

**SMOKE**

in  
½ lb.  
tins



and  
15¢  
pkts.

**OLD CHUM**  
The Tobacco of 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.

"More than one-half of the chronic complaints which embitter the middle and latter part of life," says Sir Henry Thompson, the surgeon, "is due to avoidable errors in diet. One cause of error is lack of knowledge in the choice of good and evil in regard to food—its selection, nutritive value, preparation and consumption."

I would go even farther than Sir Henry, and say that fully three-fourths of the chronic complaints spoken of are due to errors in diet.

There is no doubt that there is need of reform both in our methods of choosing food and in our habits of eating. In these days of high prices it may seem bold to say that food is not expensive. But in truth, the high price we pay is largely due to the fact that we do not show reason in our selection.

Many people are sceptical of all things new, and refuse to make any change in the diet upon which their grandfathers were reared. We do not pay as much attention to the rations of mankind, as in the army, they pay to the feeding of their horses. A farmer alters the dietary of his stock according to their needs.

In ordinary life the laborer, the dressmaker, the sedentary worker all take the same sort of meals. This is wrong. We follow blindly, each the

other, choosing foods far beyond the reach of our purses.

The primary purposes of food are:—(1) To repair waste; (2) to promote growth; (3) to provide energy and heat, and so enable the healthy body to resist disease.

A proper dietary must contain the three classes of foods: proteins, fats and carbohydrates, with a sufficient amount of mineral salts and vitamins. The protein foods: eggs, meat, fish, cheese, milk, peas, beans and lentils, repair waste and promote growth. The vegetable proteins do the same work as the protein of eggs and meat, are much cheaper and if appetizingly prepared, form an excellent substitute for the more expensive animal food.

Fats, which supply energy and heat, are contained in vegetable oils, oleomargarine, lard and dripping, as well as in butter. They are easily digested and supply twice as much heat when "burned" in the body as do the proteins and carbohydrates.

Of the latter, the most common warmth-producing articles of diet are potatoes, macaroni, rice and the other starchy grains. Sugar is essentially a carbohydrate, and the green vegetables contain small amounts, but their prime value lies in the vitamins and mineral salts that they contain.

**KEEP CHILDREN WELL DURING HOT WEATHER**

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if the trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**Food for Thought.**

The young lover had at last screwed up his courage and was resolved to interview his sweetheart's father without delay.

"Darling," he said to her. "I am going to ask him this very minute!"

"My brave boy!" she murmured in reply, as he went off.

The girl waited in suspense and at last he returned looking very thoughtful.


"Is it good news?" she asked eagerly.

"I don't know," was the reply.

"John, what do you mean?"

"I don't know whether he said 'Take her, my boy,' or 'Take care, my boy!'"

Dozens of feminine students in the three great universities of Chile are preparing for careers as dentists.



**Minard's Liniment used by Physicians.**

**Here-Sick.**

A little girl was spending her first night from home. As the darkness gathered she began to cry.

The hostess asked, "Are you home-sick?"

"No," she answered, "I'm here-sick."

**EASY TRICKS**  
No. 35  
Lucky Numbers

if your lucky number is 4

1	2	3	4	5	6	7	9
							X 36
74074074							
37037037							
44444444							

Write these numbers in a row:  
1 2 3 4 5 6 7 9

Ask a friend to tell you which is his lucky number. If he says that 8 has that honor tell him that you foretold that (alleged) fact by writing all of the numbers except his lucky one. If, as is probable, 8 is not his lucky number, you can go ahead with the stunt.

You will multiply the digits, treating them as an eight part number by a number which will give as the product his lucky number 9 times repeated. All that you need is an easy method of discovering his multiplier. Do it this way:

Mentally multiply his lucky number by 9. The product is the multiplier. Upon successfully completing the stunt tell your friend that the fact that no digit, save his lucky number, appears in the product proves that his choice of a lucky number is a wise one.

(Clip this out and paste it, with others of the series, in a scrap-book.)

**If We Had the Time.**

If I had the time to find a place  
And sit me down full face to face  
With my better self, that stands no show  
In my daily life that rushes so,  
It might be then I would see my soul  
Was stumbling still toward the shining goal—  
I might be nerved by the thought sublime,  
If I had time!

If I had the time to let my heart  
Speak out and take in my life a part,  
To look about and stretch a hand  
To a comrade quartered in no-luck land.  
Ah, God! If I might but just sit still  
And hear the notes of the whip-poor-will  
I think that my wish with God's  
would rhyme—  
If I had time!

