

## Begin the day with BAKER'S COCOA

### "Is Itself a Food"

A pure, delicious drink; should also be considered a valuable adjunct to a meal as it contains a large amount of nutritive matter in an easily digested form.

*Its use permits the saving of other and more expensive foods.*

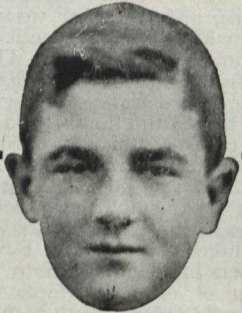
Trade-mark on every package. Booklet of Choice Recipes sent Free

**Walter Baker & Co. Limited**  
Established 1780

Dorchester, Mass. Montreal, Can.



REG. TRADE MARK



## A 3 to 1 Chance

THAT your boy is learning the facts of life from the streets instead of at home! Are you satisfied with his source of information? Or do you know that a boy's mind is so much fine clay—to be moulded and shaped for future success by the things he reads and learns NOW? What are you doing to make this future?

## OUR SONS

written by W. L. Clarke, is a stirring and successful effort to impress parents with their immediate responsibility. We quote from only one of the many boys Mr. Clarke has saved.

"I had been leading a life at home that would have finished me in a short time. I met Mr. Clarke. He helped me and put me on my feet. He is the best friend I have had and has done more for me than any other person on earth. Anything I am, or ever will be, I owe to him."

Parents, this is your opportunity to secure a splendidly clean, virile presentation of facts as your boy should learn them. "OUR SONS" may be procured through the Home Library Association membership or it will be given to you FREE with each new or renewal subscription to EVERYWOMAN'S WORLD. It is splendidly illustrated and handsomely bound in dark red buckram with gold lettering. \$1.05, postage paid.

Home Library Association of Canada  
259 Spadina Ave., Toronto



## Your Health Problems Solved

Conducted by **OSWALD C. J. WITHROW,**  
M.B. (Tor.), M.R.C.S. (Eng.)

Physician, Dept. of Psychiatry, Toronto General Hospital; Secy. for Sex Education, National Council Y.M.C.A.'s of Canada

**O**N a recent visit to a certain Canadian town, I was made the recipient of a story which is sad in the extreme, but the like of which is unfortunately only too common. A young married couple, in anticipation of the advent of their first baby, were planning to send the mother to the hospital where she might secure the very best of attention and incidentally have some of her ignorance dispelled at the hands of capable and careful nurses. But the husband's mother steps in, insists that the prospective mother stay at home under her care, and the younger woman meekly acquiesces. At first everything goes well with the mother and the babe. Nature, somehow, overcomes many apparently insurmountable obstacles, and mothers come back from the Valley of the Shadow in spite of ignorant nurses and unfavorable conditions. But from that day, the baby experienced that which is most damaging to an infant's constitution, an over-abundance of management from the grandmother, and the aunt, and from sundry other admiring and interested persons. No attention was paid to its sleeping hours, no regularity was arranged. The mite of humanity was taken up, and fondled, and tossed and dandled as occasion presented, and as fond friends desired. Feeding was irregular and artificial. Within a fortnight of the baby's first sight of the world, the proud aunt was trundling it up town in its new and resplendent carriage, uncovering its countenance to the eyes of sundry inquisitive pedestrians. What else could the baby do but develop indigestion, become restless and irritable, and instead of thriving, show itself puny and sickly and weak. The worse the baby, the more medicine was poured down its throat and the family was very much surprised when the baby died. Babies require care, but they should be allowed to grow naturally, quietly and according to certain definite fixed and inexorable laws. Mothers need to be trained properly in the care of children and must be very chary about accepting advice from anyone in the neighborhood who chances along with a new suggestion for treatment. I am not so sure that more babies do not die from over-care than from under-care. There may be some excuse for the latter; for the former there is no pardon.

### Adenoids and Tonsils

**W**HEN I was a student in the Faculty of Medicine, I had my first real lesson in the neglect of the health of children by their parents from a fellow student who was totally deaf in one ear. One day as we were conning our books, he opened a terrific diatribe against his father and mother because they had neglected to have adenoids removed from his throat in his boyhood days. If that small operation had been performed he would never have become deaf. My friend had some right to so arraign his parents, but they were not as well informed as fathers and mothers to-day. Enlarged tonsils and an overgrowth of adenoid tissue in the back of the nose and throat interfere markedly with the breathing of boys and girls. They need the very best pair of lungs possible, and if the breath passages are partly closed, there is a tendency for the chest to become deformed. Children who are not getting along well at school may be backward on account of neglected adenoids and tonsils. Many cases of rheumatic fever in girls and boys are caused by diseased tonsils, through which the germ of rheumatism gains an entrance. There is only one remedy for

this condition when it is found to exist—operation. The tonsils and adenoids must be removed and then it is really surprising to see the improvement in the health of a child, who has been anaemic, and far from robust. The improvement is so marked at times, that one wonders how such apparently simple defects could cause so much trouble. Before the school term opens, adenoids and tonsils should be attended to. If your child is not thriving, if there is difficulty in breathing, if there are frequent attacks of ear ache or joint pains, you should seek the advice of your physician at once. Do not have your children speak bitter words about your neglect, when they grow to manhood and womanhood, and learn that proper treatment at the proper time would have prevented serious results.

