RED ROSE COFFEE

For particular people

Roasted and packed same day in airtight cans

C-1

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.

A few evenings ago I visited an Ontario town where a meeting on Public Health was being held. Just before the meeting I was attracted to a baseball game played between local teams. Quite a considerable crowd of people were present, but only the players were getting any exercise. How much better it would be, I thought at that moment and since, if all the people could take part in sports and games instead of only a few. Nothing is better for maintaining and promoting public health than exercise in the open air, and yet a comparatively small number of people do get enough exercise. Especially in cities do sedentary occupations prevail, and even then the journey to and from business is made by street car or automobile.

Have you ever noticed a family going for an outing? How often this outing consists of a spin around or outside the city, the occupants of the car never leaving their seats until they arrive back at the door of their house. And yet many people regard this as exercise. True, an automobile ride is exhiliarating and beneficial, but it is not exercise in the true sense of the word. Exercise to be really beneficial should aim to put the muscles into action and the more of these muscles are used, the more effective the exercise will be. How much better it would be for city folk and country folks to take a brisk walk of at least fifteen minutes twice a day. Brisk walking is one of the finest exercises a person can indulge in. It is said that of all the natural exercises one can take, swimming occupies a foremost place. Swimming, however, is not so easy to indulge in. Walking is accessible to everybody. The convenience of a street-car system in cities and towns is a mixed blessing. The tendency is to ride comparatively short distances which could be covered by walking with much greater benefit to health. Some day the health authorities will take a keener interest in exercise and recreation for the masses, and better health will be the result. To-day the practice of attending ball games, cricket matches and other forms of outdoor amusement is beneficial to only a few. In time to come facilities will be provided for all the people at convenient times to take suitable forms of exercise. When that day comes, the public health will be improved and a happier and healthier race of people will be the result.

GREEN TEA IN GREAT DEMAND.

Twenty-five years ago, Green Tea was more popular than Black, but due to the heavy importation of poor quality Japan and China Green Teas, the demand fell off. Ceylon and India started producing Green Tea on a large scale only in recent years. They were of such fine quality and delicious flavor that Green Tea drinkers immediately recognized their superiority and demanded them in ever increasing quantities. Salada Tea Company is practically the sole importer of Ceylon and India Green Teas in Canada.

Mix Mustard this way

Mix Keen's Mustard with water to the consistency of a thick paste. Add water until the desired thickness is obtained. If a milder flavor is desired mix with milk. Mix mustard freshly for every meal.

but it must be Keen's 231

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Str. Midland City. **Georgian Bay**

Daily service between Midland and Parry Sound. Fishing and Scenery unexcelled. Excellent train service from Toronto. Good Auto roads to Midland. Our Boat trips will please you. Berths and Information on boat. Rates Reasonable. Automobiles carried. Come where the fishing is good. Information—Any Canadian National Railway Agent, or Box 862, Midland, Ont.

Potatoes!

The average-sized Canadian family's potato bill is $25.00 a year. That warrants the use of a special pot. Here it is. The SMP Potato Pot. The ideal thing. Fill with water through the spout without removing cover. Note how the handle locks the cover on. You can drain off water leaving potatoes mealy and dry without spilling potatoes or scalding hands. Selling at low prices in hardware and general stores. Note the trade mark on the pot. Be sure you get

SMP Enamelled WARE

Cleans Easier. SMP Enameled Ware has a very hard, smooth surface, like your best china, and is easy to clean. Requires no steel wool or special cleansers. Always clean, sweet, free from taint and colors. The enameled ware de luxe.

Three finishes: Pearl Ware, two coats of pearly grey enamel inside and out. Diamond Ware, three coats, light blue and white outside, white lining. Crystal Ware, three coats, pure white inside and out, with Royal Blue edging.

THE SHEET METAL PRODUCTS CO. LIMITED
MONTREAL TORONTO WINNIPEG
EDMONTON VANCOUVER CALGARY

170

Her Birthday.

When I was a little boy,
On a certain day,
Fate provided cause for joy
And hid it far away;

Heeded not my childish teams;
Smiled whenas I wept.
And her secret through the years
Faithfully she kept.

When I was a little boy,
On a Winter's morn,
Fate provided cause for joy—
You had just been born.

—Grif. Alexander.

RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Blood Transfusion Now Rejuvenates.

Rejuvenation, the eternal dream of humanity, may soon be within reach of both men and women, according to Dr. Jaworski, who communicated this afternoon to medical society practitioners the result of his experiments with blood transfusion.

Jaworski's method of restoring youth is to inject into the veins of men and women a few drops of blood from another person showing certain biological affinity with the patient. "Blood marriage," Jaworski calls it.

