

# RED ROSE

## TEA 'is good tea'

and the choicest of Red Rose Teas is the  
ORANGE PEKOE 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.

Ordinary sore throat is now regarded by many scientific men as a distinctly infectious disease, and people catch sore throat from other people. Keeping this in mind, it is well for those who are nursing a case of sore throat to wear a face mask or to see that the patient wears one. This mask should be made of at least five layers of buttercloth or some other rather closely woven, washable fabric. It should be changed often enough that the one in use may always be kept dry. The usual procedure for disinfection should be adopted. All clothes, handkerchiefs and towels used by the patient should at once be sterilized by boiling. All cups, plates, spoons and forks used by the sick person should also be sterilized.

There is one point to remember, however. One rarely catches the disease directly from a person who is sick. It is generally contracted by coming into close contact, usually in a crowded room, with those who are "carriers," viz., people who are well themselves but who carry in their nose or throat the kind of streptococci or germs that cause ordinary tonsillitis. For more than a year, a study of this subject was made on a group of nurses in Johns Hopkins University. It was found that nurses became sick after they had spent an hour or more

"crowded into closed rooms engaged in active talking, laughing and coughing."

A remarkable feature of this study on nurses was that sore throats seemed to come in waves. In the summer months there were no cases, but an outbreak occurred early in October. There were no further cases between October 18th and November 21st. From the latter date until December 9th it again prevailed, but there was none from December 9th to January 3rd.

It was further noticed that when the nurses were regrouped and new roommates were assigned, an outbreak of sore throat occurred. The study also showed that when girls who were susceptible were allotted to rooms with girls who carried the germ of tonsillitis, they shortly developed sore throat.

These outbreaks were not explained by any peculiarity of the weather, temperature, sunshine or humidity. Nor was there a history of exposure to wet or chilling to explain them.

People get sore throat through infection with streptococci and usually in a very short space of time. The infection is spread by drinking from the same cups, using the same towels, coming in contact with carriers, such as results from these carriers breathing, coughing or sneezing in your face.

### EASY TRICKS

The Restored Paper



A sheet of cigarette paper is torn to bits and rolled into a tiny ball. This is breathed upon in the usual manner of the magician and is unrolled. The torn pieces have—seemingly—joined to make an unutilized sheet of paper. The spectators suspect that a duplicate piece of paper is used, but an examination of the magician's hands fails to disclose the hiding place of the bits of paper.

The cigarette paper is held between the forefinger and thumb of the trickster's right hand, hiding the duplicate piece, rolled into a small ball. When the bits are made into a ball, the exchange can easily be made. The duplicate paper is held between the thumb and second finger tips, or it may be hidden in the crevice at the base of the forefinger. When the duplicate is about half unrolled, the magician takes the duplicate piece in his left hand and moistens his right fingertips with his lips. That gives him an opportunity to slip the little wad of paper into his mouth where it remains hidden.

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

### SATISFIED MOTHERS

No other medicine gives as great satisfaction to mothers as does Baby's Own Tablets. These Tablets are equally good for the newborn babe or the growing child and are absolutely safe. They cannot possibly do harm—always good. The Tablets are mild but thorough laxative which regulate the bowels and sweeten the stomach and thus relieve baby of any of the minor ills of childhood such as constipation, indigestion, colic, etc. Concerning them Mrs. Arthur Fillion, St. Sylvestre, Que., writes:—"Baby's Own Tablets have been of wonderful benefit to my baby who was suffering from constipation and indigestion. I always keep the Tablets on hand and would advise all mothers to do likewise." The Tablets are sold by medicine dealers or by mail at 25 cent a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Fido and the Flock.

On a great many farms, especially with rough pasture land, a flock of sheep is one of the most profitable side lines a farmer can carry. A great many more farmers would keep sheep if the dog menace could be reduced or eliminated.

Some ten years ago we surrounded our farm with a woven-wire fence, with several fields cross fenced with the same kind of fencing. Since then stray-dog intrusion on our farm has been reduced almost to zero. On neighboring farms here with poor outside fences, sheep losses from dogs have been heavy, financially disastrous in cases.

We also see to it that our sheep come home at least every night. To accomplish this we keep a box of salt for them continually at the barn and we offer the older sheep a little grain every night and morning, even when pastures are good. This brings the flock home, the older sheep leading. And it keeps them near till after breakfast in the morning. And if a flock of sheep remains at or near home every night, dog menace is reduced.—C. H.

Ask for Minard's and take no other.  
Kept It Nice.

Mrs. Brown was bathing her baby, when a neighbor's little girl came into the room carrying a doll. She watched the process for a few minutes and then said: "Mrs. Brown, how long have you had your baby?"

"Seven months, dear," answered the mother.

The little girl stole another glance at her doll, which was very much battered and minus a leg and an arm.

"My, but haven't you kept it nice!" she said, with an envious sigh.

The talk of lovers may be mere foolishness, but their silence is unutterable wisdom.

**MURINE You Cannot Buy New Eyes**  
But you can Promote a Clean, Healthy Condition  
Use Murine Eye Remedy "Night and Morning."  
Keep your Eyes Clean, Clear and Healthy.  
Write for Free Eye Care Book.  
Murine Eye Remedy Co., 9 East Ohio Street, Chicago.

# Ogden's CUT PLUG

Now in Vacuumized Tins



80¢  
the ½ lb

always fresh

Ogden's Liverpool.

### Cut Down the Cost of Cleaning the Barn.

By building a small platform out of scrap lumber near the dairy barn door, a dairyman has cut down the cost of handling manure.

No spreader is used, but this platform would serve a spreader equally well.

As the barn is cleaned each morning, the refuse is wheeled up on the platform and easily dumped into the wagon. There is a cleat running the full front of the platform which stops the wheel of the barrow at the right time.

