

RED ROSE TEA "is good tea" and extra good 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.

Milk is not the sole salvation of the underweight child. It is popularly supposed that milk and eggs are the chief hope of the undernourished, but a recent investigation of various foods administered as a mid-morning lunch to several groups of underweight children demonstrated conclusively that there are other nourishing foods as well as milk. The experiment was conducted under the supervision of Margaret S. Chancy, M.A., in Berkeley, California. The tests were made through two test periods of eight weeks each, one during the autumn months and one during the spring. Of the groups of children compared, one group was given milk and two graham crackers as a mid-morning lunch; another group was given either an orange of the freshly extracted juice of one orange; a third group was given one glass of bottled orangeade. The surprising result was that the orange group showed the greatest gain in weight, the orangeade group the second best gain, while the milk group came in third.

One point considered is that the under-nourished child frequently has an indifferent appetite, and the milk produces a satiating effect, so that he does not care for his regular noon meal when it comes. The orange, on the other hand, while it has some food value, is tonic and appetizing in its effect so that the indifferent appetite is stimulated rather than satisfied, and the child eats more heartily at regular meal times.

Oranges contain nature's most beneficial natural acid, which, strangely enough, is alkaline in its effect. Never sweeten oranges very much, as the sugar tends to ferment in weak stomachs, and the individual then blames the orange for the acid condition thereby produced. Orange juice in its fresh, natural state, is easily digested even by very young babies, and nothing surpasses it as a child tonic and laxative for old and young, strong or feeble persons.

Cautious Horse.

Harris prided himself on a thorough knowledge of horses and their habits, and so he was interested when, on a visit to the country, he saw a farmer having some trouble with his mount. It would start, amble along slowly for a short distance and then stop. Then the farmer would have great difficulty in getting it started again. Finally Harris approached the farmer and asked kindly:

"Is your horse sick?"
"Not as I know of," was the short reply.
"Is he balky?"
"No. But he's so afraid I'll say 'Whoa!' and he won't hear me that he stops every once in a while to listen."



Was Not Making Out.

Aunt—"How are you making out, Dot? Having a good time?"
Dot—"I ain't making out, Aunt Lil—I is having a good time!"

EASY TRICKS A Shadowgraph



The ability to make shadowgraphs, shadow pictures of familiar objects, by properly holding the hands between a light and the wall is not difficult to acquire. The illustration shows how easy it is to make a shadowgraph of a swan. A little experiment is necessary to get the exact position of the fingers and the angle at which the hands must be held. The swan should be made to move its neck in a manner as nearly natural as the trickster can manage.

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

A SPLENDID LAXATIVE FOR THE BABY

Mothers should constantly be on guard to keep baby's bowels working freely and his stomach sweet, for nine-tenths of the ailments from which little ones suffer are caused by derangements of the stomach and bowels. Baby's Own Tablets are a splendid laxative for the baby. They are mild but thorough; contain neither opiates nor narcotics, and are absolutely guaranteed to be safe and efficient for either the newborn babe or the growing child. By their action on the bowels and stomach they drive out constipation and indigestion; break up colds and simple fevers and make the dreaded teething period easy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Musical Creed for Canadian Music Lovers.

Here is a musical creed worthy of the attention of all Canadians. We believe that:

1. Music is a necessity, not a luxury.
2. Every child has an inherent right to a musical education.
3. Utility through music is a means to civic improvement.
4. Patriotism is developed by music.
5. The spirit of comradeship—regardless of race or creed, is induced by music.
6. Music is the most useful medium in constructive work in any community. Inferior places of entertainment are being rapidly abolished, there must be established in their stead places of clean amusement.
7. Music tends to encourage a higher form of citizenship.
8. Music is a powerful curative for mental, moral and physical ailments.
9. Every city of 10,000 or more should build a memorial community club house, as the fountain head for branches of music, and social activity for the entertainment of the peoples of that locality.

And in these serious days of unrest, it is well to remember that by giving greater encouragement to music, much of the present discontent, now existing among the masses, will be done away with. More music and kindlier co-operation between the various sections of our communities will make Canada the envy of the world.

Smart Boy.

The teacher was explaining the nouns of multitude.
"You say," he said, "a flock of sheep, a flight of birds, a shoal of fishes, a school of whales, a covey of partridges, a herd of cows, a forest of trees, a brood of serpents, and so on. Now can any boy give me some other examples?"
"Please, sir," said a smart boy, "please, sir, yes; an ancient order of buffaloes."

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

Beavers Did the Work.

A colony of beavers repaired a dam near Bellefont, Pa., that was 200 feet wide and from four to ten feet deep. Fishermen and farmers had considered repairing the dam for several years, but were deterred because of the expense involved. The beavers performed as good a job as the average dam builder.

Oriental Debt Paying Day.

In China and Japan all debts are supposed to be paid by New Year's day.

Minard's Liniment Relieves Pain.

BROCKVILLE FARMER SUFFERED 20 YEARS

"Les" Booth Finally Got Relief Through Taking Tanlac.

"Since taking Tanlac, I feel so fit it sometimes seems like a dream for there was hardly a day in 20 years that I did not suffer," is the striking statement of Geo. L. ("Les") Booth, 271 Perth St., Brockville, Ont., one of the best known farmers in Ontario.

"For 20 years, up to three years ago when I took Tanlac, I suffered from rheumatism in my arms, shoulders, back and hips, so bad at times I could not lift my arms to put my coat on. I couldn't even write my name and I

just limped about like a cripple. Many a night it looked like I would not live to see daybreak, and once I was laid up six months unable to hit a lick of work.

"Money could not buy the good Tanlac has done me. It ended every sign of rheumatism and built up my weight 16 pounds, and since then I have not had a rheumatic ache or pain. If anybody wants to know about Tanlac, just let them see Les Booth."

