RED ROSE COFFEE

For particular people

Pure! No chicory or any adulterant in this choice coffee C-2

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.

Scarlet fever, the scourge of child life, is on the increase. There were 870 cases reported during the month of January, 1924, with 13 deaths. During the month of January, 1923, there were only 368 cases, so the number of cases this year has more than doubled.

Prevention of contact is the only known way to prevent scarlet fever. Keep sick children at home and away from other children in the household. Although the disease belongs to the list of winter born ailments, and an increase at this time may be expected, it can be cut to a minimum by prompt isolation of cases. The school room offers the best medium for spreading scarlet fever, hence any child having even the suggestion of a rash, a cold or a sore throat, should be kept at home until permission to return is granted by a competent physician.

The seriousness of scarlet fever lies in the fact that it is extremely infectious. Mild cases, known as scarlatina, frequently pass unnoticed. Yet these spread infection just as potently as the more severe cases, and the virulence of disease builds up with increased prevalence. In other words, the more a disease spreads the more serious are the cases of it that occur. Scarlet fever is infectious to the very last stage of the disease, and much of it is spread by the careless person who ventures abroad before complete recovery. The regulations of the Provincial Board of Health of Ontario require a quarantine period of 10 days for contacts, and in the case of patients a quarantine period of 35 days from appearance of rash, providing the discharges from nose, throat or ears are all cleared up.

After effects from scarlet fever, such as deafness and arrested development often follow. The disease is particularly damaging in its effects on the kidneys, and much Bright's Disease of later life may be attributed to scarlet fever contracted in childhood. There are from two to four deaths in every 100 cases of scarlet fever. Exercise precautions so that your child may not be numbered among the victims.

STORMY WEATHER HARD ON BABY

The stormy, blustery weather which we have during February and March is extremely hard on children. Conditions make it necessary for the mother to keep them in the house. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep its stomach and bowels working regularly. This will not fail to break up colds and keep the health of the baby in good condition till the brighter days come along. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Oldest Dated Handwriting Discovered at Ur.

The authorities of the British Museum attach great importance to a report from C. L. Woolley, leader of the expedition sent jointly by the museum and the University of Pennsylvania, disclosing their discovery ot Ur-of-the-Chaldees of an example of the oldest dated specimen of handwriting, says a London despatch.

The main body of workmen had been engaged in clearing the Zigguarat or staged tower, whose ruins dominate the plain of Ur. Describing the contents of a small temple excavated during the first month, the report says:

"Such finds would have been, indeed, noteworthy to whatever period they belonged, but these are the more surprising, in that they are the oldest works of art in metal yet known.

"A marble tablet was discovered inscribed in Sumerian which records that this was the temple of the Goddess Ninkhurag, built in her honor by the King of Ur, Aanipadda, son of King Mesonnipadda. The latter is known to us, from king lists drawn up about 2,000 years before Christ, as a ruler of the first dynasty of Ur.

'Taken at its face value, the Sumerian chronology would assign our statues and relics to a date somewhere about 4500 years before Christ; even of that chronology has to be modified we can yet say that our month's work has given us the oldest dated example of man's handwriting and the oldest known triumphs of the art of Tubal Cain."

Dark Women Made Fair.

A day when dark women may become fair at will and fair women dark is foreshadowed by revelations of new gland experiments made by Dr. Winifred Cullis.

"Extractions from the posterior lobe of the pituitary gland, a pea-sized gland at the base of the brain," said Dr. Cullis, "changed the sandy color of a frog to pitch-black. It is within the range of possibility that blondes may be transformed one day to brunettes and brunettes to blondes if they wish.

"We may even see black men turned to white," added Dr. Cullis, "but there will be danger in this, for the coloring of the individual is Nature's protection against the suns and rigours of his native climate."

The Pioneer in Canada.

