

# 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.

The study of diets in their relation to disease has been up to the present a sadly neglected subject. In all progressive countries, however, there is at the present time an extraordinary interest being taken in the question of dieting, particularly as regards the causation of certain diseases, the origin of which has hitherto been somewhat obscure. Much of the food eaten to-day is not of the right kind to promote and maintain good health. It is deficient in fat-soluble vitamins, because through habit or custom, large numbers of people are not particularly fond of green vegetables, milk, cheese or eggs. When the question of green vegetables is mentioned, many people shrug their shoulders and say they could not get accustomed to hay. Little do they know how essential green vegetables are in keeping the diet properly balanced so that good health may be maintained.

The ordinary diet consists largely of bread, butcher's meat, potatoes, jam, tea and coffee. Milk is often neglected, and yet milk should form a larger part of our diet than is at present the case. The problem of such a commonplace thing as defective teeth would be solved by greater attention being paid to the diet of children, and the decline in infant mortality is largely due to the instruction in infant feeding which now forms such a large part of infant welfare work. The experience of many observers has proved that the number of rickety children had considerably decreased since dried milk was used in preference to patent foods. Cod liver oil is known to be especially rich in some of the essential vitamins, and some authorities urge that cod liver oil and milk should be provided at all welfare centres.

### SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any one of these troubles may prove deadly if not promptly treated. During the summer the mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

#### The Stolen Duchess.

No one ever loved prominence more than Georgiana, Duchess of Devonshire; at her London mansion she was the centre of the social and political groups that swayed the kingdom. How delighted she would have been, therefore, could she have known that after her death she would be the most talked-of woman in the world! Gainsborough, writes Mr. E. M. Dole in the Mentor, was at the height of his powers when the auburn-haired duchess ordered from him a full-length portrait. He made four preliminary sketches before deciding on the pose and the costume. After the picture had passed into the lady's possession, about the year 1778, she occasionally lent it for exhibitions; then it dropped out of sight. In 1841 a well-to-do haberdasher saw the picture in the cottage of an old seamstress, who had cut it down to fit a space over her mantel. He bought it for two hundred and seventy-five dollars and thirty-five years later sold it to a well-

known London firm of art dealers at a profit of over fifty thousand dollars!

At this point there enters the sinister figure of Adam Worth, an American criminal, who in May, 1875, was directing from his luxurious apartments in London the operations of an international band of thieves and forgers. One of his aids had fallen into the hands of the police and was in Newgate Prison. While trying to decide what to do to get him out Worth, passing along Bond Street one afternoon, noticed the line of carriages drawn up before Agnew's, where the Duchess of Devonshire's picture was on view. Immediately he conceived a plot. He would steal the painting that had set London astir and hold it as hostage against the release of his confederate.

The next night he climbed through a window, cut the portrait from a stretching frame and carried it to a safe hiding place. When the robbery was discovered the world of art was thrown into convulsions. A day or so later the Messrs. Agnew received an anonymous communication stating that the picture would be surrendered if they would go bail for the prisoner in Newgate. A scrap of the canvas was inclosed in the letter. The owners would enter into no negotiations that would associate them in doubtful proceedings, and Adam Worth found the stolen masterpiece on his hands.

Despite desperate efforts Scotland Yard got no clue to the perpetrator of the crime, and some time afterward the robber carried the portrait to America, concealed under the false bottom of his trunk. For twenty-five years the painting was sought by detective agencies all over the world while it lay concealed in warehouses in New York, in Brooklyn and in Boston.

In 1901 word came to Pinkerton's detective agency through Pat Sheedy, a notorious New York gambler, that the picture, the disappearance of which had never ceased to be the object of discussion in art circles and in the underworld, would be surrendered upon payment of the reward of five thousand dollars. After a life of extravagance Worth was penniless. A secret message was sent to Mr. Morland Agnew, and in Chicago a few weeks later the canvas was placed in his hands.

When exhibited in London the Stolen Duchess was viewed by hysterical crowds. J. Pierpont Morgan, after a few moments' examination, bought the picture for one hundred and fifty thousand dollars. At Mr. Morgan's death the painting came back to America and was shown for a while at the Metropolitan Museum of Art. In 1916 it went to Mrs. Herbert L. Satterlee, Mr. Morgan's daughter.

