People who use "Red Rose" are usually those who like tea of extra good quality

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. *Try it!*

68

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.

Bed-wetting is not a disease; it is simply the persistence of an infantile condition or habit. Most children attain control of the bladder by the end of the third year, but if they do not, the condition has become a habit. In order to effect a cure the child must be taught to empty his bladder at regular intervals, and always before the time the wetting usually occurs. The periods between the passing of urine are gradually lengthened by patient and systematic training. The mechanism of urination soon acts under the child's control, "dry" habit is established.

Directions for forming habit are as follows:—

1. No liquids or fruit to be taken after 4 p.m.

2. An after light, dry supper to be provided at night; for example, more than a tablespoonful of milk or cereals.

3. The diet should be bland, rather light; seasoned foods should the child be allowed between meals.

4. The child should empty before going to bed.

5. He should be awakened once the first night until midnight and then every two hours until morning. These periods should be lengthened one-half hour each night.

Most cases will be cured by this treatment at the end of a week. When, however, it is found that the child is apt to wet himself at a certain hour, it should empty its bladder a half hour before that time for several days until the habit is cured. Many children are especially apt to wet themselves about an hour after going to bed. An alarm clock is useful at night, and a chamber should be placed on a rug at the bedside, convenient for use. The child should be encouraged by rewards or gifts for every dry day and night, and should never be punished for bed-wetting, because the act is involuntary, and he does not know when the wetting occurs, and therefore, is not to blame. Encourage him to be on the alert to feel the need of emptying the bladder. Guard particularly against over-fatigue or excitement. Be persistent on the morning and mid-afternoon rest period.

Drugs are of little or no use. Patience and persistence will win out in practically all cases.

JAN REIKKO FROM FINLAND

Jan Reikko, from Finland, is six feet tall, weighs about two-hundred and fifty pounds (rough estimate) and, it will be admitted, was a very picturesque figure as he stepped from the "Montlaurier" special train at Montreal. Winter will have no terrors for him. With a number of his fellow-countrymen he was bound for the woods. Jan was not as wild as his bear-skin cap made him appear. A good natured fellow, of great strength and intelligence, he will no doubt prove one of the most valuable of immigrants to Canada during 1925.

HELP FOR TIRED NERVOUS PEOPLE

Found in the Use of Dr. Williams' Pink Pills

Are you pale and weak, tired most of the time, out of breath on slight exertion?

Are you nervous, is your sleep disturbed so that rest does not refresh you?

Is your appetite poor, your digestion weak and do you have pains after eating?

If you have any of these symptoms you need the help of such a reliable tonic as Dr. Williams' Pink Pills. Read what Mr. W. W. Francis, of Calgary, Alta., says of this tonic. "After returning from overseas," writes Mr. Francis, "my whole system was in a badly run down condition. I became nervous, irritable, pale and lost weight. Of course I was given treatment and recommended many tonics, some of which I took, but with no apparent result. At last I could not even sleep. My sister, who is in England, wrote and urged me to give Dr. Williams' Pink Pills a trial, and I can scarcely say how glad I am that I took her advice. My friends were surprised at my complete recovery, but I assured them it was due entirely to Dr. Williams' Pink Pills and I now always keep a box on hand in case of emergency."

If you are ailing give these pills a fair trial and they will not disappoint you. Sold by all dealers in medicine, or sent by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

No Money Made With Poor Stock.

Breeders of live stock are facing problems to-day that require expert business-like handling.

The high cost of feed, labor and heavy overhead expenses are matters the average farmer find confronting him every day.

Successful farmers have always realized the value of good breedings in live stock. Testimonies from these men are easily obtained and should convince the most skeptical that the only way to beat the labor situation, cost of feed, etc., is to keep only those animals that are bred to produce either milk or beef.

The surveys conducted by Prof. Leitch in the different counties all go to prove that where farmers are using pure bred sires, in either beef or dairy herds, they are making greater incomes with practically the same quantity of feed.

