



They Do a Hundred Calories in About 9 $\frac{3}{5}$

EAT a box of little raisins when you feel hungry, lazy, tired or faint.

In about 9 $\frac{3}{5}$ seconds a hundred calories or more of energizing nutriment will put you on your toes again.

For Little Sun-Maids are 75% fruit sugar in practically predigested form—levulose, the scientists call it.

And levulose is real body fuel.

Needing practically no digestion, it gets to work and revives you quick.

Full of energy and iron—both good and good for you. Just try a box.

Little Sun-Maids

"Between-Meal" Raisins

5c Everywhere



Had Your Iron Today?

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.

Moving pictures are rapidly taking a leading place in Public Health propaganda. In such a comparatively new subject—or at least a subject the importance of which has only been recently recognized—it is sometimes difficult to get the message across to the people by lectures or speeches. A certain percentage of the people cannot read, so the health article fails to reach everybody. Something tangible

has to be shown, and in this connection the moving picture is pre-eminent. It appeals to the eye, when the ear is unresponsive or tired, it shows actual work being accomplished, and puts into action the very men, women and children who are the central figures in the health drama.

The great question with regard to moving pictures in Health propaganda is that of "Subject." What shall be shown? What will do good, or what may be obscure? We have seen this question arising time and time again with regard to moving pictures, particularly those dealing with social hygiene. As a general rule the picture should appeal to the upper class of the general public and be free from any trace of boisterousness or commonness. The graduate of a grammar school or someone with even a slightly better education, is a good standard. There is no use in trying to make films suit the very poor, for the very poor never see the film. Neither should the picture be made to suit a scientific audience, as the majority of such an audience may already be converted to the idea or message that the film conveys. In all kinds of health propaganda this question of talking to the converted always crops up. I have seen public meetings called to point out the advantages of certain Public Health work, and the entire audience was composed of those already favoring the Health program. Those opposed and those indifferent stayed at home, but when a proposal is voted on, the stay-at-homes often cast their votes blindly against it, without understanding.

Public Health films should not include more than two reels, and the point at issue should be brought out graphically. For instance if it is intended to show that discharges from the throat and nose are infective, or to show child welfare work resulting in a reduction of infant mortality, the points should be clearly and simply brought out. The film should appeal to the eye by arousing interest, and in some cases, amusement. While not made too dry or prosy it should keep to reality as much as possible. In cases where germs are shown, they should be shown as alive, rather than as "still" figures.

These are only a few points to be considered, but as the film has come

ONTARIO MAN SAYS IT KEPT HIM ON JOB

"If I had not got Tanlac when I did I am sure I would have had to give up work," says John Atkinson, of May Avenue, Mount Hamilton, Ont., Chedoke Post Office, in relating his experience with the medicine.

"My kidneys had bothered me for four years and I was seldom free from backache or rheumatic pains in my right arm and shoulder. I was in such a bad fix when I started taking Tanlac that I could hardly go. My back and shoulders hurt so bad it was all I could do to get out of bed in the mornings. I would come home from work so tired I dreaded to move after I got settled down."

"Before I got Tanlac I was thoroughly discouraged, for I had tried most every medicine and kept getting worse. But, in about two weeks after I started on this medicine I felt better and after the second bottle I picked up rapidly. It wasn't long until Tanlac had me in shape to where I could do a hard day's work and then come home and mix concrete and work about the house until dark. I have not had a sign of my old troubles since I took Tanlac. It gave me a better appetite and made me feel better all over. I don't seem to tire any more and can work hard all day and still feel fine. Tanlac is certainly great."

Tanlac is sold by all good druggists.

to stay in Public Health, it is well to make it as effective as possible from the start.

The Thing That Controls Success.

Most people seem to think that success comes in some mysterious way; that they cannot do very much in the way of bringing it about; that it is largely a question of luck, of just happening to be in the right place at the right time, of having pull, or influence, or outside capital. But the real truth is that these people haven't the grit to try. They don't half try and they know they don't half try. They are cursed with inertia; they are lazy; they are not willing to get right down on their marrow bones and hustle; they are not willing to pay the price for success.

On every hand we see youths and young men of this type playing at life, playing at work, accomplishing nothing worth while, lazing about, waiting for something to turn up, for some lucky chance to give them a lift. And when "luck" does not come to them, they blame the circumstances and conditions which have been "against" them not perceiving that those have been under their own control.

