

RED ROSE TEA

is good tea
and the choicest of Red Rose Teas is the
ORANGE PEKOE QUALITY

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.

The study of diets in their relation to disease has been up to the present a neglected subject. In all progressive countries, however, there is at the present time an extraordinary interest being taken in the question of dieting, particularly as regards the causation of certain diseases, the origin of which has hitherto been somewhat obscure. Much of the food eaten today is not of the right kind to promote and maintain good health. It is deficient in fat-soluble vitamins because through habit or custom large numbers of people are not particularly fond of green vegetables, milk and eggs. When the question of green vegetables is mentioned, many people shrug their shoulders and say they could not get accustomed to hay. Little do they know how essential green vegetables are to keeping the diet properly balanced so that good health may be maintained.

The ordinary diet consists largely of bread, butchers' meat, potatoes, jams, tea and coffee. Milk is often neglected, and yet milk should form a larger part of our diet than is at present the case. The problem of such a commonplace thing as defective teeth would be solved by greater attention being paid to the diet of children, and the decline in infant mortality is largely due to the instruction in infant feeding which now forms such a large part of infant welfare work. The experience of many observers has proved that the number of rickety children had considerably decreased since dried milk was used in preference to patent foods.

Cod liver oil is known to be especially rich in some of the essential vitamins, and some authorities regard cod liver oil and milk should be provided at all welfare centres.

Sleep.
I am tired—my whirling lead
And all my bones are sick for bed;
And so I'll leave them now, and leap
To cool translucentities of sleep.

And there I'll lie like some great trout,
Who scarcely breathing lies suspended
In careful waters safe and deep,
Feeling sunlight through his sleep.

And in the morning it will be
As though I felt, but could not see
Warm waters passing over me,
As I slowly rise until
I am awake against my will—

With my brain well breakfasted
On some airy fogs and steam,
Or bright light off a dream.
— Dorothy Aldis.

Salted Babies!
Salt plays a curious part in christening ceremonies in some countries. The Armenians cover a newborn infant's skull with finely powdered salt after being left on for three hours, the salt is washed off with warm water. A mountain tribe of Asia Minor leaves the baby covered in this way for twenty-four hours.

The Greeks sprinkle their babies with salt, the christening a custom that also marks the naming of children in some parts of Germany.

In countries where this custom persists it is believed that the practice endows a child with health and strength, and that it also wards off evil influences.

A Forest's Fireproof Carpet.
Agricultural experts in Algeria have found a new method of preventing forest fires. It consists in carpeting the ground under the trees with a hardy creeping plant that will not burn. The plants that do not dry up and that spread rapidly even in the shade are being planted.

Not only are the plants incombustible, but they have an additional value in conserving the moisture of the soil. Weeds are also choked by the thick, obscuring foliage. The plants used are a species of ground ivy.

Both Stories.
The Colonel had only two types of stories, one concerning his amorous adventures, the other his adventures while being shot at.

It was a great night in the mess, and the Colonel, as was his wont, began to tell an exciting story of an encounter with a wounded gress which sprang at him before he could reload and bore him to the ground. At the critical moment an orderly entered to report that the G.O.C. wished to speak to the Colonel on the telephone, and the Colonel was compelled to break off abruptly.

He was absent for ten minutes, and on his return had forgotten which of his favorite stories he had been telling.

"What happened, Colonel?" asked one of the guests. "You were telling us of your dangerous situation."

"Oh, I kissed her," responded the Colonel airily. "She staidly couldn't resist me and we dined together that evening. Her husband never knew."

Minard's Liniment for Rheumatism.

To My Little Son.
In your face I sometimes see
Shadowings of the man to be,
And, eager, dream of what my son
Will be in twenty years and one.

But when you are to manhood grown,
And all your manhood ways are known,
The shall I, wistful, try to trace
The child you once were in your face.
— Julia Johnson Davis.

Exhibition Notice
Don't buy your Electric Fixtures or appliances until you have seen our fine display of the latest designs, in the Manufacturers' Annex Building, under the Grand Stand, Booths 16 and 25. Special prices on all goods sold during the Exhibition. If not convenient to call, send for our New Electric Fixture Catalogue, larger and better than ever. Any other information or advice we can give you will be gladly supplied either by mail or at the Exhibition.

W. P. Earle Electric Supply Co.,
1284 St. Clair Ave. West, Toronto.

Remarkable Document.

Charles Lounsbury, poor and insane, leaves a beautiful will.

Justice Walter Lloyd Smith, who presides over the third Department of Appeal Division of the U.S. Supreme Court, brought with him to Justice the New York University Law School Alumni Association recently what he said was the most remarkable document that ever came into his possession.

