

SMOKE OLD CHUM

The Tobacco of Quality
1/2 LB. TINS
and in packages

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 study of diets in their relation to disease has been up to the present a sadly neglected subject. In all progressive countries, however, there is at the present time an extraordinary interest being taken in the question of dieting, particularly as regards the causation of certain diseases, the origin of which has hitherto been somewhat obscure. Much of the food eaten to-day is not of the right kind to promote and maintain good health. It is deficient in fat-soluble vitamins, because through habit or custom, large numbers of people are not particularly fond of green vegetables, milk, cheese or eggs. When the question of green vegetables is mentioned, many people shrug their shoulders and say they could not get accustomed to hay. Little do they know how essential green vegetables are in keeping the diet properly balanced so that food health may be maintained. The ordinary diet consists largely of bread, butcher's meat, potatoes, jam, tea and coffee. Milk is often neglected, and yet milk should form a larger part of our diet than is at present the case.

The problem of such a commonplace thing as defective teeth would be

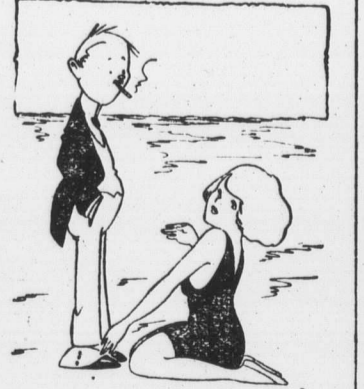
solved by greater attention being paid to the diet of children, and the decline in infant mortality is largely due to the instruction in infant feeding which now forms such a large part of infant welfare work. The experience of many observers has proved that the number of rickety children has considerably decreased since dried milk was used in preference to patent foods.

Cod liver oil is known to be especially rich in some of the essential vitamins, and some authorities urge that cod liver oil and milk should be provided at all welfare centres.

Buttermilk is a food that should be used much more extensively. In cases of chronic gastric catarrh it is much more suitable than fresh milk. An authority thus refers to the use of buttermilk: "When the patient is hungry, let him eat buttermilk; when he is thirsty, let him drink buttermilk"; and he suggests, as an explanation of the brilliant results that sometimes follow its adoption, that fresh milk is perhaps not so well borne, because it readily curdles in the stomach, and forms large, firm lumps, while in buttermilk the casein is already curdled, but finely divided.

THANKFUL MOTHERS

Once a mother has used Baby's Own Tablets for her little one she would use nothing else. The Tablets give such results that the mother has nothing but words of praise and thankfulness. Among the thousands of mothers throughout Canada who praise the Tablets is Mrs. David A. Anderson, New Glasgow, N.S., who writes:—"I have used Baby's Own Tablets for my children and from my experience I would not be without them. I would urge every other mother to keep a box of the Tablets in the house." The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach; drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are sold by medicine dealers, or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.



He—"Do you think long skirts are here to stay?"
She—"Not if the hosiery manufacturers have anything to say about it."

Area of Rhodesia.

Rhodesia is about seven times the size of England and Wales, and about equal in size to France, Germany and Belgium thrown together. It is only a little less in area than the Transvaal, Orange Free State, Natal and Cape Colony combined.

EASY TRICKS

No. 34
The Mutus Trick

**M U T U S
D E D I T
N O M E N
C O C I S**

This is a most spectacular parlor trick with cards and one that is rarely seen nowadays. It will well repay the slight study it requires. To perform it memorize this phrase of nearly meaningless Latin: MUTUS DEDIT NOMEN COCIS.

Deal twenty cards face upward in pairs. Ask each of ten persons to select a pair and to remember the cards selected. As you will observe when you try the trick you can use less than 10 assistants—but the more the better.

Take up the pairs in their order. Keep the table in your mind and imagine it painted on the floor as in the drawing. Deal the first card on the imaginary M in MUTUS and its mate on the equally imaginary M in NOMEN. Deal the first card of the second pair on the first imaginary U in MUTUS and its mate on the second imaginary U. The first card of the third pair goes on the imaginary T in MUTUS and its mate on the imaginary T in DEDIT.

When all of the cards are dealt in this manner ask one person to tell you in which rows his cards are. If he says, for example, that it is in the first and last rows, you know that it is the card you placed on the imaginary S's as S is the only letter which is in both of those rows.

(Clip this out and paste it, with others of the series, in a scrap-book.)

MONEY ORDERS.
A Dominion Express Money Order for five dollars costs three cents.

Polar Air Line to East Planned by Stefansson.

Air routes across the polar regions, between England and the Far East, will be established if Viljalmar Stefansson, the Arctic explorer, is able to convince the British government of the merits of the scheme, which he arrived here to advocate, says a London despatch. The explorer claims that flying conditions in the polar area are as good as in any other part of the world, and calls for a new imperial outlook on the policy of opening up a short route to the Far East.

Stressing the great saving in time which would be effected, Stefansson pointed out that the distance from London to Tokyo by the trans-Siberian route is 9,557 miles, while that across the polar regions would be 4,960 miles—a saving of practically half.

