

# 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.

Early last fall, fifteen employees were stricken with typhoid during the time they were employed in a lumber camp up north. Two of these men entered claims for damages against the company. They contended that the water they had drunk at the camp while at work was the cause of the disease, and claimed half pay for the period during which they had been ill. They got no compensation, however, as the law in Quebec does not provide for this sort of thing. On the face of it, there seems a real need for our sister provinces to take action to remedy matters in this regard.

Where there is a large industrial population, as is the case in Ontario, many unfortunate accidents are bound to occur during working hours. Circumstances govern cases, but claims can be made for compensation when the injured person feels that he was not responsible for the accident. Redress, too, can be claimed in the case of persons who contract disease while employed in industry, and it is a good law that makes provision for this in Ontario. If you happen to live in Quebec, however, you have not such facilities when disease overtakes you. Under the provisions of the Workmen's Compensation Act in Quebec, disease contracted during employment in an industry does not entitle the employee to compensation, but accidents alone can bring an indemnity. Such was the principle established recently by Chief Justice Sir Francois Lemieux, in the Superior Court, Quebec, in dismissing with costs two actions for \$500 each, entered by two lumberjacks named Perron and Gendron against the corporation that employed them, for payment of wages during the period they had suffered from typhoid.

It was also added by the Court that it had not been proved that the disease had been contracted at the lumber camp of the company, as stated, but even if proved, the award could not be made.

Industrial Health Supervision carried on among the mines, lumber companies and large construction projects in Northern Ontario, has been a remarkable success. Every lumber camp, mine and little saw-mill has a qualified physician as its sanitary supervisor, who also cares for the men medically. These doctors render splendid service in protecting the workers' health. Each year sees a further reduction in the number of communicable diseases reported. Indeed, most of the common infectious fevers so very prevalent ten years ago, have almost vanished. Such a record speaks very creditably for the effectiveness of the service.

### Wealth From Whales.

Ambergris, derived from the intestines of the whale, is found in lumps up to 800 pounds in weight, either floating in the tropic seas or cast up on the shores of Madagascar, China and Japan.

The whole of the constituents of ambergris, being of a highly complicated character, have not yet been identified and isolated.

Ambergris was known in very early times, and was reputed to possess highly curative properties for certain diseases.

Its present high cost is due entirely to the uncertainty of the supplies, and to its use in perfumery as a fixative, and to its highly pleasant and delicate musk-like odor.

Oysters are nervous creatures, and a sudden shock such as a loud thunderclap will kill hundreds of them.



He—"Class" is written all over Mabel, isn't it?"  
She—"Yes, 'Second Class.'"

There are always 20,000 strangers sightseeing in London.

## Mix Mustard this way

Mix Keen's Mustard with water to the consistency of a thick paste. Add water until the desired thickness is obtained. If a milder flavor is desired mix with milk. Mix mustard freshly for every meal.

but it must be Keen's

## Less Pot-washing

SMP Enamelled Ware has the smooth surface and polish of fine crockery—without the breakage. And it is so very easy to clean—just like china, and therefore makes light work of pot washing.

Try this test. Take an SMP Enamelled Ware sauce pan and an all-metal sauce pan of equal size. Into each pour a quart of cold water. Put on the fire at the same time. The SMP sauce pan will be boiling merrily when the water in the other is just beginning to simmer.

### SMP Enamelled WARE

"A Face of Porcelain and a Heart of Steel"

Three finishes: Pearl Ware, two coats of pearl grey enamel inside and out. Diamond Ware, three coats, light blue and white outside, white lining. Crystal Ware, three coats, pure white inside and out, with Royal Blue edging.

THE SHEET METAL PRODUCTS CO. OF CANADA  
MONTREAL TORONTO WINNIPEG  
EDMONTON VANCOUVER CALGARY

### Miracle of the Honey-Bee.

A honey-bee weighs 1/300th of an ounce; its "load" of nectar is, therefore, extremely small. A scientist ascertained that the average load weighs about 1/1250th of an ounce—a quarter of the bee's weight.

This means that 20,000 journeys (reckoning the outward and inward trip as one) are necessary for the gathering of a pound of nectar; but, as flower-juice loses at least one-half of its bulk before it becomes honey, it follows that the production on a pound of honey involves on this reckoning a minimum of 40,000 journeys.

