

The name "Red Rose" has been a guarantee of quality for 30 years

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try 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.

Don't take too much of one kind of food. It may not contain enough of all the elements that go to maintain bodily health and vigor.

No matter how nourishing a food is supposed to be, ill-health and disease may result if too much of that particular kind of food is taken without sufficient "balance" in the diet. Scotsmen the world over have been proverbially fond of porridge, and no doubt it has proved a sustaining food if eaten with other substances that contain health-giving properties, but if a child is brought up on porridge, almost exclusively, there is great danger of the development of rickets or softening of the bones and muscles, a condition from which thousands of children in this country suffer. Professor R. Mellanby of St. Thomas' Hospital, London, thinks that porridge is a very bad cereal from a nutritional standpoint, and especially if taken as the main diet. He says it contains some substances which interfere with the deposition of bone-hardening carbon and phosphorus in the body, and unless accompanied by the accessory food factors or vitamins, had proved disastrous when taken consistently, to the animals to which it had been administered.

Any food that is boiled or cooked to any extent has this deficiency in vitamins. It is not porridge alone that lacks these essentials, but porridge has come to be regarded as a very complete food in itself. In fact, one often hears the saying that people in certain localities in Scotland were brought up on porridge and the

Shorter Catechism. Be that as it may, and I for one would never want to minimize the fighting qualities of the Scot or his inherent manliness, still the fact remains that porridge taken in excess and without a sufficient amount of other vitamin-containing foods, is a poor diet.

The experiments that proved the lack of proper food content in oatmeal was done on animals, but Prof. Mellanby said he thought the cereal would have the same effect on human beings as on lower animals. He saw no reason why it should not. He adds, however, that in the large majority of cases, people who ate porridge took with it the cream and other accessories which contained the vitamins necessary to overcome the deficiency in the oatmeal. He made the additional observations that it was the children of the poor who could afford only the porridge and not the trimmings that were often affected by rickets. Don't harbor the idea that oatmeal contains anything harmful. It is the lack of something necessary in it that makes the cereal dangerous as a regular food. When accompanied by the proper vitamin-containing accessories, porridge is still considered a splendid food. One of the most important and most remarkable of the vitamin-containing substances is cod liver oil. Fresh milk also contains the precious vitamins and even a teaspoonful taken at a meal makes all the difference between a non-sustaining diet and one that contains the necessary elements required to maintain a normal condition of health and vitality.

Signs of Spring.

The sunshine's growing brighter,
There's just a hint of smiting,
Of ecstasy that's somewhere hid, away
up in the blue.
A woodpecker, red-crested,
And busy at my maple,
It seemed to me, and just to-day, was
very hopeful, too.

A squirrel found my window,
And oh, how energetic;
He deigned to take the nuts I gave,
then on a branch did sway.
And sudden thrilled and thankful,
I felt it and I knew it,
That Spring, the ever-joyous, was
surely on the way.

—Alix Thorn.

Persian Gifts.

Some of our finest fruits and flowers, much of our jewelry, and the wine which no longer is ours are Persian gifts to civilization. A Persian legend attributes the discovery of wine to a queen's toothache.

A shah had placed grapes in a jar to preserve them and they fermented. Thereupon His Majesty marked the jars "poison." After sleepless nights with a throbbing molar the queen determined to end her misery and swallowed a liberal portion of the "poison." She fell into a deep sleep, and when she awakened the pain had gone!

Therefore, the native will tell you, the Persian word for wine to this day means "sweet poison."

NATURE'S WARNINGS

Danger Signals That Everyone Should Take Seriously.

Pain is one of Nature's warnings that something is wrong with the body. Indigestion, for instance, is characterized by pains in the stomach, and often about the heart; rheumatism by sharp pains in the limbs and joints; headaches are a sign that the nerves or stomach are out of order. In some ailments, such as anaemia, pain is not so prominent. In this case Nature's warning take the form of pallor, breathlessness after slight exertion, palpitation of the heart, and loss of appetite. Whatever form these warnings take, wise people will not ignore the fact that many diseases have their origin in poor blood, and that when the blood is enriched the trouble disappears. Dr. Williams' Pink Pills are most helpful in such cases because they purify and build up the blood to its normal strength. In this way it tones up the nerves, restores the appetite and gives perfect health. Miss Hazel Berndt, of Arnprior, Ont., has proved the great value of this medicine, and says:—"I am a young girl and have been working in a factory for the past four years. For two years I had been in such poor health that at times I could not work. I was thin and pale, and troubled with headaches and fainting spells. I doctored nearly all this time, but it did not help me. My mother advised me to take Dr. Williams' Pink Pills, and after using them for a while I could notice an improvement in my condition. I used nine boxes and can truthfully say that my health is restored. When I began taking the pills I weighed 97 pounds and now I weigh 114. I feel that I owe my good health to Dr. Williams' Pink Pills and hope other ailing people will give them a fair 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.

