The quality of RED ROSE makes it good value whichever price you pay

Red Rose Tea

Red Label, 25c. ½lb.

Orange Pekoe, 38c. ½lb.

Little Time Gained by Reckless Driving

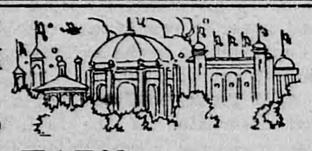
You may be surprised to find how little time is gained by weaving and reckless driving in traffic. The Rochester Police Department made a test over a recent period of one month. Every morning when traffic was heavy two cars were sent from Kodak Park to Police Headquarters. One drove as rapidly as possible without actually causing an accident. It weaved in and out of traffic and jumped lights when possible. The other was driven in a careful, prudent manner.

When the reports from the operation of these two cars over a period of a month were tabulated, it was found that the recklessly driven car had gained an average of a minute and a half overhalf over the other car on the three-mile traffic congested course. In other words, by endangering themselves and others, the drivers of the carelessly driven police cars had gained approximately a half minute on each mile.

One morning the police followed another car that was weaving in and out of traffic. When they located the owner at the end of his dangerous journey they found him in his office, his feet on the desk and the morning newspaper spread out before him. He had had no real reason for his speed.—Public Safety.

Mary—"Was he on his knees when he proposed?"

May—"No, indeed—I was on them."



THIS YEAR'S

CANADIAN NATIONAL EXHIBITION TORONTO

AUG. 26 to SEPT. 10
(INCLUSIVE)

AGAIN comes the great event to which hundreds of thousands look forward—the World's Largest Annual Exposition. The Exhibition of 1932 brings new exhibits—new features, new ideas, the wonders of Industry, Science, Art, Education, Sport, Agriculture, Pageantry, Recreation, Fashions, Travel, Engineering, Automotive and Music are presented inexpensively and comfortably.

OPENING DAY, Fri., Aug. 26.—Women's Marathon Swim for world championship, starts at 1 p.m. This is the women's sport feature of the year in which the greatest natators will compete for cash prizes and title of world's professional champion.

WARRIORS' DAY, Sat., Aug. 27.—Canada's largest veterans' parade and re-union. Military and Naval Review with 500 massed musicians. The magnificent pageant—**"THE TRIUMPH"** will be staged nightly by 1,500 performers, depicting the evolution of a great Empire—colourful costumes and martial music; Royal Canadian Dragoons in famous musical ride; thrilling pyrotechnic display.

England's oldest and finest all-brass band **"BESSES-O'-TH'-BARN"**, and thirty other military and concert bands will play during the Exhibition.

The popular British sportsman **KAYE DON** will be present with his super-boat **"MISS ENGLAND III"**, and visitors will also get a close-up view of the BRITISH SCHNEIDER CUP PLANE, holder of the official speed record of 388.67 m.p.h.

EXHIBITION CHORUS OF 2,000 VOICES appears in four concerts in the Coliseum on nights of Aug. 27, Sept. 1, 6 and 10.

MEN'S MARATHON SWIM, Wed. Aug. 31. Olympic natators in various events. Outboard Motorboat Races—Track Stars direct from this year's Olympic Games; Judging Competitions, Horses, Cattle, Sheep, Swine, Poultry; Flower Show; International Dog and Cat Shows; Trotting and Pacing Races and $6,000 Futurities.

Reduced fares on Bus Lines, Railroads and Steamships. Consult local agents.

Mail reservations now for Exhibition 2,000-Voice Chorus Concerts or Grandstand Pageant "The Truimph".

WILLIAM INGLIS,
President.

H. W. WATERS,
General Manager.

Man and His Diet

By I. M. Rabinowitch, in The McGill News (June, '31).

