

# RED ROSE

## COFFEE

For particular people—  
Roasted and packed same day in airtight cans

### 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 infant is a delicate organism and answers readily to any adverse influence exerted upon it; therefore, it is necessary to ensure a high standard of health by removing such adverse influence. Poverty of parents is a most important factor for evil in this connection. In all our large cities at the present time, the nurses and workers in Child Welfare are handicapped by the shortage of houses, the overcrowded state of those that exist, and, in many cases, the unsanitary dwellings that are necessarily allowed to be inhabited because there is no accommodation for their inhabitants if these dwellings were closed. The provision of additional housing accommodation is most urgent, but this problem in too many instances is not tackled with the vigor which its urgency demands.

Among the causes of infantile deaths, the following are the most important: climate, season, housing alcohol, venereal disease, diet, poverty and employment. From these primary causes, two others stand out forcibly:

1. Want of knowledge,
2. Want of character.

Infants die from lack of knowledge on the part of the mother or father or of others who have personal supervision of them, but they also die from the ignorance of the statesmen, the legislator and the municipal councillor. Infants, however, die from the selfishness of the same individuals, both in their private and in their public capacities.

It is much easier to acquire and disseminate that knowledge of mothercraft which is necessary for the saving of infant life, than to impart that spirit of self-sacrifice and unselfishness which is necessary if this knowledge is to be put into operation. It is, for instance, far easier to make a mother understand that breast-feeding affords her infant the best chance of survival than it is to induce her to make the necessary sacrifice of pleasure or remunerative employment which are often involved if this maternal duty is attended to. Again, it may be quite easy to make our municipal authorities understand that bad housing conditions, overcrowding, tuberculous inmates, an impure water supply, and bad scavenging of the streets are never associated with a low infant mortality and a high standard of health, but it is quite another thing to induce them to incur the risks and unpopularity which the carrying out of the indicated reforms would entail. A want of appreciation of these essentially human elements in the problems explains many of the failures of otherwise admirably designed schemes of Welfare Work. In some cases, efforts to reform have unexpectedly met with most encouraging success, owing again to the magnetic influence of some commanding personality who has succeeded in compelling society to make the necessary sacrifice, whether personal or communal, for attaining the desired end.

### SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saintes, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The water in which rice has been boiled is an effective remover of iron rust from materials. Soak the rust spots in the rice water for four or five hours, and then rinse in clean water.

Beauty culture is now being taken in hand at an early age. The noses, ears, and hair of infants can be improved by a little care and treatment on the part of the mother or nurse.



Very Shy.

"The bride was very shy—yes, she was shy about ten years when it came to giving her age!"

As Good As New, Owner Has No Use for It.

Some people have a subtle way of delivering a bit of criticism, and Tom B— is one of them. One day after his fellow workman had made a very stupid blunder he remarked: "Joe, I wish you would will me your head when you die."

"What do you want of my head?" asked the other unsuspectingly.

"Why," said Tom, "it would be just like a new one; you never use it."

You may not be to blame for being mediocre, but you are to blame if you put forth only mediocre effort.

### Finis.

Give me a day with its sun in the west  
And see what it has to say;  
Give me the year as it neareth its rest,  
In the glow of an autumn day.  
Give me a life, where the path is unrolled,  
To the shore of God's limitless sea;  
For the end is the test, and the tale that is told,  
Be it written in grayness or silver or gold,  
Is the tale of Eternity.

—Marian Alden.

### WORK WORN PEOPLE

Find Renewed Health by Improving Their Blood.

If you feel run down, it means that your blood is thin and watery, that your vitality is low. Your feet are easily chilled. You do not sleep well and you are tired when you rise in the morning. You find no pleasure in your meals and are listless and dispirited at your work. You have no energy to enjoy yourself.

Thousands of men are run down by anxieties of work. Thousands of women are broken down by their household toil, with tired limbs and aching backs; thousands of girls are pale, listless and without attraction. It all means the same thing—thin and watery blood, vitality run down, anaemia, poor appetite, palpitating heart, short breath.

Do not submit to this. Get new blood and with it new vitality. There is no difficulty in doing this. Dr. Williams' Pink Pills build up and enrich the blood, which brings with it new health and vitality. The man, woman or girl who takes Dr. Williams' Pink Pills is never run down. Their friends notice how energetic they are, what a fine appetite they have, and how much they enjoy life.

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.

### Make the Fair-Ground Work All the Year.

The average country fair-ground is a fair-ground and nothing else, serving the public only during fair week. The rest of the year it is wholly idle and deserted and sometimes even unsightly. Yet the fair-ground is often a pretty natural park with trees and is generally very accessible to both town and country people. If natural picnicking and play places are hard to find, as often is the case in prairie country, why not then make a recreation centre of the fair-ground?

This was the idea that came to the Fair Association of a county in Iowa. The grounds are within the city limits of West Union and on the main-traveled road from country to town. There is a natural grove of oaks on the area and a bright creek meanders through it. No other body of water is near.

