

# RED ROSE

## TEA "is good tea"

Next time try the finest grade—  
RED ROSE ORANGE PEKOE

### 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 Health Almanac for 1924 is now ready and a copy or number of copies can be had for the asking. This publication serves a useful purpose. It contains information on a variety of subjects and tries ever to keep in the foreground the idea of good health and the prevention of disease. It touches all phases of public health work and therefore proves all the more interesting and instructive to a large number of people in various walks of life. The calendar itself is an odd but attractive arrangement of historical and important events interspersed with health mottoes and notes on disease prevention. There are talks on goitre, periodic health examinations, the Schick Test for Diphtheria, ventilation, longevity, the value of cooking, cancer, the production of clean milk, insulin, the need for health education, and a host of other topics, all of which are instructive and interesting from the good health point of view. It gives information about war taxes, rates of postage, eclipses of the sun and moon, festivals, anniversaries, etc., during 1924, and the value of foreign coins in Canadian currency for customs purposes. There is also a table of weights and measures, and at the back of the book is a series of health pictures for children which are so arranged that they can be cut out for the scrapbook.

The rate of 500 to 600 per day. Women's Institutes, Mothers' Clubs, societies of various kinds have all expressed their approval of this publication and are asking for additional copies for distribution to their friends and acquaintances.

The purpose of the Almanac is explained in the foreword, as follows: "What is the world to a man when his wife is a widow? This is an old inquiry, but like many an adage, it has a perpetual ring of truth and thoughtfulness connected with it. We all want to be alive and well."

Health is a question that interests all of us. Without health, life means little. Wealth, influence, worldly possessions rightly used for the benefit of mankind are powerful adjuncts to happiness if the possessor also has good health. Without the latter, wealth and power are meaningless terms; mere sounding brass and tinkling cymbals.

This little Almanac is prepared for one purpose, and one purpose only—to afford advice, which if wisely used, will aid in keeping you well. It contains health hints on many subjects. Something you read herein may be of use to you, may help you to maintain and promote your health and happiness. That is the reason for this Almanac being printed.

Copies can be obtained free of charge by applying to the Provincial Board of Health, Spadina House, Spadina Crescent, Toronto.

### SCIENCE DEMANDS UNIFORMITY.

Careful research made in recent years in the study of dietetics has shown the great importance to the human system of purity and uniform quality in foods. It is a great blessing that today so many delicious foods as well as tea and coffee can be procured in tins and sealed metal packages. "SALADA" Tea was one of the first pure food products to become widely popular in Canada. The flavour-preserving aluminum package keeps the tea fresh and delicious. Skillful blending maintains the quality absolutely uniform.

#### Service.

All the wealth of the world cannot be told  
In land or houses one may hold,  
Nor in the money the nations print;  
Within the heart there is a mint.  
Coins into happiness for you  
The acts of service that you do.

# ASPIRIN

Beware of Imitations!



Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for Colds, Headache, Toothache, Lumbago, Neuritis, Rheumatism, Neuralgia, Pain, Pain. Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Drug-gists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Acetylsalicylic acid. 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."

### Motion Pictures in Saskatchewan.

Agriculture being the basic industry of the province of Saskatchewan, it is only natural that the Department of Agriculture should make wide use of moving pictures in instruction work. They are used in all short course work carried on by agricultural representatives in the province and also by the Extension Department of the University of Saskatchewan in connection with the agricultural courses conducted during the winter at various points in the province. The films exhibited deal with practically all phases of agriculture. Among them are pictures illustrating the co-operative marketing of live stock, showing the progress of the good points of horses, bulls, milch cows, give the observant an education in what to look for when selecting these animals. Farm boys get a lot of useful information from films of this character, and put it to good use at the farm boys' camps when the live the animals from the farm to the stockyards, the care of poultry and the candling of eggs, the construction of trench silos, cream grading, the embryology of an egg. Films showing stock judging competitions are in progress. A combination of the practical and aesthetic is found in the film showing the proper method of tree planting, with the object of demonstrating how farm surroundings can be made more attractive.

#### A Garden.

"A garden is earth's hymn of praise to heaven  
Sung every season in some changing tune  
Where chords are colors and where odors sweet  
Are tender symphonies."

#### A New Boiler.

A revolution in the construction of power plants has taken place within the past few years. The reciprocating engine of 10,000 horse-power has given way to the steam turbine of 87,000 horse-power. The public service steam boiler of 350 pounds pressure, of which a few were built in 1922, is succeeded in 1923 by the boiler of 1,200 pounds pressure. The 1,500-pound boiler is under consideration here, and an experimental boiler for 3,200 pounds pressure is building in England.—Iron Age.

