A tea your grocer recommends is usually good tea

RED ROSE TEA "is good tea"

And most grocers recommend it. 63

Salt Water for Teeth.

"The best thing to use for the daily cleansing of the teeth is salt water—a teaspoonful of kichen salt in one-third of a tumbler of water," said Sir Harry Baldwin, sugeon-dentist to the King, in a recent lecture. Pastes and powders, he continued, might be used for occasional polishing of teeth.

Pyorrhoea can be avoided if the edges of the gums are kept tight and hard by daily friction. Every part of the gums, back and front, should be rubbed vigoously with a tooth-brush night and morning. Although pyorrhoea does not cause pain, it is a serious disease that might eat through the bone of the jaws and penetrate to the nose.

The destructive action of acids resulting from stagnation of starch foods in the mouth is the cause of the decay of the teeth. Fruit is an excellent thing to stimulate the formation of an alkaline saliva, as an antidote to the acid.

MOTHERS WHO HAVE USED BABY'S OWN TABLETS

Always Strongly Recommend Them to Other Mothers.

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else—actual experience teaches her that there is no other medicine to equal them for any of the minor ailments from which her baby or little ones suffer. Having found the value of the Tablets in her own home, she is always anxious that other mothers should share her knowledge. That is why Mrs. Creighton White, North Noel Road, N.S., writes the following:—"I have a baby seventeen months old and have given him nothing but Baby's Own Tablets ever since he was a week old. I know of no other medicine to equal them, and it is certainly a pleasure to recommend them to other mothers."

Baby's Own Tablets are a mild but thorough laxative that regulate the stomach and bowels; banish constipation and indigestion; break up colds and simple fevers and make the sickly baby well and happy again. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Twelve masts, each 800 ft. high, will suport the largest aerial in the world. This is at Hillmorton, near Rugby, where the British Government have the largest wireless station in the world.

If your foot slips, you may recover your balance, but if your tongue slips, you can not recall the words.

SAW it with a SIMONDS SAW

Stays sharp longer.

SIMONDS CANADA SAW CO. LTD.
1000 DUNDAS ST. W., TORONTO
MONTREAL
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Stop Night Coughs

One dose of Buckley's Mixture brings immediate relief and sleep returns. Keep it handy—acts like a flash on coughs, bronchitis and all throat and chest irritations. Stops coughing spells as soon as taken.

Wards off the more dangerous diseases—pneumonia, flu, etc.

All druggists sell Buckley's Mixture—"Strong" or "Modified" on a money refunded guarantee.

75c—40 doses

BUCKLEY'S MIXTURE "STRONG" OR "MODIFIED"

W. K. Buckley, Limited, 142 Mutual St., Toronto 2 305

Rheims Reborn Now, Lacks Population.

Rheims, risen phoenix-like from the ashes of the war, is suffering from a new malady; "twice dead," writes a French observer. And the malady is one that is strange to most of the cities of the world, for Rheims is suffering not from overcrowding but from stagnation. The city has been rebuilt for a population which is actually almost twice that which it now has, and its streets and public places seem almost deserted.

During the war some 13,000 houses were destroyed in Rheims, and with the funds available from the reparation commissions, augmented in many cases by contributions from America, it was decided to rebuild the city along the most modern lines. After competitive plans for the new city had been submitted a program was laid down of which the first result was the erection of some 10,000 houses, all more spacious and up-to-date than their predecessors. At the same time the public services were extended to provide for a population of 120,000. An American architect was largely responsible for this new city and it has won general admiration—broad avenues and tree-bordered boulevards, arcaded streets, gardens. Rheims was reborn.

But to-day many of these beautiful new buildings are empty. Signs of "Building for Sale" and "House to Let," long since forgotten in Paris, are seen on every hand. There are empty office buildings and unleased hotels. There is an air of desertion about the city. Built for 120,000 people, barely half that number wander about its streets.

No Brains.

"Under the mistletoe once more I ask you to be my wife. Refuse me and I'll blow out my brains."

"Sir! You flatter yourself."

Longer Life for Shoes.

Winter weather is with us, and shoes are going to suffer. Stitches will rot; welts will open; leather will perish—unless preventive measures are taken.

To keep wet from penetrating soles, give the latter, when quite dry, two coatings of oak copal varnish. The soles of new shoes, by the way, must first be roughened with sandpaper, so that the varnish may penetrate.

Snow is destructive to stitches. It will penetrate between the uppers and the soles of shoes. Then, in due course, when the stitches rot and break, the welt opens.

To prevent that, prepare in advance a pot of mutton fat made by melting down the trimmings from an uncooked roast. Mix with the fat a tin of black or brown polish, according to the color of your shoes. Then, with a piece of pointed stick, or a small stiff brush, work a little of the fat (you may have to warm it first) between the uppers and the soles.

Uppers can be preserved if now and then you wash off the coating of blacking and oil them with a little paraffin. They will shine perfectly after two applications of polish.

