RED ROSE TEA "is good tea"

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

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.

HEALTH CONFESSIONS OF BUSINESS WOMEN. —

A distinctly novel book has just been brought out by the Division of Industrial Hygiene of the Provincial Board of Health. It is a book for business women written by business women themselves and is the joint work of between 200 and 300 secretaries, clerks, stenographers, bookkeepers, telephone operators, and others. "Health Confessions of Business Women" is a collection of very frank and revealing letters on the health problems—almost, one might say, the life problems—of business women. The introduction discusses the special features of the office worker's life and points out that the two rival hazards are, on the one hand, monotony, on the other, over-filling of life.

The first chapter deals with the philosophy of health and shows that as no two women have precisely the same health problem each one should do her own "stock-taking" and make her own rules accordingly. The second chapter covers the psychological factors in health and discusses such subjects as congenial employment, use of leisure, the necessity of having an alert mind and broad outside interests, religion, service of others, moral qualities, etc., etc.

The third chapter deals with health in its narrowest meaning, "physical health, and gives the business girls own experience on subjects such as food, sleep, air, exercise, etc.

The fourth chapter goes in some detail into the problem of where and how to live in a boarding house or rooming house, alone or with others, showing the effect on health of the different ways of living and suggesting what methods would best suit the different temperaments.

The fifth chapter deals with working conditions, such as seating, light, rest rooms, rest periods, organization, etc., the sixth with "personal maintenance," that is, all the factors centered in the "up-keep" of a feminine worker. The seventh, perhaps the most original chapter in the book, is called "Technique of Life" and is concerned with method—how to arrange your life and plan your time, how to help yourself to keep happy and well. Following this chapter come two appendices showing in detail how to "take stock of your life," the questions to ask yourselves and a method of evaluating your expenditure of time. A third appendix—the only text-book part in the whole work—gives a brief and eminently practical account of food values and meal planning.

Altogether the book is an excellent hand book for office workers in which every girl will find her own problems of life discussed. It is "expert" in the sense that it is written by girls who are themselves coping with the problems.

But "Health Confessions of Business Women" has other uses, ones probably not contemplated by the editors or authors. Sociologically, it is of interest as showing the living conditions, standards of life, and educational attainments of many different types of working women. It is for the psychologist, however, that it is of chief interest for here we have letters from women of many different temperaments all struggling with the central problem of making the most of their lives and each one attacking the problem from her own angle. That the part played by temperament is enormous is easily seen—there are cheerful, confident letters from the girls with happy dispositions who find life good and interesting despite rather deadening circumstances and sad, disheartened letters from others whose actual conditions of life are apparently easier. Following rapidly upon each other are views from the practical and the dreamer, the nervous and the placid, the idealist, the social minded and the egotist, the "mixer" and the solitary, the pessimistic and the optimistic, the "pusher" and the drifter. For anyone who is interested in studying human life and comparing the varying types "Health Confessions of Business Women" is in a modest and unassuming way a valuable human document.

Copies of this book can be obtained from the Division of Industrial Hygiene, Provincial Board of Health of Ontario, Spadina House, Toronto.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are changeable—one bright, the next one cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds, and by their use the baby will be able to get over the winter season in perfect safety. The new sales tax will not increase the price of Baby's Own Tablets, as the company pays the tax. You can still obtain the Tablets through any medicine dealer at 25 cents a box, or by mail, post paid, from The Dr. Williams' Medicine Co., Brockville, Ont.

Sing, Little Fire.

Sing, little Fire—
You have done your part,
And the love that makes you
Warms a cold world's heart.

Sing, little Fire—
In the sweet home places,
For the love that makes you
Lights the children's faces.

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth avenue, New York city, will be given a prompt reply. advt

At the time of the armistice there were some 10,000 dogs with the armies of all sides.

Minard's Liniment Heals Cuts.

Honest John.—"Position wanted," reads an advertisement in a Shanghai newspaper. "A young Chinese with four years' experience in English seeks place as a junior clerk. Salary no objection."