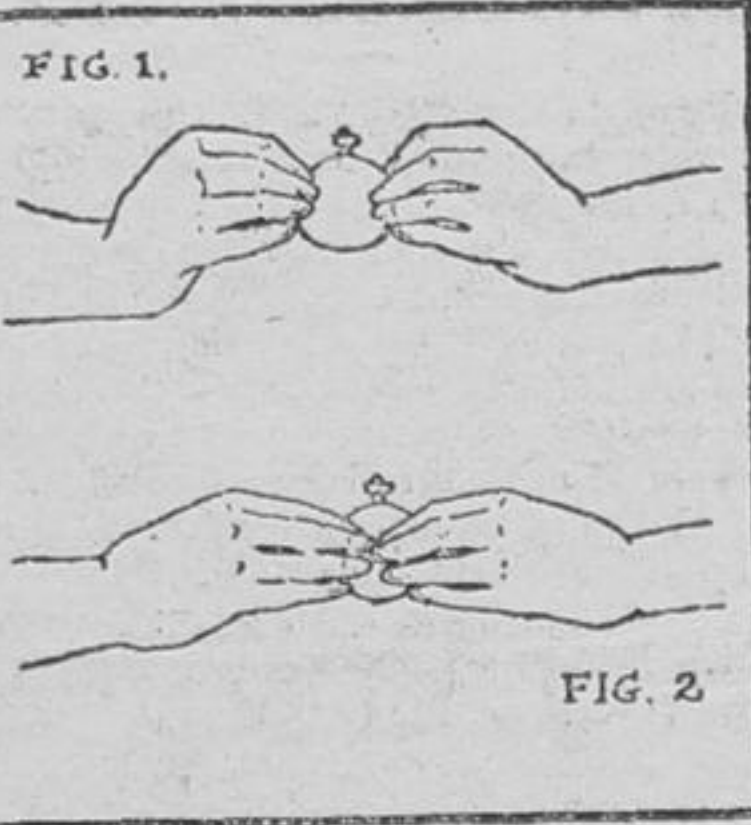
Remit by Dominion Express Money Order. If lost or stolen you get your money back.

Some times remedies exceed the disease.

Keep Minard's Liniment in the house.

### EASY TRICKS

No. 334  
Bend a Watch



This is not an infallible trick. To some folks it is extremely puzzling but to others it presents no illusion at all. However, in every party there are two or three persons who find it perplexing, so it is worth knowing.

A watch is held as in Figure 1. The finger tips are brought close together (Fig. 2), and then returned to the position of Figure 1. This is repeated, the hands acting just as if the watch was being bent.

To many people, the optical illusion is perfect, the watch appearing just as if it were bent and straightened. As has been said, other folks are unable to see anything of an illusive nature in it.

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

#### An Easement.

I am rich, for I own a river,  
A beautiful, shimmering thing—  
Brown waters, agleam in the sunlight,  
Released from a deep hidden spring!

'Tis mine, though my claim's but an easement—  
The right of the eye and the heart,  
For in lands that the proud river borders  
I have neither portion nor part.

I care not a whit that another  
Holds deeds and the title in fee—  
The beauty and joy of the river  
Are vested forever in me!

—Blanche A. Sawyer.

### BABY'S HEALTH IN THE SPRING

The Spring is a time of anxiety to mothers who have little ones in the home. Conditions make it necessary to keep the baby indoors. He is often confined to overheated, badly ventilated rooms and catches colds which rack his whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. This will prevent colds, constipation or colic and keep baby well. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

#### The Home of History.

No. 10 Downing Street has been the official residence of British Prime Ministers for nearly two hundred years. It is well called "the centre of the British Empire," for many fateful decisions have been made within its walls.

Few people are aware that Downing Street is called after a man named George Downing, who went to America at the age of fifteen, afterwards returning and entering Parliament.

He became a baronet, and was a great favorite of Charles II., who gave him the land in Whitehall upon which he built the famous street.

Sir Robert Walpole was the first Prime Minister to occupy No. 10. This was in 1731, and since that time most of his successors have lived there.

Here is a simple method of cleaning a saucepan in which milk has been boiled. After pouring out the boiling milk, replace the lid before the steam has time to escape, and allow the saucepan to cool. Then put the pan in cold water to soak. It can be cleaned quickly and easily.

#### Easy Now to Lose a Pound a Day

—In this delightful, simple way. No drugs, no dangerous thyroids, no back-breaking exercises, no massaging. Write for free sample of Alexander's Reducing Vitamins. ALEXANDER LABORATORIES, 434 Bohan Bldg., Toronto, Ont.