Alvan T. Simonds Economic Prizes for 1925.

To encourage the study of Economics two prizes of \$1000 and \$500 are offered by Alvan T. Simonds, president of the Simonds Saw and Steel Company, of Fitchburg, Massachusetts, for the best two essays on the following subject: "Your Prosperity and Mine." The contest is open to all residents of the United States and Canada. It is hoped that it will especially appeal to business executives, assistants to business executives and students of business and commerce. Contestants, who are not well versed in economics, are advised to study elementary works, dealing with fundamentals, and to read articles on economic subjects in newspapers and magazines. The essays may be entirely original or may be based, in whole or in part, on books or articles. If the latter plan is followed, references to the books and articles should be given in footnotes.

The essays must be at least 2500 words in length and should not exceed 3500 words. They must be typewritten and on one side of the paper only.

The prize winning essays, upon payment of the prizes, will become the property of Alvan T. Simonds.

The judges will be announced later. They will be selected from experts in economics, business, and related activities. Their decision must be accepted by all concerned as final.

The essays must reach the Contest Editor, Simonds Saw and Steel Company, 470 Main Street, Fitchburg, Massachusetts, on or before December 31, 1925.

Crossing Caution Needed. Cross crossings cautiously. Warning bells may be out of order, watchman or gate operator may be off duty. Trains cannot stop so quickly as you can. Shift into second to avoid stalling on tracks.

Minard's Liniment for Colds.

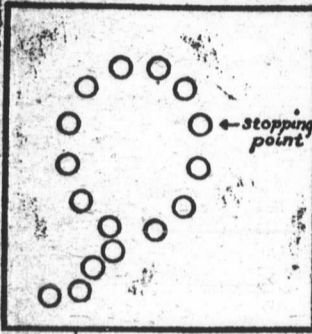
"The Tobacco of Quality"

SMOKE OLD CHUM

15¢ per Package also in 1/2 lb. VACUUMIZED TINS

MANUFACTURED BY IMPERIAL TOBACCO COMPANY OF CANADA LIMITED.

EASY TRICKS The Mystic Letter "Q"



Arrange a number of coins or buttons on the table in the form of a letter "Q" as in the illustration. Tell the spectators that you will turn your back so that you cannot see what is being done. While your back is turned, a spectator is to decide on any number and to start at the end of the tail of the "Q" to count that number up the tail of the "Q" and up the left side. When he reaches the number he thought of, he is to start at the coin at which he stopped and count the same number in the opposite direction, ignoring the tail of the "Q" and going up the right side of the letter. When he again reaches the number of which he thought, he is to stop and turn that coin over. When this is done, you will turn around and pick up the coin which was turned over.

The trick is that this coin will be just the same number of coins up the right side of the "Q" as there are coins in the tail. If it is desired to repeat the trick, rearrange the coins, leaving a different number of coins in the tail of the "Q" as it will give away the trick if the same coin is the stopping point the second time the trick is done.

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

Huge Koran.

A huge koran, evidently intended for use in a mosque, was sold at auction in London not long ago. The book is four feet tall and a foot thick and has wooden covers. Each page contains only ten lines of script, which is four inches high, and the borders are richly illuminated with oral designs. The whole book is covered with gold brocade. An Oriental bought it for two hundred pounds, and it will probably go back to its former home in the East.

For Sore Throat Use Minard's Liniment

FOR NEURITIS



ASPIRIN

Proved safe by millions and prescribed by physicians for

- Neuritis
- Neuralgia
- Lumbago
- Rheumatism
- Colds
- Headache
- Toothache
- Pain



Safe → Accept only "Bayer" package which contains proven directions. 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 Mononucleoside of Salicylic Acid (Acetyl Salicylic Acid, "A. S. A."). 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."

Cows That Never Drink.

Large quantities of beef are produced in the Hawaiian Islands, and Hawaii itself now boasts several ranch devoted to the breeding of white faced Hereford cattle.

Although they are as thirsty as any other cows the majority of the animals exported from this island have never enjoyed a drink of water, for water has no chance to accumulate owing to the arid soil and the complete absence of irrigation.

