

RED ROSE

COFFEE

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.

The infant is a delicate organism and answers readily to any adverse influence exerted upon it; therefore, it is necessary to ensure a high standard of health by removing such adverse influence. Poverty of parents is a most important factor for evil in this connection. In all our large cities at the present time, the nurses and workers in Child Welfare are handicapped by the shortage of houses, the overcrowded state of those that exist, and, in many cases, the unsanitary dwellings that are necessarily allowed to be inhabited because there is no accommodation for their inhabitants if these dwellings were closed. The provision of additional housing accommodation is most urgent, but this problem in too many instances is not tackled with the vigor which its urgency demands.

Among the causes of infantile deaths, the following are the most important: climate, season, housing, alcohol, venereal disease, diet, poverty and employment. From these primary causes, two others stand out forcibly:
1. Want of knowledge,
2. Want of character.
Infants die from lack of knowledge on the part of the mother or father or of others who have personal supervision of them, but they also die from the ignorance of the statesmen, the legislator and the municipal councillor. Infants, however, die from the selfishness of the same individuals, both in their private and in their public capacities. It is much easier to acquire and disseminate that knowledge of mothercraft which is necessary for the saving of infant life, than to impart that spirit of self-sacrifice and unselfishness which is necessary if this knowledge is to be put into operation. It is, for instance, far easier to make a mother understand that breast-feeding affords her infant the best chance of survival than it is to induce her to make the necessary sacrifice of pleasure or remunerative employment which are often involved if this maternal duty is attended to. Again, it may be quite easy to make our municipal authorities understand that bad housing conditions, overcrowding, tuberculous inmates, an impure water supply, and bad scavenging of the streets are never associated with a low infant mortality and a high standard of health, but it is quite another thing to induce them to incur the risks and unpopularity which the carrying out of the indicated reforms would entail. A want of appreciation of these essentially human elements in the problems explains many of the failures of otherwise admirably designed schemes of Welfare Work. In some cases, efforts to reform have unexpectedly met with most encouraging success, owing again to the magnetic influence of some commanding personality who has succeeded in compelling society to make the necessary sacrifice, whether personal or communal, for attaining the desired end.

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saintes, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

There's Money in Oil—Even Castor Oil.

Eleanor, who is six years old, had for the sum of ten cents consented to take the despised medicine prescribed during a slight illness. A few days later her brother asked her to help pick up corncocks. She was reluctant, but when he offered her a cent a basket she went gleefully to work.

It was slow work, however; she found that the basket held a prodigious number of cobs. With growing indignation she persevered until the basket was piled high. Then she stood erect with wrathful countenance. "I'll not pick up another cob, Fred Allen!" she said crisply. "I just want you to know I can make more money taking castor oil!"

Little Girl (used to long sermons): "What a very short sermon the new curate gave, Mummy! I suppose he doesn't know much about it?"



He—"Why do you prefer Jack to me?"
She—"Well, he always sends me a bushel of kisses when he writes, and you only give me a little peck."
You may not be to blame for being mediocre, but you are to blame if you put forth only mediocre effort.
Victories that come without having had to be fought and won are nothing to brag about.
The fellow who works by the clock is not worth the price of a cheap watch.
The finest peal of bells in the world is being cast at Croydon, England, for Mr. John D. Rockefeller, the world's wealthiest man. A special tower is being built in New York to hold them.

EASY TRICKS

No. 387

Where Is It?



This is a simplified form of the famous three card monte trick. The pack is divided into three heaps, each being placed faced down on the table. On one of these heaps the performer places the Ace of Hearts, face down. He then moves the heaps around, insisting that no matter how carefully the spectators watch, they will lose track of the pack which has the Ace on the top. After he has moved the packs around sufficiently, he asks a spectator to indicate which pack has the Ace on the top. The spectator makes his choice. The performer lifts the top card. It is not the Ace!

In this trick the magician's standby is used in a somewhat unusual manner. The card displayed as the Ace has behind it another card. If the two cards are slightly bent and are held with the thumb at one side and the fingers at the other, no one will suspect that the Ace is anything but what it seems to be. However, when the Ace is seemingly on top of the pack, there is another card on top of it—and the remainder of the trick becomes a very simple matter.
(Clip this out and paste it, with other of the series, in a scrapbook.)

