

RED ROSE

For particular people—
Roasted and packed same
day in airtight cans

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.

Only by the strictest adherence to quarantine regulations can dangerous communicable diseases be kept at a minimum. Those abusing the common welfare are public nuisances and should be prosecuted as such.

The vast majority of people are willing and anxious to assist the Health Department in observing quarantine laws, but there seem to be a few persons scattered throughout every district who have no health conscience—that is, they do not seem to realize the importance of any preventive or quarantine measures to prevent or curtail the spread of communicable disease.

Just recently I met a peculiar, but alas, all too common type of individual whose daughter had contracted scarlet fever. He was not at all willing to keep her isolated after the actual fever had passed away, his reason being that she had got the disease from somebody else and somebody else again could get it from her. A most despicable attitude, you will say and yet knowing that such people are about, can you wonder at the unsatisfactory results obtained sometimes even when the health authorities do their best to

educate the public as to the dangers of communicable diseases, and try to get public support and co-operation in carrying out measures that are necessary for the public welfare.

A few days ago in a Michigan town two cases of scarlet fever were reported by a citizen. When the state medical inspector arrived on the scene he actually found six cases. This state of affairs showed a gross laxity on the part of somebody, and as a result an epidemic of scarlet fever is now threatening that district. The despatch states that the blame for the situation in this Michigan town can be traced to abject carelessness on the part of the local health officer. But for the efforts of a former health officer, the schools would probably have been very poorly observed in the municipality, and on one of the persons disregarding it, a fine of fifteen dollars has already been imposed. It seems inconceivable that such vital things as health regulations should be disregarded in this day and age. If ignorance is bliss, then bliss is short-lived if the ignorance concerns itself with health matters.

World's Biggest Window Pane.

The largest sheet of plate glass in existence is to be seen at the British Empire Exhibition.

This mammoth window pane had an adventurous journey from Yorkshire to London. Being much too large for carriage by rail—for the sheet measures 14ft. by 24ft.—it had to be transported in an enormous lorry towed by a steam tractor. A special route had to be mapped out for the journey, and many detours were necessary to avoid bridges too low for the giant crate in which the glass was packed.

The area of this immense pane is 336 square feet, and the handling of so large a sheet of glass at Wembley was no light task, in spite of the fact that special apparatus had been installed for the purpose.

At the works the problem was solved by means of conveyors, equipped with huge suckers resembling the tentacles of a giant octopus.

A voice from an unseen presence close beside me said solemnly: "One who is good because he fears to be bad is not good at all."—Sifted Through.

Man's boldness and woman's caution make an excellent business arrangement.—Elbert Hubbard.



Certainly Well Trained.

Hubby—"Why are you so certain you can run the car?"
Wife—"Haven't I handled a vacuum cleaner for nearly two years?"

Speeding Up Production.

An old Chinaman, delivering laundry in a mining camp, heard a noise and espied a huge brown bear sniffing his tracks in the newly fallen snow.
"Huh!" he gasped. "You like my tracks, I make some more."

When the bright side is out it not only looks well but reflects the sunshine.

"Whence Cometh My Help?"

I sit beside the lake's blue loveliness,
My thoughts upon its deep tranquillity.
Till little cares and fears are strangely lost,
And something of its peace flows into me.

I walk knee-deep thro' meadow-grass
and flowers,
Beside a little gaily-lilting spring.
Till gaily and song fill all my heart
And little griefs that nested there
take wing.

I turn my eyes towards the mist-veiled
hills,
Until I draw from those vast outlines dim,
A portion of the strength and poise of
God,
For are not all these things a part
of Him?

—Constane I. Davies.

BABY'S OWN TABLETS ALWAYS KEPT ON HAND

Mrs. David Gagne, St. Godfroy, Que., writes:—"I have used Baby's Own Tablets for my three little ones and have found them such an excellent medicine that I always keep them on hand and would strongly advise all other mothers to do the same thing." The Tablets are a mild but thorough laxative which quickly relieves constipation and indigestion; break up colds and simple fevers and promote that healthful refreshing sleep which makes the baby thrive. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Blood, Red and Blue and Green.