Multitudes go pinching along all their lives in mediocrity, pointing envious fingers at those who by industry and effort have won advancement and crying "lucky dog!" "It's better to be born lucky than rich."

It isn't luck, but grit that controls success. The fellow who forms the habit of waiting for something to turn up never succeeds.—O. S. Marden.

Where Women Mustn't Whistle.

Numbers of things are taboo among Cornish fisher folk. No woman is allowed to whistle or bad luck will surely follow.

Taking a pasty to sea is another invitation to disaster, while bread must be carried on board either in slices or as a whole loaf. A half-loaf of bread in a fishing boat signifies that only half the usual catch of fish will be taken.

Animals are regarded with particular disfavor, and dogs and cats must not be mentioned when the nets are out.

Pilchards have been scarce in St. Ives Bay since the railway was built along its shores, and fishermen believe that the engine whistle frightens the fish away.

St. Ives people declare that fish are very "knowing." When dog-fish were doing damage to the nets some fishermen caught one, flogged it, and let it go again to tell its fellows what would happen if they did not clear out of the neighborhood.

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Machines for Flax-Pulling to Supersede Hand Labor.

One of the most costly and tedious of the processes in connection with the manufacture of linen is the pulling of the flax, which hitherto has had to be done by hand. New attempts are now being made in Europe to do this mechanically, and several tests have recently been made of different flax-pulling machines. The most successful seems to be one that is now running in Ireland. This machine, like others tried in England, France, Russia, and Canada, fundamentally consists of a comblike arrangement that grasps the flax stems, and by the resistance of the seed capsules of the fibre plucks them from the ground. After being pulled, the flax is thrown onto a binding arrangement similar to that used in grain harvesters. It is then bound and shocked, also like sheaves of grain.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

The halo had its origin about two thousand years ago. To guard against the possibility of rain staining the marble faces of their gods the Greeks used to protect them with a large metal plate placed over the top of the head. These were mistaken by painters in later years for emblems of divinity. Accordingly, our Christian saints are pictured with the ring which we call a halo.

Five chapels in London are now used as factories.

Minard's Liniment for Garget in Cows.

THE WAY TO BE WELL

Good Health Maintained Through Rich, Red Blood.

There are many men and women who, every few weeks, have spells of weakness, during which time they are little better than invalids; yet at other times they feel very well. Why does their health fluctuate so?

In the case of men worry and overstrained nerves are usually responsible for this state of unfitness and inability to face the anxieties of daily life.

As for women, her back aches, she is dizzy with sick headaches, and often has stabbing pains in the side. The only real health is all-the-year-round health; and the secret of it is good, red blood and plenty of it. One way to keep the blood in good condition is to take Dr. Williams' Pink Pills. There is scarcely a nook or corner in Canada where someone will not be found who will tell you the benefit they have had through the use of these pills. And the reason is that through the improved condition of the blood they strengthen and tone up the nerves of worried, enfeebled men and women, and at the same time have given new vigor to pale, delicate girls and thin weedy boys. The value of these pills in all run down conditions is shown by the statement of Mrs. Lawrence Brown, Walton, N.S., who says:—"When I began taking Dr. Williams' Pink Pills I was in a weak, bloodless and nervous condition, suffering from all the depressing symptoms that accompany this run down state of health. I had taken much medicine but it did not do me any good, and as I had a family of small children, I was much discouraged. Then reading about Dr. Williams' Pink Pills I decided to try them, and I can honestly say that I feel these pills have saved me from prolonged misery. My health is now good, and we now keep the pills in the house for use as a family medicine."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Wisps of Wisdom.

Be aggressive, but with it be agreeable.

Riches serve a wise man, but command a fool.

Those best can bear reproof who merit praise.

Difficulties strengthen the mind, as exercise does the body.

What man does not alter for the better, time alters for the worse.

If you have half an hour to spare, don't spend it with someone who hasn't.

Life is like tennis, in that the player who doesn't serve well usually loses in the end.

The secret of success in life is for a man to be ready for his opportunity when it comes.

Don't rest on your laurels; they're fine on your forehead but they make a poor mattress.

To-day exert thyself to earn applause; to-morrow will be time enough to sit back and listen for it.