He explains there is a biological analogy between the cells of the human body and a composite liquid in which his patients bathe, and that if the liquid is renewed frequently enough cells can be regenerated almost indefinitely. Before operating he analyzes the blood of different persons until he finds one offering the required biological affinity. Transfusion is then a simple matter.

According to Jaworski, his operations have been attended with extraordinary success, old men and women having recovered unhoped for youthfulness. Persons suffering from arterio-sclerosis or other diseases symptomatic of premature sentility have obtained a complete transformation of their general condition. The medical profession here appears to take Jaworski's discovery seriously.

Wealth From Waste.

There are enormous sources of wealth in the by-products of almost every industry, though few people realize this or the extent to which such potential wealth is actually utilized.

Take, for example, wool. The grease and dirt which are washed out of this are full of potash and potash salts. In the wool-scouring factories of France and Belgium these "by-products" are extracted from the water in which the wool is washed and produce profits running into tens of thousands of dollars.

Slaughter-houses, too, are perfect gold mines in the matter of by-products. Bones, blood, grease, hair, all are saved and transformed into useful articles by chemical and other processes.

Talking of gold mines, one of the most important of the chemical by-products of the slaughter-house, cyanide of potassium, is actually used in mining to take the gold out of ground quartz.

Send a Dominion Express Money Order. They are payable everywhere.

Snapdragons for Winter Flowers.

The Snapdragon has been so improved in size of flower and in color that it is now used in the cities as a cut flower, and the plants will produce very fine blooms in pots in the house. The flower heads are very much larger than when grown in the garden and the colors purer in tint. The solid colors, pink especially, are the favorites. You may buy the seeds now of any shade, or you may sow mixed varieties, and select the ones you like when they begin to bloom. Seeds for winter blooming may be sown in June or July in boxes and potted as soon as large enough and kept growing without check and make excellent winter bloomers, and if you have old plants you may take tip cuttings of these in August and root them easily in moist sand, and these will bloom during the winter. The seedlings make the more branching plants, but if the tip is pinched from the rooted slip it will branch also. The largest flower spikes are produced when a rooted cutting is grown to one single stem to produce one flower spike, though after this cut the stub will branch and bloom.

In argument the sharper the point the more easily it is blunted.

Minard's Liniment Relieves Pain.

Dabble Your Feet in the Water.

Some to the rest cure and some far away
To mountain and seaside, the lake or the bay;
And many, so many, just cooped up and tired
Where the cities are fierce and the pavements are fired—
Just longing for something they know they can't do—
But this thing you can—and it's take off your shoe
And dabble your feet in the water!

Why, it brings back such pictures of far, vanished things—
A brook, and green trees, and a myriad wings
Of birds and of insects that flash through the air—
And you toss yourself back in your old office chair,
And gaze through the window, and skies turn to blue,
And in fancy you're taking off stockings and shoe
To dabble your feet in the water!

The minnows come pecking your heel and your toe,
And the meadows stretch yonder, the soft breezes blow,
And the bees are so busy, the blossoms so bright—
You've forgotten the city—well, maybe not quite—
But sufficient to help you from feeling so blue,
As you take off your stocking and kick off your shoe
And dabble your feet in the water!

—B.B.

WOMEN'S HANDICAPS

Headaches and Backaches Often Make Life Miserable.

A woman's health handicaps her almost always. She has pains and disabilities which do not afflict men. Nature does not give her a fair chance. Her blood is more often thin and poor than a man's, and she often neglects the first beginnings of ill-health. Many women who seemed destined to a life of frequent suffering have been freed entirely from their suffering through the wonderful blood-making qualities of Dr. Williams' Pink Pills. Many a woman toils all day with a pain in her back and side, a burning headache, and a sense of having no spine left.

What a pity women will not listen to their friends whom Dr. Williams' Pink Pills have saved from their misery. Whenever a woman suffers they will help her—in youth, middle-age and afterlife. Mrs. John Mitchell, of Middleville, Ont., gives her experience for the benefit of other women sufferers. She says:—"Some years ago I was so badly run down I could hardly walk around the house. I tried to do a few chores but was able to do very little. My boys and husband had to do the rest. If I started up stairs I had to go very slow or I would fall, and I was just played out when I got at the top of the stairs. My head ached terribly, and my heart would beat violently. In this deplorable condition I began taking Dr. Williams' Pink Pills. When I had finished six boxes I felt much better. Then I got a further supply, and by the time I had taken these I could walk anywhere without being exhausted, the headaches had disappeared and I am now perfectly well. Any woman who is run down should not hesitate to begin Dr. Williams' Pink Pills at once, as I am sure from my own experience they will build her up."

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

For Refrigerators.

Liquid carbon dioide, the same gas that is used for the charging of soda-water, is being used successfully in place of ice as a refrigerant in refrigerator cars.

