

# RED ROSE TEA

**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 and Hygiene through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Milk is powerful—powerful as a food because it can generate energy, and the human system is an engine. Just what power a supply of milk has was strikingly demonstrated in Chicago recently, when a locomotive was run by milk. Not a human locomotive either, but an iron and steel engine, pulling a train of five cars for a dis-

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have bought their farms in 7,350,000 Canada from the Canadian Pacific. A remarkable fact. Think! There is a reason. The large area of our holdings affording choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farm from our virgin lands, from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces of Canada," and leaflet, "Western Canada Forges Ahead." C. L. Norwood, Land Agent, Canadian Pacific Railway, Desk W., Windsor Station, Montreal, Que.

### PAINS IN LEFT SIDE AND BACK

Other Troubles Women Often Have Relieved by Lydia E. Pinkham's Vegetable Compound

Lachine, Quebec.—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my left side and back, and with weakness and other troubles women so often have. I was this way about six months. I saw the Vegetable Compound advertised in the 'Montreal Standard' and I have taken four bottles of it. I was a very sick woman and I feel so much better I would not be without it. I also use Lydia E. Pinkham's Sanative Wash. I recommend the medicines to my friends and I am willing for you to use my letter as a testimonial."—Mrs. M. W. ROSE, 580 Notre Dame Street, Lachine, Quebec.

### Doctor Said an Operation


Provost, Alberta.—"Perhaps you will remember sending me one of your books a year ago. I was in a bad condition and would suffer awful pains at times and could not do anything. The doctor said I could not have children unless I went under an operation. I read testimonials of Lydia E. Pinkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better and now have a bonny baby girl four months old. I do my housework and help a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use this testimonial letter."—Mrs. A. A. ADAMS, Box 54, Provost, Alberta.

tance of six miles and carrying two hundred passengers in the coaches. The demonstration was conducted by the Health Commissioner of Chicago just to show what milk could do as fuel. The novelty of the test made it all the more interesting, for who would think of milk being able to run an engine? And yet it did run an engine. It shows that all this talk of hygienists about milk being good food for children and adults is no idle talk, but that its truth can be forcefully shown. The train in question started from the Englewood Station on the Rock Island tracks and ran to Beverley Hills. The sole fuel was dried milk worked into lumps about four inches in diameter, approximately the same size as locomotive coal. Calculations show that this substance has about the same heat value as medium grades of coal. Several days previous to the running of the "milk" train, a test of milk as fuel was made at one of the roundhouses of the Rock Island Road. To give the strange fuel a chance, a "warmed up" engine was taken. The steam gauge registered 135. Then 125 pounds of the lumped milk was shoveled in and began to burn vigorously. One of the veterans of the roundhouse staff, on watching the experiment, exclaimed as the milk began to burn: "That milk stuff beats any fire I ever saw inside a locomotive. It burns like oil." The steam gauge had started to climb, and when it reached 200, the engineer who had fired the boiler, threw out his chest and said: "I have the honor of being the first man to fire a locomotive with milk."


The parallel between milk as human fuel and engine fuel was pointed out, because after all, the human body is essentially a very intricate machine.

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which requires the right kind of fuel as much, if not more than the iron and steel locomotive that pulls a train of cars on the tracks. If all these, young and old, who now use tea and coffee, would stop using these beverages and take pure milk instead, they would soon find an improvement in their general health and would not regret adding the right kind of fuel for the delicate engines of which our bodies are composed.

### Did Solomon Have Airship Fleet?

There is some reason to believe that someone fabricated an airship which Solomon gave to the son of the Queen of Sheba. Of course there was no motor—possibly it was a glider.

The secretary of the Royal Aeronautical Society in the preface to "Bibliotheca Aeronautica," states that Solomon gave to the Queen of Sheba "a vessel wherein one could traverse the air for wind, which Solomon had made by the wisdom that God had given unto him." There are other references to flight in Achaean sacred writing, and there is a long description of the miraculous way in which the Queen of Sheba's son Menyelek left Solomon, journeying to his mother's country. "No man hauled his wagon, and whether it was men, or horses, or mules, or loaded camels, each was raised above the ground to the height of a cubit. A cubit according to the ancient Egyptians, measured about 20 inches, but elsewhere it is recorded that over the Red Sea they were lifted up three cubits, "and every one traveled in the wagons like an eagle when his body glideth above the wind."

### HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the new-born babe with perfect safety. You can obtain the Tablets through any medicine dealer at 25 cents a box, or by mail, post paid, from The Dr. Williams' Medicine Co., Brockville, Ont.

### Willing to Plunge.

Her Mother—"John, I think Helen's voice should be cultivated if it doesn't cost too much."  
Her Father—"It can't cost too much if it will improve it any."

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### Dual Personality.

A certain professor was endeavoring to explain to his class that both parents have an equal influence upon the life of a child.

"For," he concluded gravely, "you will find that a man is as much the son of his father as he is the daughter of his mother."

### Minard's Liniment for Rheumatism.

### Experience.

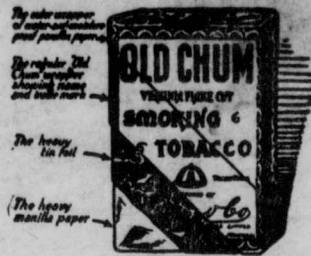
Flapper Motor Driver (after the accident)—"It was all your fault. I've been driving carefully. I've had two years' experience."

Old Man (picking himself up)—"But I've always walked carefully. I've had 68 years' experience."

Remorse is but a sad contemplation of the cheque stubs.

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### Give and it Shall be Given to You.

There is in Austria a monastery which, in former times, was very rich, and remained rich so long as it was charitable to the poor; but when it ceased to give, then it became indigent and is so to this day. Not long since a poor man went there and solicited alms, which was denied him. He demanded the reason why they refused to give for God's sake. The porter of the monastery answered: "We are become poor;" whereupon the mendicant said, "The cause of your poverty is this: Ye had formerly in the monastery two brothers, the one named Date (give) and the other Dabatur (it shall be given you). The former ye thrust out; the other went away of himself."

London's meat ration, according to what passes through her markets, is about 2 1/2 pounds per head of the population every week.



Sweeten the Stomach

### Gold in the Head

Heat Minard's and inhale often. Splendid for catarrh.



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### Minard's Liniment Relieves Pain.

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### CUTICURA HEALS PAINFUL PIMPLES

On Face and Shoulders. Itched and Burned.

"My trouble began with a rash of pimples on my face and shoulders. The pimples were hard and red and festered and scalded over. They were very painful and itched and burned so that I could not sleep nights. I was ashamed to go anywhere my face was so disfigured. The trouble lasted about four and a half years.

"I began using Cuticura Soap and Ointment, and after using three cakes of Cuticura Soap and two boxes of Cuticura Ointment I was completely healed." (Signed) Miss Myrtle A. Westover, Bolton Centre, Quebec.

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