To preserve the shape of boots or shoes that have got wet, cut off the feet, 4 inches or so above the ankles, of a pair of old stockings, insert them in the shoes, and then fill with oats well pressed down. The oats will absorb the wet and keep the shoes in shape.

Nothing to Boast of.

A bank in Boston, says the Globe of that city, takes on a number of young men during the summer. On their salary receipts is printed a legend something like this: "Your salary is your personal business—a confidential matter—and should not be disclosed to anybody else."

One of the new boys in signing this receipt added: "I won't mention it. I'm just as much ashamed of it as you are."

The difference between a goat and a Scotchman is this: The one delights in cold oat meal and the other delights in an old coat meal.

Minard's Liniment for Chilblains.

Deadly Tuberculosis.

The Public Health Service says that no age is immune against tuberculosis. Young infants succumb rapidly to it and, contrary to the general belief, persons over fifty years of age are by no means exempt, and deaths occur from it in a considerable percentage of the fatalities occurring in old age. About ten per cent. of all diseases among children under fifteen years of age are due to various forms of the disease, and about one-third of all deaths between twenty and forty are due to it—chiefly the pulmonary variety.

NEW STRENGTH FOR WEAK STOMACHS

Indigestion Disappears When the Blood is Enriched.

The urgent need of all who suffer from indigestion is a tonic to enrich the blood. Pain and distress after eating is the way the stomach shows that it is too weak to perform the work of digesting the food taken. In this condition some people foolishly resort to purgatives, but these only further aggravate the trouble.

New strength is given weak stomachs by Dr. Williams' Pink Pills because these pills enrich and purify the blood. This is the natural process of giving strength and tone to the stomach, and it accounts for the speedy relief in stomach disorders that follow the use of Dr. Williams' Pink Pills. The appetite revives, food can be taken without discomfort and the burden and pains of indigestion are dispelled. The following statement from Mr. Donald L. Latter, Lakeville, N.S., proves the value of these pills in cases of this kind. He says:—"A couple of years ago I had a bad attack of indigestion. I had little or no appetite, and what I did eat did not agree with me and caused me much pain. As a result of this trouble my general health broke down, and I finally had to give up my work. I had taken doctor's medicine but it did not give me any relief. Then a friend advised me to give Dr. Williams' Pink Pills a trial, and I got six boxes. Before I had completed the third box I found that they were helping me and by the time I had taken the six boxes every symptom of indigestion had disappeared, my general health had improved and I have since been in the very best of health. I look upon Dr. Williams' Pink Pills as a wonderful medicine for all who are run-down."

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

Companionship.

I count the shadows on the grass
Beyond remembering,
I catch the moonbeams as they pass,
And hear when wild birds sing.

A light I come, a wind I go,
Yet I am not alone:
Companionship is mine who know
That beauty is my own.

—George Elliston.

Take the pep from your dyspepsia with 15 to 30 drops of Seigel's Syrup in a glass of water as directed on the bottle. Any drug store.

Prince's Motto Mystery.

Few emblems have aroused more controversy than the Prince of Wales' crest and motto—three feathers and the words "ich Dien." The usual story is that when the Black Prince killed John of Austria at Crecy he assumed the latter's crest and motto, but a Welsh tradition indicates that when Edward I. promised the people of Wales a prince who could not speak a word of English, he presented to them his infant son, with the remark, Eich lyn, which means "Behold the man!"

It is further said that the feathers formed te rebus of Queen Philippa, mother of the Black Prince, representing her hereditary title, Countess of Ostre-vant (ostrich feather).

Now we are told that the giant replica of the Prince's crest, made of splendid ostrich plumes, that was seen at Wembley, is quite wrong, because the real crest is not made of ostrich feathers, and never was!

The truth is that the real crest is made from the feathers of the feriwah, a bird found in the denser jungles of Bengal.

If our water were as dirty as our air we should either have a revolution or cease to exist.—D. R. Veitch Clark.

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CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

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For references—Head Office, Toronto, Bank of Montreal, or your local banker.

Established for over thirty years.

FLAMES 100,000 MILES HIGH

They Flare Forth From That Seething Furnace, the Sun.

Number Four.

Secrets of Science.

By David Dietz.

Despite the fact that the sun is millions of miles away from us, astronomers have assembled a remarkable knowledge about the structure of the sun through the use of large telescopes and delicate astronomical instruments.

The first fact of interest is that the sun is not a stationary body as many suppose.

It is rushing through space at the rate of 12½ miles a second.

That means that since the astronomers of ancient Egypt began observing the stars 5000 years ago, the sun has moved two trillion miles.

Of course the sun carries the earth and the other planets along with it in this journey through the sky.

Secondly, the sun itself rotates on its axis just as the earth does.

It takes the sun 26 of our days to complete one revolution.

It is impossible, of course, to know anything about the centre or inner core of the sun, though there is great reason to believe that because of the intense heat of the sun, it is liquid.

We know, however, that the surface of the sun is a great white luminous molten sea.