When we consider that these figures were obtained from actual farmers, living under average farm conditions, we can hardly discredit them.

Liberal feeding of inferior live stock, it was shown, was not as great a factor in increasing the labor income as was the use of pure bred sires.

The pure bred sire has back of him generations of ancestors that were selected and bred with a specific purpose in view; either the production of beef or the production of milk.

These characteristics are highly intensified in his blood so that he transmits them to his offspring, even when only a grade female is used.

The grade sire has back of him generations of ancestors that, like "Topsy," just happened. The result is that you can expect nothing, but are liable to get anything.

Haphazard hit and miss breeding operations are the causes of low labor incomes and financial failures among Ontario farmers to-day.

The remedy lies in the farmers' hands.

Buy a good pure bred sire of the breed of stock you are interested in and you have made the first step toward success.

The Wise Woman.

Old Sailor—"Yes, mum, that's a man o'war."

Lady—"How interesting! And what is that little one just in front?"

Sailor—"Oh, that's just a tug."

Lady—"Oh, yes, of course, tug of war. I've heard of them."

A Loud Voice.

Fond Mother—"What do you think baby will be when he grows up?"

Exasperated Father—"I don't know; town crier, likely!"

For First Aid—Minard's Liniment.

Why Socks Have Clocks.

It is surprising how much of the past still remains, more especially in regard to the clothes we wear. On the back of most gloves will be found three thin stripes. These marks correspond to the fourchette pieces between the fingers.

In earlier times gloves were not made so neatly as they are to-day, and the stitching of the fingers was carried down part of the way on to the back of the glove, braid being used to conceal the seams.

To a similar reason the clock on a sock owes its origin. In the days when stockings were made of cloth, the seam occurred where the clocks are now displayed, the decoration being used to hide the seams.

The little bow which will invariably be found in the leather band inside a man's hat is a survival of the time when a hat was made by taking a piece of leather, boring two holes through it, and drawing it together with a piece of string.

Handkerchiefs were not always square. At one time they were shaped to the user's fancy. It chanced that this irregularity displeased Marie Antoinette, who suggested one winter evening at Versailles that a uniform shape would be an indication of good taste. The result was a decree by Louis XVI., issued in the early days of 1785, enacting that all pocket-handkerchiefs should have right-angled edges.

The Cat.

"I golfed with Jack this morning and he proposed to me at the ninth hole."

"That's nothing. I golfed with him last week and he proposed to me at the third hole."

THE PROFITS IN TEA GROWING

The price of good quality tea has risen in the last two years between 20c and 25c per pound. The demand which has been phenomenal, has sustained this increase, and the fortunate owners of tea plantations have earned dividends in some cases of from 60% to 100%. All those engaged in selling the commodity—who have not been making any more profit—have been hoping for over-production. This is inevitable when such profits are being made and prices will then fall. But tea is still getting dearer, and no one can foretell just when the drop will come—whether in one year or longer. It may come when least expected.

Queer Heirloom.

Mr. Spouter—"An heirloom, Johnnie, is something that is handed down from father to son."

Little Johnnie—"Huh! That's a funny name for pants."

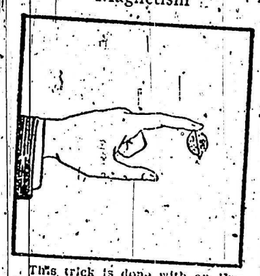
BEAUTIFY IT WITH "DIAMOND DYES"

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

Magnetism



This trick is done with an English walnut, selected at random from a pile on the table. The magician strokes the walnut, asserting that he is magnetizing it. Presently he gives evidence that he has spoken truly because the walnut clings to his finger tip as if his finger were a magnet and the walnut a bit of steel.

But that isn't the true explanation. While stroking the walnut the magician opened one end of it very slightly. With a little pressure this can be done with any English walnut that isn't too fresh. This will pinch the skin of the forefinger and will hold, although a little shake will dislodge it. An almond can also be used in this trick.