WORK WORN PEOPLE

Find Renewed Health by Improving Their Blood.

If you feel run down, it means that your blood is thin and watery, that your vitality is low. Your feet are easily chilled. You do not sleep well and you are tired when you rise in the morning. You find no pleasure in your meals and are listless and despondent at your work. You have no energy to enjoy yourself.

Thousands of men are run down by anxieties of work. Thousands of women are broken down by their household toil, with tired limbs and aching backs; thousands of girls are pale, listless and without attraction. It all means the same thing—thin and watery blood, vitality run down, anaemia, poor appetite, palpitating heart, short breath.

Do not submit to this. Get new blood and with it new vitality. There is no difficulty in doing this. Dr. Williams' Pink Pills build up and enrich the blood, which brings with it new health and vitality. The man, woman or girl who takes Dr. Williams' Pink Pills is never run down. Their friends notice how energetic they are, what a fine appetite they have, and how much they enjoy life.

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

In Praise of Candles.

"Dark, these times," is blinding bright,"
Old godmother nodding says,
"But earth grew wise by candlelight."
Candle, candle burning clear
On the nursery window sill,
Not a goblin dared come near.

Candles on a frosty cake
Gleaming, gleaming, tipped with gold,
Seven for one little sake.

Candles, glancing up the stair,
Flicker, flicker every night;
Haloes on the children's hair.

Candle shining starry bright
Through the casement on the dusk—
"Hearts came home by candlelight."

Candle flame on every floor
Blessing lit, hall and hearth
When the bride came in the door.

Candles mellowing ancient pages
Slowly turned, old song and story
Of the half-forgotten ages.

Candles comforting the gloom
When the last dim shadow fell,
Kind as angels in the room.

"Ay," godmother nods, "the night
Flashes like a jewel now—
But life was sweet by candlelight."
—Nancy Byrd Turner in Youth's Companion.

Why They Smiled.

Stumps was shaving himself when he made a slight cut on the end of his nose. He called to his wife for sticking plaster, and was told to look in her sewing basket. At the office everyone who entered his sanctum smiled. Considerably annoyed, he asked his partner if there was anything wrong with his appearance.

"I should say there is," was the reply. "What's on your nose?"
"Sticking plaster."
"No! It is the label from a spool of cotton, and it says, 'Warranted 300 yards.'"

Minard's Liniment Relieves Pain.



PRINCE OF WALES IN WEST

H.R.H. the Prince of Wales greeted on his arrival at Winnipeg, where the special Canadian National train carrying the royal party made its first stop en route. Left to right in the group are: A. E. Warren, General Manager, Western Region, C.N.R.; H.R.H. the Prince of Wales, and Mayor S. J. Farmer, who extended a hearty welcome to Winnipeg. Below is shown the special Canadian National train bringing the royal visitor to his Alberta ranch.—C.N.R. Photos.



In 1975.

"When did the family feud start?"
"Years ago, when his bootlegging grandfather sold my grandfather wood alcohol."

She—"I can remember every important date in history."
He—"Between Antony and Cleopatra and dates like those, you mean?"

Trees.

The maple is for tables, spread
With golden-crusts, kindly bread;
It sends the strap that can bring
The resurrection of the Spring.

The oak—that's for men's yokes and carts,
Faith and harrows and their hearts.

The fir tree is the roving tree,
And wears great sails across the sea.

The apple is the heaven's gate;
The rains of life on poplars wait.

But houses where we love and dine
Are grown and sanctified in pine,
And over all our joys is hung
The music that its boughs have sung.
—Robert P. Tristram Coffin.

Mechanical Arm Tests Stockings.

Tradition demands that milled, when she buys hose, shall run her hand and forearm into the stocking, stretching the garment over the rack thus provided, for the purpose of verifying its structural integrity—which is another way of saying that until she has looked it over she isn't sure that the stocking is free from runs and similar flaws.