He already has placed his views before the Canadian government at Ottawa.

Roads.

So many, many roads lie traced
Where wanderers may stray—
Roads twining, weaving, interlaced,
Roads sorrowful and gay,
Running through countrysides and town
They climb the mountain steep,
Through storied realms of far renown
Unceasingly they creep,
When silver moonlight floods the night—
O hark! across the sea,
These roads, the wanderer's delight,
Are calling you and me,
Singing their challenge sweet and clear
For wanderers to roam;
But at once, I only hear
The road that leads me home!
—Alice Cary.

GIRLS AND WOMEN HELD BY ANAEMIA

Rich, Red Blood Needed to Restore Their Health.

There are thousands of growing girls and women held in the deadly clutches of anaemia. Slowly but surely a deathly pallor settles on their cheeks; their eyes grow dull; their step languid; their appetite fickle. Daily they are losing their vitality and brightness. Pains in the side, headaches and backaches follow, and life seems to be scarcely worth living. What is needed in cases of this kind is new, rich red blood which will bring back to weak, ailing girls and women the charm and brightness of perfect health. To obtain this new, rich blood try Dr. Williams' Pink Pills. Their action is directly upon the blood; they supply the elements necessary to make it rich and red, and in this way they bring back the glow of health to the cheeks; brightness to the eyes, and a lightness and energy to the step. Among those who have found benefit through the use of Dr. Williams' Pink Pills is Miss Emma J. Johnston, R.R. No. 1, Clinton, Ont., who says:—"In the spring of 1921 I felt weak and very much run down. It was with difficulty that I forced myself to work at all. I had headaches, was very pale, and felt constantly tired. In our local paper I ran across the testimonial of a lady who told of the benefit she had from using Dr. Williams' Pink Pills, and I decided to give them a trial. Very soon I felt a change for the better, and by the time I had taken five boxes I felt like a new person. The tired, worn out feeling had vanished and I could go about my work from morning until night without any difficulty. I certainly cannot speak too highly of Dr. Williams' Pink Pills and when I meet anyone weak and run-down I strongly advise them to give these pills a trial."

You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

No More the Lilacs Wave.

No more the lilacs wave—a purple glory—
Their petals blow about us as we pass;
Again spring's loveliest things have told their story,
Gay tulip cups lie broken in the grass;
Soon peony time will come and go, and after,
Red roses hurt us with their perfectness,
And from old apple orchards flickers' laughter
Break through the garden's silence less and less.

Quaint silhouette against a white pillar—
With beaks stretched wide above a clay bowl's rim—
Four hungry fledglings twitter: "Faster, faster."
To redbreasts hovering on a nearby limb,
While in my heart a voice cries, no whit lower:
"O Time, go slower, slower, slower,
—Isabel Valle.

Boss-watchers are a more despicable lot than clock-watchers.

Most of us have more brains than we know what to do with.—Sir Arthur Keith.

King Alfonso of Spain is reputed to be the best dressed monarch in the world and buys an average of a hundred suits a year.

The Choice.

When skies are blue and days are bright,
A kitchen garden's my delight,
Set round with rows of decent box
And blowy girls of hollyhocks.

The currant-bushes' spicy smell,
Homely and honest, likes me well,
The while on strawberries I feast,
And raspberries the sun hath kissed.

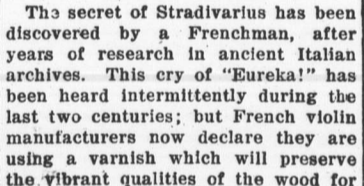
Beans all a-blowing by a row
Of hives that great with honey go,
With mignonette and heaths to yield
The plundering bee his honey-field.

Sweet herbs in plenty, blue borage,
And the delicious mint and sage,
Rosemary, marjoram and rue,
And thyme to scent the winter through.

Here are small apples growing round,
And apricots all golden-gowned,
And plums that presently will flush
And show their bush a burning bush.

Lavender, sweet-briar, orris. Here
Shall beauty make her pomander,
Her sweet-balls for to lay in clothes
That wrap her as the leaves the rose.

Take roses red and lilacs white,
A kitchen garden's my delight;
Its gilly flowers and phlox and cloves,
And its tall cote of irised doves.
—Katharine Tynan.



That's Who.

"Bill, who do you think could have written me this anonymous letter calling me a liar?"
"I don't know, Ed! It must be somebody who knows you real well."

Learn How to Make Stradivarius Violins.

The secret of Stradivarius has been discovered by a Frenchman, after years of research in ancient Italian archives. This cry of "Eureka!" has been heard intermittently during the last two centuries; but French violin manufacturers now declare they are using a varnish which will preserve the vibrant qualities of the wood for centuries, and that the instruments turned out by the little shops not far from the Bastille will be just as famous 500 years hence as is any "Strad" to-day.

