

RED ROSE TEA "is good tea"

The ORANGE PEKOE QUALITY makes
finer tea and more of it

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.

Many people think of the stomach as the place where food is digested, but in reality it is the mouth where digestion begins. When food has been kept long enough in the mouth to be thoroughly mixed with the saliva, an important part of the digestion process has already occurred. When the food is well chewed it gets mixed with the mouth juices, and this is one reason why complete mastication of the food is necessary. Every part of the digestive tract has its own role to fill in the process of digestion. If the mouth does not do its part by mixing the food with saliva, the stomach is overburdened in doing extra work. What then does the mouth actually do in the digestive process. It converts starch into sugar through the action of the saliva. This is one of the first steps, and if the mouth does not do this work the stomach has to do it. That the stomach is able and does take on the functions of the teeth and mouth does not alter the fact that this work of pre-digestion should be accomplished by chewing. For sooner or later the stomach working overtime will cease to do its work properly and when it gives out the owner finds himself a victim of some

sort of indigestion. Thorough mastication is necessary for other reasons. The longer the food is retained in the mouth and the longer it is chewed, the more chance the taste nerves have to come in contact with it; and when the palate is satisfied the appetite is appeased and the desire for food goes. In this way one does not need to eat so much food to remove the sense of hunger. The same mouthful of food retained in the mouth for sixty seconds will go nearly as far toward satisfying the taste nerves as two mouthfuls retained in the mouth thirty seconds each. It can thus be seen that thorough mastication of food is a preventive of overeating, and it may be said that overeating is one of the dietary sins of the age. The savory taste of food in addition to the motion of the jaws and cheeks facilitates the flow of saliva. It is necessary that the mouth juices be incorporated with the food while still in the mouth. Chewing of gum or other substances between meals creates an undue flow of saliva at a time when the salivary glands should be at rest. The result is a shortage of that necessary fluid when the next meal time arrives.

WHEN BABY IS ILL

When the baby is ill; when he cries a great deal and no amount of attention or petting makes him happy, Baby's Own Tablets should be given him without delay. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are absolutely guaranteed to be free from opiates and narcotics and can be given to even the new-born babe with perfect safety and always with beneficial results. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Simplified Anatomy.

Mary had been spanked by her mother. She was crying in the hallway when the minister entered. "Well, well, what's the matter with my little girl to-day?" he inquired. "It hurts," she sobbed. "What hurts, my dear?" "The back of my lap."

Good taste springs more from judgment than from intellect.

Keep Minard's Liniment in the house.

Serve Mustard with all meats

Mustard neutralizes the richness of fat foods and makes them easier to digest. Mustard enables you to enjoy and assimilate food which otherwise would burden the digestive organs.

but it must be Keen's

30,000 ISLAND ROUTE

GEORGIAN BAY DISTRICT

Folder and Time Table showing list of Resorts, Boating, Fishing, Camping, etc. When planning your 1924 Vacation write Box 862, Midland, Ont.

Delights.

A waking bough; a crescent moon;
The drowsy somnolence of noon,
With hum and stir of bees,
That in and out—when young the
may—
The warm-leaved maple's paler spray
Enmesh with sound the trees.

T crag bold wrought; a fern-fann'd
dell;
Sky-errants patterning the fell;
A pipit in the grass;
Shy, wistful brooks that croon all day
Unloosed kine twining horns in play,
High hawks that circling pass.

A touch of risk; a radiant sky;
A friend that lifts affection high
And graces friendship's name;
The thrush's tender evening trill,
When cool airs hush the hedges still,
And banks are green with flame.
—D. Thompson, in Country Life.

TOO MANY HOME CARES

One Reason Why So Many Women Are Weak and Run-Down.

The work of the woman in the home makes greater demands on her vitality than men realize, and there is always something more to do. No wonder women's backs ache, and their nerves are worn out. No wonder why they get depressed and irritable, suffer from headaches, and always feel out of sorts. But of course all women are not like that. What is the difference?

A woman with plenty of healthy red blood in her veins finds work in the home easy; her vitality is at par. This points the way to health in women who feel run down and depressed. Make new rich blood. You can do it with Dr. Williams' Pink Pills. These pills have the marvellous property of building up the blood and toning up the nerves. That is proved by the case of Mrs. H. Eppinger, Scott Street, Vancouver, B.C., who says:—"Dr. Williams' Pink Pills brought back my health and strength and restored my nerves to normal condition after other medicines had failed. It was after the birth of my second child that I became so anaemic and nervous that I thought I would lose my mind as well as my strength. I tried several medicines, but got no relief until I was advised to try Dr. Williams' Pink Pills. After using a few boxes of these I could see a change. I felt stronger; my appetite was better, I slept better, and my nerves were stronger. I continued the use of the pills for some time, and again found myself a well woman, and I can sincerely say that my health has since been the best. I can cheerfully recommend the pills to all weak, run down women."