Although many causes may be assigned to the alleged deterioration of the human race, the unwise choice of foods is not one of the most important factors. Given an ordinary every-day diet—a diet balanced by the individual's preference for quality, variety, taste, and economy—it makes no difference what the healthy individuad eats. Most people need know very little about the ash content of their orange juice, the caloric value of bacon and eggs, or carbohydrate, fat, protein of mineral contents. In the selection of food man may still profitably heed the dictates of his instinct and experience.

Yet the gullibility of the average individual, particularly in matters of health, is notorious, and he is easily impressed by the recommendations of advertisers and pseudo-scientists with respect to certain foods. Orange growers, for instance, would have us believe that a large number of people are suffering from acidosis, and that the prevention and cure of this disease lies in the consumption of large amounts of orange juice. Now acidosis implies an acid reaction of the body tissues. The description of the physiological factors governing this reaction is a long story, but I may tell you that of all the mechanisms the human body possesses to combat disease, that which prevents acidosis is one of the most efficient we know of. Except in prolonged starvation and in a few serious illnesses, acidosis does not exist.

One cereal manufacturer would have us do away with coffee. Is coffee to lead to the deterioration of the human race? Life insurance companies, with their vast experience in mortalities and morbidities, might have some information on this subject. These companies, in order to prosper, must be very alert in investigating the health and habits of their applicants; they pool their information and take advantage of every medical advance, but I believe they have, as yet, to ask an applicant—Do you drink coffee?

The dairy industries would have us flood our tissues with milk. Is milk an indispensable part of the adult's diet? The answer may be found in the natural history of animal and man. Briefly, milk is supplied by the mammalian adult to its young, and this supply varies in different species from approximately one month to one year after birth. Thereafter, none of the species in the state of nature is furnished with milk. Milk, therefore, cannot be considered a natural food for the adult animal. Since these animals live and continue to propagate, it is obvious that the adult diet must contain all of the necessary food elements which are present in the maternal milk. Man's diet affords no exception to this rule.

Whole-wheat bread offers an example of psychological bias running contrary to experimental facts. Since milling became known, civilized man has tended to depart from the whole-wheat bread of his ancestors. In spite of all "bread reform" efforts to keep up the use of this product, white bread has almost universally displaced it among civilized peoples. With the advent of the Great War, Germany, and eventually the entire world, of necessity took to whole-wheat bread, but shortly afterward reverted largely to the white product. Insistence upon the use of whole-wheat bread has been based latterly upon its high content of a certain vitamin, its value in the relief of intestinal disorder, and its nutritional value. It might therefore be of interest to those who do not relish this article of diet, to know that Vitamin B is found in a variety of other and more attractive products, and as far as the intestinal disorder is concerned, other substances may be used more economically and efficiently. As for its nutritional value, the verdict is "not proven"; white flour is beyond any doubt a better source of energy. One of the sugars which whole-wheat bread contains, called pentose, yields about 25 per cent. less energy than the sugars of white flour. In addition, it has been shown that the proteins of bran are digested with great difficulty, and are only partly utilized. Whole-wheat bread is therefore uneconomical.

We now come to the vitamins. We are told in the advertisements that man has become his own arch-enemy by adopting a diet that deprives him of proper nourishment. Thus weakened, he is subject to all illnesses from which he now suffers. To protect ourselves against the ravages of civilization we must take tablets of vitamins in concentrated form. Foods must now be exposed to ultra-violet light if civilized man is to be protected against himself. When we read of similar practices among the Medicine-men of the Congo we call them fetishes and tabus.

The reaction of the medical profession in general, to the incorporation of vitamins in food, is succinctly put in The British Medical Journal of April 18th, 1931. Apropos of incorporation of vitamins in bread, the statement reads as follows:

It is possible that good results on the general health of the population might follow an increased consumption of Vitamin B, though the point is open to much controversy . . . It seems, on the whole, unlikely that the artificial addition of vitamins to bread would profit any but the firms who could advertise the article to the disadvantage of their rivals.