It is not a mere figure of speech to speak of the iron in man's blood. That is partly if not wholly responsible for the color of human blood and perhaps in some inexplicable way is the source—or a source—of the superiority that the Mammalia possesses over lower forms of life. Professor Barcroft, an eminent English biologist, whose studies in the coloring matter of blood have brought much fresh information to light, is quoted in the London Times as follows:

Blood is not necessarily red. We cannot tell why it should not have been green. Indeed, among higher animals there are occasional specimens that tend in that direction. I have seen, for instance, a rat with brown blood. The cuttlefish has blue blood, or blood that is sometimes blue. Just as human blood changes its color each time it traverses the lungs, so that of the cuttlefish changes each time it is driven through the creature's gills. Our blood is purple when it reaches our lungs, red when it leaves them. Cuttlefish blood is colorless when it passes to the gills, blue when it leaves them. Again, there is a starfish in the blood of which you can see colors of the most diverse type—brown, purple, green, lemon yellow and indigo blue. The brown becomes green when it loses its oxygen.

These colors, owing to their power of carrying oxygen, enable an animal to grow large. Insects have no color in their blood, and they remain small. The mollusks singled out a blue pigment for their use—a color dependent on the copper that it contained. These creatures reached their highest development in the massive, but almost mindless, cuttlefish. The higher animals (vertebrates) chose iron-containing colors and have become the higher types of creation.

Two Good Reasons.

Pat is so fond of expressing his views on subjects of national importance that if he cannot get a listener it does not upset him at all, he just talks to himself.

He was a gardener, and his employer, at last, got very fed up with the man's constant mutterings, and one day said to him:

"Pat, doesn't it ever occur to you that your constant mutterings and talking to yourself are a great annoyance to other people? Why do you talk to yourself?"

"Shure, sir," replied the Irishman, "I have two reasons for that."

"What are your reasons?"

"One of them," replied Pat, "is that I like to talk to a sensible man, and the other that I like to hear a sensible man talk."

Frankie's Reason.

As Frankie stood beside his mother, who was making some purchases, the grocer told him to help himself to a handful of nuts. But Frankie shook his head.

"Why, what's the matter?" asked the grocer. "Don't you like nuts?"

"Yes," replied Frankie.

"Well, go ahead and take some."

Frankie hesitated, whereupon the grocer put a generous handful in Frankie's pocket.

When they left the shop, his mother turned to her small son and asked: "Why did you not take the nuts when the kind man asked you?"

"Cause his hand was bigger than mine!" Frankie replied.

The roar of a waterfall is produced by the bursting of millions of air bubbles.

A cod caught off the Newfoundland coast was 5 ft. 6 in. long and weighed 60 lbs.

Minard's Liniment Relieves Pain.

Winnipeg Newsboy Wins Honors



Ben Loban, once a Winnipeg newsboy, who has just completed three years scholarship at the Royal Academy of Music, London, where he won two bronze and two silver medals as well as the final certificate of merit. This he accomplished in two and a half years, six months less than the usual time. Loban is 22 years of age, and has played before the Prince of Wales and Princess Louise. He commenced his studies at the Columbia Conservatoire at Winnipeg. The photograph was taken as he boarded the Canadian Pacific S.S. Montrose on his way home to Canada.

TOO MANY HOME CARES

One Reason Why so Many Women Are Weak and Run-Down.

The work of the woman in the home makes greater demands on her vitality than men realize, and there is always something more to do. No wonder women's backs ache, and their nerves are worn out. No wonder why they get depressed and irritable, suffer from headaches, and always feel out of sorts. But of course all women are not like that. What is the difference?

A woman with plenty of healthy red blood in her veins finds work in the home easy; her vitality is at par. This points the way to health in women who feel run down and depressed. Make new rich blood. You can do it with Dr. Williams' Pink Pills. These pills have the marvellous property of building up the blood and toning up the nerves. That is proved by the case of Mrs. H. Eppinger, Scott Street, Vancouver, B.C., who says:—"Dr. Williams' Pink Pills brought back my health and strength and restored my nerves to normal condition after other medicines had failed. It was after the birth of my second child that I became so anaemic and nervous that I thought I would lose my mind as well as my strength. I tried several medicines, but got no relief until I was advised to try Dr. Williams' Pink Pills. After using a few boxes of these I could see a change. I felt stronger; my appetite was better, I slept better, and my nerves were stronger. I continued the use of the pills for some time, and again found myself a well woman, and I can sincerely say that my health has since been the best. I can cheerfully recommend the pills to all weak, run down women."

You can get these pills from your druggist, or by mail at 60 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

First Sunday School Founded by a Woman.