Making a confession is getting an opportunity to tell the whole truth. It will sound no worse than the half truth you are tempted to tell, and it will clear the air.

NEW DISCOVERY ROUTS CHICKEN LICE

Mineralized Water Gets Rid of Dusting or Greasing. Birds Delouse Themselves. Fine for Baby Chicks and All Poultry.

This wonderful product keeps the poultry always lice-free without the poultry raiser doing any work. It is the simplest, easiest, surest and best method ever discovered.

Lice-Go, which is the name of this remarkable lice remedy, is dropped in the chicken's drinking water. Taken into the system of the bird, it comes out through the oil glands of the skin and every louse or mite leaves the body. It is guaranteed to help the hatchability of the eggs and cannot injure the flavor of the eggs or meat; it is harmless to chicks and does not affect the plumage. A few days' treatment at the start and then a little added to the drinking water each month is all that is necessary.

John H. Cooper, Seaforth, Ont., says:—I purchased a package of Lice-Go from you last summer, and I find it good. I gave some to a friend for his chicks that were very lousy, and he was so surprised at the results that they want me to send for some more. I inclose $6 for 9 packages.

M. A. Urquhart, Zephyr, Ont., says:—The Lice-Go tablets are all you say they are. Will send larger order later.

Send no money—just your name and address. A card will do. We are so confident that Lice-Go will get rid of every louse or mite that we will send you one large double strength $1.00 package, enough for 100 gallons of water. When it arrives, pay postman only $1.00 and few cents postage; if you are not absolutely satisfied after 30 days' trial your money will be refunded without question or argument. (2 $1.00 pkgs. $2.00. Sell two, have your own free.) Cash orders postpaid. The A. S. WARDER CO., Sole Distributors, Box 11-SE, Wiarton, Ont.

Smoke

OLD CHUM

The Tobacco of Quality

Sealed Package (which keeps the tobacco in its original condition) 15¢

also in ½ lb. tins

Manufactured by Imperial Tobacco Company of Canada Limited

EASY TRICKS
Imitating A Duck

Polyphonism, the "art" of imitating the sounds made by animate and inanimate objects, is an ever welcome form of parlor entertainment. It consists more in careful and intelligent observation of sounds than in either talent or skill, although each imitation requires practice.

A duck can be very easily imitated if you paid attention the last time you heard a duck. A duck does not say "quack." He says something that is much nearer "Whuack." Open your mouth very wide and get the "ack" part of the sound as far back in the mouth as possible. If you will imitate a duck which says a whole string of "whacks," starting very loud and getting softer and faster as you approach the end of the string, and imitation will be better.

It is a good idea to pretend, when you are doing the imitating, that a sofa pillow is a duck and that it is trying to get away. This gives you an opportunity, by acting the episode, to enable the spectator's eyes to help their ears appreciate the imitation.

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

Some seaweeds reach a length of 600 feet.

Be happy to think that you are useful, but don't assume that you are indispensable.

Genuine BAYER **ASPIRIN**

Say "Bayer"- Insist!

For Pain Headache
Neuralgia Rheumatism
Lumbago Colds

Safe — Accept only a Bayer package 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 Monoaceticacidester of Salicylicacid

Corns and Bunions!

Rub daily with Minard's. It takes the pain out of them.

MINARD'S "KING OF PAIN" LINIMENT

Courage.

One who never turned his back, but marched breast forward,
Never doubted clouds would break,
Never dreamed though right were worsted, wrong would triumph,
Held we fall to rise, are baffled to fight better,
Sleep to wake —Robert Browning.

Minard's Liniment for Rheumatism.

There is a majesty in nature, take her as you will. The essence of poetry comes breathing to a mind that feels from every province of her empire. —Carlyle.

MURINE YOUR EYES — You Cannot Buy New Eyes 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. Murine Eye Remedy Co., 9 East Ohio Street, Chicago

SUFFERED WITH ECZEMA 3 YEARS

Itched and Burned So Could Not Sleep. Cuticura Healed.

"I suffered for three years with eczema which broke out on my limbs, and soon spread to my neck and forehead. It itched and burned so that it was most impossible to sleep at night, and every time I scratched it, it would bleed. The breaking out caused disfigurement.

"I began using Cuticura Soap and Ointment and after the first week I got relief. I continued the treatment and in about six months I was completely healed." (Signed) Mrs. George Pottle, R. F. D. 1, Box 22, Freedom, Me., Aug. 15, 1923.

Use Cuticura for all toilet purposes.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2616, Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c. Try our new Shaving Stick.

MRS. BUDGE SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

River Desert, Que.—"I used to have a severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good results from it, too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. BUDGE, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, backache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know. C