You have been intending to try "Red Rose." Why not now before you forget.

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

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.

How many communicable or infectious diseases can be avoided? That is a question of interest to everybody, but in the case of children, it is especially important to know something about it. One way to avoid these diseases is to keep away from people who are sick and from places where these diseases exist. This advice is especially good for children. If you come near a child having one of these contagious diseases, you may be exposed to breathing the germs when they are thrown out into the air by the sick child coughing. As a result, you may become sick also, so it is good advice to shun the company of all who are sick with any disease that might be contagious. As far as school children are concerned, there is another point to observe. Never borrow a pencil, a pen, or a book, etc., from another child, and also never carry to your mouth such articles as pencils, pens, etc., that may have been in the mouths of others. The school child should also remember to avoid moistening its finger in turning over the leaves of a book, for on the pencil, the pen, the leaves of the book, may be hundreds and thousands of germs which may directly or indirectly find their way into the child's mouth. A third precaution is to never allow a sick child to go to school. If you find that a child is or seems sick, report this fact to the teacher at once. If you learn that there is sickness in the home of a child who goes to your school, immediately notify the teacher that he may send the child home, because the sick child may spread contagion through the school.

These precautions should still more rigorously be adhered to when there are many cases of contagious disease in a municipality, and when this outbreak is known to the school authorities. The removal of a sick child from school, even at the onset of the disease, is a sound means of protection in that it removes the source of the danger from the school.

In order to wage a successful fight against all forms of ill-health and disease, the education of the young and especially of the children of school age in health matters is imperative. The children of to-day will be men and women of to-morrow, and if the children of to-day learn the principles of hygiene, the men and women of tomorrow will put them into practice. Grown-up people do not very readily learn anything of interest to their health and well-being. The reason is that they have developed set habits, and have got, as it were, into a rut from which they cannot extricate themselves, and when they are in this rut, their viewpoint is narrowed and their vision clouded. They cannot see beyond their own limited experience, and they have the tendency to sneer at, or try to minimize the importance of any new efforts to preserve the health of the individual or the community.

So it is to the child that we pin our faith. The elastic mind of the child is receptive to good influences and sound teaching, and if guided along right paths, will have a tendency at least to put them into practice all through the later years. The Biblical adage holds true in health matters as well as other phases of life. "Teach the child the way he should go and when he is old he will not depart from it."

BABY'S WELFARE DURING FEBRUARY

February is one of the hardest months of the year on little ones. It is a month of cold, blustery days that prevent the mother taking her baby out for the fresh air so necessary to its welfare. Baby is consequently confined to the home. More often than not the rooms are overheated and badly ventilated and the little one catches cold or grippe. What is needed to keep the baby well is a gentle laxative that will regulate the stomach and bowels; banish constipation and indigestion and in this way will either prevent or break up colds and grippe. Such a laxative is Baby's Own Tablets. They are mild but thorough in action; are absolutely safe as they are guaranteed to contain no opiates or narcotics. They never fail to be of benefit to little ones and may be given to either the newborn babe or the growing child. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Poor Pickings for Gulls.

A friend, says the Outlook, sends us the following story as an illustration of the characteristic acuteness of one race and the proverbial economy of another:

A Jew stood on the dock with an Irishman at New York. Noticing a large ship making its way toward the east, the Irishman asked the other where the vessel was bound for.

"That boat," replied the Jew, "is loaded with Scotchmen, and it is bound for Scotland."

In some wonder the Irishman asked him how he knew the boat was loaded with Scotchmen and bound for Scotland. "Because you do not see any bulls following it," replied the Jew.

Houses are like the human beings that inhabit them.—Victor Hugo.

Appearances Deceitful.

