

Have You Ever Thought of This? — That a Cup of



"SALADA" TEA

properly infused, is one of Nature's greatest blessings as a harmless stimulating beverage.

THE BRILLIANT HISTORY OF THE ROYAL NORTH-WEST MOUNTED POLICE

The decision of the Canadian Government to increase the Royal North-West Mounted Police force to more than five times the number of men engaged as patrolmen of the far West attracted attention to this remarkable body of men and their word as explorers, hunters, and men of the frontier. Little has been said of the dark tracks of these men in mapping out the vast territory of the Northwest. The story of their life and work is a story of the most heroic and adventurous of all.

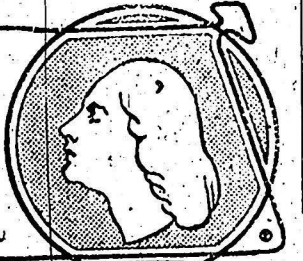
Very backbone of strength in the building up of Western Canada. They have gone ahead of the settlers, in advance of the railway and the surveyor, and they have made their uniform respectability a feature in a territory that was a wilderness, miles east and west and north and south. Although numbering only eight hundred men, they have covered a territory of over a million square miles. A single man would have to cover a territory of over a million square miles in a year.

From six months to a year is the time allowed for a "rookie" or novice, to prove himself. After that first year he becomes either a "reliable" or a "disorderly" in the fifth month of his service a young "rookie" is sent to a police station in the press hills, east of Toronto, and there he is put to a test. The test is a trail of a hundred miles of the Royal Mounted Police. The trail is a trail of a hundred miles of the Royal Mounted Police. The trail is a trail of a hundred miles of the Royal Mounted Police.

Another large post was established at Battleford, in what is now Saskatchewan. The most northern post today is that at Healy, right away up on the extreme north-western tip of Canada in the Arctic Ocean. Here, too, is the "Farthest North," while the cabin windows are all that look across a narrow stretch of icy barren land to the twenty-one graves of the twenty-one white men who have been buried here. It is nearly two thousand miles from civilization, but it is only one of many similar desolate police stations in the wilderness of the great Northwest.

The men of this remarkable police force, perhaps the most famous body in the British Empire, have been the

Woman's Sphere



Your Child Good Teeth? Shall I begin cleaning my teeth? Inquires a young mother. The answer is, "Yes, and early. For in that way you establish a habit which is absolutely essential to his best physical development. Without sound teeth no one can be at his best physically, for perfect health depends upon perfect digestion, and the first step in digestion is thorough mastication—chewing—of the food."

Wonderful advances have been made in dentistry in the last century. We are told that the Empress Josephine lost all her teeth, which may perhaps account for Napoleon's cooling affecter. But with all our advances in knowledge the examinations of drafted men showed that many hundreds had overlooked the attention which should be given to the teeth. Not only a large percentage of the troops were found to have defective teeth, but the doctrine of proper nutrition for the growing children, and daily brushing of the teeth, needs more emphasis.

Proper food for teeth making should not stop with the second year, however. Growing children are cutting teeth at a pretty much every stage of their development. At the first six the baby teeth grow out and the permanent teeth appear. During all these months the diet should be carefully watched. Milk should still form a large part of the diet, a quart a day is none too much, and eggs are valuable, too. If milk and eggs are not playing a large part in the daily diet, feed brown bread instead of white for its mineral content. If the child is getting plenty of milk and eggs, white bread will be sufficient.

Having fed the growing child the proper food to make good teeth, the next important step is to see that he keeps them clean. Teach him at the earliest possible age to clean them thoroughly at least night and morning with a brush and water. Use tooth paste help, but clean water is better than anything. Do not buy every dentifrice you see advertised, so many which are the most highly advertised are injurious to the teeth. Ask your dentist what to use.

Teach the child to brush the teeth downward with straight, firm strokes. This is the best way to remove the particles of food from between the teeth. Brush inside and out and don't be afraid to brush the tongue. Finish with gargling the throat and rinsing the mouth thoroughly.

After each meal clean the particles of food out from between the teeth. For this use a bit of dental floss, or if you absolutely cannot get this, use a good quality of wooden toothpick. Never use a pin or any hard substance which will injure the enamel. And above all, do not let the child bite bread, or try to crack nuts with the teeth. Teeth are intended for but one purpose, masticating food.

Take the child to a reliable dentist every year and have the teeth thoroughly examined. This will cost you a dollar a visit, probably, but it will save you hundreds of dollars in later life. Don't say you can't afford it. Let him go without something else, a toy, or the cheap candy you buy when you go to town. You spend many times the two dollars two trips to the dentist would cost, for things he is better off without. Cut out those things and look after his teeth.

Individual Birthday Cakes. If there is no time to bake an elaborate cake, and you are unwilling to let your child's birthday anniversary pass without observing the time-honored custom, try the plan of

Rats as Food.

Doctor Kane, the Arctic explorer, said that one of the worst curses in the Far North were the rats that infested his ship. Nevertheless, when in want of other food, he was glad to eat them—sometimes chopped up and frozen into tallow balls. He wrote: "During the long winter night, Hais beguiled his hours of watch by shooting rats with bow and arrow. The regurgitation of my companions to share with me this table luxury gave me frequent advantage of wash meat soup, which contributed no doubt to my comparative immunity to scurvy."

Forestall Colds, Chills and Influenza

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WRITING HOME.

One a teacher on her way to school, a young woman who next door to her standing before a window in which colored panes were displayed. The teacher spoke in her twice before she answered, and even then she spoke in the quiet, relevant manner, "I know that letter parrot is just the name of mother's new fowl!"

"You other's new fowl?" "Yes, Mother and I bought a parrot for my new fowl." "But the teacher spoke in the quiet, relevant manner, "I know that letter parrot is just the name of mother's new fowl!"

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The Market STAND

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