You can get these pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Influence.

You have seen a little pebble in the water lightly thrown,
And it vanished, oh, how quickly it
was out of sight and gone;
But the ripples from it widened,
stretching outward more and
more,
Never ceasing in their motion till they
reached the other shore.

Fellows, you are casting pebbles in
life's ocean day by day,
Words and thoughts and actions dropping,
seem to vanish by the
way;
But, as ripples from them widen, each
one bears another soul,
Either nearer God or farther from
Life's eternal goal,
True, when words and actions vanish
they are gone beyond recall,
But they leave in silent motion waves
of sweetness or of gall.

'Tis a solemn thought, oh, weigh it;
none can live to self alone;
Lives of others are made brighter or
made darker by our own.
Even the thought we fully cherish,
hidden deep within our hearts,
By a power unseen some good or evil
doth impart.
Then guard with care the influence
you are leaving day by day,
For 'Twill aid in moulding other lives
when yours is passed away.

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York city, will be given a prompt reply. advt

Blood flows through the bones of very young children almost as freely as through the veins.

OTTAWA EMPLOYEE SAYS TANLAC MET EVERY TEST

Lee Tells How It Restored Strength and Overcame Stomach Trouble.

"If I should live to be 100 years old I will always praise Tanlac for the splendid health it has brought me," is the grateful statement of William Lee, 218 St. Andrew St., Ottawa, Ont., a well known employee of the Public Works Dept., of this city. "Nine years of stomach trouble brought me down to only 103 lbs., a mere skeleton of myself. I suffered about all the miseries that go with indigestion and got so nervous that

many nights I paced the floor and longed for morning to come.

"Tanlac helped me from the very start and 7 bottles brought back my health and strength and ran my weight up 17 lbs. besides. In fact, I feel as strong and well now as if I had never been sick a day. I will gladly praise Tanlac to anyone wanting to know more about it from me."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.

Tanlac Vegetable Pills, for constipation, made and recommended by the manufacturers of TANLAC.

EASY TRICKS How Old Are You?



This is an easy method of discovering the age of a friend. For this stunt, however, it is necessary that your friend be older than you. When you understand the trick you will see that a few changes may be made in the method for use if your friend is younger than you.

Subtract your own age from 99. Give this number to your friend and ask him to add his age to it. Ask him to take away the first figure of the total and to add that figure to what remains and to give you the result. Immediately you will tell him his age. All that you have to do is to add your age to the number he gives you.

For example: If you are 17 years old, subtract 17 from 99. That will give you 82. Your friend, who is 20, adds 82 to 20. That will give him 102. Taking away the first figure leaves 02. Adding 1 to that gives 03 or 3. This number he gives you. Add your age to it, 17 plus 3, and you will have 20.

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

The Coming Education.

"How can I teach your children gentleness,
And mercy to the weak, and reverence
for life,
When by your laws, your actions and
your speech,
You contradict the very things I
teach?"

—Longfellow.

Avoid loss when sending money by mail—Use Dominion Express Money Orders—the safe, convenient, inexpensive way.

The violence that others do to us is often less painful than that we put upon ourselves.

Genuine BAYER ASPIRIN

Say "Bayer"—Insist!

For Pain Headache
Neuralgia Rheumatism
Lumbago Colds

Safe Accept only a Bayer package

which contains proven directions
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

CHAPPED HANDS

Minard's is excellent for chapped hands and all skin diseases.



Select Teachers by Merit.

Appointment and promotion of teachers in New Zealand are based on a Dominion graded list of teachers, the best qualified individual securing appointment in any part of the Dominion irrespective of the district in which he or she was previously employed.

Ask for Minard's and take no other.
"Free to you" generally means that some one else pays double.

Classified Advertisements

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

LADIES WANTED TO DO PLAIN and light sewing at home; whole or spare time; good pay. Work sent any distance. Charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

MURINE FOR YOUR EYES

Refreshes Tired Eyes

Write Murine Co., Chicago, for Eye Care Book

PIMPLES SPREAD OVER FOREHEAD

Inflamed and Itched Badly, Cuticura Healed.

"My trouble began with a breaking out of pimples at the edge of my hair which soon spread to my forehead. At first the pimples were very small but became larger and were inflamed. They itched badly for a while and were so embarrassing that I hated to go out. My hair fell out."

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more, and in two or three weeks I was healed." (Signed) Miss Georgia McMillan, 1913 Summit Blvd., Spokane, Wash., July 10, 1923.

Use Cuticura for all toilet purposes. Sample Each Free by Mail. Address Canadian Depot: "Cuticura," P. O. Box 2615, Montreal. Price: Soap 25c, Ointment 25c and 50c, Talcum 25c. Try our new Shaving Stick.

MRS. MISENER'S ACHES AND PAINS

Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken, I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.



Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women." C