The late Lord Houghton, of England, was a poet, and considered a very impracticable person, but in one case at least he showed all the guile of a ward politician. A poor washerwoman's little boy was arrested for stealing a horse. The youngster and another like him had found a horse grazing in a field near London, had improvised a bridle from a handkerchief, and they were having a fine ride when arrested. They were about ten years old and small for their age. The laundress knew Lord Houghton and appealed to him for advice. "Put both boys—both, mind you," said he, "in nice clean pinafores when they go into court. Do that, and you need not fear." The two little chaps appeared in the dock in due time. "What is this case?" demanded the judge in suprise. "Horse-stealing," was the reply. "Stuff and nonsense!" cried the judge. "The idea of these infants stealing a horse! They stole a ride, I dare say. The case is dismissed."

Lighthouse Story.

Bishop's light rises near the Scilly Islands and gives a grim warning of the dangers of the coast. It is one of the most exposed lighthouses in the world and the three tenders have a lonesome time. During a recent storm the beams from Bishop's rock came near to falling. The light weighs several tons and revolves on supports resting in a circular trough of mercury. It is balanced so delicately a child may turn it by a touch of the finger. On this night the tower was so shaken by the heavy seas that much of the mercury was spilled out over the concrete floor of the light chamber. The three guards fell on their knees, scooped up the mercury in their hands and pulled it back into the trough.

Four Polar bears, caught in the Arctic region last spring, are now on their way to the new Zoo at Auckland, New Zealand. They are making the fifteen-week journey in stout packing-cases.

ONTARIO BREED BETTER $ STOCK LIVESTOCK Improvement Committee

A dairy cow is not worth keeping unless she produces 6,000 pounds of milk or over per year.

Don't support a low producing herd. Start now to weed out the poor ones. Breed the best ones to good bulls and feed properly—then watch results.

Does it pay? Ask the successful dairy farmer.

BETTER BULLS PAY

101

World's Pity.

World's Pity is a nook in Paradise
Whence four pale little princes, hand in hand,
Peer on the cherub sports with wistful, wondering eyes,
As if joy still were strange to understand.

For two remember London's gloomy tower,
And one the Paris mob bellowing the charms
Of Madame Guillotine, and one the midnight hour
When murder smote him in his father's arms.

Even in Heaven a simple state they hold,
For the shining children, fain to comfort, spread
Before them violets blue and, like a cloth of gold,
Bright jonquils, snowdrops—every hue but red.

—Katharine Lee Bates in Youth's Companion.

WORRIES IN THE HOME

It is These That Cause Many a Breakdown in Health.

Almost every woman at the head of a home meets daily with little worries in her household affairs. They may be too small to notice an hour afterwards, but it is the same little worries that break down the health of so many women. Their effect may be noticed in nervous headaches, fickle appetite, indigestion, pains in the side or back, and a sallow complexion. To those afflicted in this way Dr. Williams' Pink Pills, by improving and purifying the blood, bring speedy relief. Among thousands of weak women who have tested and proved the merits of this medicine is Mrs. Gustave Hutt, Bruxelles, Man., who says:—"It is with profound thanks that I write to tell you what Dr. Williams' Pink Pills have done for me. Before I began taking these pills I was weak, and my blood thin and watery. I was so thin that I looked like a skeleton. I was troubled with headaches and indigestion, did not sleep well, and was terribly constipated. I decided to try Dr. Williams' Pink Pills and I soon found that they were just what I needed. Under their use my appetite returned, my food digested properly, and I slept better at night, and gained in flesh as well as strength. The result is that now I am a perfectly healthy woman, and there is no doubt that it is due to the use of Dr. Williams' Pink Pills, a supply of which I now always keep in the house, and I would advise other women to do the same."

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

The Courteous Frogs.

I suppose that for those who know and understand them, all animals have distinct personalities, says Prof. Lyon Phelps, in Scribner's Magazine. When I was a child in Hartford it was a pleasure to enter the beautiful garden of that hospitable gentleman Pliny Jewell. There was a little lake, and in winter he distributed to the boys of the neighborhood free skating tickets, which we highly appreciated.