NURSES

The Toronto Hospital for Incurables in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.

Cutting His Losses.

The sea, says "Whiting" in the Boston Herald, breeds philosophy and logic and an agreeable way of viewing many things. Take for example this case of a handy man on Cape Cod:

"How much do I owe you, Obed, for fixing the screen?" a cottager asked him.

"Wal, be ye goin' to pay cash or charge it?"

"Oh, whichever you prefer."

"Wall, if it's cash, it's two dollars and sixty cents fer the job; but if you're goin' to charge it, it'll be two dollars."

"Why, Obed, that's queer! Usually it's less when it's cash."

"Yep; but ye see so many summer folks go 'way an' fergit to pay their bills, I lose more where it's charged, an' so I'd rather keep them charge accounts as small as I kin."

WOMEN CAN DYE ANY GARMENT, DRAPERY

Dye or Tint Worn, Faded Things New for 15 cents.

Diamond Dyes

Don't wonder whether you can dye or tint successfully, because perfect home dyeing is guaranteed with "Diamond Dyes" even if you have never dyed before. Druggists have all colors. Directions in each package.

His Subsequent Action.

"Gap, what would you do if you had a million dollars?" asked Mrs. Johnson the other evening.

"What's—yaw-w-wn'—that?" returned Gap Johnson, of Rumpus Ridge, starting out of a halfway doze.

"What would you do if you had a million dollars?"

"I wouldn't do nuth'n' till I got plumb rested."

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diapepsin.

Do not throw out empty cans that have had any kind of food in them without flattening th... so that no cat can get its head into one. Cats and dogs have caught their heads in empty cans when seeking food and have been cruelly injured or have died before they were released. Simply stamping on a can will answer the purpose. Pounding the can flat is the best method.

Minard's Liniment for Dandruff.

With The BOY SCOUTS

What One Troop Has to be Proud of.

One of Ontario's best known troops is the 1st Chatham Troop, of which Mr. A. S. Buesnel is the Scoutmaster. During the past year this troop has, by the efforts of its own members, raised sufficient money to erect a splendid cabin as its very own headquarters, and here on a recent occasion entertained members of the local Rotary Club, who are the sponsors of the troop.

The Fox Patrol of the 1st Chatham Troop carried off the shield given by the Rotary Club for the highest percentage attendance amongst city troops for the year.

A former member of the troop (and still one of its most enthusiastic supporters) is now Mayor of Chatham. He is Mr. C. D. Sullman, who joined the troop as an older boy some twelve years ago, passed through all ranks, and later became Scoutmaster. He is one of the youngest Mayors in Ontario and gives Scouting a great deal of credit for the training which makes it possible for him to fill the chief executive's chair.

This troop also finds time to publish an eight-page monthly magazine which records all the boys' work activities of Chatham—not only Scouting, but C.S.E.T., boys' athletics, schools and Sunday schools as well!

Over and Over.

High—"Why is that aviator always doing the loop the loop?"

Jinks—"He used to be a Boy Scout and he still tries to do his daily good turn."

Fire Chief Instructs Scouts.

Chief Murray of the local fire department is giving a series of talks and demonstrations to the Scouts of the 3rd Tilsonburg Troop on fire prevention and fire fighting. These boys are qualifying for their Firemen proficiency badge. To earn the badge the boys must acquire a knowledge of the types of hydrants used in the town, hose, methods of escape and rescue from burning buildings, knowledge of alarm system and how to turn in alarms, fires caused by gasoline, oil and other highly inflammable materials, and a host of other matters pertaining to fires. Chief Murray is also laying great stress on the prevention of fire in the home.

Not a Casualty.

First Boy Scout—"You say Jimmie Jones got hurt?"

Second Boy Scout—"No, not seriously. He got jammed in the pantry. His father gave him first aid treatment."

Mother! Give Sick Child "California Fig Syrup"

Harmless Laxative for a Bilious, Constipated Baby or Child.

Constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.

Enough Said.

Visiting Minister—"I trust your neighbors are church going people who eschew profanity in all its forms."

Resident—"Why—er—the majority of 'em play golf."

ASPIRIN

Beware of Imitations!

BAYER

Demand

Unless you see the name "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty years for:

Colds	Headache
Toothache	Lumbago
Neuritis	Rheumatism
Neuralgia	Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. 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."

TORTURES OF SCIATICA

Relieved by Enriching and Purifying the Blood.

Sciatica is neuralgia of the sciatic nerve and the treatment should be the same as for other forms of neuralgia. Sciatica is stubborn in resisting treatment and the patient frequently suffers for years.

So many cases of sciatica have been helped by Dr. Williams' Pink Pills that every sufferer is justified in giving this treatment a thorough trial. Dr. Williams Pink Pills do not simply relieve pain—they correct diseases caused by weak, watery blood. Thus they are beneficial in the treatment of even the most severe disorders. Their value in cases of this kind is shown by the experience of Miss Lizzie Freeman, Nogies Creek, Ont., who says:—"I was confined to bed for seven weeks with sciatica. What I suffered is almost impossible to realize. The doctor did all he could for me, and yet I was not getting any better, and he told me the trouble was likely to leave me crippled. A neighbor who was in to see me, strongly advised me to try Dr. Williams' Pink Pills. I decided to do so and after taking them for a while found they were helping me. I continued taking the pills until I had taken nine boxes, when I was able to walk as well as ever, and felt that I was fully restored. In view of what these pills have done for me I strongly recommend them to all sufferers."

If you are suffering from any condition due to poor, watery blood or weak nerves, begin taking Dr. Williams Pink Pills now and note how your strength and health will improve.

The new sales tax will not increase the price of Dr. Williams Pink Pills, as the company pays the tax. You can still obtain the pills through any medicine dealer, at 50 cents a box, or by mail, post paid, at this price, from The Dr. Williams' Medicine Co., Brockville, Ont.

No Fun.

A woman came into a car with five children. She busied herself seating them. A benevolent old gentleman arose and gave her his seat.

"Are those all your children, madam," he asked, "or is it a picnic?"

"They're all mine," snapped the woman, "and it's no picnic."

It is always safe to send Dominion Express Money Orders.

Estimates place the total population of the world at 1,500,000,000.

Keep Minard's Liniment in the house.

A man who was lecturing on the importance of women's work said, "Take women out of society, and what would follow?" "I would," said a man in the audience.

USE MURINE FOR EYES IRRITATED BY SUN, WIND, DUST & CINDERS

RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS

WRITE FOR FREE EYE CARE BOOK MURINE CO. CHICAGO, U.S.A.

To Gain Weight

Druggists guarantee Bitro-Phosphate to rebuild shattered nerves; to replace weakness with strength; to add body weight to thin folks and rekindle ambition in tired-out people. Price $1 per package. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Chilblains.

Minard's takes the sting out of them. Quickly relieves aching or blistered feet.

MINARD'S "KING OF PAIN" LINIMENT

To Make Rich Red Blood

Revitalize your worn-out exhausted nerves and increase your strength and endurance

Take organic iron, not metallic iron, which people usually take, but pure organic iron—Nuxated Iron—which is like the iron in your blood and like the iron in spinach, lentils and apples. One dose of Nuxated Iron is estimated to be approximately equivalent (in organic iron content) to eating one-half quart of spinach, one quart of green vegetables or half a dozen apples. It is like taking extract of beef instead of eating pounds of meat. Nuxated Iron is partially predigested and ready for almost immediate absorption and assimilation by the blood, while metallic iron is iron just as it comes from the action of strong acids on small pieces of iron, filings.

Over 4,000,000 people annually are using Nuxated Iron. It will not injure the teeth nor disturb the stomach. A few doses will often convince to enrich your blood. Your money will be refunded by the manufacturers if you do not obtain satisfactory results.