Because rats fed on a diet deficient in Vitamins B1 and B2 cease to gain weight and die in three weeks, it does not follow that we must eat foods exposed to ultra-violet rays. This experiment merely proves that these vitamins are a necessary part of food; but experiment has also shown that vitamins are very widely distributed in nature and our natural foods. We are told in one advertisement that one must become almost a student of the subject in order to obtain the proper supply of vitamins. May I suggest that one must be a very expert student on the subject to avoid them.

One can hardly dismiss this subject without mention of yeast—a product so prominent in the public eye at present. In spite of its well advertised high vitamin content, I believe I may state without hesitation that notwithstanding the endorsement of "the physician to former Spanish Royalty," a "noted Viennese hospital authority," and others, that good health and long life are still perfectly compatible without the daily consumption of a cake or two of this product. If you ask for an explanation of the use of these physicians' names, my answer is that all of these endorsements come from parts of Europe where the struggle for existence is at present acute.

I am not attempting to belittle the very valuable work which has been done in the science of nutrition. But as new facts are established the medical profession applies them where it believes they should be applied. The exercise of judgment is most important, for we now have definite experimental proof that excess quantities of at least one of the vitamins can do no harm, producing a condition not unlike that found in hardening of the arteries.

If left alone man will choose a variety and sufficient quantity of foods, and because of this variety and quantity his diet will contain all of the essential food elements. Modern comforts may at times tempt him to eat too much but he will eventually learn as insurance statistics show, that when he adds ten pounds to the belt-line, he subtracts about one year from the life-line.

The American salegirl is probably the most snobbish person alive. In the shopping world, Price reigns supreme. The firm belief among all the $16-a-week girls seems to be that every customer is a millionaire. Why cannot salespeople be taught that it is better to make a $20 sale than not to make a $50 one?—Corothy Garesche Holland.

SHE WAS GETTING FATTER

Now Down to Normal

"I was putting on flesh very rapidly," writes a married woman, "and also suffering from constipation, and was very liverish. Three months ago a friend advised me to take a teaspoonful of Kruschen Salts in hot water every morning. I have kept this up regularly ever since, although I have been down to my normal weight (126 lbs.) for several weeks. I never felt better in my life, and I intend to carry on with Kruschen always. Several of my friends have remarked how slim I was getting and how well I was looking. After my having told them how it was done, they are doing the same."—(Mrs.) D. H.

Overweight arises frequently because the system is loaded with unexpelled waste, like a furnace choked with ashes and soot. Allowed to accumulate, this waste matter is turned into layer after layer of fat. The six salts in Kruschen assist the internal organs to throw off each day the wastage and poisons that encumber the system. Then, little by little, that ugly fat goes—slowly, yes—but surely. You feel wonderfully healthy, youthful and energetic—more so than ever before in your life!

EASY TO PLAY

That is why
CONN BAND INSTRUMENTS
help you make quicker progress. TRY A CONN and note the difference. See Our Complete Stock of New Models.
Conn-Leedy Musical Instruments Limited
10 Shuter Street - Toronto

Owl Laffs

Teacher (pointing to the map)—"Now, Willie, when you stand facing north you have on the right hand the great continent of Asia. What have you on your left?"

Willie—"A wart, but I can't help it, teacher."

You're getting along when you can remember the time when it was considered a luxury to be born in a hospital.

Don't Quit

When things go wrong, as they sometimes will,
When the road you're trudging seems all up-hill,
When funds. are low and debts are high,
And you want to smile but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't quit;
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out.
Don't give up, though your pace is slow—
You may succeed with another blow.
Often the goal is nearer than
It seems to a faint and faltering man.
Often the struggler has given up,
When he might have captured the victor's cup.
And he learned too late, when the night slipped down,
How close he was to the golden crown.
Success is failure turned inside out—
The silver tint of the clouds of doubt.
And you can never tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit—
It's when things seem worst that you mustn't quit.

Son—"Dad, what's influence?"