In summer evenings the old gentleman would sit in a chair on the edge of the pond and ring a bell. At the mellow tones the frogs would come out of the lake and group themselves about Mr. Jewell, who offered them bits of food, which they received courteously. I had never discriminated particularly among frogs; but to that man every one of those frogs was an individual, and he named them all. The largest was called Laura Matilda and was the owner's favorite. I have seen Laura draw near her master's chair, take a bit of bread delicately from his fingers, eat it and then wipe her mouth daintily.

Tiny Titles.

"What is it called?" This is the question we usually ask concerning a new book, and one with an original title will stand a good chance of becoming a best seller if the matter inside the covers is equally good.

One word titles are not much in vogue to-day, although Hilaire Belloc published a book called "On" recently. Two novels, published some years ago, go one better than this, however. One was called "E" and the other "B."

Similarly, "Why," published in 1921, has been beaten by "?"

There are many three-letter titles, some of the best known being "She," "Eve," "Now," "Fan," and "Tim."

Beyond Belief.

The professor had been dining out, and as most of the guests were ardent fishermen, he had had to listen all the evening to stories of the size of their catches.

He was extremely short-sighted, and as he was crossing a field on his way home he came across a scarecrow with arms widespread. Memories of the "tall" stories he had heard that night floated back to him, and he halted in front of the scarecrow.

"My dear sir," he exclaimed, "I simply refuse to believe you; there never was a trout that length."

When making fruit pies, put the sugar between two layers of fruit and the juice will not boil over.

For First Aid—Minard's Liniment.

The best Tobacco for the pipe

Ogden's CUT PLUG

OGDEN'S LIVERPOOL

Pure Bred Sires Essential.

Back in the old days, when our ancestors paid no attention to the keeping of live stock, the native stock, running wild throughout the country, produced only enough milk for their young. As time went on, however, men discovered the value of milk as a food for human consumption and they began to select the cows that gave the largest quantities.

Thus, we find that for many years live stock men have studied their herds, carefully selecting females that possessed high producing qualities. These females were bred to sires whose dams had displayed high producing tendencies.

As time advanced breeders learned to keep records of all the milk given, as well as the feed consumed.

The result is that now we have records of individual cows giving over 30,000 pounds of milk in a year.

What a debt we owe to those old improvers of our breeds, we cannot repay them, but we can continue to carry on the work that they so nobly commenced.

In so doing we will add greatly, not only to our own income but we will contribute to the revenue of Canada.

No farmers can afford to neglect their live stock in these days, when feed prices are soaring.

The use of pure bred sires, careful selection of females, with judicious economical feedings, together with the keeping of records, are essential points that the farmer of today cannot overlook and prosper.

Felt Pretty Small.

He (pompously)—"How do you feel walking with a big chap like me?"

She—"Pretty small."

Venice is Still Queen of Adriatic.

Venice ranks high among Italian cities in its supply of picturesque nicknames. The commercial centre of the world in the Middle Ages, Venice, has been known as "The Bride of the Adriatic" and the "Queen of the Adriatic."

To this day tribute is paid by Venice with elaborate ceremonies to the Adriatic, whose placid waters take the place of streets and bear upon their bosom the trade and life of the city.

Venice is known also as "The City of St. Mark," after its patron saint, and as "The City of the Lion," an illusion to the great winged lion in front of the cathedral, holding in its paws the gospel of St. Mark.

EASY TRICKS

Ask Your Neighbor

Hand a friend a slip of paper and a pencil and ask him to write on the paper any number he likes. Stand some distance away so that you cannot see what he writes. Ask him to ask his left hand neighbor to whisper any number to him and give him the choice of adding it to the number he wrote, subtracting it from the number he wrote or ignoring it altogether. Ask him to ask his right hand neighbor to mention any number to him. He may add this, subtract it, multiply by it or divide by it. He is to take the sum he now has and multiply by any multiple of 9.

