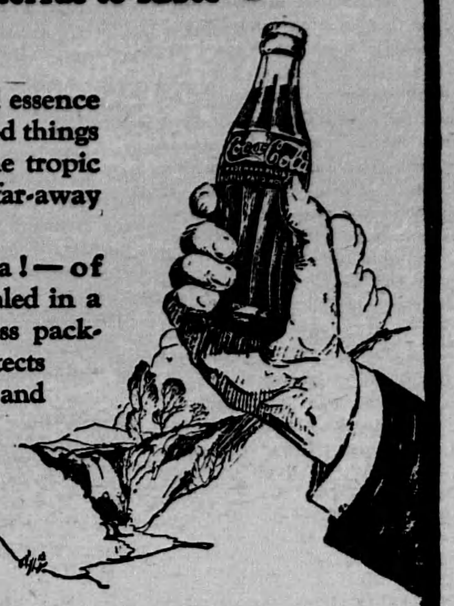
# Refreshing-
## and Wonderful to Taste



The blended essence of choice good things grown in the tropic sunshine of far-away lands—

Coca-Cola!—of course!—sealed in a sterilized glass package that protects its goodness and purity.

Drink

Coca-Cola

TRADE MARK REGISTERED

Delicious and Refreshing

The Coca-Cola Company of Canada, Ltd.
*Head Office:* Toronto

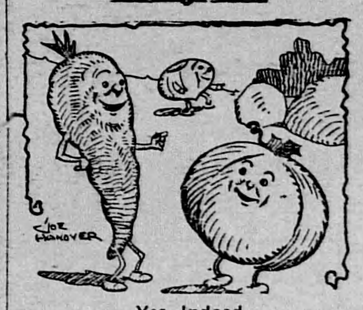
C-202


## Angered by High Taxes, Peasants Attack Town.

Three thousand peasants, armed chiefly with cudgels and hatchets, made an organized attack on the little town of Teano, near Caserta, says a Rome despatch. They stormed the Municipality, flung out the furniture, books and documents into the street, sprinkled them with benzine and soon had a gigantic bonfire blazing.

The Royal Commissioner, who was in charge, was seized and beaten, but managed afterward to escape and hide in a haystack until the worst was over. After the Municipality came the turn of the Customs Office, and then the Postoffice, but here the rioters were foiled by the courageous behavior of the postmaster and his daughter, who succeeded in barricading themselves in and did not leave the building until by telephone and telegraph, they had called for help from neighboring authorities. There were only a few carabinieri in Teano. Most of them were presiding at the horse fair—the rioters had chosen their day advisedly—and the remainder was soon overpowered, one or two being rather severely wounded.

It would seem that the riot is the final explosion of popular wrath against the high taxes and customs dues which has been simmering for some time. Order has now been completely re-established and large detachments of troops have been sent into Teano.




**Yes, Indeed.**

Parsnip—"Mr. Onion pushed that big stone right out of his way."

Tomato—"Yes, he's very strong, you know."


# Serve Mustard with all meats

Mustard neutralizes the richness of fat foods and makes them easier to digest. Mustard enables you to enjoy and assimilate food which otherwise would burden the digestive organs.

*but it must be Keen's* 23g



# Why Busy Women Want SMP Enameled WARE

**Busy women want SMP Enameled Ware because it will bring food to the boil almost twice as fast as all-metal utensils, and completes the cooking sooner. A woman can wash SMP Enameled Ware utensils faster than utensils that have to be scrubbed and scoured.**

**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 OF CANADA LIMITED
MONTREAL TORONTO WINNIPEG
EDMONTON VANCOUVER CALGARY

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## Where World's Tallest Men Are to be Found.

It is often said that the tallest people are found in the temperate zones, and the general idea is that the British and the Scandinavians are the tallest races in the world. If, however, you go carefully into the figures you will find that this is not the case.