Thirty-two years ago the now famous "SALADA" Tea was placed on the market in metal packages. "SALADA" was the pioneer package tea in Canada. Immediately its superior flavor and purity won for it a great popularity that has been growing ever since. It is still a little different and a little better than ordinary tea.

Nights.

When comes the night of dreaming
And I go courting Rose,
I wish we lived in Greenland,
And we were Eskimos.

Before I know, the evening
Has vanished like a song.
That's why I'd be in Greenland,
Where nights are six months long.

—Edgar Daniel Kramer.

Mother! Give Sick Child "California Fig Syrup"

Harmless Laxative for a Bilious, Constipated Baby or Child.

Constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.

And He Ought to Know.

"You say he's no longer an apartment house janitor?"

"Oh, no; he's a fuel engineer now who gives advice on how to save coal."

Of the members of the Royal Family the Duke of York is the best billiard player, although he is left-handed.

There are to-day 25,200 more small holdings in Britain than in 1922.

"Don't get tired—drink Bovril"

Morality.

We cannot kindle when we will
The fire that in the heart resides,
The spirit bloweth and is still,
In mystery our soul abides;
But tasks in hours of insight willed
Can be through hours of gloom fulfilled.

With aching hands and bleeding feet,
We dig and heap, lay stone on stone;
We bear the burden and the heat
Of the long day, and wish 'twere done.
Not till the hours of light return
And we have built do we discern.

—Matthew Arnold (1822-1888).

ST. VITUS DANCE

Shows Through a Twitching of the Muscles of Face and Limbs.

Chorea, or as it is more generally known, St. Vitus dance, is a trouble that usually attacks young children, though older people may be afflicted with it. Its most common symptoms are a twitching of the muscles of the face and limbs. As the disease progresses the twitching takes the form of spasms in which the jerking motion may be confined to the head, or all the limbs may be affected. Frequently the patient is unable to hold anything in the hands or to walk steadily. In severe cases the speech is often affected. The disease is due to debility of the nerves and relief comes through an enriched blood supply, which feeds and strengthens the nerves. Dr. Williams' Pink Pills have been most successful in reaching this trouble through their specific action on the blood, which it enriches and purifies. The following instance will show what Dr. Williams' Pink Pills can do in this trouble. Mrs. S. E. Makins, Parry Harbor, Ont., says:—"As a young girl I was badly stricken with St. Vitus dance. My parents tried several medicines but without avail. I was steadily growing worse and could scarcely walk without falling. I had to quit school and had no control of my nerves or actions. Finally a neighbor advised the use of Dr. Williams' Pink Pills, and the use of these for a couple of months restored me, and I have had no attack of the trouble since. I have, however, taken the pills at different times since, when I felt out of sorts, and find them all you claim for them if given a fair trial."

You can get Dr. Williams' Pink Pills through any dealer in medcne, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ontario.

"The Homes of England."

Felicia Hemans was one of the sweetest of our women poets. She will always be read and loved because she sang the sweet songs of the homeland in tended tones.

The stately homes of England!
How beautiful they stand!
Amidst their tall ancestral trees,
O'er all the pleasant land.
The deer across their greensward bound
Through shade and sunny gleam;
And the swan glides past them with the sound
Of some rejoicing stream.

The merry Homes of England!
Around their hearths by night,
What gladsome looks of household love
Meet in the ruddy light!
There woman's voice flows forth in song,
Or lips move tunefully along
Some glorious page of old.

The cottage Homes of England!
By thousands on her plains,
They are smiling o'er the silvery brooks,
And round the hamlet-fanes.
Through glowing orchards forth they peep,
Each from its nook of leaves,
And fearless there the lowly sleep,
As the birds beneath the eaves.

The free, fair Homes of England!
Long, long, in hut and hall,
May hearts of native proof be rear'd,
To guard each hallowed wall!
And green for ever be the groves,
And bright the flowery sod,
Where first the child's glad spirit loves
Its country and its God!