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

MADE HER BABY PLUMP AND WELL

Nothing makes a mother more grateful than a benefit conferred upon her child. Mothers everywhere who have used Baby's Own Tablets for their children speak in emphatic terms of them. For instance, Mrs. Zephenia Lavoie, Three Rivers, Que., writes:—"Baby's Own Tablets are a wonderful medicine for little ones. They never fail to regulate the baby's stomach and bowels, and make him plump and well. I always keep a box of the Tablets in the house and would advise all mothers to do likewise." Most of the ordinary ailments of childhood arise in the stomach and bowels, and can be quickly banished by Baby's Own Tablets. These Tablets relieve constipation and indigestion, break up colds and simple fevers, expel worms, allay teething pains and promote healthful sleep. They are guaranteed to be free from injurious drugs and are safe even for the youngest and most delicate child. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Strength of Woods.

Within the past year new knowledge regarding the effect of rate of growth on the strength of Canadian woods has been reached at the Forest Products Laboratories of Canada (Dominion Forestry Branch), Montreal.

The fact that rate of growth exercises an important influence on the mechanical properties of timber had been brought to light by previous research. It was known, that in soft-woods, such as pine and Spruce, slowly grown material tended to be stronger than that of very rapid growth and that in the so-called ring-porous hardwoods such as Ash and Oak, the reverse was true, slowly grown wood being inferior in strength to that of more rapid growth.

Analysis of the results of many thousands of strength tests made at the Laboratories, has now enabled the investigators to go a step further and to determine definitely the rates of growth at which maximum strength is developed in a number of the important commercial woods of Canada. This information finds practical application in a large number of uses of wood in which the strength of the material is a primary consideration.

Minard's Liniment for the Grippe.

Although Miss Cope has played the organ in a Kingsway Church, London, for 40 years, she has only missed a Sunday service four times apart from holidays.

INECTO RAPID

The world's best hair tint. Will restore gray hair to its natural color in 15 minutes.

Small size, $3.30 by mail
Double size, $5.50 by mail

The W. T. Pember Stores Limited
129 Yonge St. Toronto

OXO CUBES

are the concentrated strength of prime, fresh beef. Use them to add flavor and nutriment to soups, sauces, gravy, stews, hash, meat-pies.

Tins of 4 - 15c, and " 10 - 30c.

BERMUDA
"Ideal Winter Playground"
Only 2 Days from New York

Sailings Twice Weekly
Leaving N. Y. Wed. and Sat.
Via Palatial, Twin-Screw, Oil-Burning Steamers
"FORT VICTORIA" and "FORT ST. GEORGE"
Landing Passengers at Hamilton Dock
For Illustrated Booklets Write
FURNESS BERMUDA LINE
34 Whitehall Street - New York City
or Any Local Tourist Agent

ONTARIO BETTER STOCK LIVESTOCK Committee

Improvement

John, living near Orton, 4th, told this story. Just five years ago I took account of myself. Then I started to w[illegible] milk from my herd of nondescript cows. In f[illegible] had sold seven and in twelve months I o[illegible] two of my original herd, but had bought four mo[illegible] My herd was reduced to six, but I was getting a [illegible] milk as from the 18. Now I have 15 cows, some [illegible] and others, good grade and a *real good bull*.

"Am I making any money?"

"Well you can [illegible] that I'm not losing any."

What [illegible] others can do.