This fact, and the time which it takes the sun to revolve upon its axis were both obtained by the observation of dark spots on the sun's surface known as sunspots.

The fact that these spots move across the disk of the sun prove that the sun is rotating.

The equatorial regions of the sun move with greater speed than do the polar regions. This proves the surface of the sun is liquid. If it were solid, like the earth, all parts would rotate with the same speed.

Above the sun's surface is a layer of cooler gases about 500 to 1000 miles in thickness.

Above this is a third layer of red surging fire composed of flaming gases. This layer is from 5000 to 10,000 miles in thickness.

It is invisible to us because of the intense white light radiated from the sun's surface which "drowns out," so to speak.

From this layer, great red tongues of flame shoot out in all directions, someimes for a distance of more than 100,000 miles.

This layer of red fire with its gigantic tongues of red flame becomes visible during a total eclipse of the sun when the main body of the sun is obscured from our view.

During an eclipse, a fourth layer around the sun is also visible—a sort of silvery halo. Astronomers believe this is composed of particles of matter shot out from the sun which are kept from falling back into the sun by the repelling force of the sun's rays.

These various layers on the sun are given names by the astronomer. The surface of the sun is called the photosphere. The next layer of gases is called the reversing layer. The layer of red fire is called the chromosphere, and the silvery halo is called the corona.

Next article: The sun-spots.

Keep Minard's Liniment handy.

If men were as clever as women they'd long ago have devised some way of making baldness fashionable.

Some people are so busy praying for more that they have no time to return thanks for what they have received.

15¢ PER PKG. — and in ½ lb VACUUM (AIR-TIGHT) TINS

OLD CHUM

The Tobacco of Quality

Counsel to Verse-makers.

Seek a grove maturely tall—
Northern slopes have proven good;
Build a camp to last, and haul
Quantities of wood.

Tap the trees on heel of frost,
Catch the sap in shining pails,
Let no hour of it be lost
Whilst the run prevails.

Boil it, test and boil again
Till the sweet be clear and strong,
Nature fused to crystal—then
Sell it for a song.

—T. Morris Longstreth.

A Gentleman.

"Sadie, what is a gentleman?"

"Please, ma'am," answered the well-bred child, "a gentleman's a man you don't know very well."

SKATES! SKIS!

Jos. Malone Tubular Hockey Skates, rivetted on strong boots with ankle straps. Regular price $11.00. Our price, for mail order customers, only $7.50. Skis and equipment. The largest assortment. All half price.

Ask for our catalogue and prices.

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We offer steady employment and pay weekly to sell our complete and exclusive lines of guaranteed quality, whole root, fresh-dug-to-order trees and plants. Attractive illustrated samples and full co-operation, a money-making opportunity.

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- WE BUY ALL YEAR ROUND -

Write today for prices—we guarantee them for a week ahead

P. POULIN & CO., LIMITED
Established over 60 Years
36-39 Bonsecours Market — Montreal

Well-Worn Indeed.

He took her hand in his and gazed proudly at the engagement ring he had placed on her finger only three days before.

"Did your friends admire it?" he inquired, tenderly.

"They did more than that," she replied, coldly. "Two of them recognized it."

Classified Advertisements

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Use MURINE NIGHT & MORNING & KEEP YOUR EYES CLEAN CLEAR AND HEALTHY
WRITE FOR FREE EYE CARE BOOK · MURINE CO. CHICAGO

TAYLOR-FORBES

Tree Pruners GUARANTEED

For every purpose in the orchard, cutting limbs up to 1½ inches. Handles—4, 6, 8, 10 and 12 feet.

Your Hardware Dealer knows the quality

Our descriptive circular sent to any address on request.

TAYLOR-FORBES COMPANY, LIMITED GUELPH, ONT.

GRIPPE!

Stop it with Minard's, the great preventative. Heat and inhale. Also rub on throat and chest.

MINARD'S "KING OF PAIN" LINIMENT

CUTICURA HEALS CHILD'S ECZEMA

On Face in Red Pimples. Itched and Burned Terribly. Lost Rest.

"When my niece was six months old eczema broke out on her face in small, red pimples. It itched and burned terribly causing her to scratch, and she was very cross. She lost her rest at night, and her face was disfigured.

"I sent for a free sample of Cuticura Soap and Ointment and purchased more, and after using two cakes of Cuticura Soap and one box of Cuticura Ointment she was completely healed." (Signed) Miss Mary Marchand, Box 12, Arichat, Nova Scotia.

Cuticura Soap, Ointment and Talcum are all you need for all toilet uses. Bathe with Soap, soothe with Ointment, dust with Talcum.

Sample Each Free by Mail. Address Canadian Depot: "Stanhouse, Ltd., Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c.

Cuticura Shaving Stick 25c.

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ASPIRIN

Proved safe by millions and prescribed by physicians for

Lumbago Colds Neuritis Neuralgia
Headache Pain Toothache Rheumatism

DOES NOT AFFECT THE HEART

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."