But the shopkeeper isn't particularly pleased by this technique of examining, since it is apt to result in damage or rolling. So there is now offered a mechanical arm for the purpose, and one which possesses a marked additional advantage. It is built in the form of an extremely long electric light tube, and the stocking goes right on it, over the light. One then doesn't have to hold it up against daylight for examination—the light shines right through the stocking and greatly facilitates the work of the inspecting eye.

The safe way to send money by mail is by Dominion Express Money Order.

During a severe thunderstorm in the Baltic Sea, seagulls were observed flying about with small blue electric flames on their beaks, and at the tips of their tails and wings.

Minard's Liniment for Rheumatism.

If moths get into your carpet, treat it as follows. Put in a pail half a gallon of boiling water and a quarter of a pound of rock ammonium. Then take a large square of flannel and put it in the pail, leaving the ends hanging over the sides. Pick up the dry ends and wring the flannel. Place on the carpet and iron dry with a very hot iron. Go all over the carpet like this and no moths' eggs will come to life.

Classified Advertisements
LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

LADIES ONLY.
OUR BOOKLET, "LADIES' FRIEND," mailed in plain envelope, free. Casier-2428, Montreal.

HOME STUDY
ORTHAND OR BOOKKEEPING taught in twenty home lessons. Proficiency guaranteed. Diploma given. Empire Business College, 848 Broadview Ave., Toronto.

"Obey" in the Marriage Ceremony.
The courting day had passed pleasantly. In due course Pat proposed.
"Bridget, me darlint, will ye marry me?"
"Sore, Pat," replied the girl, "and who else did ye think I would marry?"
Pat kissed her rapturously.
"There's only one point, Pat, dear," she said, "I can never agree to say the word 'obey' in the marriage ceremony."
"Oh, don't worry about that triffling, me darlint," replied Pat. "Say anything you like. It won't make a bit of difference at all, at all, if you only do what you're told."

Strong Nerves

Pure organic phosphate, known to most druggists as Bitro-Phosphate, is what nerve-exhausted, tired-out people must have to regain nerve force and energy. That's why it's guaranteed. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

MURINE FOR EYES
IRRITATED BY
SUN, WIND, DUST & CINDERS
RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS
WANTS FOR PAIN BYE BYE BOOK: MURINE CO. CHICAGO, ILL.

Rheumatism
Apply Minard's to the aching spot and get quick relief. The remedy your grandmother used.



Use Cuticura Soap Daily
Baths with Cuticura Soap and hot water to cleanse your skin and free it from impurities. If rough or pimply, anoint with Cuticura Ointment. Cuticura Talcum is ideal for perfuming as well as powdering.
Sample Each Free by Mail. Address Canadian Depot: "Cuticura," P. O. Box 2818, Montreal, P. Q. Price: Soap 25c, Ointment 25c and 50c, Talcum 50c.
"Try our new Shaving Stick."

FULL OF ACHES AND PAINS

Toronto Mother Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—"I have found Lydia E. Pinkham's Vegetable Compound a splendid medicine to take before and after confinement. A small book was put in my door one day advertising Lydia E. Pinkham's medicines, and as I did not feel at all well at the time I went and got a bottle of Vegetable Compound right away. I soon began to notice a difference in my general health. I was full of aches and pains at the time and thought I had every complaint going, but I can truthfully say your medicine certainly did me good. I can and will speak highly of it, and I know it will do other women good who are sick and ailing if they will only give it a fair trial. Lydia E. Pinkham's Liver Pills are splendid for constipation. You are welcome to use my letter if you think it will help any one."—Mrs. HARRY WESTWOOD, 543 Quebec Street, Toronto, Ontario.

The expectant mother is wise if she considers carefully this statement of Mrs. Westwood. It is but one of a great many, all telling the same story—beneficial results. Lydia E. Pinkham's Vegetable Compound is especially adapted for use during this period. The experience of other women who have found this medicine a blessing is proof of its great merit. Why not try it now yourself?

The Empire Medicine

—the preparation which has won the confidence of every country under the British Flag—the remedy which has brought health and happiness to millions of men and women in every part of the Empire—the treatment which is resorted to everywhere for ailments such as Sick Headache, Biliousness, Indigestion and Constipation, often considered insignificant, yet decidedly inconvenient—ailments which have their origin in a dyspeptic condition of the stomach and a torpid action of the liver—