#### The Tyrant.

Young Mother—"What in the world makes the baby cry so?"  
Ditto Father (wearily)—"I suppose he overheard me say that I managed to get a little sleep last night."

Bees' wings beat the air at the rate of 190 strokes a second.

Minard's Liniment for Rheumatism.

#### To a Boy Scarcely Three.

When you are old enough to know  
The joys of kite and boat and bow  
And other suchlike splendid things  
That boyhood's rounded decade brings,  
I shall not give you tropes and rhymes,  
But, rising to those rousing times,  
I shall ply well the craft I know  
Of shaping kite and boat and bow,  
For you shall teach me once again  
The goodly art of being ten.

Meanwhile, as on a rainy day  
When 'tis not possible to play,  
The while you do your best to grow,  
I ply the other craft I know  
And strive to build for you the mood  
Of daring and of fortitude,  
With fitted word and shapen phrase,  
Against those later wonder days,  
When first you glimpse the world of men  
Beyond the bleaker side of ten.

—J. G. Nelhardt.

### THE DELICATE GIRL

#### What Mothers Should Do as Their Daughters Approach Womanhood.

If growing girls are to become well-developed, healthy women, their health must be carefully guarded. Mothers should not ignore their unsettled moods or the various troubles that tell of approaching womanhood. It is an important time of life. Where pallor, headache, backache or other signs of anaemia are evident you must provide the sufferer with the surest means of making new blood.

Remember, pale, bloodless girls need plenty of nourishment, plenty of sleep, and regular open-air exercise. But to save the bloodless sufferer she must have new blood—and nothing meets the case so well as Dr. Williams' Pink Pills. These pills increase the supply of new, red blood; they stimulate the appetite and relieve the weary back and limbs; thus they restore health and charm, and bring to anaemic girls the rosy cheeks and bright eyes of strong, happy girlhood.

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.

#### When the Plain Tales First Reached the Hills.

In 1886 Mr. Rudyard Kipling, then a young man, was among the visitors at Simla, India. His sister, a nice pretty girl of eighteen—writes Maj. Gen. Sir George Younghusband in Forty Years a Soldier—used to give me a dance now and then, and so I got to know him. Rudyard's mother and sister were there for the season, and he used to run up for a few days at a time when he could be spared. He was then sub-editor of what he called the local rag, the Civil and Military Gazette of Lahore.

It was at that time that he wrote Plain Tales from the Hills and Departmental Ditties. They used to appear on the outside page of the Civil and Military Gazette and curiously enough did not set the hills ablaze. Some people thought them "rather funny," and some wondered languidly, "Who the dickens is R. K.?" But the tales and ditties gave no offense at all for the simple reason that no one recognized himself, though he immediately saw how exactly the cap fitted some one else.

Rudyard Kipling was so seldom in Simla that I have always felt convinced that his sister helped him a great deal in the ground-work of his tales and ditties; she had a more intimate knowledge than he of Simla and its society. Miss Kipling was a bright, clever girl, and, though she did not say much, she saw everything distinctly. She was the bright damsel who, when Lord Dufferin asked her why she was not dancing, replied with a placid smile, "You see I am quite young; I am only eighteen. Perhaps when I am forty I shall get some partners." This quiet little dig at the middle-aged ladies who pranced about with the Hill captains while their daughters sat out appears in one of Rudyard Kipling's verses.

It was some years later that a traveling publisher happened to find the Plain Tales on an Indian railway book-stall and, grasping the genius of them, arranged to republish them. From that moment Rudyard Kipling became famous.

#### How's Your Practice?

"Well, Bloom," a physician asked a young colleague who was just starting, "how's your practice?" "In the morning hardly anyone comes," was the reply, "and in the afternoon the rush falls off a bit."