If we assume that the average trip out and home measures half a mile (a low estimate), the immense distance of 20,000 miles must be covered in gathering the raw material for a pound of honey. This is equal to 1,250 miles per ounce.

## RICH, PURE BLOOD RESISTS DISEASE

Dr. Williams' Pink Pills Make Rich Blood and Restore Health.

Thin, pale people lack the power of resistance to disease that rich, red blood gives. Nervous breakdown is the direct result of thin blood. So is anaemia, indigestion, rheumatism and many other troubles. People suffering from thin, impure blood need just the help Dr. Williams' Pink Pills can give. For thirty-five years Dr. Williams' Pink Pills have been world-famous as a blood builder and nerve restorer. Not only do they purify and enrich the blood, but they make new, rich, red blood which imparts fresh vigor and life to all the organs of the body. Their first effect is usually to stimulate the appetite; then the spirits revive, and restlessness at night gives way to health restoring sleep. For sufferers from anaemia, nervousness, general weakness, digestive troubles, the after effects of acute diseases, mental or physical exhaustion, Dr. Williams' Pink Pills are a restorative of the utmost value. If you are weak or allig give these pills a fair trial and the result is sure to be beneficial. Dr. Williams' Pink Pills are sold by all medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



And They Hammer Away.

"The Ladies Sewing Circle sings at its work."  
"What's the favorite song?"  
"The Anvil Chorus, I'm told."

### The Legend of Mauna Loa.

No other volcano has ever equalled Mauna Loa, in Honolulu, in the volume of lava it has discharged in its principal eruptions, nor is any other so dreaded, for in its stream flow death and destruction. The mountain has, however, the true instinct of chivalry, and invariably gives warning to the hundreds of sugar and coffee plantations about its base when its intentions are hostile. This warning is conveyed by the bluish steam that arises from its crater, which is always followed by a flood of red hot lava. Mauna Loa is giving this warning now.

At the time of its great eruption in 1800 the lava burst from the sides of the mountain as well as from its crater and flowed like a great river for nine months, varying in width from three miles to a few hundred yards. It ran a distance of fifty miles. Finally it reached the outskirts of the town of Hilo, whose inhabitants were calmly awaiting their doom.

It was then that the young princess of the reigning house of Honolulu determined to test the efficacy of the well-known legend of the mountain. The legend was that if a young and beautiful princess should array herself as a bride and surround herself with attendants that would form a procession and climb the mountain with her, she could then, by approaching the crater and throwing in a sacred white pig, appease the wrath of the mountain and cause it to be quiescent.

This was, in fact, no simple task, for beside the physical endurance, it was necessary to dodge the boiling lava on the mountain side. The white pig also grew heavy and restless in the arms of the princess. He chafed under the garlands of owers with which he was decorated. Three times on this strange expedition the pig escaped, but was caught again by the attendants of the princess. After much labor she reached the crater, and with a supreme effort of strength and courage, cast the squealing pig into the awful depth below. The descent was made slowly, all chanting praise to the mountain.

Mauna Loa appreciated the sacrifice of the princess and was generous. Many European visitors, as well as the natives, still tell how that evening the flow of lava became sluggish and ceased to move. Hilo was saved. In 1888-92 the mountain was slightly active, but with those exceptions it has been true to the superstition of the people.

Minard's Liniment Relieves Pain.

## EASY TRICKS No Chance At All



Most amateur tricksters know one or two methods of discovering the identity of a card selected by a spectator. Here is an excellent method of disclosing the fact of the discovery. In this case another spectator, who does not know which card was selected, names it. An examination of the following will indicate how the spectator can be "forced" (to use the magician's term for this proceeding) to name any card the trickster desires him to name. In this case it is the eight of clubs. Observe that the trickster accepts or discards the spectator's choice. Quickly done it is usually deceptive.

There are two kinds of cards, picture cards and spot cards. Name either. "Picture cards." "Fine." That leaves the spot cards and the card must be a spot card. There are two colors in the pack. Name either. "Black." "Fine," that eliminates the red and the card must be black. There are two kinds of black cards, spades and clubs. Name either. "Spades." "Fine," that leaves the clubs and the card must be a club. "There are two kinds of spot clubs—odd and even, name either." "Odd." "Then the card must be an even club. The odd clubs having been eliminated. There are even clubs higher than five and lower than five. Name either." "Lower." "Fine," that leaves the even clubs higher than five. The even clubs are six, eight and ten. We may divide these into a lower group composed of six and eight and an upper, composed of ten. Name the upper or lower. "Upper." "Fine," that leaves the lower. Name either six or eight.