Others who read the document, the text will and testament of Charles Lounsbury, who died in the Cook County Asylum, at Dunming, Illinois, were disposed to agree with him. Here it is:

"I, Charles Lounsbury, being of sound mind and disposing memory, do hereby make and publish this, my last will and testament, in order, as aforesaid, may best distribute my interest in the world among succeeding men. That part of my interest which is known in law as my property, being incoheritable, and of which I make no disposal of, in this, my will, My right to live being but a life estate is not at my disposal, but these things excepted, all else in the world I now proceed to devise and bequeath:

"I leave to my good fathers and mothers, in trust for their children, all good little words of praise and encouragement, and all quiet pet names and endearments, as the needs of their children may require.

"I leave to my children inclusive of their wives, and to their children, all the golden sands of the world, and the blossoms of the woods, and the right to play among them freely, according to the customs of children, warning them at the same time against thistles and thorns. And I leave to my children the banks of the brooks and the golden sands beneath the waters thereof, and the winds of the willows, that dip therein, and the white clouds, that float high over the giant firs.

And I leave to children the long days to be merry in, in the moon and the train of the Milky Way, to wonder at, but subject, nevertheless, to the rights hereinafter given to lovers.

"I devise to boys jointly all the high fields and commons where ball may be played, the pleasant waters where one may wade, the snow-dusted hills where one may coast, and all streams and ponds where one may skate, to be held and to hold the same for the period of their boyhood, and all the budding flowers, the woods, and their appointments, the squirrels and birds, and echoes of the strange notes, and all distant places which may be visited, together with the adventures there found. And I give to boys and girls each his own place at the fire-side at night, with all pictures that may be seen in the morning wood, to enjoy without let or hindrance, and without encumbrance or care.

"I leave to lovers their imaginary world, with whatever they may be desired, as the stars of the sky, the red roses by the wall, the blossom of the hawthorn, the sweet sighs of music and night song by which they may desire to figure each other the lustiness and beauty of their love.

"To young men jointly I devise and bequeath all his torments and inspiring sorrows of reality, and I give to them the pain of their own undaunted confidence in their own strength, though they are rude; and I give them the power to make lasting friendships, and of possessing companions and to them exclusively I give all merry words and brave choruses to sing with lusty voices.

"I leave to those who are no longer children, or youths, or lovers, I leave memory, and I bequeath to them the volumes of the poems of Burns and Shakespeare, and other great poets, and I give to them the right to read, and to read again the old days, freely and fully without hindrance or inhibition.

"To our loved ones, with snowy crowns I bequeath the happiness of old age, the love and gratitude of their children until they fall asleep.

Immortal.
The last thin acre of stalks that stood
Was bent the end of the wheat,
Always something fit to the wood,
As if the field had feet.

In front of the sickle, something roe—
Moose, or weasel, or hare;
We struck and struck, but our worst
Was blown away.

Dangled in the air,
Nothing could touch, the little soul.
Of the grain. It ran to cover,
And nobody knew in what warm hole
It slept till the winter was over.

And early seeds lay cold in the ground,
Then, but nobody saw,
It burrowed back with never a sound,
And awoke the thaw.

— Mark Van Doren.

When sending money by mail use
Dominion Express Money Orders.
Safer than sending bills.

Inflamed Eyes.
Inflammation of the eyes as a result of exposure to heat, an ailment from which workers in many industries often suffer, is caused by sweat. Investigators for the Bureau of Mines who have been studying the effects of high temperatures on men have found that sweat drops into a normal eye almost immediately causes conjunctivitis. Workers who wear sweat bands on their foreheads have little trouble.

Old-Modern Fireplaces.
Fireplaces also of identical in structure with those of a water date have been found in Pompeii.



Seadogs all! The Prince of Wales, high naval officer are watching the Duke of Connaught and another grand fleet pass in review.

The Human Complex.

One who has anything to do with other human beings cannot fail to be impressed with the complications that arise whenever there are others to be consulted.

"The scheme of the universe was not so devised that any of us can go it alone and have everything his own way. Napoleon and the Kaiser, emperors and kings, and all the business men have risen to a lofty peak and fallen far, because they were self-sufficient and would not call others into account.

When an only child goes from a family that has spoiled him to a school that pays little heed to him, the larger part of his educational experience is to find where he belongs. He learns his real size on a scale that is not of his own making.

So it is with the individual in this great round world we inhabit together. He must concede. He must learn the virtue and the beauty of teamwork. He cannot have it all, once that he begins to want; he must renounce some things and accept others. He must learn to give and to receive.

The strongest, apparently, refusing to bow over delicate scruples and quashing the will of others, are at times strangely conciliatory and gentle, if they mean to hold the place they win. For mankind, while it ever seeks a leader and a leader demands a fighting spirit will give neither its love nor its abiding confidence to the selfish.

