If you'd like a little better tea than you are using, please try "Red Rose"

RED ROSE TEA

"It's good tea"

The same good tea for 30 years. Try it!

HEALTH EDUCATION

BY DR. J. [illegible] 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.

A recent visitor to this country [illegible] on the number of stout people he saw here. This food for thought [illegible] it takes the question of whether a people are guilty of [illegible]

I say "guilty" intentionally, meaning in the sense that it is injurious to health and leads to [illegible] is really a crime. As far as disease is concerned, there are [illegible] that have been found to be associated with stoutness or overweight. The actual danger arises from the deposition of fat around and in the vital organs of the body, which may cause interference with the action of the heart, kidneys, blood vessels. Diseases of [illegible] are a condition of society [illegible] which, and it may be that [illegible] weight clock prove an important factor in their cause, for instance, diabetes is a disease which is constantly associated with overweight.

What is the cause of overweight? It appears to be mainly due to the taking of more food than the body [illegible] and the consequent storing up of the surplus in the form of fat. This excess weight may occur at any age, but is most likely to appear after the age of thirty. As people grow older they tend to take less exercise, but at the same time the amount of food eaten does not decrease. This is actually the case [illegible] and is particularly true with regard to women, especially the ladies whose habits of life are more sedentary than those of the country. Less food is consumed by the male sex, but more is eaten in the form of fat. An excessive amount of fat in the system may occur in two or three ways: first, as a hereditary tendency to this condition, as is often seen where father and son are both stout; second, it may occur as the result of some disease sometimes unrecognized, such as [illegible] of certain glands; third, through leading a sedentary life without exercising and underexercising one of its characteristics. The fact that a person has hereditary tendency to stoutness is no reason why the person should be allowed to [illegible]

It can be overcome by a system of dieting and exercise. The fact is that many stout people could reduce if they only practiced self-control, but they do not put forth any effort to do so, in fact they eat too much food altogether, and in addition, take foods rich in fat, that only aggravate the condition. If overweight is due to disease, the trouble could easily be detected through physical examination by a physician. In this case the patient would most likely be put on a strict diet, eliminating as far as possible the foodstuffs rich in fat-forming material.

A fortunate feature of this important problem of reducing overweight is that the condition can be controlled. Even when "stoutness" is present for some considerable time, as for a period of years, it can be reduced with safety. The solution of the problem is simple and consists merely in reversing the order of life that has brought about the unnecessary increase in weight. Some stout people who neglect to reduce their weight do so from a mistaken idea. They think that controlling their diet means reducing the amount taken to almost the point of starvation, or at least keeping them perpetually hungry. They argue that life is short and that it is not worth while denying ones the simple daily pleasures, one of which is included under the heading of "a good appetite." The general plan for weight reduction is to arrange the menu in an attractive way which will at once provide sufficient food to satisfy hunger and at the same time contain a reduced number of calories or heat units. Diets can be arranged for each individual by his physician, but in the main, the plan is to restrict starches and sugars and fatty foods, and make the chief source of diet fruits and leafy vegetables, large in bulk, which satisfy hunger but at the same time contain a diminished supply of fat-forming material. Any physician will arrange a diet, giving the food calories required and the kind of foodstuffs that should be taken and should be left out of the daily menu. Daily exercise should also be indulged in, but the nature of the exercise should be arranged after a physical examination is made, to see if the heart and other organs are in good condition.

To sum up, therefore, reduce the amount taken of the fat-forming foods, such as butter, cream, fatty portions of cream, salad oil and nuts; also the amount of starchy foods such as bread and pastry, as well as candy and sugars. Only eat three times a day and never between meals. If candy must be taken, eat it at the end of a meal as dessert. The foods that are not rich in fat consist in general of the bulky vegetables, fruits, lean meat and fish without fat.

Do not depend on drugs for weight reduction. Most of the drugs used are harmful and poisonous.

Winter Camps and Hikes.

A good Scout friend of ours, William [illegible] by name, is an ardent camper in spring, summer, fall and winter. He says that camping is a seasonable activity during spring, summer and fall, but that it is "seasoned" for winter. He tries to explain that winter camping is seasoned with new thrills and new sports which are impossible at other times of the year. But let us let him tell his own story of winter camps and hikes. All right, Bill, you have the floor!

Clothing.