If eight is named, the trick is completed. If six is named, the trickster calmly eliminates six, leaving eight—and the stunt is completed.

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

## THANKFUL MOTHERS

Once a mother has used Baby's Own Tablets for her little ones she would use nothing else. The Tablets give such results that the mother has nothing but words of praise and thankfulness for them. 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.

### Barometer-Ing.

"Have you touched the barometer, Mary Jane?"

The mistress in anger cried.

"Why, yes, it's my evening out to-night."

"So I set it to 'fine' the maid replied."

It is always safe to send Dominion Express Money Orders.

Blest Be the Tie That Binds.

In his eye was a look of determination; his breath was coming in gasps; she had eluded him, but now his hour had come and his purpose was not to be thwarted again. He rushed and threw his arms about her neck, half dragging, half carrying her to the parson's. He kicked vigorously upon the door and when the parson came he demanded:

"Do you tie knots?"

"Why, yes," said the parson.

"Then tie a good hard one on this heifer calf of yours; she's about ruined my garden."

## BUSSES FOR SALE

Two 1918 Dodge Ten Passenger Buses suitable for use in Towns or Villages. No reasonable offer refused.

YELLOW CAB, LIMITED  
37 Jarvis St., Toronto

## WANTED FULL RIGGED SHIP MODELS

Send description and full particulars to L. COSTELLO  
73 W. Adelaide St. Toronto

## BENEFIT FROM TANLAC LASTING, HE ASSERTS

Ontario Man Says It Put Him in Such Fine Condition 2 Years Ago He Hasn't Needed Any Medicine Since.

"Well, sir, it looked like I was going to have to give up my job, but Tanlac kept me on the payroll and, of course, I'm strong for it," is the striking statement of Wm. Cranker, 84 Louis St., Brockville, Ont., who for 30 years past has been employed by the Canadian National railroad.

"My stomach went wrong 10 years ago and then I gradually got out of fix in lots of ways. I couldn't eat or sleep to do any good for nervousness and

digestion and had got to where I simply had to drag myself to the railroad yards in the mornings.

"I could feel the good effects of my very first few doses of Tanlac clean to my finger-tips. This was two years ago and three bottles put me in such good shape that I have not had to spend a cent for medicine since. I eat and sleep fine, never miss a day's work any more and feel fine. You just can't beat Tanlac."

Tanlac is for sale by all good druggists. Accept no substitutes. Over 40 million bottles sold.

Tanlac Vegetable Pills for constipation. Made and recommended by the manufacturers of Tanlac.

## The Cruise of the Belgenland Around the World.

Around the world in 133 days! To visit countries famed in song and story, countries whose history reaches back to the very beginning of time, lands of strange peoples and unaccustomed sights, such is the pleasure in store for passengers on the Red Star Liner Belgenland sailing from New York on December 4 next.

The first stop on this voyage of enchantment is at beautiful Havana, then on through the Panama Canal, along the colorful Californian coast to Hawaii, gem of the Pacific. Ten days of the balmy sunshine and smooth seas which characterize the Pacific in the winter season, brings the Belgenland to the mystic Orient. The Land of the Rising Sun offers many curious scenes for the Canadian, while Hong Kong is of special interest as an outpost of the British Empire. Shanghai and Singapore, the West Indies, Calcutta, Bombay and Ceylon, what visions of tropical grandeur these names suggest! A trip up the Nile, a view of Luxor, Cairo and Alexandria is followed by a visit to the Holy Land. Mediterranean cities next claim the attention of the traveller, who may continue his tour to include Switzerland, France and the British Isles.

Happiest of choices for this long journey is the Belgenland, of 27,200 tons register, 697 feet long and 78 feet broad. She has turbine engines, triple screws, and oil-burning boilers—the latter an important feature on a long voyage, as the use of oil fuel eliminates the soot, dust and cinders inseparable from the use of coal. She is the largest liner ever sent around the world. Equipped with all conveniences, powerful and steady, with generous breadth of decks and luxuriously fitted rooms, with two gymnasiums and a swimming pool, the Belgenland provides her passengers with every comfort at sea. The tourist is also well cared for on the overland trips and is free to enjoy the rich panorama day by day.