Dad—"Influence, my son, is a thing you think you have until you try to use it."

Young Clerk—"Could you learn to love me, do you think, Josephine?"

Gay Young Stenographer — "Well, Napoleon, you never can tell. I learned short hand in six weeks."

A young man fell into a state of coma but revived before his friends could bury him. One of them asked what it felt like to be dead.

Young Man—"Dead! I wasn't dead, and I knew it because my feet were cold and I was hungry."

Friend—"But how did that make you sure?"

Young Man—"Well, I knew I would not be hungry in Heaven and my feet would not be cold in the other place."

Pastor—"You say you cannot get along with your husband? People must learn to bear and forbear. Did you every try heaping coals of fire on his head?"

Young Wife—"No, I never did. But I've tried boiling hot water."

Father (to son who has just spoken to a pretty girl)—"Do you know that girl?"

Son—"Know her? Wh, I'm engaged to her."

Father—"Heavens! Are you serious about her?"

Son — "Oh, no. Just a passing fiancee."

"Good-bye," said Sandy MacDonald, "and don't forget to take little Donald's glasses off when he isn't looking at anything."

German Invents Plane With Auxiliary Wings

Templehof, Germany.—A plane that "trims" its wings while in the air has undergone tests before aviation experts and the Berlin air police.

Professor Werner Schmeidler, Breslau mathematics teacher, is credited with the invention. His principle is carried out by attaching to the body of the plane two additional smaller wings which, when not needed, rest in the fuselage. It is claimed that the use of such valuable surfaces makes flying safe and more economical.

Demonstrations here showed that the inventor's plane, when starting with enlarged wings, rose within a few seconds. It required half the time to lift itself from the ground that an ordinary craft needed. The plane automatically increased its speed from seventy miles to ninety miles an hour when the auxiliary wings were removed during flight.

The extra spread also works as a brake when applied during the landing manoeuvre. The larger wing surface offers a strong resistance to the wind.

A FOUNDATION

How much more powerful a motive in human actions is love than fear! How much more readily does the heart of the man or of the child respond to kindness than to harshness! There is a very remarkable reflection attibuted to the Emperor Napoleon when, as an exile at St. Helena, he looked back on his past life. He is reported to have said, "My empire, and those of the other Great, Caesar, Charlemagne, were all founded on fear, and all have perished. There was only one based on love, that of the Great Author of Christianity; and that alone continues, and will endure."

MEN SAY IT'S A BETTER CHEW!

10¢ A PLUG

CLUB CHEWING TOBACCO

Guarding the Great

Ministers of the Crown in Gt. Britain—and even Royal personages—have often been a little resentful of being dogged or having their homes guarded by detectives, though there are times when such precautions are very necessary.

But in some respects the full rigour of this guardianship is now being relaxed—as, for instance, at Chequers.

Mr. Ramsay MacDonald is probably responsible for the change at Chequers. But in getting the Home Secretary to consent to it he has been more fortunate than some past Premiers.

Gladstone, for instance, once demanded that the guard on Hawarden should be withdrawn, but Sir William Harcourt, who was then Home Secretary, refused, and the Premier had to submit.

At that time, as the Phoenix Park murders showed, the dangers of public life were very real, and Mr. Gladstone's guards must have had an anxious time. So had those of the late Earl Balfour, who often tried to dodge them.

Queen Victoria was also impatient of guards, and on one occasion informed the then Home Secretary, with great delight, that two "suspicious persons" had been arrested at Osborne. One of them was Prince Arthur, now the Duke of Connaught, and the other the Queen's maid.

But it is when foreign Royalties or statesmen from overseas come to this country that the most stringent precautions have to be taken. Mr. de Valera, for instance, was heavily guarded when he visited London recently.

The recent threats to put Miss England III out of action call attention to another aspect of the matter. There are fanatics who will attack a person or thing that happens to be in the public eye at the moment just to advertise their views. At the first aviation meeting ever held in Europe Anarchists tampered with some of the machines; and a number of crashes occurred.