Thanks, Mr. Editor. I like your [illegible] and would like to take them all on a winter camping trip with me. As I can't do that I'll try to tell your [illegible] some of the big points I have [illegible] myself.

Warm clothing is of prime importance. When the physical comforts are provided for, everybody is happy. Cold feet are uncomfortable and unnecessary. A pair of two or woollen hose are a good insurance. Old-timers will tell you that [illegible] as satisfactory for winter camping. In making up the check list, write extra before stockings, underwear, mitts, shirt and sweater or coat. Between two layers of clothing there is a film of air which operates on the thermos bottle idea.

Scoutmasters should talk over the matters of dress with their boys in advance and follow this up with personal inspection before starting on a trip.

Hiking.

A great deal of interest in winter camping can be developed while on day hikes. On these occasions the boys will have an opportunity to visit desirable places where wood and shelter is available. Before taking the entire troop overnight Scoutmasters are advised to camp out with their Patrol Leaders in order that they may be familiar with some of the problems of winter camping.

Programme.

Weather conditions will affect the programme, which must be flexible, at best—go expecting a storm! Allow just a little more time to get dressed, prepare meals, change clothes, etc., than you would in summer. It doesn't always snow—be ready to change the activities to trail building, sawing and chopping contests (providing you have the owner's permission, of course) and winter tree study. When [illegible] is cold enough for snow and ice [illegible] winter sports are unparalleled.

Have an objective besides that of getting the experience and some fun. Possibly the putting through some of the tests such as Second Class Fire Building, Cooking, First Class Admixed First Aid for Frost Bite and Freezing, Use of Axe, Judging, etc. Getting good winter views for the troop album can be an objective, and a study of winter wild life as revealed by tracks and other signs.

A regular battle royal can be staged by a little organization and encouragement. Snowshoeing, skiing, and skating allow for individual action as well as competition. Tobogganing and sledding are great sports for patrols.

Overnight.

For the overnight camp, the pup tent and forester tent are splendid if pitched about a central fire. A wing-break of brush and canvas will be a good protection when constructed in the form of a leanto.

You may find a shack of some kind in which to sleep. In winter it is best to sleep on the ground. A fire allows too much ventilation from below, and unless you have good pads and place as many blankets between as above, the chances are that you will find yourself cooling off in all directions. Not so on the ground. Here is if you prepare the right kind of a bed. Usually leaves can be found in a gully or depression where they have been blown together. After selecting a sheltered place to sleep, such as [illegible] beside a fallen tree or a big rock, look for two logs and place them parallel the width you wish your bed to be. Rake the leaves between these logs and cover them with your ground cloth. The logs will keep your bed from blowing and will keep off winds. Tie the lower end of the blankets with string or large safety pins and tuck the end into your pack for added protection. If you wear dry wool socks [illegible] you will feel considerably warmer.

It is customary to throw a few sticks of wood on the fire while in the process of turning in, for added warmth and light. Most important is to be ready to start in the morning when shoes are stiff and fingers get cold. This tinder and wood should be protected against sleet and snow with a piece of canvas or a pouch. Don't forget matches and flashlights.

Grub.

Grub forms an important item to consider. Have the boys eat heartily before leaving home. Bacon, eggs (just peel and place in pan, if frozen), meat, beans, cheese and cocoa are good standbys. Anything hot like tomato soup is always welcome. Yes, there are other items you will think of and want to consider. An axe and a saw are the winter campers' best friends—don't forget them.

THE GREAT FOG

Trafalgar Square as it appeared during the great fog which hung like a pall of gloom over London for several days recently.

Where To.

"Not so far off you'll get tuckered out, but far enough to be interesting. Omit dangerous spots, such as high cliffs and timber-strewn forest spaces. Safety first on the winter hike."

WEAK DIGESTION DUE TO POOR BLOOD

Perfect Digestion Will Come if the Blood is Made Rich and Red.

There is no tonic for the stomach that is not a tonic for every other part of the body. But the stomach depends, as does every other organ, on the blood for its energy.

There can be no perfect digestion unless you have rich, red blood. This is scientifically true. The way, then, to tone up the stomach is to enrich the blood.

Most stomach remedies try to digest your food for you. How much better it is to tone up the stomach so that it will do its own work, as nature intended. There is no pleasure in eating predigested food. Tone up your stomach, then your appetite and digestion will soon be normal.