The average height of English, Scots and Scandinavians is the same. A full-grown man of each race averages 5 ft. 7 2-5 ins. in height. The Irish are a fraction of an inch shorter and next come Danes and Belgians.

But these are not the tallest races. In the matter of inches, the records ars held by Zulus, Iroquois Indians, Polynesians, and Patagonians. The last, the tallest race in the world, average 5 ft. 10 1-3 ins. Now the Zulus live in a semi-tropical climate, the Iroquois in a temperate one, the Polynesians in some of the hottest parts of the world, while the Patagonians inhabit the Horn of South America, one of the coldest and most miserable places on earth.

In remarkable contrast to the Patagonians are the Laplanders, who, residing almost on the Arctic circle, are the shortest race on earth, a grown man being only seven-tenths of an inch over 5 ft.

The more one studies the matter the more puzzling it becomes, but one point seems clear enough—that climate and latitude have nothing whatever to do with height.

Food and fresh air, indeed, have more to do with the development of the individual than climate, as is proved by the fact that everywhere the farm laborer is taller than the artisan.

A striking example of this is provided by Scotland, where the farm laborer is four inches taller and thirty-six pounds heavier than the average Glasgow artisan. Again, the fishing population of the Yorkshire Coast exceed the Sheffield workers by three inches in height and twenty-four pounds in weight.


# CHOLERA INFANTUM

Cholera Infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded summer complaints. Concerning them Mrs. Fred Rose, South Bay, Ont., says:—"I feel Baby's Own Tablets saved the life of our baby when she had cholera infantum and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.


**No Chance.**

Hodge—"Not married yet?"

Tomkins—"No."

"But I thought you had serious intentions in a certain direction."

"I did have, but the evening I went to propose to her, before I got a chance she told me she loved Browning, and Kipling and Shelley. Now, what chance did I have with a girl who was in love with three other fellows?"

## Courage, Comrade.

You cannot always recognize a man of science at first sight. Mr. Robert U. Johnson in Remembered Yesterdays tells of hearing an English woman, a writer, say to Nikola Tesla, the brilliant inventor:

"And you, Mr. Tesla, what do you do?"

"Oh, I dabble a little in electricity."

"Indeed! Keep at it and don't be discouraged. You may end by doing something some day."

This is the man who had sold the inventions used at Niagara to the Westinghouse Company for a million dollars and had lived to rue the bargain!


# THE CAUSE OF SICKNESS

### Almost Always Due to Weak and Impoverished Blood.

Apart from accident or illness due to infection, almost all ill-health arises from one or two reasons. The mistake that people make is in not realizing that both of these have the same cause at the root, namely poor blood. Either bloodlessness or some other trouble of the nerves will be found to be the reason for almost every ailment. If you are pale, suffering from headaches, or breathlessness, with palpitation of the heart, poor appetite and weak digestion, the cause is almost always poor blood. If you have nervous headaches, neuralgia, sciatica and other nerve pains, the cause is exhausted nerves. But run down nerves are also a result of poor blood, so that the two chief causes of illness are one and the same.

If your health is poor; if you are pale, nervous or dyspeptic, you should give Dr. Williams' Pink Pills a fair trial. These pills act directly on the blood, and by enriching it give new strength to worn out nerves. Men and women alike greatly benefit through the use of this medicine. If you are weak or ailing, give Dr. Williams' Pink Pills a fair trial and you will be pleased with the beneficial results that will speedily follow.

If your dealer does not keep these pills you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.


## Plants That Hate Music.

Experiments have shown that certain plants deliberately turn away from bands that are playing loud music. Although little is kown at present about this strange phenomenon, there is no doubt that blossoms of several kinds are affected by the vibrations caused when music is played.

Carnations and cyclamens seem to be particularly sensitive to continued sounds, and develop a tendency to lean away from the direction in which the music comes.