If I had the time to learn from you  
How much for comfort my word could do,  
And I told you then of my sudden will  
To kiss your feet when I did you ill;  
If the tears a-back of the coldness feigned  
Could flow, and the wrong be quite explained—  
Brothers, the souls of us all would chime,  
If we had the time.

—Richard Burton.



**But Has Advantages.**

Reggie—"One can't get very far without brains."

Cholly—"But it has its advantages, dear boy. I nevah have the slightest trouble finding you, y' know."

**MONEY ORDERS.**

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

**Did for the Family.**

Grocer—"Did that watermelon I sold you do for the whole family?"


Customer—"Very nearly. The doctor is still calling."

**Look Out, Here Comes Eddie!**

"Eddie," said the father to a young son found coasting in the street, "do you look out for the automobiles?"

"No," replied Eddie cheerfully, "they have to look out for themselves."

Always keep  
**BOVRIL**  
in the House  
You can never tell when you may want it




**Russell T. Kelly, President Canadian Good Roads Association**

Russell T. Kelly, of Hamilton, recently elected president of the Canadian Good Roads Association. Mr. Kelly is president of the Hamilton Advertisers' Agency and is well-known for his interest in public affairs. He is past president of the Hamilton Chamber of Commerce and was active in organizing the Hamilton Advertising Club and the Hamilton Rotary Club, in both of which he served as president. His advertising and public work has included three trans-Canada trips in the last four years from Victoria to Halifax, speaking in most of the principal cities.

Minard's Liniment for sale everywhere

"I am always for the man who wishes to work."—A. Lincoln.

**America's Pioneer Dog Remedies**  
Book on  
**DOG DISEASES**  
and How to Feed  
Mailed Free to any Address by the Author  
H. Clay Glover Co., Inc.  
129 West 24th Street  
New York U.S.A.




**Cuticura Quickly Relieves Irritated Skins**

Bathe with Cuticura Soap and hot water to free the pores of impurities, dry lightly, and apply Cuticura Ointment to soothe and heal. Cuticura Talcum is ideal for powdering and perfuming.

Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W., Montreal.

Cuticura Soap shaves without mug.

**ASPIRIN**

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

Genuine



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-aceticacidester 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."

**Classified Advertisements**

**M. R. FORD OWNER, REPRESENT US IN your territory. Latest attachment gives Luxury, Comfort and Economy. Get your sample FREE. Write immediately, Auto Specialty Co., Peterboro, Ontario.**

**WANTED, AMBITIOUS MARRIED COUPLES** to undertake a sound business agency. Wife must be pleasant conversationalist and have clear voice for telephone talking. Husband must be an experienced salesman and have a telephone in his home. To such married couples we can offer a dignified money-making proposition. Apply, giving full particulars of qualifications, to Goodyear Waterproof Company, 232 McGill Street, Montreal.

If you would have friends, be one,  
—Hubbard.

**MURINE FOR YOUR EYES**  
Cleanses and Beautifies  
Write MURINE CO., CHICAGO  
for Free Book on Eye Care

**Attractive Proposition**

For man with all round weekly newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.

**MOSQUITOES**  
Minard's takes the itch and sting out of insect bites.

**MINARD'S "KING OF PAIN" LINIMENT**

**YOUNG DAUGHTER MADE WELL**

**Mother Tells How Her Daughter Suffered and Was Made Well by Lydia E. Pinkham's Vegetable Compound**

Vancouver, B.C.—"My daughter is a young girl who has been having severe pains and weak and dizzy feelings for some time and had lost her appetite. Through an older daughter who had heard of a woman who was taking it for the same trouble, we were told of Lydia E. Pinkham's Vegetable Compound. My daughter has been taking it for several months and is quite all right now. It has done all it was represented to do and we have told a number of friends about it. I am never without a bottle of it in the house, for I myself take it for that weak, tired, worn-out feeling which sometimes comes to us all. I find it is building me up and I strongly recommend it to women who are suffering as I and my daughter have."—Mrs. J. McDONALD, 2947 26th Ave. East, Vancouver, B. C.

From the age of twelve a girl needs all the care a thoughtful mother can give. Many a woman has suffered years of pain and misery—the victim of thoughtlessness or ignorance of the mother who should have guided her during this time.

If she complains of headaches, pains in the back and lower limbs, or if you notice a slowness of thought, nervousness or irritability on the part of your daughter, make life easier for her.

Lydia E. Pinkham's Vegetable Compound is especially adapted for such conditions.