

RED ROSE TEA 'is good tea'

and the choicest of Red Rose Teas is the
ORANGE PEKOE QUALITY

HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health and
Health through this column. Address him at Spadina House, Spadina
Circuit, Toronto.

Minneapolis has a very low infant
death rate as compared with many

cities of similar size in the United States. An investigation conducted by the Women's Community Council of that city made a study of child welfare and found some very interesting facts. The children whose histories were taken were of the kindergarten stage. The kindergarten child is one who is just below the age when it can go to school. Generally the age of this class ranges from five to seven, and this was the kind of child studied. Of this group of children, more than half had been breast fed until they were more than seven months of age. Less than four per cent. had been exclusively bottle-fed. It is obviously a fact that breast feeding is the vogue in Minneapolis, and is one reason for their low baby death rate.

On making inquiries into the habits of the kindergartners, it was found that one of the worst habits was the unregulated use of candy and sweets. One-third of the mothers reported that they allowed their children to eat candy and sweets as they pleased. More than a fourth drank tea or coffee at home and one-fifth of the children did not get enough milk. Only ten per cent. reported their children were not allowed candy or sweets. The habits, and especially the eating habits of many of the children, were unquestionably bad. Nearly forty per cent. were reported as irregular about their home noon lunch, and a fourth of them ate what they pleased when they pleased.

Of the children examined, eighty-four per cent. took neither a morning or an afternoon nap, while 165 of them did not get enough sleep.

The question of keeping children away from the movies is an important one. Apart from the merits or demerits of the picture itself, the moving film is injurious to the eyesight of the young, and the time spent sitting in a stuffy, ill-ventilated picture house could with better advantage be taken up with walking or playing in the fresh air. It is interesting in this regard to note that half of the mothers interviewed in Minneapolis did not allow their children of pre-school age to go to the movies, while 115 children were reported as attending moving picture shows weekly.

When the question of discipline was considered, it was found that 603 families reported they trained their children through interest; 284 trained through punishment, and 193 by corporate punishment, or in other words, by beating or whipping.

Of the group of 1,000 children examined, 415 had defective teeth. The next most frequent defect was enlarged tonsils and adenoids.

A man is as old as the tune he whistles.

DEMAND

TANLAC

The World's Best Tonic

Over 100,000 people have testified that TANLAC has relieved them of:

Stomach Trouble,
Indigestion,
Heartburn,
Palpitation,
Rheumatism,
Mal-Nutrition,
Sleeplessness,
Nervousness,
Loss of Appetite,
Loss of Weight,
Torpid Liver or
Constipation.

"Ask Anyone Who Has Taken TANLAC"

For Sale By All Good Druggists

TANLAC

40 Million Bottles Sold

EASY TRICKS

No. 333
A Swindle

SIX	IX	XL
-IX	-X	-L
S	I	X

This is more of a practical joke than a trick, but it is a stunt that is not only very little known but is well worth knowing. When the conversation swings to mathematics, the trickster says: "I can take 9 from 6, 10 from 9 and 50 from 40—and have six left." A catch is suspected and a catch it is. The illustration shows how the trick may be done.

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

Britain's Gold Mine.

Britain has a gold mine of its own, where working was recently resumed after a lapse of nearly 1,700 years.

The gold deposits are found near Conwil Calo, in North Carmarthenshire, Wales. Coarse gold has been discovered to a depth of eighteen feet from the surface, and the lower soil is believed to be richer.

Extensive old workings exist at the mine, which was originally developed by the Romans. Though there are no records to show how much gold was extracted by the old workmen, or what methods they adopted, the workings show that mining was carried out over a long period.

CONSTIPATED CHILDREN

Constipation is one of the most common ailments of childhood and the child suffering from it positively cannot thrive. To keep the little one well the bowels must be kept regular and the stomach sweet. To do this nothing can equal Baby's Own Tablets. They are a mild but thorough laxative; are pleasant to take and can be given to the newborn babe with perfect safety. Thousands of mothers use no other medicine for their little ones but Baby's Own Tablets. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Harvesting the Mint.

Within a few miles of London the peppermint harvest is in full swing, and the pretty blue flowers of this sweet-smelling plant are fast falling beneath the swish of the sickles, or mint hooks, says an English writer.

During the past eleven months the distillery has been silent. Now it is busy night and day, as carloads of the "herb," as it is called, are tossed through the large door of its upper floor, and the air is filled with a pungent odor at first well-nigh overpowering.

On this upper floor are two huge, copper-like stills, each with its huge lid, or "cap," suspended above it. The bottom is perforated so that the steam may rise easily to the mint.

Three boilermen load the stills, and as soon as they are brimful the cap is lowered and sealed by a water suction arrangement fitted round the brim. Meanwhile the boilerman gets up steam until 40lb. is registered, at which degree of heat the steam is allowed to pass into the well-filled still.

Each load takes seven hours to distill, and the oil and water flow down into the separator on the ground floor. To prevent tampering with the precious liquid, this is kept locked in a cage, of which the charge man alone possesses a key. The process of distilling ended, he unlocks the cage, takes out the separator, and pours the oil into large blue bottles.