The Easter lily shows a similar tendency. Some which had been used as floral decorationss, close to a stand where a jazz band was playing dance music, were affected to an astonishing degree. After a few hours it was noticed that all the blossoms had turned their backs on the music. Even when they were placed facing the stand it was not long before each bloom reversed its position.

Never judge your future possibilities by your past failures.

Minard's Liniment Relieves Pain.

# 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.**

Practically everybody knows what goitre is. A day seldom passes without one noticing a person on the street or car with a swelling on the neck. This is particularly noticeable in young girls and older ones too, who go about with their throats exposed.

What is the nature and cause of goitre? Marine and Kimball, two noted men who have given this subject much consideration, have this to say of it: "Simple goitre has been demonstrated to be a deficiency disease of the thyroid gland, due, almost entirely to a lack of normal iodine supply in the food and drink of man." The disease is not confined to the human race, horses, cattle, sheep, dogs, cats, rabbits and fish also being affected.

Goitre is of world-wide distribution, but most common in inland countries, especially on high plateaus and in mountainous regions. It is very prevalent in Canada, being found in Ontario, Quebec, New Brunswick, Alberta, Saskatchewan and certain sections of British Columbia. Goitre seems to be fairly common in New Ontario and also in the north-eastern part of old Ontario where the surface drainage contains very little iodine. It is also prevalent about the Great Lakes.

Rough surveys of the province appear to show that in general there is a considerable amount of goitre in the northern sections, the percentage among school children being from ten to twenty-five per cent. Examinations of the iodine content of various water supplies in the province are at present being made, and these, no doubt, will shed further light on this subject. The freedom of maritime countries from goitre is due to the presence of sufficient iodine in the food and drink for all requirements of the thyroid gland. The sea is the great reservoir of iodine; iodine is present in the sea-water and sea-food (animal or vegetable). It is also present in the air, due to the sea spray. Salt obtained from sea-water and not highly purified contains sufficient iodine for the proper functioning of the thyroid gland. Unfortunately, however, at the present time, salt is not prepared from sea-water, but from inland salt deposits which are often deficient in iodine or have the iodine removed by the process of manufacture. Plants growing on soils which contain iodine will take it up and pass it on to the animal consumer, but if the soil is deficient in iodine they are not able to furnish a source of supply to the animal, and goitre results.

Statistics show that the disease is generally more prevalent in women than in men in the proportion of three or four to one.

The best way to overcome this disease is by the administration of iodine, and the most effective way of giving iodine is internally. One can administer iodine by inhalation or by external application, but both these methods are more or less unsatisfactory?

Iodine can be given in the drinking-water or by the use of iodized table salt but the most effective way is to give it in the form of sodium iodide or in an organic form of iodine done up in a chocolate tablet. The disagreeable taste of the sodium iodide makes it an ineffective preparation in that children simply won't take it for any length of time, and if taken in this form it should be once a week in three-grain tablets during the entire school year. It can't be done. The children refuse to take it.

To overcome this objection, a chocolate-coated tablet containing five to ten milligrams of iodine (one tablet each week) has been prepared. This is the best method yet devised. During the period that the iodine is being administered the patient should be under medical supervision.


# RED ROSE TEA "is good tea"

**Fine, brisk flavor! Best of all in the ORANGE PEKOE QUALITY** T-5


## EASY TRICKS
### The Coin Bag

Most tricksters know one or more methods of causing a coin to vanish by sleight of hand or other trickery. Here is an easy method of completing the trick by a mysterious reappearance of the coin. Unfortunately, it is not the same coin but the spectators need not know that.

A bag of flannel or other rough cloth is produced and half a dozen coins are shaken out of it. The bag is held upside down and shaken, so it is obviously empty after the coins have been taken out. One of the coins is taken by the spectators and the remaining five counted by a spectator and put into a bag. To prevent trickery the spectator ties the mouth of the bag with cord and puts it in his pocket. The trickster causes the remaining coin to vanish by any means he desires and is able to use. The bag is opened and the coin is found to have joined the others. The bag may be examined without fear of disclosing the secret.

