism
Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacturers of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer Manufacturers, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Ogden's CUT PLUG

Now in
Vacuumized Tins



80¢
the ½ lb

always fresh

Ogden's Liverpool.

Ten-Point Success Creed.

1. Work and Earn.
2. Make a Budget.
3. Record Expenditures.
4. Have a Bank Account.
5. Carry Life Insurance.
6. Own Your Home.
7. Make a Will.
8. Invest in Safe Securities.
9. Pay Bills Promptly.
10. Share with Others.

Ask for Minard's and take no other.

Where is Florence?

An old colored woman came up to the ticket window at a big railway station and addressed the agent. "I want a ticket to Florence," she said. The ticket agent spent some minutes turning over railway guides apparently with no success and then asked: "Where is Florence?" "Settin' over dar on de bench," replied the colored woman.

Whatever would our grandmothers say if they knew that women had clubs as well as men?—Lady Leconfield.

Reader Takes Newer Form of Iron--Feels Years Younger

"Six weeks ago I saw a special offer in the paper telling how thousands of people grow old in looks and energy long before they are really old in years, because, as examinations by physicians have shown, an enormous number of people do not have enough iron in their blood. I have been taking Nuxated Iron for two weeks; the results are simply astounding. The roses have come back in my lips and cheeks, and I can conscientiously say that I feel ten years younger."

The above is a typical hypothetical case showing the results that have been achieved by a great many people since we started this "satisfaction or money back" offer on Nuxated Iron. We will make you the same guarantee. If, after taking the two weeks' treatment of Nuxated Iron, you do not feel and look years younger, we will promptly refund your money. Call at once for a bottle of Nuxated Iron at any good drug store.

How to Purify the Blood

"Fifteen to thirty drops of Extract of Root, commonly called Mother Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for indigestion, constipation and bad blood. Persistence in this treatment will give permanent relief in nearly every case." Get the genuine at your druggist.

CUTS!

Minard's eases inflammation, soothes and heals cuts and bruises.

MINARD'S
"KING OF PAIN"
LINIMENT

Priceless.
The world has no such flower in any land, And no such pearl in any gulf the sea, As any babe on any mother's knee.

Slander expires at a good woman's door.

Classified Advertisements

Woolgrowers—Cotts and Rejects accepted for limited time only. Apply Georgetown Woolen Mills, Georgetown, Ontario.



Heal Skin Troubles With Cuticura

If you are troubled with pimples, blackheads, redness, roughness, itching and burning, which disfigure your complexion and skin, Cuticura Soap and Ointment will do much to help you. Always include the Cuticura Talcum in your toilet preparations.
Box 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Toronto, Limited, 344 St. Paul St., W., Montreal.
Cuticura Soap shaves without mug.

BEFORE MY BABY CAME

I Was Greatly Benefited by Taking Lydia E. Pinkham's Vegetable Compound

Sydenham, Ont.—"I took your medicine before my baby was born, and it was a great help to me as I was very poorly until I had started to take it. I just felt as though I was tired out all the time and would have weak, faint spells. My nerves would bother me until I could get little rest, night or day. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to recommend this good medicine. I will lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will help others take it."—Mrs. HARVEY MILLIGAN, Sydenham, Ont.

It is remarkable how many cases have been reported similar to this one. Many women are poorly at such times and get into a weakened, run-down condition, when it is essential to the mother, as well as the child, that her strength be kept up.
Lydia E. Pinkham's Vegetable Compound is an excellent tonic for the mother at this time. It is prepared from medicinal roots and herbs, and does not contain any harmful drugs. It may be taken in safety by the nursing mother.