If your digestion is weak and your blood thin, you need Dr. Williams' Pink Pills to restore the strength to your blood; in addition use care in the selection of your diet and your stomach trouble will soon pass away. Mrs. Charles Le Rose, Fruitland, Ont., suffered severely, and tells what Dr. Williams' Pink Pills did for her. She says: "I was a terrible sufferer from stomach trouble. The doctor called it nervous indigestion. Everything I ate distressed me, and I became so weak and rundown I could hardly walk. I had a pain around my heart most of the time, and I slept very poorly. I was afraid I would not get well, as the doctor's medicine was not helping me. In this serious condition Dr. Williams' Pink Pills were recommended and I decided to try them, and I can truthfully say that they made me feel like a new person. I will always give this medicine a word of praise when I get a chance for I think there is nothing to be compared with it for dyspeptics, or any one weak, nervous or rundown."

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.

The World's Most Famous Burial Ground.

The interior of the Cave of Machpelah, in southern Palestine, wherein are the tombs of Abraham and Sarah, Isaac and Rebecca, Jacob and Leah, was photographed for the first time not long ago. This burial ground, of the old Bible patriarchs, says the London Graphic, is the most famous in the world. Its authenticity has never been questioned. The Jews kept it as a holy place throughout the ages. The Christians venerated it also; and when the Mohammedans conquered Palestine they in turn preserved the spot as sacred.

In the eleventh century the Crusaders built a castlelike church over the cave, and the Turks turned it into a mosque, which is still standing. The Moslems regard the cave as a holy place. Before the war the Christians, who were permitted to enter it could be counted on the fingers of your hands. One of the last to enter was the late King Edward when he visited the Holy Land as Prince of Wales.

The six places of sepulchre are marked by monumental tombs in separate chapels. Entrance is gained to those of Abraham and Sarah through silver gates. Abrahm's tomb consists of a coffinlike structure built up of plastered stone or marble and covered with three green carpets embroidered with gold. They are said to have been presented by Mohammed II., Selim I. and the late Abdul-Mejid. The shrine of Sarah the photographer of the Graphic was not allowed to enter because it was a woman's.

Recently a swarm of bees took possession of the post-office pillar-box at the Cheshire village of Siddington.

Minard's Liniment for the Grippe.

The Guide.

The wild geese need no compass and no chart
To find the distant North.
Bravely the flock wings forth
Through infinite sky and over trackless sea
To the cool haven where they all would be.
Led by infallible magic in the heart.

The violet has no calendar to tell
The ritual of the year.
But when her Day is here
I know she will fulfill the ancient tryst.
Donning the sacred veil of amethyst,
By the gray boulder in the fern-fringed dell.

They never fail, the patterns far and wide.
The seer's measureless tune
The accurate tide and moon.
The bee's geometry, the beaver's art.
Who would maintain his little life apart
And lean to gain upon the invisible Guide?

—Abbie Farwell Brown in Youth's Companion.

Clean Pulp From Paper Currency.

The investigative work of the Forest Products Laboratories of the Forestry Branch of the Department of the Interior is becoming more extensive each year. Recent results arrived at show that absolutely clean pulp can be recovered from the condemned paper currency withdrawn from circulation by the Department of Finance. Experiments at the laboratories have also demonstrated that fire-killed and superficially charred spruce and balsam fir can be used successfully for pulp manufacture. This important work is also being accomplished in the treatment of woods to render them fire-retardant.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one bright, the next 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 over-heated, 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 Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

In the Bolshevist Navy there are two dreadnoughts complete and capable of steaming and six effective submarines.

For First Aid—Minard's Liniment.

At Northallerton, on the London and North-Eastern Railway, signal lamps have on three occasions recently been extinguished by swarming bees, which managed to get into the lamp cases.

BEAUTIFY IT WITH "DIAMOND DYES"

Perfect home dyeing and tinting is guaranteed with Diamond Dyes. Just dip in cold water to tint soft, delicate shades, or boil to dye rich, permanent colors. Each 15-cent package contains directions so simple any woman can dye or tint lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings, everything new.

Buy "Diamond Dyes"—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton, or mixed goods.

EASY TRICKS

The Slate Mystery

This is a stunt suitable for a parlor entertainment of tricks. It requires a little preparation and it should be well practiced before it is presented.