### Scarlet Fever

**W**HENEVER I walk along a street and see the placard "Scarlet Fever in this house," I feel that I want to congratulate three people,—the physician for his knowledge of the disease which has come to him through the work and skill of many medical workers extending over many years; the Medical Officer of Health who is carrying out the law as advised by those skilled in prevention of disease and the householder who cheerfully complies with the law, knowing that even if he is inconvenienced and suffers loss numerous persons are kept from scarlet fever and its complications. One of the things that should be constantly kept in mind is that scarlet fever is always scarlet fever—An attack may be mild for one person, but the disease is just as infectious and the next victim may suffer intensely and have serious after effects. Thus, every case of scarlet fever should be reported at once to the Medical Officer of Health.

### Questions and Answers

M. E. G. writes asking what is good for catarrh. First of all I should like her and all my readers to know that this is not a disease, but a symptom, which, of course, is an entirely different thing. Long ago the doctor used to treat symptoms. That day is long past. Nowadays the careful physician and surgeon endeavors to find the cause of the disease and remove it if he can. Now what is commonly known as catarrh or more properly as a catarrhal condition may be the result of one of many diseases of the nose and throat. Adenoids, tonsil disease, polypi, growths in the nose, laryngitis, and a dozen others may be the cause of what you call catarrh. It is extremely unsafe to take any so-called catarrh cure. It may relieve temporarily, but it will never cure. If you have any catarrhal symptoms, have your nose and throat examined carefully by a specialist in that department of medicine. He will tell you the cause of your trouble, and can very often remove it completely.

W. A. S. inquires about a remedy for headaches. Here again we have a symptom and not a disease. There are many, many conditions in which headache is a symptom. One of the commonest of these is some trouble with the eye, causing eye strain. If you are subject to frequent headaches by all means have your eyes tested first of all. Be sure that this is done by someone competent. Very often headache results from some error of digestion. Be careful of your diet and above all be sure that the waste materials are properly and regularly eliminated. When you have a headache don't treat the headache, find out the cause of it and have remedies applied to that. This is the more reasonable way.

## "Citizens of the World"

The patriarch Abraham and the apostle Paul, John Wycliffe and Christopher Columbus, Benjamin Franklin and Abraham Lincoln, Florence Nightingale and Clara Barton, were "citizens of the world."

They thought universally, to some extent saw every man as his brother's keeper, and were prophets of the day when a great contest would be waged to make the world one world, and that one safe for democracy.

### The Christian Science Monitor

An International Daily Newspaper

embodies this idea in a daily newspaper. It publishes the news of all the world. It circulates throughout all the world. It advertises firms in all the world. Its editorial columns give courageous attention to all phases of the world's activities.

It regards all men and women as created free and equal, respects religious freedom, insists on medical freedom, and is a volunteer for service in the cause of all "citizens of the world."

The Christian Science Monitor, 3c. a copy, is on sale throughout the world at news stands, hotels and Christian Science reading rooms. A monthly trial subscription by mail anywhere in the world, for 75c.; a sample copy on request.

THE CHRISTIAN SCIENCE PUBLISHING SOCIETY  
BOSTON U. S. A.  
Sole publishers of all authorized Christian Science literature.

## FREE



### GIRLS!

Without spending a single penny you can easily obtain this beautiful Pendant and Chain, a sparkling gold filled Brilliant Ring and a handsome imported Bracelet Watch. Just like the finest jewelry stores sell at \$5.00 to \$10.00 each. This handsome gold finished Ruby or Sapphire setting, with lovely Pearl drop. Its chain has fine close links and is full 15 inches long. The beautiful ring is warranted gold filled and is set with three beautiful brilliant-cut diamonds. Each girl can also win the beautiful little Wrist Watch with its reliable imported movement and porcelain dial—just the prettiest and neatest watch you have ever seen. Girls, write to-day and we will send you just 25 big perfume bottles of our delightful "Princess Royale" friends at only 10c per bottle. We send six lovely odors, etc., and they are so sweet that everybody buys a bottle or two at once.

Return our money, only \$2.50, when the perfume is sold, and we will at once send, all postage paid, the beautiful Pendant and Chain, and the gold filled Ring, just as represented, and the lovely Watch, as well, you can also receive without selling any more goods for just showing your fine prizes to your friends and getting only five of them to sell our goods and earn fine prizes as you did. Don't delay. Write to-day. Address  
THE REGAL MANUFACTURING CO.  
DEPT. C., 4 TORONTO

## MAKE YOUR OWN LAGER BEER

At home—no special equipment  
—from our pure and popular

### Hop-Malt Beer Extract

Conforming to Temperance Act

This is a Food Beer, more delicious, nourishing and better than any malt beverage you can buy in bottles. Drink all you want of it. Easy to make. The drink that "cheers but does not inebriate." Rich, creamy foam, natural color, snap and sparkle. Your friends will confirm your opinion—"The best I ever tasted."

Large can, makes 7 gals. \$1.75  
Small can, makes 3 gals. \$1.25  
Sample can, makes 1 gal. .50

Send money-order or postal note. Prepaid throughout Canada. Agents wanted everywhere.

HOP-MALT COMPANY, LTD.  
Dept. A.K. 1, 92 King St. West  
Hamilton, Canada

## CASH FOR OLD FALSE TEETH

We can pay as high as \$21.50 per set (broken or not). Send now. Cash sent by return mail. Package held 5 to 15 days subject to sender's approval of our offer. Highest prices paid for OLD GOLD JEWELRY, GOLD CROWNS, BRACES, PLATINUM and SILVER.  
United States Smelting Works, Inc.  
410 Goldsmith Bldg., Opp. Post Office, Milwaukee, Wis.