A duplicate coin is used and this is in the bag all of the time. This coin is put in the corner of the bag and pocketed by a few stitches of thread. One end of this thread is knotted with a rather large knot. The bag may be held upside down and shaken without fear that the coin will fall. The trickster, holding the bag—first showing his hands to be empty—gets hold of the knot while the bag is being tied and pulls out the stitches. In this way the duplicate coin joins the other.

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

**The Main Point.**

"This fraternal order you are organizing—what name have you chosen for it?" we asked.

"I haven't had time to select a name yet nor even outline its purpose," responded the promoter. "Fixing the initiation fee is as far as the rush of applicants for admission has permitted me to go."

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

**Sure Proof.**

Waiter—"Why sir, do you think that is an incubator chick?"

Guest—"No chicken that ever had a mother could ever get as tough as that."

Some people imagine they are being sympathetic when really they are only being inquisitive.


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



Feet Sore ?

Rub well with Minard's. It relieves inflammation, soothes and heals.

MINARD'S "KING OF PAIN" LINIMENT


## The Shell.

See what a lovely shell,
Small and pure as a pearl,
Lying close to my foot,
Frail, but a work divine,
Made so fairly well
With delicate spire and whorl,
How exquisitely minute
A miracle of design!

The tiny cell is forlorn,
Void of the little living will
That made it stir on the shore,
Did he stand at the diamond door
Of his house in a rainbow frill?
Did he push, when he was uncurl'd,
A golden foot or a fairy horn
Thro' his dim water-world?

Slight, to be crushed with a tap
Of my finger nail on the sand,
Small, but a work divine,
Frail, but of force to withstand,
Year upon year, the shock
Of cataract seas that snap
The three decker's oaken spine
Athwart the ledges of rock,
Here on the Breton strand!

—Tennyson.

## Canadian Trout for Scotland.

The Department of Marine and Fisheries, Canada, has forwarded 20,000 salmon trout eggs (Cristivomer namayoush) from St. John, New Brunswick, to the solway hatcheries, Dumfries, Scotland, for experimental purposes. They were collected last autumn in Lake Ontario and carried to the eyed stage in the Thurlow hatchery, near Belleville, Ontario.

Minard's Liniment for Rheumatism.

We grow when we are green. It's when we think we are ripe that we begin to get rotten.


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



# TROUBLED WITH ITCHY PIMPLES

## Scattered Over Face. Cuticura Healed.

"My face was full of blackheads which later became little pimples. They were scattered over my face and itched and burned, and when I scratched them they became worse and left scars. I was troubled with them for about three or four months when I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. It helped me so I purchased more, and now I am completely healed." (Signed) Miss Esther L. Ball, Manitou Beach, Michigan.

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.



# MOTHER OF LARGE FAMILY

## Recommends Lydia E. Pinkham's Vegetable Compound to Other Mothers

Hemford, N. S.—"I am the mother of four children and I was so weak after my last baby came that I could not do my work and suffered for months until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. Since taking the Vegetable Compound my weakness has left me and the pain in my back has gone. I tell all my friends who are troubled with female weakness to take Lydia E. Pinkham's Vegetable Compound, for I think it is the best medicine ever sold. You may advertise my letter."—Mrs. George I. Crouse, Hemford, N. S.

### My First Child

Glen Allen, Alabama.—"I have been greatly benefited by taking Lydia E. Pinkham's Vegetable Compound for bearing-down feelings and pains. I was troubled in this way for nearly four years following the birth of my first child, and at times could hardly stand on my feet. A neighbor recommended the Vegetable Compound to me after I had taken doctor's medicines without much benefit. It has relieved my pains and gives me strength. I recommend it and give you permission to use my testimonial letter."—Mrs. Ida Rye, Glen Allen, Alabama.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women." G


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