If we are sure we are right, the attitude to take toward those who cannot see things as we see them is not a brusque dismissal of their views and feelings, but an effort to understand and to clarify misunderstandings.

SUMMER HEAT HARD ON BABY
No season of the year is so dangerous to the life of the infant as the summer. The excessive heat through the little stomach out of order so quickly that, unless prompt aid is at hand the baby may be beyond all human help before the mother realizes diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any one of those troubles may prove deadly if not promptly treated. During the summer, the mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

And Likely Any Day to be Crowned.
"Why do you speak of him as having a checked career?"
"Isn't he always on the move?"

Another Patent Medicine.
Young Mr. Monocle was having tea with Mrs. Jones.
"Yes, poor little Tommy seems very queer," remarked the hostess to her visitor as she handed him a plate of cakes. "I really don't know what to do for the best."

"By Jove!" drawled her self-important visitor.
"I've got some medicine for him," she continued, "but he's been taking that for three weeks, and it doesn't seem to be helping him much."

"By Jove!" drawled the visitor.
"I'm thinking of going to another doctor," added Mrs. Jones.
"By Jove!"

"Mother, don't do that," interrupted little Tommy, who happened to be in the room. "Why not take the gentleman's advice and buy some Jove?"

Clean Minds.
"Of course women should vote. They deserve suffrage as much as men—more, because their minds are purer and cleaner."
"So—of course their minds are cleaner, but how do you know that?"
"Because they change them so much often."

The Lion Laundry.
A burly man comes forward. The clerk looks through his papers. "A strong man is wanted at the Lion Laundry. Will that suit you?"
"I dunno. I'm ready to do any kind of work, but I don't know whether I can wash lions."

THE DELICATE GIRL.

What Mothers Should Do as Their Daughters Approach Womanhood.

If growing girls are to become well-developed, healthy women their health must be carefully guarded. Mothers should not ignore their unsettled moods or the various troubles that tell of approaching womanhood. It is an important time of life. Where a girl's health is concerned, the mother should be on the alert for any signs of anaemia or other signs of the sufferer with the surest means of making new blood.

Remember, pale, bloodless girls need plenty of nourishment, plenty of sleep, and regular outdoor exercise. But to save the bloodless sufferer, she must have new blood—and nothing meets the case so well as Dr. Williams' Pink Pills. These pills increase the supply of new, red blood; they stimulate the appetite and relieve the weary back and limbs; they restore health and cheer, and bring to anaemic girls the ray checks and brighter eyes of strong, happy girlhood. 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.

Waterin' th' Horses.
I took th' horses to th' brook to water 'em you know.
"Th' air was cold with just a touch of frost."
And as we went I joggin' down I couldn't help but laugh.
"O' city folk all th' things they lost."
"O' course they have their lighted streets—their Great White Way and such."
"O' course they have their buildings—large an' tall;
But, my! they never know th' joy o' ridin' ter th' brook."
"An' somehow I don't envy 'em at all!"

Perhaps I'd like it—for a while—to hear th' songs an' laughter.
But I know I, I don't know exactly why.
I'd feel th' country callin' me! I'd long again for silence.
An' for God's mountains, blue against the sky.

Gypsy Folk.
Across the bog and up the lane
The Gypsy folk are coming,
Singing through the charcoal mist
That rests upon the hill.
A dog is yelping in the brush
And gypsy folk are humming
Tunes their fathers were th' thought
That keep them restless still.
Ah, I was born a gypsy,
But life has held me here,
Tempting me with lovely things
Of ivory and gold;
Painted wagons creak to night
And gypsy folk are near;
A love to find at noon,
Singing songs I longed to know
While I was growing old,
A bright coin to cross my palm,
A whisper soft and low,
And gypsy folk who've waited long
Calling me to go.
A love to find at sunrise,
A song to sing at noon,
And gypsy folk who wait for me—
I am coming soon!
—Don W. Farran.

Minard's Liniment Relieves Pain.
Grim Picture.
It was a thrilling story that McGregor had to tell.
"I had abandoned all hope," he said.
"As I think for the third time my pain seemed to rise before me in a series of grim, realistic pictures."
A murmur of sympathy rolled from the lips of listening friends; but just as McGregor was preparing to resume, McKeighin interrupted him sharply and taken for a short time. Price \$1 per bottle at your druggist. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Anyone who can catch up can keep up!
Anyone who can keep up can forge ahead.

CREAM
Ship your Cream to us and obtain the best results with highest price for number one quality. Daily returns, cans supplied, and express charges paid. Write for cans now.
BOWEN CO., Ltd. - TORONTO

EASY TRICKS



This clever stunt is performed with two very small dice, the kind sold with cheap editions of some counting games being very satisfactory. The smaller the dice the better the trick is to do, but with practice it may be done with dice of almost any size.