The whole charm of the Cremona violins—without giving other details as to proportions or method of application—it seems, consisted in the use of a certain mixture of resinous amber and olive oil. Modern fiddles have been treated only with ordinary resin and alcohol varnishes.

There are many to cut a stick when the fight is over.—Japanese Proverb.

A pessimist is any person who throws a wet blanket over the fires of enthusiasm.

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author,
E. Clay Glover Co., Inc.
129 West 24th Street
New York, U.S.A.

CORNS

Lift Off with Fingers

Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! 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 calluses, without soreness or irritation.

ISSUE No. 26—23.

GRENIER GAINS 18 LBS. ON TANLAC

Says Famous Medicine Ended Long-Standing Dyspepsia and Restored Perfect Health.

"The Tanlac treatment not only ended my stomach trouble, but it built me up eighteen pounds, and I never felt better in my life," is the positive statement of Armand Grenier, 250 Marquette Street, Montreal.

"Dyspepsia had me in such awful shape I scarcely dared to eat, knowing the misery I would have to suffer. My nerves were shattered. I would lie awake sometimes all night, and once I woke up from a doze feeling like I was about to smother, and thought my end was near. Then for months I was mighty careful about my eating, but I didn't seem to get any better until I took a friend's advice and started on Tanlac.

"Every day I got better, till now I enjoy tip-top health. I have a ravenous appetite, perfect digestion, and can sleep like a top every night. Tanlac gets my best word every time."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Tanlac Vegetable Pills are nature's own remedy for constipation. For sale everywhere.

Painted furniture should be cleaned with rain-water, as it is better not to use soap. Then go over it with a cloth on which a trace of vaseline has been placed.

Minard's Liniment used by Physicians.

Whatever changes may arise in the affairs of men and human society, the Bible remains the Book of Books.—President Harding.

Make known your disapproval of unkind acts to animals; as to blanketing, feeding, overloading, or cruelty of any kind.

Harless, purely vegetable. Infants' and Children's Regulator, formula on every label. Guaranteed non-narcotic, non-alcoholic.

MRS. WINSLOW'S SYRUP

The Infants' and Children's Regulator
Children grow healthy and free from colic, diarrhoea, flatulency, constipation and other troubles if given it at teething time. Safe, pleasant—always brings remarkable and gratifying results.
At All Druggists

RED PIMPLES 'ON FACE 3 YEARS

Itched and Burned. Lost Sleep. Cuticura Heals.

"My face was affected with pimples for about three years. They were hard and red, and festered and scaled over. The pimples itched and burned causing me to scratch and irritate them, and I lost many a night's sleep on account of the irritation.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample which helped me so I purchased more, and after using four cakes of Soap with the Ointment, I was healed." (Signed) Miss Martha Theusch, R. 2, Box 45, Vining, Minn.

Give Cuticura Soap, Ointment and Talcum the care of your skin.

Sample Each Free by Mail. Address: "Lyman, Inc., 104 1/2 St. Paul St., W. Montreal." Sold everywhere. Soap 25c, Ointment 15c and 10c, Talcum 5c.

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 for

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 Manufacture of Monocetate of Salicylic acid. 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."

Classified Advertisements.

FOR SALE.
QUANTITY case to 1000 BEECH TIMBERS
Red Spruce, Belleville, Ontario.

NOW FORD OWNERS CAN ENJOY LUXURY, comfort and economy with the latest attachment. In unimproved territory one may get big FREE. Write Auto Specialty Co., Peterboro, Ont.

ASK FOR CIRCULAR OF GOODS SELLING on sight. Para Brothers, Box 522, Dup. C. Montreal.

A Helpful Child.

The hiding and finding of eggs at the Easter season had much impressed little Evelyn. One day a week later she was in the garden watching John, the hired man, at work planting beans. On he went across the garden, dropping the seeds and carefully raking the earth over them. The little girl followed at his heels. At the end of the row the old man straightened up to rest his back. Evelyn triumphantly held out two little hands and said excitedly:
"Look, John, I found every bean you hid!"

MURINE

For Your EYES
Refreshes Tired Eyes
Write Murine Co., Chicago, for Eye Care Book

Attractive Proposition

For man with all round weekly newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.

HORSEMEN!

Minard's should be in every stable. Quickly heals Cuts and Bruises and removes Swellings.

MINARD'S

"KING OF PAIN"

LINIMENT

HELP FOR YOUNG WOMEN

Mrs. Holmberg Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Viking, Alta.—"From the time I was 15 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vomiting. This kept me from my work (I help my parents on the farm) as I usually had to go to bed for the rest of the day. Or at times I would have to walk the floor. I suffered in this way until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I surely am glad I tried it for I feel like a different person now that I don't have these troubles."—ODELLA HOLMBERG, Box 93, Viking, Alta.

Letters like this establish the merits of Lydia E. Pinkham's Vegetable Compound. They tell of the relief from such pains and ailments after taking it.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact.

If you doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Mrs. Pinkham's private text-book and learn more about it.