Buy your out-of-town supplies with Dominion Express Money Orders.

"Do you wish to live without a trial?" asks a modern teacher. "Then you wish to die but half a man. Without trial you cannot guess at your own strength. Men do not learn to swim on a table. They must go into deep water and buffet the waves."

Keep Minard's Liniment in the house.

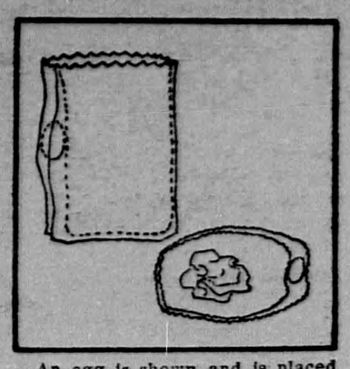
Keep your faith in all beautiful things: in the sun when it is hidden; in the spring when it is gone. . . . And then you will find that Duty and Service and Sacrifice—all the old ogres and bugbears of life—have joys imprisoned in their deepest dungeons. And it is for you to set them free—the immortal joys that no one—no living soul, or fate, or circumstance—can rob you of, once you have released them.—Roy Rolfe Gilson.

Sieves woven of bronze wire and used in the testing of the fineness of cement have 40,000 holes to the square inch.

EASY TRICKS

No. 327

The Vanishing Egg



An egg is shown and is placed in a small paper bag. The magician makes mysterious passes over the bag and then presses the bag smaller and smaller. The egg vanishes. The bag is opened and inside of it a handkerchief is found.

The bag and egg are prepared for the trick. The bag is made of two bags, one inside of the other. One side of the openings of the two bags are pasted together. It is thus possible to place an object either in the inner bag or between the two bags. The egg is prepared by punching a small pinhole in both ends of the egg and blowing the contents out. The egg should be permitted to dry before presenting the trick.

The handkerchief, a silk one, is in the inner bag at the start. The egg is placed between the two bags. The magician should ask an obliging friend to play mysterious music while he is doing the trick. The object of the music is to drown the sound of the crushing of the egg shell.

If the opening between the two bags is treated with mucilage just before presenting the trick, the opening may be closed in the act of twisting up the mouth of the bag.

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

The Westbound Train.

The westbound train goes roaring through the night;
Unrestful forms sprawl in the day-coach chairs,
The Pulman curtains ripple in the light,
The smoker rocks and reeks with hazy airs;
The brakeman lurches through the swaying gloom,
The postal clerks work swiftly at the mails,
The porter dozes in the dressing room,
The engineer peers sharply down the rails.

The whirling wheels repeat a rhythmic beat,
Culvert and cut and bridge go crying past;
Streams, towns, trees, farms and fields on flying feet
Glide by like ghosts, astounded and aghast;
And from the sky the silent stars look down
Upon this snail-like speed from town to town.

—Kirke Mechem.

Ask for Minard's and take no other.

A False Alarm.

Although the snow unmelted lay,
And spring seemed far, so far away;
Although the wind with whistle shrill
Had all of bleak December's chill,
I heard a bird call, boldly spoken,
And winter's spell, I knew, was broken,
Or so I thought. And then, a shock!
The call came from a cuckoo clock.

—A. H. F.

Toothbrushes and mirrors are unknown on Porto Santo Island, off Madeira.

ASPIRIN

Beware of Imitations!

BAYER

Demand

Unless you see the name "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for

Colds	Headache
Toothache	Lumbago
Neuritis	Rheumatism
Neuralgia	Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

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

The Last-Born.

The first-born cannot walk too soon,
Nor talk too soon, too quickly learn
And even with the cradle croon
Our gaze ahead we always turn
And try the future years to see,
When babe, our babe, a man will be,
Or when the little lady there
Will be a lady tall and fair.

Yes, so young mothers plan and dream,
And so young fathers dream and plan;
To them the first can never seem
Too soon the woman or the man,
Each longer step, each larger word,
Each indication, seen or heard,
Of later years, maturer growth,
A happy signal to them both.