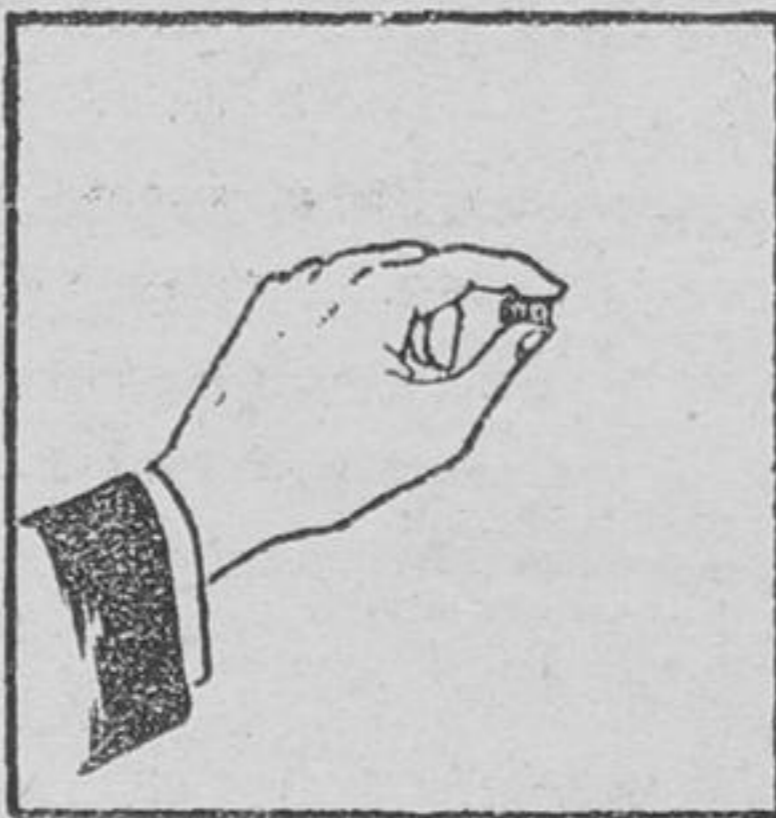
#### Not Reproachful.

"Haven't I made you what you are?" asked the wife, proudly.  
"Darling," answered the husband, "have I ever reproached you for it?"

When sending money by mail use Dominion Express Money Orders. Safer than sending bills.

### EASY TRICKS

#### Gone Again



This clever stunt is performed with two very small dice, the kind sold with cheap editions of some counting games being very satisfactory. The smaller the dice the easier the trick is to do, but with practice it may be done with dice of almost any size.

The attention of the spectators is called to the fact that opposite sides of each die always totals seven. This is a fact with every properly made die. The two dice are placed on the tip of the forefinger and the spectators are asked to observe which numbers are on top. The numbers being noted, the thumb of the same hand is placed on them. The spectators are asked to tell which numbers will be undermost. As they have learned that the spots on opposite sides of a die always total seven they are able to answer the question. When the hand is turned over and the forefinger lifted it is seen that two other spots are presented to view. The forefinger again covers the dice and the hand is turned over. The thumb is lifted and the spots originally seen are exposed.

The secret is very simple but the trick is perplexing. When the hand is turned over, the thumb is drawn back a trifle, causing each die to make a quarter of a revolution. With a little practice this can be done without fear of detection. The same movement, reversed, restores the dice to their original positions.

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

#### "As She is Wrote."

Over the office of a forwarding agent in front of the old Shinbashi Railway Station in Tokio is the alluring invitation to "Leave your luggage with us and we will send it in every direction."

Not far off still more remarkable advantages were offered on a milliner's shop-sign, bearing the somewhat equivocal legend: "Clothing of woman tailor: Ladies furnished in the upper storey"; and yet more misleading, "Respectable ladies have fits upstairs."

It is a vain man that grins to show how white his teeth are. People of sense avoid affectations.