A ton of herb usually yields 8lb. to 10lb. of oil, and few of the tourists returning from Paris enraptured with the choice liqueurs of that capital realize that the main ingredient, alcohol de menthe, is obtained from the fields of Surrey and shipped to France.

Helping Baby.

Alarmed by an unusual noise in the nursery the mother hurried in breathlessly. The children in a close group by the window, the baby being in the middle, looked up calmly as she entered.

"What on earth are you doing?" asked the mother.

"We found," explained the oldest boy, "grandma's false teeth, and we're filing them down and fitting them on the baby."

Cause of Ropy Dough.

"Ropy" dough is due to bacterial spoilage.

Minard's Liniment for Rheumatism.

OLD CHUM SMOKING TOBACCO

IS FOUR TIMES SEALED



to bring you the full richness
and mellow sweetness of this—

"Tobacco of Quality"

Manufactured by
IMPERIAL TOBACCO CO. OF CANADA LIMITED

Queer Dishes.

The Chinese eat many peculiar dishes. Along the southern coast of New Guinea are found gigantic sea worms, which the Chinese place second only to the bird's nest as a table delicacy. A nice fat one will measure almost two feet long and as big around as a man's wrist. These are boiled, cleaned, and placed in the sun to dry and when shipped to China, have the appearance of frankfurters.

Avoid loss when sending money by mail—Use Dominion Express Money Orders—the safe, convenient, inexpensive way.

Edelweiss in Hidden Nooks.

The error that edelweiss grows only in the haunts of the chamois among the Alps is a common one, says the London Times, but it grows in hidden nooks in Brompton Churchyard, and other places.

Minard's Liniment Relieves Pain.

Fence 600 Miles Long.
To inclose one colossal farm in Montana required 600 miles of barbed wire.

Worked for 37 Hours.

Sir Thomas Lawrence, painter of the Georgian period, once worked 37 hours without intermission.

BOILER

Water tube type, 125 h.p. in good condition, also a large amount of plumbing, lighting and heating equipment. Will sell entire or in part at great sacrifice because of alterations to our property. Real Estates Corporation, Limited, Top Floor, 73 West Adelaide Street, Toronto. Telephone Elgin 3101.

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Send description and full particulars to
L. COSTELLO
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ERUPTIONS ON HEAD AND FACE

Red, Swollen and Sore.
Cuticura Heals.

"I had my trouble from childhood. It took the form of white, scaly, sore eruptions which caused terrible itching and burning, also loss of sleep. My head and face and parts of my body were affected. The skin on both my head and face was red and swollen and awfully sore. The breaking out caused disfigurement, and I lost nearly all my hair."

"I began using Cuticura Soap and Ointment and they afforded relief, and at the end of three months I was completely healed." (Signed) Mrs. W. A. Miller, Marshall, Washington, Nov. 8, 1923.

Use Cuticura Soap, Ointment and Talcum for all toilet purposes.

Sample Each Free by Mail. Address Canadian Import: "Cuticura," P. O. Box 2618, Montreal. Write for literature and 50¢ Talcum Soap. Try our new Shaving Stick.

The Thames Flock of Swans.

There are about 500 swans on the Thames river in England.

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SHORTHAND OR BOOKKEEPING taught in twenty home lessons. Proficiency guaranteed. Diploma given. Empire Business College, 346 Broadview Ave., Toronto.

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Keeps EYES
Clear, Bright and Beautiful
Write Murine Co., Chicago, for Eye Care Book

Burns!

Apply Minard's at once. It acts as a counter irritant and gives quick relief.

MINARD'S "KING OF PAIN" LINIMENT

BETTER IN EVERY WAY

After Taking Lydia E. Pinkham's Vegetable Compound

Ingomar, N. S.—"I took your medicine for a run-down condition and inward troubles. I had pains in my right side, so bad at times that I could not walk any distance. I saw about Lydia E. Pinkham's Vegetable Compound in newspapers and have taken five bottles of it. I am better in every way and you can use my letter to help other women." — Mrs. ALVITA M. PEARSON, Ingomar, N. S.

Nervous Breakdown Relieved

Toronto, Ontario—To explain you to troubles. I had a nervous breakdown, and I was in my head and heart. I did not want to get up, and I was getting irritable after a few days' work. I have been in Canada for some time and have been this way ever since. I am taking Lydia E. Pinkham's Vegetable Compound and I sleep better and it seems to make me eat, and I say I am feeling more jolly. I have great faith in your medicine because of what it has done for my sister and she recommends it to me. — Mrs. A. SMITH, 19 Tedmorden, Toronto.

All druggists sell Cuticura Soap, Ointment and Talcum, and give it a trial.

Genuine BAYER ASPIRIN

Insist on BAYER TABLETS OF ASPIRIN
Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24 years for



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Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 15 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark registered in Canada) of Bayer Manufacturing of Minneapolis, Minnesota) of Bayer Manufacturing of Basel, Switzerland. While it is well known that Aspirin is a Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."