Beware of substitutes. Always insist on having genuine organic iron—Nuxated Iron. Look for the letters N. I. on every tablet. Sold by all druggists.

NUXATED IRON

For Red Blood, Strength and Endurance

After Dishwashing! CAMPANA'S ITALIAN BALM

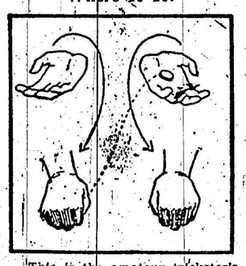
is simply wonderful for keeping the hands beautifully white and soft and smooth. Positively prevents redness and chapping. Use it at once after washing dishes and note the improvement in your hands.

Keep a bottle handy by the kitchen sink.

EASY TRICKS

No. 324

Where Is It?



This is the amateur trickster's opportunity to prove that the hand really IS quicker than the eye.

Hold your hands in front of you, about eight to ten inches from the body, with the palms of both upward. In one hand a half dollar lies. The half dollar should be about in the middle of the palm.

Turn the hands rapidly over, turning the right hand toward the left and the left toward the right, closing them as they turn. The coin should fly from one hand to the other but so rapidly that a person standing directly in front of you cannot see its flight. As both hands close at the same time he will have some difficulty in guessing which hand contains the coin. The trick will not be accomplished the first time the beginner tries it as it requires a certain knack that will come with practice.

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

A fit of anger may come back as a beauty destroyer, or it may produce a cheerless home, unloving children, and unhappy wife. Sweetness and beauty will not live long with a bad disposition. A great physician has said that a single fit of bad temper has been known to take away more than one year from a woman's life.

Ask for Minard's and take no other.

Lady to salesman who had unrolled all the linoleum—"Thank you, so much, my little boy has enjoyed it. I'll bring him to-morrow to see the carpets!"

BABY CHICKS

Queen City Hatchery, Breeder and distributor of husky, healthy Chicks and Ducks, ten varieties. Write for catalogue and price list. 2 Linsmore Crescent, Toronto, Ont.

$1.00 Buys the Strongest Leather Made Have the best and save

$1.25 West of Fort William

Back to Pre-War Prices

This splendid halter, in 1-2 inch hard rope, complete with shank, the leather part of horness leather, 1 inch, double and stitched.

If your dealer cannot supply you, we will send it anywhere post paid, on receipt of price.

Price includes Shank.

GRIFFITH'S Giant Halters

G. B. Griffith & Sons 60 Water St. Stratford, Ont.

PIMPLES ON HEAD AND NECK

Small and Formed Sore Eruptions. Skin Sore and Red. Cuticura Heals.

"Pimples broke out on the back of my head and neck. At first the pimples were small and then ran into each other and formed sore eruptions about the size of a ten cent piece. The skin was sore and red and itched a great deal, causing me to scratch.

"I had the trouble about six months before I began using Cuticura Soap and Ointment, and after using three cakes of Soap and three boxes of Ointment I was healed." (Signed) J. A. Macdonald, Giffard, Quebec.

Rely on Cuticura Soap, Ointment and Talcum to care for your skin

Samples Each Free by Mail. Address: "Cuticura," Dept. 24, Boston. Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

PUTS HEALTH AND VIM INTO WOMEN

So Says Mrs. MacPherson of Lydia E. Pinkham's Vegetable Compound

Brantford, Ontario.—"I was always tired and the least exertion would put me out for a day or two. I had a pressing pain on the top of my head, pain in the nape of my neck, and when I stooped over I could not get up without help, because of pain in my back. I did not sleep well and was nervous at the least noise. I keep house, but I was such a wreck that I could not sweep the floor nor wash the dishes without lying down afterwards. A friend living near me told me what Lydia E. Pinkham's Vegetable Compound had done for her so I began to take it. With the first bottle I felt brighter and got so I could wash dishes and sweep without having to lie down. Later I became regular again in my monthly terms. I have taken ten bottles all told and am now all better. I can truly say that your wonderful medicine cannot be beaten for putting health and vim into a worn out woman."—Mrs. James H. MacPherson, 347 Greenwich St., Brantford, Ont.