### Bad Breath Overcome

"Bad breath is a sign of decayed teeth, foul stomach or unclear bowels." If your teeth are good, look to your digestive organs at once. Get Seigel's Curative Syrup at druggists. 15 to 30 drops after meals, clean up your food passage and stop the bad breath odor. Do not buy substitutes. Get the genuine.

# Ogden's CUT PLUG

Now in  
Vacuumized Tins



80¢  
the ½ lb

always fresh

Ogden's Liverpool.

### Who Invented the Motor-Car?

The history of the motor-car begins exactly 230 years ago, when Street, an English inventor, made the first use of oil as a motive power. But it was not until 1870 that a really practical petrol engine appeared. This was the work of Julius Hock, of Vienna.

The next name connected with the progress of the motor-car is the most important of all—that of Gottlieb Daimler. In 1883 Daimler made the first small, high-speed petrol engine, for all those which had gone before had been huge, clumsy, and slow-moving machines. Two years later he installed his engine in a motor-bicycle and at the same time fitted boats with motors and ran them at Paris during an exhibition there.

The boats attracted the attention of Levassor, another famous pioneer, who at once saw the immense possibilities in Daimler's invention. He bought the French patents from the inventor. Levassor invented a system of transmission—that is, a method of bringing the power from the engine to the wheels—and with a few small improvements this system is in use to-day.

"We all tumble over opportunities for being brave and doing good at every step we take. Life is just made of such opportunities. Not nearly all the sick and crippled are on the battlefield, nor is all the danger there either. For the brave spirit, work, and interesting work, is never absent."—P. H. Epler.

### MURINE FOR YOUR EYES

Refreshes Tired Eyes  
Write Murine Co., Chicago, for Eye Care Book

### DON'T DO THIS

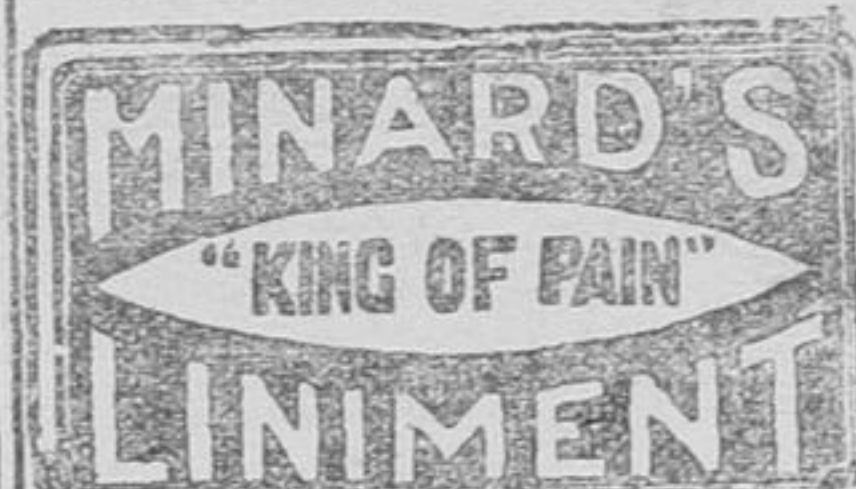


### IF DEAF USE LEONARD EAR OIL

A Soothing, Effective, Penetrating Oil that has brought prompt relief to hundreds suffering from catarrhal deafness, head noises, discharging or itching ears. Just rub it back of the ears and insert in nostrils. For Sale Everywhere. \$1.25. Interesting descriptive folder sent upon request. A. O. Leonard, Inc. 70 5th Ave., New York

### SPRAINS.

Minard's soothes and heals strained ligaments and sore muscles.



### Dog Unlucky for Brides.

In Scotland it is considered unlucky for a dog to pass between the bridal couple on their way to the church.

Ask for Minard's and take no other.

Adversity is the only scale that gives the correct weight of our friends.

### Classified Advertisements

PURE, BEAUTIFULLY FLUFFY, carded wool; sample, enough light comforter; one dollar. Woollen Mills, Georgetown, Ont.



### Keep Your Hands Soft and White With Cuticura

The daily use of the Soap, with occasional touches of the Ointment, is very effective for keeping the hands soft and smooth. On retiring bathe in hot water and Cuticura Soap, dry, and rub in Cuticura Ointment.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

### MRS. BUDGE SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

River Desert, Que.—"I used to have severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good results from it, too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. BUDGE, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, back-ache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know.