Then for the finish of the trick, in which the friend loses a little of his freedom of action. He is to cross out any digit in the product excepting a cipher and to mention to you the digits he did not cross out. Immediately you will tell him the number he crossed out.

The secret is that you add the digits he gives you and subtract their total from the next multiple of 9. The remainder will be the number struck out.

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

Payment for articles advertised in this column should be made with Dominion Express Money Orders—a safe way of sending money by mail.

Human health and strength are greatest when the temperature drops to about 56 to 60 degrees at night and rises to somewhere between 68 and 72 degrees during the middle of the day.

For Every Ill—Minard's Liniment.

"It is the greatest mistake a woman can make to marry a man, thinking she is going to reform him," said a London coroner recently.

Quinine-bearing bark has been found in large quantities in New Guinea.

We are interested in obtaining

OLD and RARE BOOKS

ON CANADIAN SUBJECTS. Send particulars to the Wilson Publishing Company, 73 West Adelaide Street, Toronto, Ontario.

Too Hot.

A doctor received the following note from a patient:

"Dear Doctor,—The mustard plasters you prescribed for me twice a day may be all very well, but they're so hot I can't eat more than one a day."

Suppress a moment's anger, and you may prevent a life-time sorrow.

Classified Advertisements

REMNANTS.

BARGAIN PARCEL, $2; 5 LBS. Patches, $2. McCreery, Chatham, Ontario.

FREE CATALOGUE.

RASPBERRY BUSHES, GLADiolas, Iris, Peony, Fancy Dahlias and Barred Rock Eggs. The Wright Farm, Brockville, Ont.

FEMALE HELP WANTED.

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.

LADIES ONLY—OUR BOOKLET, Ladies' Friend, mailed in plain envelope, free. CASIER 2423, Montreal.

EXCELLENT

for rheumatism, neuralgia, backache and kindred ills.
Rub it in well with the tips of the fingers. An enemy to pain.

MINARD'S "KING OF PAIN" LINIMENT

Suffered Misery With Itchy Eczema Cuticura Healed

"I was troubled with eczema for over two years. At first it appeared in small spots and then began to spread all over my face and head until I suffered awful misery. The itching and burning were terrific. At times I thought I would go crazy, and was obliged to give up my work.

"I was treated and tried different ointments without any benefit. I read an advertisement for Cuticura Soap and Ointment and decided to try them. After the first application I felt relief. I continued the treatment for a time and now I am healed." (Signed) Miss Y. Wood, 886 City Hall Ave., Montreal, Quebec.

Cuticura Soap, Ointment and Talcum are ideal for daily toilet uses.

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.

FOR Rheumatism

BAYER

ASPIRIN

Proved safe by millions and prescribed by physicians for

Rheumatism Colds
Headache Pain
Neuralgia Toothache
Lumbago Neuritis

Safe

Accept only "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 (Acetyl Salicylic Acid. "A. S. A."). 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."

PAINS IN BACK AND SIDES

Ended by Taking Lydia E. Pinkham's Vegetable Compound

Fusilier, Sask.—"For two or three days every so often I would have such pains in my back and sides that I could not do anything—could not even lie quietly in bed, and my head ached, too. I was this way about three years, but was worse after I was married. I was on a farm with not a house nearer than five miles and there was not a person to advise me, as my folks live in Manitoba. My sister-in-law told me about Lydia E. Pinkham's Vegetable Compound and told me to try it. I took her advice and have been thankful for it ever since. After taking the medicine for three months I can say it has helped me a lot and I am doing fine. I am glad to recommend the Vegetable Compound to others and you may publish my testimonial."—Mrs. HELEN BALANOFF, Fusilier, Saskatchewan.

Often some slight trouble will cause a general upset of the system. Such symptoms as nervousness, painful times, irregularity, backache and headache indicate some form of female weakness.

Women so bothered should give Lydia E. Pinkham's Vegetable Compound a trial. This dependable medicine has helped thousands of women and it is reasonable to expect that it will help you. Try it today. Your druggist sells this medicine. C