If you are suffering from a displacement, irregularities, backache, or any other form of female weakness write to the Lydia E. Pinkham Medicine Co., Coburg, Ontario, for Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."

Smoke OLD CHUM The Tobacco of Quality

Sealed Package 15¢ (which keeps the tobacco in its original condition)

also in ½ lb. tins

An ignorant young man who was converted at a revival meeting decided to be a minister. He told the Doctor of Divinity, who talked with him about the importance of an education for the ministry in these days. "Oh," said the young fellow, "I only have to open my mouth and God will fill it." "Well," said the D.D., "a similar thing happened in Balaam's time."

Classified Advertisements.

FOR SALE

CORDWOOD, MILL SLABS, STOVE length. Car lots. Reid Bros., Bothwell, Ont.

WOOLGROWERS, YOUR OWN wool manufactured or exchanged for yarn or blankets. Woolleb Mills, Georgetown, Ontario.

IN SOUPS, STEWS,

gravies, savoury dishes, and in hundreds of different ways Oxo Beef cubes will make food more tasty and nutritious.

OXO CUBES

In tins of 4, 10, 50 and 100.

Be what your friends think you are; avoid being what your enemies say you are, go right forward and be happy.—Marcus Mills Pomeroy.

ALWAYS ASK FOR EDDY'S MATCHES

sold by over 14,000 General Stores and 16,000 Grocers

ON SALE EVERYWHERE IN CANADA

The Cause of Heart Trouble

Faulty digestion causes the generation of gases in the stomach which inflate and press on the heart and interfere with its regular action, causing fainting and pain. 15 to 30 drops of Mother Seigel's Curative Syrup after meals sets digestion right, which allows the heart to beat full and regular. At druggists.

Order Your Farm Help Now

IN VIEW of the great demand for farm help existing in Canada, the Canadian Pacific Railway will continue its Farm Help Service during 1924 and will enlarge its scope to include women domestics and boys.

THE COMPANY is in touch with large numbers of good farm laborers in Great Britain, Norway, Sweden, Denmark, France, Holland, Switzerland and other European countries and through its widespread organization can promptly fill applications for help received from Canadian farmers.

In order to have the help reach Canada in time for the Spring operations farmers needing help should arrange to get their applications in early, the earlier the better, as naturally those applications which are received early will receive first attention.

Blank application forms and full information regarding the service may be obtained from any C.P.R. agent or from any of the officials listed below. THE SERVICE IS ENTIRELY FREE OF CHARGE.

THE CANADIAN PACIFIC RAILWAY COMPANY

Department of Colonization and Development

WINNIPEG.—M. E. Thornton, Superintendent of Colonization; T. S. Acheson, General Agricultural Agent

SASKATOON.—W. J. Quinn, Land Agent; H. E. Rosser, Special Colonization Agent

CALGARY.—T. O. Ferris, Asst. to Supt. of Colonization

EDMONTON.—J. Miller, Land Agent

MONTREAL.—J. Bousquet, General Agricultural Agent; C. La Due Norwood, Land Agent

L. G. WHITE, Assistant Commissioner. J. S. DENNIS, Chief Commissioner.

Eases Kitchen Work

To Women Who Do Their Own Work: Suppose you could save six minutes every day in washing pots and pans—two minutes after every meal. In a month, this would amount to a saving of three hours of this disagreeable but necessary work. This saving can be made by using SMP enameled kitchen utensils, as their smooth sanitary surface will not absorb dirt or grease. No scraping, scouring or polishing is needed when you use Diamond or Pearl Ware. Soap, water and a dish towel is all you need. Ask for

SMP Enameled WARE

"A Face of Porcelain and a Heart of Steel"

Three finishes: Pearl Ware, two coats of pearly gray 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

At Every Hardware Store