Sunday School Day, which has just been observed by more than 30,000,000 scholars and teachers in England, is a celebration that contrasts with the humble beginnings of the movement.

Sunday schools were formally founded by Robert Raikes, a Gloucester printer and publisher, who, in 1780, noticing some urchins playing in the street on a Sunday morning, collected a number of them and formed them into a class for private religious instruction.

His account of the innovation, published in the Gloucester Journal, was copied by the London press, and in this way the great Sunday school system was launched. A statue of Raikes is on the Thames embankment.

But it is wrong to credit him with being the sole originator of the idea. The honor rightly belongs to Hannah Ball, of High Wycombe, who opened a Sunday class in 1769.

In Great Britain and Ireland there are approximately 51,000 Sunday schools, 690,000 officers and teachers, and 6,670,000 scholars—in all, 7,360,000 persons. From these figures it would appear that one in every six or seven of the entire population of Great Britain and Ireland attends Sunday school.

The present membership shows a decrease compared with that of ten years ago of about 900,000.

Something New in Soup.

James, aged five, was eating Sunday dinner at his aunt's house. The first course was turkey soup with macaroni in it. The aunt noticed James was not eating.

"What is the matter, dear?" she asked. "Don't you like turkey soup?"

"Oh, yes," answered the boy, "I like it when mother makes it. She doesn't put the windpipes in like you do."

When ordering goods by mail send a Dominion Express Money Order.

It is only through labor and powerful effort, by grim energy and resolute courage that we move to better things.—Frank A. Vanderlip.

TANLAC MEETS TEST FOR OVER 3 YEARS

"The more I know about Tanlac the more I feel like praising it," says Mrs. Samuel Shelly, 56 Wood St., Toronto, Ont., Canada. "I always take Tanlac when I begin to feel run-down and it has met my health needs for the past three years."

"For years before I learned of Tanlac I was in such an awful rundown condition that at times I would get so weak and nervous I couldn't do my house work. I was down to almost a skeleton and still losing weight all the time. Headaches nearly drove me

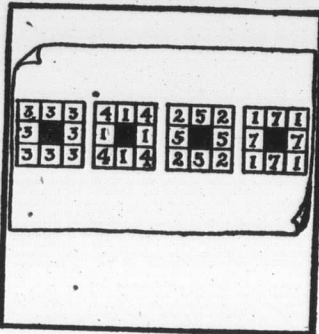
mad and I had a sickly, sallow complexion.

"Tanlac has increased my weight 16 pounds, and has given me a wonderful appetite. My nerves are steady. I sleep well and have health and strength that makes life a pleasure."

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

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

EASY TRICKS Nine In A Row



Draw on a large sheet of paper the design shown at the left. Place in each square (except the middle one) three coins, matches, buttons or other counters. Call to your friends' attention the fact that no matter how the counters are counted, there are nine counters in each row. The problem is to take away four counters and rearrange so that there are still nine matches in each row. The second problem is to return the four and four nine matches in each row. The third problem is to add four more counters and again rearrange to get nine in each row. The illustration shows the method.

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

A SUBSTITUTE FOR CEDAR CHESTS.

I had always longed for a real cedar chest for storing furs and woollens, but always felt it just a little beyond my reach; so I decided upon a very good substitute: My husband made a pine box 48 by 20 by 18 inches, hinging on a cover securely and fastening casters on the bottom corners. The outside was given a walnut stain, then a coat of orange shellac, and lastly a good rub with wax paste.

The inside was saturated with oil of cedar, using a generous quantity and allowing it to soak into the pine. When dry I lined the chest with papers and it has answered every purpose of a cedar chest so far as moths are concerned and looks very well besides.

I have it sitting under a window and, with a sofa or pillow or two, it is frequently used as a window seat, so it really does double duty.

An ancient Greek rule of diet was: "Thin people should take little food and it should be fat; but fat people should take much food and it should be lean."



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Neuralgia Rheumatism
Lumbago Colds

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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 Mono-aceticacidester of Salicylicacid

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But you can Promote a Clean, Healthy Condition
Use Murine Eye Remedy
"Night and Morning."
Keep your Eyes Clean, Clear and Healthy.
Write for Free Eye Care Book
Charles Eye Remedy Co., 9 East Ohio Street, Chicago

Insect Bites!

Minard's takes the sting out of them. Take it to the woods with you.



FOR SALE.