Two slates are shown. The trickster makes a chalk mark on both sides of each slate and then wipes the chalk mark out, using a wet sponge. This is to show the lack of chemical preparation. He places one slate on top of the other and asks a spectator to hold them until the conclusion of the trick. He then declares that a spirit has a message for the company and will write the message on one of the slates. After a reasonable time has elapsed, the trickster takes the slates and separates them. On the lower side of the upper slate the message, which may be frivolous or serious according to the trickster's desires, is seen.

The secret is a simple one. A piece of black cardboard, just the color of the slate surface and cut to fit exactly in the frame of a slate is used. The message is written on the slate and the cardboard, called the "flap" is placed over it. When the trickster displays the slates, he keeps the flap in place with his fingers. After marking on the slates and wiping the marks off, he places the prepared slate, flap side uppermost, on the table. On this the other slate is placed. When he picks the slates up, he turns them over. The flap falls on the slate which is now undermost, leaving the writing ready for the conclusion of the trick.

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

Radio Reception Conditions.

While it is not yet possible to accurately forecast radio reception conditions, considerable progress has been made toward establishing the relationship between weather conditions and radio reception, according to engineers of The Marconi Wireless Telegraph Company of Canada, Limited.

Generally speaking it has been found that when the weather is unseasonable or when there is a sudden or decided change in the weather reception conditions will be bad, according to these authorities.

Cold weather in summer, warm days in winter or a change from cold and crisp to moist and snowy weather will invariably bring about poor reception conditions. Fading, both of the slow and rapid variety, has been found to be almost as bad for radio reception as static. Fading is almost inevitable when the weather changes, it is stated.

Every effort is being made by radio engineers in all parts of the world to determine the relationship between radio reception and the weather so definitely that forecasts as to radio reception will be as accurate as those now issued by the meteorological bureau about the weather. When this has been accomplished it will mark a big forward stride in radio receiving.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

The family budget should include an appropriation for training in character building.

Minard's for Sprains and Bruises.

Passengers by air who left Croydon, England, in one week of 1924 numbered 1,000; for the same week in 1919 the number of passengers was 20.

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have bought their farms in Western Canada from the Canadian Pacific. A remarkable fact. Think! There is a reason. The large area of our holdings affording choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farm from our virgin lands, from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces of Canada," and leaflet, "Western Canada Forges Ahead." C. L. Norwood, Land Agent, Canadian Pacific Railway, Desk W., Windsor Station, Montreal, Que.

ISSUE No. 3—'25.

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MATRIMONIAL

PAPER, PHOTOS, [illegible] McCreery, Chatham, Ont.

FACE AFFECTED WITH ECZEMA

Also Behind Ears and On Limbs. Cuticura Heals.

"I was affected with eczema which broke out in a rash. I had it on my face, behind my ears and on my limbs. My skin was sore and red and my clothing aggravated it. It itched and burned causing me to scratch, and consequently I could not sleep at night. My face was disfigured.

"I finally read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I got relief so purchased more and after using one box of Cuticura Ointment, with the Cuticura Soap, was healed." Signed Miss Arvilla E. Clyder, 2039 Third Ave. So., Minneapolis, Minn.

Use Cuticura for all toilet purposes.

Sample Each Free by Mail. Address postcard: "Cuticura, F. C. Boston, U.S.A." Sold throughout the world. Soap 25c. Ointment 25 and 50c. Try our new Shaving Stick.

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Bloomington, N. S.—"I took Lydia E. Pinkham's Vegetable Compound for pains and backache, also for nervousness, sick headaches and sleeplessness. I was troubled in this way for over a year, and a friend told me about the Vegetable Compound and induced me to use it. I must say I have received great benefit from it and am able to do my housework now. I recommend the Vegetable Compound myself and am willing for you to use this letter as a testimonial."—Mrs. William Morse, Bloomington, Annapolis County, N. S.

Do you know that in a recent canvass among women users of the Vegetable Compound over 220,000 replies were received. To the question, "Have you received benefit by taking the medicine?" 98 per cent. replied "Yes." This means that 98 out of every 100 women are in better health because they have given this medicine a fair trial.

Mrs. Morse is simply another woman receiving "great benefit" who was suffering from a disorder common to their sex and who, like other women, was led to experiment when other means had failed to help. Give this deserving medicine a chance—and at once. It is sold by druggists everywhere.

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Handy "Bayer" boxes of 12 tablets and bottles of 24 and 100—Druggists.

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