Full information may be had from H. G. Thorley, Ontario Passenger Office, 41 King St. East, Toronto.

### Ostrich Legend "Bunk"

The ostrich does not hide its head in the sand when fear afflicts it. This at any rate, is the bold proclamation made by Vilhjalmur Stefanson, the Arctic explorer. Nowhere has a responsible observer ever seen an ostrich thrust its head into the sand to escape a foe.

The legend has persisted for nearly 2000 years. Perhaps 2000 years hence, despite all the naturalists and all the iconoclasts, people will still believe that ostriches are as silly as Pliny thought they were.

London can boast of twenty women undertakers while sixty women are qualified auctioneers.

## Genuine BAYER ASPIRIN

Say "Bayer"—Insist!

For Pain Headache  
Neuralgia Rheumatism  
Lumbago Colds

Safe Accept only a 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 Monocrotic Acid of Salicylic Acid

### Sprains!

Avoid further pain and stiffness by rubbing with Minard's. It kills inflammation, soothes and heals.



## Classified Advertisements FOR SALE

APPLE BARRELS, ALSO BARREL Staves, Mill Slab Wood, and Cord Wood. Reid Bros., Wellsville, Ontario.

### Lights to Test the Dye.

Of foreign origin, a new machine called a fadometer is used for testing the fastness of dyes. Violet carbon arc lights are used, 40 samples being tested at one time if necessary. Half the sample is exposed to the light and the other half protected by a metal shade, so that after test an exact comparison can be made. Special carbon rods, impregnated with a secret chemical formula, give the light of this arc fading qualities exactly similar to daylight, although greatly intensified.

### Minard's Liniment for Rheumatism.

### Earthquake Cooled Water.

Water in the bay of Tokio is colder this year than last, according to observers of the Marine Products Institute, the earthquake of last September being blamed for a marked drop in temperature. The lower temperature of water along the coasts near Tokio is expected to handicap such industries as fishing for shellfish and gathering seaweeds in which the workers are obliged to spend hours standing in water.



## FACE TERRIBLE FROM PIMPLES

And Blackheads Irritation Intense. Cuticura Heals.

"I suffered terribly with blackheads and pimples. The pimples were large, festered and scaled over. They burned causing intense irritation. After washing my face the scales would fall off causing eruptions. I had to discontinue with all pleasures because my face was terrible."

"I tried numerous remedies but all failed. I began using Cuticura Soap and Ointment and after using one box of Ointment and one box of Cuticura Soap I was completely healed." (Signed) Miss Felicia E. Smith, 2271 E. 46th St., Cleveland, Ohio.

Cuticura Soap, Ointment and Talcum are ideal for daily toilet uses.

Sample Each Free by Mail. Address Canadian Depot: Cuticura, P. O. Box 5114, Montreal, P. Q.

Price, Soap 25c, Ointment 25c and 50c, Talcum 50c. Try our new Shaving Stick.

## FOR JOY OF GOOD HEALTH

Manitoba Woman Thanks Lydia E. Pinkham's Vegetable Compound

Crandall, Manitoba.—"When I was a young girl at home and working I had terrible pains, almost more than I could bear, and I was not regular. These troubles kept me so tired all the time that I had no strength and no ambition to join in with my friends and have a good time. I was just tired and miserable always and life just seemed as if it wasn't worth living. I saw so much in the papers about Lydia E. Pinkham's Vegetable Compound, and then I had a friend who had taken it and told me about it, so I got some. Every month after taking it I got stronger and I soon did not suffer every month. It stopped the pains and helped me in other ways. Then when my babies were coming I was tired and worn out the first three months and ached badly. I took the Vegetable Compound right along and must say it made a new woman of me and able to do my work, and it helped me through confinement. You see I am a farmer's wife with a big house to look after, and three babies now. I have told ever so many women about your medicine. Just last week I got a letter from my old chum in the East. Her baby was born fifteen days before mine and she told me she was not feeling very well, her back aches so much, and that she is going to take the same medicine I took. You can use my letter and I hope some one will be helped by it."—Mrs. J. S. KIDD, Box 56, Crandall, Manitoba. O

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