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

Take Tanlac Vegetable Pills for constipation.

Japanese Capital to Aid Newly Married Couples.

Fearing race suicide among the poorer classes due to the high cost of getting married, the Social Works Bureau of Tokio municipality proposes to establish a matrimonial intelligence bureau.

The bureau will register the names of those who express the desire to be married, and will act as go-between to arrange satisfactory matches. A stock of handsome kimonos will be purchased by the bureau and lent to the prospective brides and the services of an officer to perform the ceremony and a hall to hold the ceremony will be donated without charge.

At the conclusion of the wedding ceremony the responsibility of the bureau for the financing of the newly married couple ceases.

Phonograph Size of Watch.

A Hungarian engineer has invented a phonograph no larger than an ordinary watch. There is room inside for ten discs, giving a repertoire of twenty selections. By placing the instrument in a water glass the sound is amplified sufficiently for an ordinary-sized room.

Minard's Liniment for Rheumatism.

Irresponsibility.

Two gentlemen were uncertainly flivvering their way home from a party. "Bill," said Henry, "I wancha to be very careful. First thing ya know you'll hav us in the ditch."
"Me?" said Bill in astonishment.
"Why, I thought you were drivin'."



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 Monoaceticacidester of Salicylicacid

DON'T TRY THE WATCH TEST



Can You Hear?

Place watch to ear then draw away. You should hear tick at 56 inches. Does a ringing in your ears prevent your proper hearing?
LEONARD EAR OIL
relieves both Head Noises and Deafness. Just rub it back of ears and insert in nostrils. Price \$1.25 For Sale Everywhere.
Interesting descriptive folder sent upon request.
A. O. LEONARD, Inc.
70 5th Ave.
New York

HUNTERS

Don't neglect to take a bottle of Minard's in the woods. The universal remedy for sprains, bruises and cuts.



EARN \$15 DAILY SELLING OUR made-to-measure Breeches, Shirts, Mackinaws. Best sellers. Send for fine sample outfit. Royal Outfitting Co., 152 St. Lawrence St., Montreal.

PERSONAL CHRISTMAS CARDS. "Imperial Art." Best known selection. Want men and women in every town to solicit orders in spare time. Representatives making \$2 per hour up. Newest designs. Lowest prices. Samples free. British Canadian, 122 Richmond West, Toronto.

MONEY TO LOAN.

FARM LOANS MADE—Mortgages purchased. Reynolds, 77 Victoria St., Toronto.

Great Trade Centres.

Manila is so situated geographically as to become the big trading centre of the Far East. A population of 126,000,000 dwells within a radius of 1,700 miles.



MISERABLE AND ALWAYS IN PAIN

Lydia E. Pinkham's Vegetable Compound a Dependable Help for Mothers

Port Greville, Nova Scotia.—"I took your medicine for a terrible pain in my side and for weakness and headaches. I seemed to bloat all over, too, and my feet and hands were the worst. I am the mother of four children and I am nursing my baby—the first one of four I could nurse. I took Lydia E. Pinkham's Vegetable Compound before the baby's birth, so you can see how much it helped me. I cannot praise it too highly for what it has done for me. I took all kinds of medicine, but the Vegetable Compound is the only one that has helped me for any length of time. I recommend it to any one with troubles like mine and you may use my letter for a testimonial."—Mrs. ROBERT McCULLY, Port Greville, Nova Scotia.

Before and after child-birth the mother will find Lydia E. Pinkham's Vegetable Compound a blessing.

Many, many letters are received giving the same sort of experience as is given in this letter. Not only is the mother benefited, but these good results pass on to the child.

No harmful drugs are used in the preparation of this medicine—just roots and herbs—and it can be taken in safety by the nursing mother.

98 out of every 100 women reported benefit from its use in a recent canvass among women users of this medicine. C

Cuticura Heals Itching Eczema On Arms and Face

"My trouble began with red blotches and itching and burning on my arms and face, and then eczema broke out with a rash. My face was disfigured and my clothing aggravated the breaking out on my arms. I could not put my hands in water, neither could I do my regular work. At night I lost my rest on account of the irritation.

"The trouble lasted about a month. I began using Cuticura Soap and Ointment and they helped me and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was completely healed." (Signed) Mrs. Leon Hallock, 104 Atkins St., Bellows Falls, Vt.

Use Cuticura Soap, Ointment and Talcum for all toilet purposes.

Sample Each Free by Mail. Address Canadian Depot: Cuticura, P. O. Box 3418, Montreal. Price, Soap 25c, Ointment 25c and 50c, Talcum 25c. Try our new Shaving Stick.

Always have Mustard on the table

It's not just custom that makes people take mustard with their meals. Mustard aids digestion and helps to assimilate the meats. It is a good habit to acquire. Mix it freshly for every meal.

but it must be Keen's

Eases Kitchen Work

To Women Who Do Their Own Work: Suppose you could save six minutes every day in washing pots and pans—two minutes after every meal. In a month, this would amount to a saving of three hours of this disagreeable but necessary work. This saving can be made by using SMP enameled kitchen utensils, as their smooth sanitary surface will not absorb dirt or grease. No scraping, scouring or polishing is needed when you use Diamond or Pearl Ware. Soap, water and a dish towel is all you need. Ask for

SMP Enameled WARE

"A Face of Porcelain and a Heart of Steel"

Three finishes: Pearl Ware, two coats of pearly grey enamel inside and out. Diamond Ware, three coats, light blue and white outside, white lining. Crystal Ware, three coats, pure white inside and out, with Royal Blue edging.

THE SHEET METAL PRODUCTS CO. OF CANADA LIMITED
MONTREAL TORONTO WINNIPEG
EDMONTON VANCOUVER CALGARY



At Every Hardware Store