The Fair Association laid the matter of making a playground of the fair park before the public and found prompt willingness to co-operate, and open pocketbooks offered to carry out the plan. Playground equipment was bought and set up. Picnickers were invited to make free use of the grounds. Then last summer a swimming pool was added. It was accomplished in the simplest of ways. The creek runs along one side of the fair-grounds and makes a bend down the other side. Water was taken from the creek and carried through tiling to the swimming pool. From the lower end of the artificial pond the water flowed out into other tiling and back into the creek. This gave running water, making the bathing place pure and sanitary. The pool is 40 x 150 feet, with sloping bottom, and cost about \$2,600.

Through the summer the pool was the most popular place in town, and summer evenings the fair-ground was the gathering place of town and country folks. The grass has been kept mowed and the place given generally the same care as a regular park.—F. L. C.

Minard's Liniment Relieves Pain.

Her Two Ages.

Bob—"How old would you say Peggie is?"  
Bill—"To her face or behind her back?"

Those who try to get something for nothing usually succeed in getting experience.

### Strong Nerves

Pure organic phosphate, known to most druggists as Bitro-Phosphate, is what nerve-exhausted, tired-out people must have to regain nerve force and energy. That's why it's guaranteed. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

### EASY TRICKS

No. 337

Where Is It?



This is a simplified form of the famous three card monte trick.

The pack is divided into three heaps, each being placed faced down on the table. On one of these heaps the performer places the Ace of Hearts, face down. He then moves the heaps around, insisting that no matter how carefully the spectators watch, they will lose track of the pack which has the Ace on the top. After he has moved the packs around sufficiently, he asks a spectator to indicate which pack has the Ace on the top. The spectator makes his choice. The performer lifts the top card. It is not the Ace!

In this trick the magician's standby is used in a somewhat unusual manner. The card displayed as the Ace has behind it another card. If the two cards are slightly bent and are held with the thumb at one side and the fingers at the other, no one will suspect that the Ace is anything but what it seems to be. However, when the Ace is seemingly on top of the pack, there is another card on top of it—and the remainder of the trick becomes a very simple matter.

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

The safe way to send money by mail is by Dominion Express Money Order.

True hail falls only in summer, and the hotter the weather the larger the hailstones.

Minard's Liniment for Rheumatism.

Even an electric button won't accomplish anything unless it is pushed.



### Use Cuticura Soap Daily

Bathe with Cuticura Soap and hot water to cleanse your skin and free it from impurities. If rough or pimply, anoint with Cuticura Ointment. Cuticura Talcum is ideal for perfuming as well as powdering.

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.

### Classified Advertisements

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.

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OUR BOOKLET, "LADIES' FRIEND," mailed in plain envelope, free. Casier 2423, Montreal.

HOME STUDY

SHORTHAND OR BOOKKEEPING taught in twenty home lessons. Proficiency guaranteed. Diploma given. Empire Business College, 346 Broadview Ave., Toronto.

Paris newspapers, which have run regular "street accident" columns for years, have now extended this to railway accidents, which are of daily occurrence on the various railroad systems throughout France.

Use **MURINE** FOR EYES IRRITATED BY SUN, WIND, DUST & CINDERS. RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS. WRITE FOR FREE EYE CARE BOOK. MURINE CO. CHICAGO, ILL.

### Rheumatism

Apply Minard's to the aching spot and get quick relief. The remedy your grandmother used.



### FULL OF ACHES AND PAINS

Toronto Mother Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—"I have found Lydia E. Pinkham's Vegetable Compound a splendid medicine to take before and after confinement. A small book was put in my door one day advertising Lydia E. Pinkham's medicines, and as I did not feel at all well at the time I went and got a bottle of Vegetable Compound right away. I soon began to notice a difference in my general health. I was full of aches and pains at the time and thought I had every complaint going, but I can truthfully say your medicine certainly did me good. I can and will speak highly of it, and I know it will do other women good who are sick and ailing if they will only give it a fair trial. Lydia E. Pinkham's Liver Pills are splendid for constipation. You are welcome to use my letter if you think it will help any one."—Mrs. HARRY WESTWOOD, 543 Quebec Street, Toronto, Ontario.

The expectant mother is wise if she considers carefully this statement of Mrs. Westwood. It is but one of a great many, all telling the same story—beneficial results.

Lydia E. Pinkham's Vegetable Compound is especially adapted for use during this period. The experience of other women who have found this medicine a blessing is proof of its great merit. Why not try it now yourself?

### The Empire Medicine

—the preparation which has won the confidence of every country under the British Flag—the remedy which has brought health and happiness to millions of men and women in every part of the Empire—the treatment which is resorted to everywhere for ailments such as Sick Headache, Biliousness, Indigestion and Constipation, often considered insignificant, yet decidedly inconvenient—ailments which have their origin in a dyspeptic condition of the stomach and a torpid action of the liver—

is

# Beecham's Pills

Genuine **BAYER** ASPIRIN

Insist on BAYER TABLETS OF ASPIRIN

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

Colds Headache Neuralgia Lumbago  
Pain Toothache Neuritis Rheumatism

Safe Accept only "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 Monoacetic-acidester of Salicylic acid (Acetyl Salicylic Acid, "A. S. A."). 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."