USE BETTER BULLS

102

The Donkeys of [illegible]

The most [illegible] England" is [illegible] calls Clovelly [illegible] cription in the [illegible] that Clovelly is [illegible] Devonshire coast [illegible] and sheltered [illegible] and storms by [illegible] either side. It [illegible] the face of a [illegible] narrow street, [illegible] well named, for [illegible] of cobbled-stone [illegible] from the sea to [illegible] hill. So narrow [illegible] this street that [illegible] kind can be used [illegible] pattern are forced [illegible] down carrying [illegible] vegetables and [illegible] or grown-ups [illegible] easier way of [illegible] hill. These donkeys [illegible] cream of Clovelly [illegible] and patient [illegible] down, down and [illegible] by sturdy, brown-[illegible] as sure-footed [illegible] perience in climbing [illegible] Then, their wonderful [illegible] ments, they seem [illegible] dreamily flicking [illegible] long ears [illegible]

When ordering a Dominion Exp[illegible]

Lavoris is a [illegible] heart and mind [illegible] kindliness, silver [illegible] common sense.

Minard's for Sprains and Bruises.

Live to-day! [illegible] shines the happiness [illegible] ter view-point than [illegible] you.

The Ritz-Carlton Hotel [illegible]

America's [illegible] Resort Hotel

Famous for [illegible] pean Atmosphere.

Perfect Cuisine [illegible] Service.

Single rooms [illegible]
Double rooms [illegible]
European [illegible]

New Hydraulic [illegible] Electro - Therapeutic [illegible] Department.

GUSTAVE TOT[illegible] Manager

Quick Relief for Rheumatism

Mrs. Bert Young of [illegible] writes as follows:

"I could not turn [illegible] night. I tried doctors' [illegible] for medicines which [illegible] good, but after using [illegible] of Minard's my rheumatism [illegible] entirely, and I have [illegible] since."

Always keep Minard's [illegible]

Minard's Liniment

Classified Advertisements

REMNANTS.

BARGAIN PARCEL $2; 5 LBS. Patches $2. McCreery, Chatham, Ontario.

FREE CATALOGUE.

RASPBERRY BUSHES, GLADIOLUS, Iris, Peony, Fancy Dahlias and Barred Rock Eggs. The Wright Farm, Brockville, Ont.

WANTED

KILN DRIED 2" SOFTWOOD Heading Boards, dressed one side to 15/16" and sawn-jointed both edges. Quote F.O.B. here. Reid Bros., Rockwell, Ont.

CUTICURA HEALS SKIN TROUBLE

Eruptions On Shoulders, Neck and Face. Itched and Burned.

"My trouble began with red spots breaking out on my shoulders, neck and face. They itched, and burned causing me to scratch and irritate the affected parts. The eruptions soon festered and my clothing aggravated them. My face was disfigured, and the trouble left a growing sore.

"I began using Cuticura Soap and Ointment and after using these for a few weeks as from the 18. Now I have 15 cows, some [illegible] and others, good grade and a *real good bull*.

"Am I making any money?"

"Well you can [illegible] that I'm not losing any."

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Always keep Minard's [illegible]

Minard's Liniment

For Colds

BAYER ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds — Headache
Pain — Neuralgia
Toothache — Lumbago
Neuritis — Rheumatism

Safe

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. Warning: Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for 19 years and proved safe by millions. Handy boxes of 12 tablets. Also bottles of 24 and 100. Druggists. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid. Warning: Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for 19 years and proved safe by millions. Handy boxes of 12 tablets. Also bottles of 24 and 100. Druggists. Bayer Company will be glad to assist physicians, by letter or otherwise, who desire information regarding the therapeutic value of the Bayer Cross.

MISERABLE AND ALWAYS IN PAIN

Lydia E. Pinkham's Vegetable Compound a Dependable Help for Mothers

Port Greville, Nova Scotia.—"I took no medicine for a terrible pain in my side for weakness and headaches. I used to bloat all over, too, and my arms and hands were [illegible] the worst. I am a mother of four children and I am nursing my baby. She is four months old. I took Lydia E. Pinkham's Vegetable Compound before the baby's birth, so you can see how much it helped me. I cannot praise it too highly for what it has done for me. I tell all kinds of people about it, but the Vegetable Compound is the only one that helped me for any length of time. I can send it to any one who will trouble me and you may use my letter for a testimonial." Mrs. ROBERT M. CULLEN, Port Greville, Nova Scotia.