Wifey—"I guess we had better change hotels."

Hubby—"Why?"

Wifey—"Everybody at this hotel has seen my gowns and heard your monologue."

The theatre like the church is one of the most conservative of our institutions. It follows and does not lead the crowd. Like the church, it is hostile to new ideas and yields to them slowly and reluctantly. But unlike the church, it does not find it necessary to justify its obscurantism by invocations of the supernatural.—Elmer Rice, Famous Playwright.

No-Runs

SAVES 100% ON HOSIERY BILLS.

A marvelous new product that prevents runs, doubles the wearing quality adds life, strength, elasticity and lasting dull tone beauty to silk and rayon hosiery. One treatment lasts the lifetime of the stocking. Three pairs treated for..... 25c

"One dip, then never a rip."

Write direct for your package.

No-Runs Company of Canada, Ltd.
Dept. 21D, 611 Albert St., Windsor, Ont.

To be free from Rheumatism in any form

REMOVE THE CAUSE

That is what Thomas' Rheumatism Remedy does. It will do the same for you Write for Free Particulars

LEE W. THOMAS MFG.,
21 Yale St., London, Ont.

Classified Advertising

BULBS.

HULLO, HULLO, HERE'S ELDERT HUIS, Hillegom (Holland). I herewith give every amateur gardener the opportunity to get 500 Bulbs for $5—C.W.O. or C.O.D. Free to destination. The parcel contains: 25 Hyacinths for bowls and border, 100 Tulips, 50 Daffodils, 25 Crocus, 50 Iris, in sep. col. 50 Anemones, 50 Ranunculus, 50 Snowdrops, 50 Scilla and 50 Muscari. Best quality. Send your order by return of mail and secure yourself an early delivery.

WEEKLY NEWSPAPER WANTED.

AM LOOKING FOR WEEKLY NEWSPAPER in Ontario which I could lease for a term with purchase in view. Send particulars to Box 12, Wilson Publishing Co., Ltd., Toronto.

MOTOR BOAT FOR SALE.

RICHARDSON DOUBLE CABIN cruiser, about thirty feet, in use altogether only four or five months in two seasons; complete equipment including carpets, bed and table linen, china, glassware and silver as well as all marine equipment and many extras. This cruiser with its two cabins and its well equipped galley is an unusually comfortable boat for week-ends or longer cruises for four to six people. It is exceptionally seaworthy and has cruised all over the Great Lakes. It has a high class and very economical 60 horsepower, six-cylinder power plant with complete electric lighting throughout and speed of 12 to 14 miles per hour. It is a special paint job and very attractive in appearance. Owner will sacrifice for half its original cost. H. Watkins, 75 W. Adelaide St., Toronto.

Mrs. Knagg—"I wonder why man was made first?" Husband (wearily)—"So that he could hear himself speak!"

Agents Wanted

in this Town to sell a 15 cents Shampoo and 25 cents package of Razor Blades, both guaranteed quite satisfactory. Write for particulars.

H. M. G. IMPORTING & SALES AGENCIES LTD.
28 Wellington St. West, Toronto

Bilious For Days At Time Until She Took Vegetable Pills

Gratefully, Mrs. C. writes: "The first dose of your wonderful Carter's Little Liver Pills gave me great relief after every medicine I tried failed."

Because they are PURELY VEGETABLE, a gentle, effective tonic to both liver and bowels, Dr. Carter's Little Liver Pills are without equal for correcting Constipation, Acidity, Headaches, Poor Complexion and Indigestion. 25c. & 75c. red pkgs. everywhere. Ask for Carter's by NAME.

Feen-a-mint

FOR CONSTIPATION
effective in smaller doses
SAFE SCIENTIFIC

AEROXON FLY CATCHER

Gets the fly every time

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