Any close observer on horseback, however, soon discovers the animals' secret, for whenever a horse sees a cactus tree it throws up its head and nibbles the shoots, which contain moisture in abundance. Seeing the horse slake its thirst in this way, it is almost certain that a fiery band of "white faces" will thunder up to the spot. Something like a Rugby football match follows, for the parched cows form a "serum" round the tree. And the strongest fellow gets the most luscious branches.

The Ritz-Carlton Hotel Atlantic City New Jersey

America's Smartest Resort Hotel.

Famous for its European Atmosphere.

Perfect Cuisine and Service.

Single rooms from \$5.00
Double rooms from \$8.00
European Plan

New Hydratric and Electro - Therapeutic Department.

GUSTAVE TOTT, Manager

Improve Your Appearance

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 pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Classified Advertisements

REMNANTS.

BARGAIN PARCEL, \$2; 5 LB.3. Patches, \$2. McCreery, Chatham, Ontario.

FREE CATALOGUE.

RASPBERRY BUSHES, GLADIOLAS, IRIS, PEONY, FANCY DAHLIAS and Barred Rock Eggs. The Wriggall Farm, Brockville, Ont.

It's the urge within which makes you give to your job the best you possess—which makes light of overtime in your work—which aids you in meeting and defeating difficulties.

DANDRUFF

Minard's cleanses the scalp, opens the pores, stimulates the roots of the hair to new activity. Rub Minard's into the scalp four times a week.



Beauty Of Skin And Hair Preserved By Cuticura

Use Cuticura Soap for daily toilet purposes, with touches of Cuticura Ointment as needed, and have fresh, clear skin and thick, glossy hair. They are ideal for the toilet as is also Cuticura Talcum for powdering and perfuming.

Sample Each Free by Mail. Address Canadian Depot: Cuticura, P. O. Box 5114, Montreal. Price: Soap 5c, Ointment 25c and 50c, Talcum 5c. Try our new Shaving Stick.

TIRED OUT ALL THE TIME

Nerves Gave Little Rest

Relieved by Lydia E. Pinkham's Vegetable Compound

Harrowsmith, Ontario.—"I took your medicine before my baby was born and it was a great help to me as I was very poorly until I started to take it. I just felt as though I was tired out all the time and would take weak, fainting spells. My nerves would bother me until I could get little rest, day or night. 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 publish this good medicine. I 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 serve to help others."—MRS. HARVEY MILLIGAN, R. R. No. 2, Harrowsmith, Ontario.

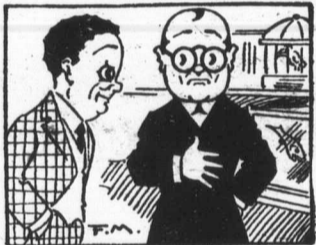
In a recent canvass of purchasers of Lydia E. Pinkham's Vegetable Compound over 100,000 replies were received and 98 out of every 100 said they had been helped by its use. This medicine is for sale by all druggists.

MARCH WEATHER DANGEROUS TO BABY

Our Canadian March weather—one day bright, but stumpy, the next blustery and cold—is extremely hard on children. Conditions make it necessary for the mother to keep the little ones indoors. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against these colds and to keep the baby well till the better, brighter days come along, a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. The Tablets are a mild but thorough laxative which never fail to regulate the stomach and bowels and thus they relieve colds and simple fevers and keep the baby fit. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A badly wasted day is that on which we have not laughed.

Shyness is one-half desire to please, and one-half fear of not succeeding.



Sure Thing—Trot Him Out.
Naturalist—"And I suppose you'd like to see my wonderful seahorse?"
Visitor—"Sure thing—trot him out."

General Motors in Canada.

General Motors capital invested in the automobile industry in Canada is \$21,000,000, a large part of which was brought into Canada from the United States. Products of General Motors of Canada Ltd., have a value exceeding \$40,000,000 annually.

In H.M.S. Hood there is a special staff of forty-nine wireless men, and five operators keep watch at the same time on five different wave lengths.

A domestic fly carrying what is estimated at 7,000,000 typhoid germs was recently shown on the films by a new process.



"GRIZZLY SAL"

One of the real bad ones who did her stuff at the Calgary Stampede last year. When the prairie city celebrates the 50th anniversary of the arrival of the Mounted Police and the birth of the city, July 6 to July 11, Sal will be back on the boards at the big Round-up and carnival.