Before and after childbirth the mother should find Lydia E. Pinkham's Vegetable Compound a blessing.

Many, many letters are received giving the same sort of experience as is given in this letter. Not only is the mother benefited, but these good results are passed on to the child.

No harmful drugs are used in the preparation of this medicine. Just roots and herbs, and it can be taken in safety by the nursing mother.

Why not try it? Out of every 100 women reported to us, 98 report benefit from its use in a recent canvass among women users of this medicine. C[illegible]

With The Boy Scouts

The fourth annual meeting [illegible] Ontario Provincial Council [illegible] Boy Scouts was held [illegible] two days and repre[illegible] of the Boy Scouts [illegible] the Province of Ontario, [illegible] East to Ottawa, [illegible] Border Cities, were [illegible] and represented [illegible] Commissioners, [illegible] Commissioners, [illegible] Scoutmasters and [illegible] Scouts. The meeting was held in the Council Chamber, Parliament Buildings, Toronto, and was presided over by His Honour, Lieut.-Governor Cockshutt, who in a wonderful address recalled his own boyhood days, commending by emphasizing that Canada needs her boys. Other valuable speeches followed which will be reported elsewhere. The atmosphere of the meeting was electrical—it bubbled over. Yells and explosions punctuated the air, and the singing just [illegible] the up.

The second session of the Conference was particularly instructive to leaders. Take, for instance, the talk on "Backwoods Cooking" given by Commissioner Hill of Hamilton, followed by an address by Mr. Hoyes Lloyd of the Dominion Parks Branch, Ottawa, on "Bird Life Conservation" and also one on "Forestry" by Arthur H. Richardson, of the Ontario Forestry Branch.

The special evening feature of the second day was that dealing with Cub work, when a special program featuring a Model Wolf Cub Pack Meeting was put on. It was apparent to all present the distinction between Scouting and Cubbing and the desirability of not mixing the two together. The importance of correctly dealing with the Cub age was made evident, while it was pointed out that a very large part of the Cub program should be made up of suitable games which would employ the wonderful imaginative powers of small boys. There is a great future for Cubbing and it is hoped that men and women will take up this work in every part of Ontario. The delegates have now scattered to their various homes in different parts of the country, carrying with them new ideas, larger visions, and firmly resolved to put more time and energy into the valuable work of Scouting for boys.

For Every Ill—Minard's Liniment.

No Sale.

Two gentlemen of Hebrew extraction were shipwrecked. For two days they floated around on a life raft. Near the end of the second day one of them cried: "Morris, look! I see a sail!"

"Veil, vat good does dot do us?" snapped back Morris. "We ain't got no samples."

In England and Wales over 20,000 women are employed as electrical apparatus makers, fitters, and electricians.

ONTARIO

Banking by Mail

The security afforded by the Province of Ontario Savings Office, together with the facilities extended by every Post Office in Canada and other countries, make it possible for everyone to deposit their savings in this institution. Interest is allowed, compounded half-yearly, with full cheque privileges.

The confidence the rural communities have shown in this Savings Office is indicated by the large increase in deposits, which are now over $20,000,000.

All deposits are secured by the entire resources of the Province of Ontario.

Remittances should be made by Post Office money order, bank cheque, express order or registered letter, and should be addressed to your nearest Branch, where they will receive prompt attention.

Province of Ontario Savings Office

HEAD OFFICE: 15 QUEEN'S PARK, TORONTO

Toronto Branch Offices:
Cor. Bay and Adelaide Sts. Cor. University and Dundas Sts.
519 Danforth Avenue.

Other Branches at:
Hamilton, Brantford, Seaforth, St. Catharines, Woodstock, Walkerton, St. Mary's, Owen Sound, Newmarket, Pembroke, Ottawa, and Aylmer.

For First Aid—Minard's Liniment.