The owner figures that he saves in a single year about 800 hours of one man's time. At twenty or thirty cents an hour, this is quite a saving.

It is always safe to send Dominion Express Money Orders.

There are ways that lead to everything, and if we had sufficient will we should always have sufficient means.

# 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. Drugists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester 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."

### Rheumatism

Minard's penetrates to the root of the trouble and eases pain. The universal remedy.



### LOWERED VITALITY

#### A Condition Following Indoor Confinement of Winter.

There are very few people who do not need a tonic at this season of the year. The reason for this is that whether in the home, the office or the factory, people have been living throughout the long winter months in an atmosphere more or less vitiated, and as a result find themselves not up to their summer-time health. Through the long months of winter your blood has been growing thin and poor. Closer confinement and lack of exercise have used it up and exhausted it. You are not as energetic as you could wish. Your work tires you and perhaps your digestion is none to good. Your nerves may be shaky and your appetite poor. All these things point to poverty of the blood. It is a scientific fact that if the blood of the strongest is tested in the spring there is less of it and it is poorer than it was in September. The spring medicines of our grandmothers—sulphur and molasses, salts and the like—recognized the necessity for aid at this season, but were an unscientific attempt to cleanse the blood. Modern medical science has found a better way. Dr. Williams' Pink Pills make new, rich blood at the first dose and at every dose afterwards. Thus they strengthen every organ of the body and give new vitality to the jaded system. Here is proof. Miss Clara Cheslock, High Falls, Que., says:—"I was in a much run-down condition and my blood was thin and poor. I must thank you for the good they did me. I never enjoyed better health than I have since I took them."

You can get these pills through any dealer in medicine, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Children can stand a whole lot of things; they are verile, strong, and cheerful. Naturally they do not protest as we older folks would, at having cold noon-day lunches. The fact remains, however, that they make more rapid gains in both weight and mentality when given hot lunches at the noon hour.

Time is money; therefore, all time-savers are money-savers. Refrigerators, fireless cookers, oil stoves, bread mixers, food-choppers, dish-drainers, colanders and graters, washing machines, double boilers, vacuum cleaners, carpet-sweepers, paper towels, measuring cups, egg-beaters, save time, money and strength.

Scatter with one hand, gather with two; scatter with two hands, gather with none.

Keep Minard's Liniment in the house.



H. Grindell Matthews

Noted British scientist, says he has a super-powerful heat ray, which will demolish everything in its path. He claims that a plane five miles away can be shrieved up to a mass of cinders.

#### A Valuable Mother.

A fond mother, to whom her youngest son was indeed a Joseph, asked him one day why he associated with "those low persons who live under the hill by the railroad tracks"? He replied by introducing his mother to Mrs. Timothy Bryne, whose claim to fame rested in her parenthood of Timmy, Jr., the leader of the "gang." "This, mother, is Mrs. Byrne, an' she's teachin' Timmy to be a policeman, an' if he gets licked in a fight she licks him, Timmy ain't been licked in more'n a month now. Mother, she's a grand woman, an' a great help to Timmy."

### THE PIONEER IN CANADA

Thirty-two years ago the now famous "SALADA" Tea was placed on the market in metal packages. "SALADA" was the pioneer package tea in Canada. Immediately its superior flavor and purity won for it a great popularity that has been growing ever since. It is still a little different and a little better than ordinary tea.

#### A Hint.

Little Elinora, aged nine, who has recently moved from a distant city, corresponds frequently with Mary, who was her closest chum. A few days ago, Elinora received a letter from Mary which said:

"Tell me when your birthday comes, for I want to send you a present. My birthday is next Tuesday."

#### Ready-Witted.

"Tommy, why are you late?"  
"Please, teacher, the road was so slippery that every step I took I went back two."  
"Then how did you get here?"  
"Oh," replied Tommy, "I started to walk back home."

#### Classified Advertisements

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

### Miss Eva Roddick Tells How Cuticura Healed Eczema

"My trouble began with an itching and burning of the skin and then eczema broke out on my hands in a rash. It got so trying on my nerves that I scratched it, which caused watery, sore eruptions. It was very painful to put my hands in

water, and hard for me to do my work. I also lost my rest at night because of the irritation.

"I began using Cuticura Soap and Ointment and they helped me, and after using almost two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was completely healed." (Signed) Miss Eva Roddick, Falleigh Lake, Nova Scotia.

Daily use of Cuticura Soap, Ointment and Talcum helps to prevent skin troubles.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2616, Montreal." Price, Soap 25c, Ointment 25c and 50c, Talcum 25c. Try our new Shaving Stick.

### MOTHER OF LARGE FAMILY

#### Recommends Lydia E. Pinkham's Vegetable Compound to Other Mothers

Hemford, N. S.—"I am the mother of four children and I was so weak after my last baby came that I could not do my work and suffered for months until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. Since taking the Vegetable Compound my weakness has left me and the pain in my back has gone. I tell all my friends who are troubled with female weakness to take Lydia E. Pinkham's Vegetable Compound, for I think it is the best medicine ever sold. You may advertise my letter."—Mrs. GEORGE I. CROUSE, Hemford, N. S.

#### My First Child

Glen Allen, Alabama.—"I have been greatly benefited by taking Lydia E. Pinkham's Vegetable Compound for bearing-down feelings and pains. I was troubled in this way for nearly four years following the birth of my first child, and at times could hardly stand on my feet. A neighbor recommended the Vegetable Compound to me after I had taken doctor's medicines without much benefit. It has relieved my pains and gives me strength. I recommend it and give you permission to use my testimonial letter."—Mrs. IDA RYE, Glen Allen, Alabama.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."