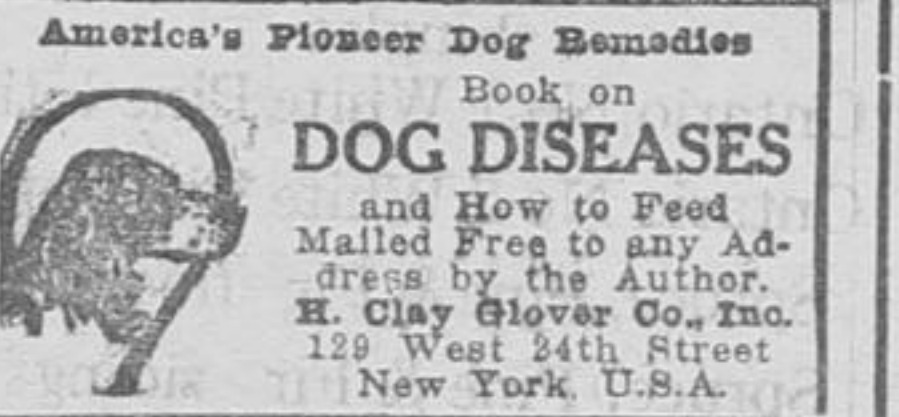
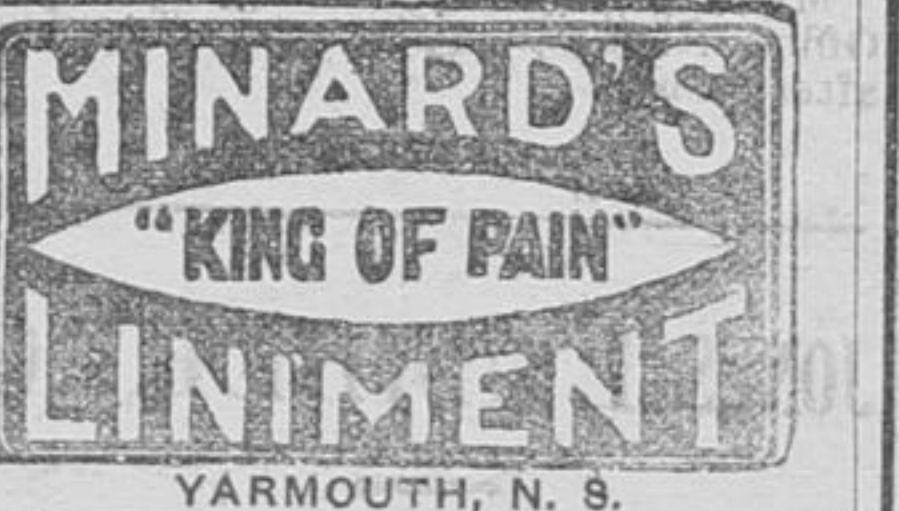
There is not one man in a thousand capable of being a successful rogue, while anyone may succeed as an honest man.

There is this difference between happiness and wisdom; he that thinks himself the happiest man really is so, but he that thinks himself the wisest is generally the greatest fool.

Burns' Clubs, in all parts of the English-speaking world, number over 300.

The sap of a vine circulates with five times the force of blood through the most important blood-vessel in a horse's leg.

For Sore Throat, Cold in the Chest, Etc.



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WE REQUIRE PARTIES TO KNIT for us at home, either with machine or "by hand"; write for information; send postage. The Canadian Wholesale Dis. Co., Dept. A, Orillia, Ont.

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BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc. shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

Where Ignorance—

A youth wrote home after the elopement: "I am married now, and all my troubles are over."

Married men, please don't laugh.

Minard's Liniment for Distemper.

It is practically impossible to distinguish leather made from fish skins from that made from hides.

The Egyptians sometimes used stones 30 feet in length in their masonry.

PETRIE'S MACHINERY TORONTO

BABY DISFIGURED WITH ECZEMA

In Blisters. Itched and Burned. Cuticura Heals.

"My nephew's face and hands were badly disfigured with eczema. He was only three weeks old when it broke out in blisters, and the skin was sore and red. It caused itching, burning and loss of sleep, and the child was so worrisome. He could rest neither day nor night."

"I was advised to use Cuticura Soap and Ointment and after using three cakes of Soap and three boxes of Ointment he was entirely healed." (Signed) Miss Mary Worr, Youngs Cove, New Brunswick.

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Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St., Montreal." Sold everywhere. Soap 25c, Ointment 25c and 50c, Talcum 25c. Cuticura Soap shaves without mug.

-no winter this winter



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