### BACK ACHE TERRIBLY

Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

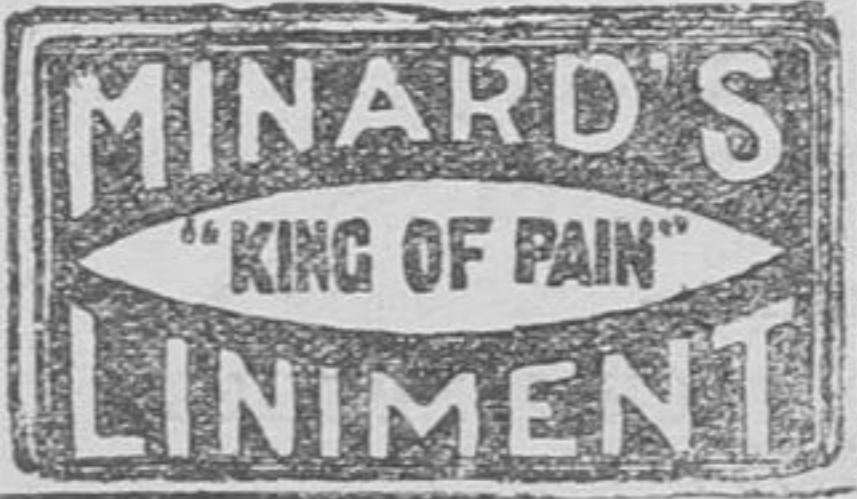
Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not fit to do my work and care for my three little children. One day I received your little book and read it, and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do."  
—Mrs. J. R. McMAHON, 153 Harvey St., Chatham, Ont.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has for nearly fifty years been restoring sick, ailing women to health and strength. It relieves the troubles which cause such symptoms as backache, painful periods, irregularities, tired, worn-out feelings and nervousness. This is shown again and again by such letters as Mrs. McMahon writes, as well as by one woman telling another. These women know, and are willing to tell others, what it did for them; therefore, it is surely worth your trial.

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." C

#### Insect Bites!

Minard's takes the sting out of them. Take it to the woods with you.



### FOR SALE.

CHEAP, ON EASY TERMS, only \$500 down or secured, balance at 7%. Improved farm, 125 acres in Township of Ekfrid, County of Middlesex; mixed soil, sand and clay loam; brick house with frame out-buildings. About a mile west of Middlemiss. Address: M. J. Kent, Box 419, London, Ontario.

#### Perennials.

I know a garden where the phlox  
In purple phalanx grows—  
Where lilies sprinkle incense sweet  
With every wind which blows—  
And down the path pink hollyhocks  
Stand in tall, ordered rows.  
The old sun-dial, weather-scarred,  
Bears on its rugged face  
Words which, with thoughtful finger-tips,  
As child, I used to trace:  
"Horas non numero nisi  
Serenas," Herb o' grace  
And comfort, nowadays, since life  
Has mixed my sun with showers,  
To know the dial yet proclaims—  
Perennial as the flowers—  
Its gospel: "Take no heed of rain—  
Count just the sunny hours!"  
—Mazie V. Caruthers.

#### Minard's Liniment Relieves Pain.

#### To My Little Son.

In your face I sometimes see  
Shadowings of the man to be,  
And, eager, dream of what my son  
Will be in twenty years and one.  
But when you are to manhood grown,  
And all your manhood ways are known,  
The shall I, wistful, try to trace  
The child you once were in your face.  
—Julia Johnson Davis.



### Nervous People

That haggard, care-worn, depressed look will disappear and nervous, thin people will gain in weight and strength when Bitro-Phosphate is taken for a short time. Price \$1 per pkge at your druggist. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.



#### Comfort Baby's Skin With Cuticura Baths

Don't let your baby suffer or fret because of rashes, eczemas, irritations or itching. Give him a warm bath, using Cuticura Soap freely. Then anoint affected parts with Cuticura Ointment. The daily use of Cuticura does much to prevent these distressing troubles.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura," P. O. Box 5616, Montreal. Price, Soap 25c. Ointment 25c and 50c. Talcum 25c. Try our new Shaving Stick.

#### Asthma and Hay Fever— A Guaranteed Relief.

"I have arranged with all druggists here, as well as in all other towns of Canada, that every sufferer from Asthma, Hay Fever, Bronchial Asthma or difficult breathing in this city can try my treatment entirely at my risk," Dr. R. Schiffmann announces. He says: "Buy a package of my Asthmador, try it, and if it does not afford you immediate relief, or if you do not find it the best remedy you have ever used, take it back to your druggist and he will return your money, cheerfully and without any question whatever. After seeing the grateful relief it has afforded in hundreds of cases which had been considered incurable, and which had been given up in despair, I know what it will do. I am so sure that it will do the same for others that I am not afraid to guarantee it will relieve instantaneously. Druggists, anywhere handling Asthmador will return your money if you say so. You are to be the sole judge and under this positive guarantee absolutely no risk is run in buying." Persons preferring to try it before buying will be sent a free sample.

Address R. Schiffmann Co., Props., 1734 N. Main, Los Angeles, Calif.



Say "Bayer Aspirin"

INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.

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 Manufacturing of Monacoeledesteater of Salicyleacid