The attention of the spectators is called to the fact that opposite sides of each die always total seven. This is a fact with every properly made die. The two dice are placed on the tip of the forefinger and the spectators are asked to observe which numbers are on top. The numbers being noted, the dice are placed on opposite sides of the forefinger. The spectators are asked to tell which numbers will be upmost. As they have learned that the opposite sides of a die add up to seven, they are able to answer the question. When the hand is turned over and the forefinger lifted it is seen that the other spots are presented to view. The forefinger again covers the dice and the hand is turned over. This trick is often done by the original inventor, seen at the top of the page.

The secret is very simple, but the trick is perplexing. When the hand is drawn back a tiny mark is drawn back to make a quarter of a revolution. With a little practice this can be done without fear of detection. The movement reversed, restores the dice to their original positions.

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

"As She Is Wrote."
Over the office of a foreign agent in front of the old Shinbashi Station in Tokyo to the Atlantic Ocean to "leave your baggage with us and we will send it in every direction." "Not far off still more remarkable adventures were offered on a ship's deck, bearing the somewhat equivocal legend: "Clothing of women's tailor: Ladies' furnished in the upper storey," and yet more misleading: "Respectable ladies have its upstair."

Genuine BAYER ASPIRIN
Say "Bayer Aspirin!"
INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.

Safe Accept only a Bayer package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Beware of Aspirin by the trade mark of Bayer (Canada) or Bayer Manufacturers of Elberfeld, manufacturer of Balthusol.

KELSEY Healthy HEAT
Have Summer Heat This Winter
A Warm home and a cool cellar day and night the winter through. And a saving in your coal bills of from 10% to 25%.

WARM AIR GENERATOR
In your cellar will ensure this: The Kelsey is the most efficient and economical system of home heating ever devised and will heat the smallest cottage or the largest mansion properly and healthfully.

Canada Foundries & Forgings Limited
JAMES SMART PLANT BROOKVILLE ONT.

Nervous People
That haggard, careworn, downcast look will disappear and nervous people will gain in weight and strength when Biotro-Phosphat is taken for a short time. Price \$1 per bottle at your druggist. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Insect Bites!
Minard's takes the sting out of them. Take it to the weeds with you.

FOR SALE.

CHEAP ON EASY TERMS.
Only \$500 down or rented, balance at 7% interest. 125 acres in Township of Elk Hill, County of Middlesex; mixed soil, sand and clay loam; brick house with frame out-buildings. About a mile west of Middlemiss. Address: H. J. Kent, Box 419, London, Ontario.

Song of the Sewing Machine.
Oh, the happiest worker of all am I,
When my wheel and my needle so merrily fly!
With a spool of thread and a heart full of song,
I am ready and willing to work the day long.

Oh! faster and faster my glad wheel
When it catches the light in a young maiden's eye!
The dearest and tenderest friend of all
I stitch into gossamer hues and seams.

But slower my wheel and softer my song
When fairy-like fragments are gull'd along:
I am stitching the dreams most sacred of all
Into dear little gowns and a wee silk shawl.

— Constance I. Davies.

For Face Feet—Minard's Liniment.
Type Music.
A typewriter which types musical notes instead of words and figures has been invented. There are 40 keys, each with six symbols.

MURINE FOR YOUR EYES
Wholesome Cleansing Refreshing

Centaur Baby's Skin With Calamine
Don't let your baby's skin get into a condition of itching. Give your baby Centaur Baby's Skin. It is a gentle, soothing, and refreshing preparation. It keeps the skin clean and healthy. It is the best for babies.

BACK ACHED TERRIBLY
Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound.

Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not fit to do my work and care for my three little children. One day I received your little book and read it and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do."
— Mrs. J. R. McMahon, 163 Harvey St., Chatham, Ont.

Asthma and Hay Fever—A Guaranteed Relief.
"I have arranged with all druggists here, as well as in all other towns of Canada, that every sufferer from Asthma, Hay Fever, Bronchitis, Asthma or difficult breathing in this city may try my treatment entirely at my risk." Dr. H. Schiffmann announces. He says: "Buy a package of my Asthma, try it, and if it does not afford you immediate relief, or if you do not feel the best remedy you have ever used, take it back to your druggist and he will return your money, cheerfully and without any question whatever. After seeing the grateful relief it has afforded in hundreds of cases, which had been considered incurable, and which had been given up in despair, I know what it will do. I am so sure that it will do the same for others that I am not afraid to guarantee it will relieve instantaneously. Druggists, anywhere handling Asthma relief will return your money if you say so. You are to be the sole judge and under this positive guarantee absolutely no risk is run in buying. Persons preferring to try it before buying will be sent a free sample." Address: H. Schiffmann Co., Props., 1734 N. Main, Los Angeles, Calif.

ISSUE No. 34—24