CHEAP, ON EASY TERMS, only \$500 down or secured, balance at 7%. Improved farm, 125 acres in Township of Ekfrid, County of Middlesex; mixed soil, sand and clay loam; brick house with frame out-buildings. About a mile west of Middlemiss. Address: M. J. Kent, Box 419, London, Ontario.

AGENTS WANTED.

NO MATTER HOW SMALL OR large the place you live in you can make money as our Agent. Ten to Twenty-Five Dollars weekly for any lady with a few hours to spare. One dollar for sample outfit starts you in business. Resident Agent wanted in every town and village to take orders for Ladies' House Frocks, Porch Aprons, etc., direct from Manufacturer to Wearer. We deliver and collect. Send One Dollar for sample outfit and shake hands with success! W. R. Jarman & Co., Manufacturer of House Frocks, Porch Aprons, Wash Dresses, etc., London, Ontario.

Dangerous.

Aunt Ann Allenby proudly showed Uncle Lije her birthday present. It was of silver and shaped something like a spatula, but broadened considerably toward the handle. Uncle Lije inspected it with curiosity.

"What is it?" he asked.

"Haven't you any idea?"

"Not the least in the world."

"Well," said Aunt Ann, "it's a pie knife."

"I haven't any use for it," declared Uncle Lije. "It's too wide, I couldn't eat pie with it 'thout cuttin' my mouth."

Minard's Liniment for Rheumatism.

A locust recently captured at Middelvel, in South Africa, had tied to it a message which proved it had travelled more than two hundred miles in twenty-four hours.

PUTS HEALTH AND VIM INTO WOMEN

So Says Mrs. MacPherson of Lydia E. Pinkham's Vegetable Compound

Brantford, Ontario.—"I was always tired and the least exertion would put me out for a day or two. I had a pressing pain on the top of my head, pain in the nape of my neck, and when I stooped over I could not get up without help, because of pain in my back. I did not sleep well and was nervous at the least noise. I keep house, but I was such a wreck that I could not sweep the floor nor wash the dishes without lying down afterwards. A friend living near me told me what Lydia E. Pinkham's Vegetable Compound had done for her so I began to take it. With the first bottle I felt brighter and got so I could wash dishes and sweep without having to lie down. Later I became regular again in my monthly terms. I have taken ten bottles all told and am now all better. I can truly say that your wonderful medicine cannot be beaten for putting health and vim into a woman."—Mrs. JAMES H. MACPHERSON, 309 Greenwich St., Brantford, Ont.

If you are suffering from a displacement, irregularities, backache, or any other form of female weakness write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Lydia E. Pinkham's Private Text-Book upon "Allments Peculiar to Women."

FACE BROKE OUT WITH PIMPLES

Hard, Red and Large. Itched and Burned. Cuticura Healed.

"My face broke out with pimples that looked terrible. They were very hard, red and large, and they feasted and scaled over. The pimples itched and burned something terrible. My face looked terrible and I hated to go any place. The trouble lasted over a year."

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more, and after using several cakes of Soap and a couple of boxes of Ointment I was healed." (Signed) Miss Gertrude Wagner, Rt. 5, Britain Ave., Benton Harbor, Mich., Sept. 10, 1923.

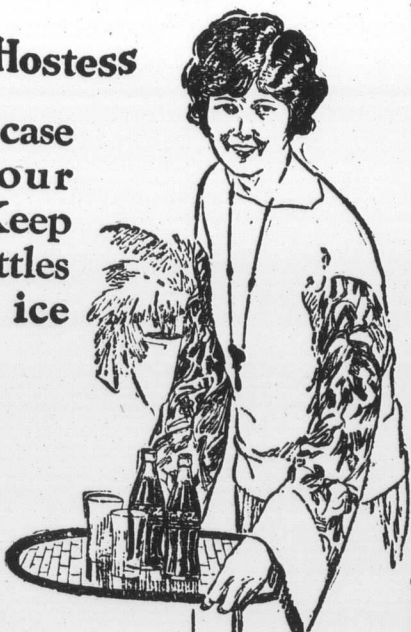
Use Cuticura Soap, Cuticura and Talcum daily and keep your skin clear and healthy.

Sample Each Free by Mail. Address Canadian Depot: Cuticura P. O. Box 2618, Montreal. Price Soap 25c, Ointment 50c and 100c. Talcum 25c. Try our new Shaving Stick.

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Says the Hostess

Order a case from your grocer. Keep a few bottles in your ice box.



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