But, oh, the last-born! Time, too swift
Too quickly down the stream we drift,
Too early babyhood is past;
Oh, leave the baby at our breast
A little longer, there to rest;
Too brief the days, too short the mile;
Oh, let us keep the last a while!

—Douglas Malloch.

Poor Business.

"Oh, Tobe!" distressedly cried Mrs. Sagg. "The baby has swallowed a quarter!"

"Aw, well," replied Tobe Sagg, of Sandy Mush, pacifyingly. "I don't reckon, all things considered, it will pay us to take him to the doctor in town to get it took out."

Sameness makes life monotonous. Vary your interests and you will add interest to life.

INDIGESTION, GAS, STOMACH TROUBLE

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diapepsin.

Rheumatic Pains

Are relieved in a few days by taking 30 drops of Mother Seigel's Syrup after meals and on retiring. It dissolves the lime and acid accumulation in the muscles and joints so these deposits can be expelled, thus relieving pain and soreness. Seigel's Syrup, also known as "Extract of Roots," contains no dope nor other strong drugs to kill or mask the pain of rheumatism or lumbago; it removes the cause. Ask your Druggist. 11

Joints Ache?

Minard's will ease the pain and stiffness.

The old reliable remedy.

MINARD'S "KING OF PAIN" LINIMENT

Thin Folks

If you are weak, thin and nervous let your druggist supply you with Bitro-Phosphate. It is guaranteed to increase weight and strength and restore energy, vigor and nerve force. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

The discovery of things which heretofore have been hidden to you, is what makes life worth living.

Next to money the hardest thing to keep is a secret.

Classified Advertisements

FOR SALE

WOOLGROWERS, YOUR OWN wool manufactured or exchanged for yarn or blankets. Woollen Mills, Georgetown, Ontario.

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.

Use MURINE NIGHT & MORNING & KEEP YOUR EYES CLEAN CLEAR AND HEALTHY

ACNE ON FACE CUTICURA HEALS

Hard, Large and Red Pimples. Itching Was Terrible.

"Had been troubled all my life with acne on my face. My forehead was a mass of pimples. They were hard, large and red, and the itching was most terrible. My face was disfigured. I sent for a free sample of Cuticura Soap and Ointment and after using them got instant relief. I bought more, and after using two cakes of Cuticura Soap and three boxes of Cuticura Ointment I was healed." (Signed) Mrs. G. S. Miller, Box 14, Marshall, Wash., Jan. 9, 1922.

Use Cuticura for every-day toilet purposes. Bathe with Soap, soothe with Ointment, dust with Talcum.

Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

EXCRUCIATING PAINS, CRAMPS

Entirely Remedied by Lydia E. Pinkham's Vegetable Compound

Eberts, Ont.—"I started with cramps and bearing-down pains at the age of eleven years, and I would get so nervous I could hardly stay in bed, and I had such pains that I would scream, and my mother would call the doctor to give me something to take. At eighteen I married, and I have four healthy children, but I still have pains in my right side. I am a farmer's wife with more work than I am able to do. I have taken three bottles of Lydia E. Pinkham's Vegetable Compound and I feel that it is helping me every day. My sister-in-law, who has been taking your medicine for some time and uses your Sanative Wash, told me about it and I recommend it now, as I have received great relief from it."—Mrs. NELSON YOTT, R. R. 1, Eberts, Ont.

Lydia E. Pinkham's Vegetable Compound is a medicine for ailments common to women. It has been used for such troubles for nearly fifty years, and thousands of women have found relief as did Mrs. Yott, by taking this splendid medicine.

If you are suffering from irregularity, painful times, nervousness, headache, backache or melancholia, you should at once begin to take Lydia E. Pinkham's Vegetable Compound. It is excellent to strengthen the system and help to perform its functions with ease and regularity. C