

# RED ROSE TEA "is good tea"

Next time try the finest grade—  
RED ROSE ORANGE PEKOE

## 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.

**You and To-day.**  
With every rising of the sun  
Think of your life as just begun.  
The past has shrived and buried deep  
All yesterday—there let them sleep;  
Nor seek to summon back one ghost  
Of that innumerable host.  
Concern yourself with but to-day,  
Woo it and teach it to obey.  
Your wish and will. Since time began  
To-day has been the friend of man.  
But in his blindness and his sorrow  
He looks to yesterday and to-morrow.  
You and to-day! a soul sublime,  
And the great pregnant hour of time.

With God between to bind the train,  
Go forth, I say; attain; attain.

## A REAL NERVE TONIC

Is a Bountiful Supply of Rich Health-Giving Blood.

Sufferers from what medical men speak of as nervous debility find themselves tired, morose, low-spirited and unable to keep their minds on anything. Any sudden noise hurts like a blow. They are full of groundless fears and cannot sleep at night. Their hands tremble, the legs feel as if they will give away following a walk or any exertion, and the mind is greatly disturbed by the most trivial incidents. Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. To secure this new, rich blood use Dr. Williams' Pink Pills which have a direct action on the blood and through it stimulate every nerve and organ in the body. Mrs. Alpheus Merritt Fenwick, Ontario, gives her experience with this medicine as follows: "I had a nervous breakdown and was in the Welland County Hospital for some time. As I was not improving, my husband took me out and took me up to my mother. I doctored there but it did not help me. Then I returned home, and was again under a doctor's care, but with no better results. I would tremble and get numb all over, and the least noise would affect me. I was quite unable to do my housework and was in a terrible condition. Finally I was advised to try Dr. Williams' Pink Pills, and am thankful that I did so, as after taking about a dozen boxes I was again a healthy woman. I have used the pills since while nursing my baby, with equally good results, and I strongly advise other ailing women to try 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."



**Slight Reduction in Sight.**  
1st. High-Salaried Man—They say they're going to reduce the tax on only the part of a man's income that's earned.  
2nd. Ditto—"Great Gosh!" Do you think they're likely to have a talk with the boss?  
3rd. "Friend in Need." Reserve a small box of corks, because a cork is one of the handiest things to have around and yet usually the hardest to find.

## Six Rules of Success.

From the Oldest Book in the World. "God has drawn plans and specifications by which men may build their lives into successes," says John Edgerton, President of the National Association of Manufacturers. "If man lives and builds according to these plans he cannot fail." (Gal. 6:7)  
I. He that ruleth his spirit is great. (James 1:8)  
II. Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap. (Galatians 6:7)  
III. As we have opportunity, let us do good to all men. (Galatians 6:10)  
IV. And let us not be weary in well doing; for in due season we shall reap if we faint not. (Galatians 6:9)  
V. If any of you lack wisdom, let him ask God that giveth liberally and upbraideth not; and it shall be given him. (James 1:5)  
VI. Let every man be swift to hear, slow to speak, slow to wrath. (James 1:19)  
VII. When ordering goods, by mail, send a Dominion Express Money Order.  
VIII. Sure of His Rights. This little tale would be worthless if it were not fact.  
Teacher (who had spent an hour of the "Citizenship" lesson talking about "Rights")—"Have you any rights, John?"  
John (who has apparently wool-gathered for one hour)—"Yes, sir, two."  
Teacher (surprised)—"Two? Why two?"  
John—"A hand and a foot!"  
Minard's Liniment for Sprains.

# Ogden's CUT PLUG

The best Tobacco for the pipe

## Only in Part.

"Well, J. Adelle, here it is Saturday night again," said the brisk little woman who kept the one millinery shop in the village. Adelle was her only assistant and while she assisted at a moderate weekly wage was learning to make and trim and sell hats. "Time to close up. You have made a good job of that turban for Mrs. Willes, my dear. Now take this part of your week's pay and run away home." And she put the small roll of bills into the girl's hand. Adelle saw at a glance that the bills amounted to the whole of her weekly wage. She looked up, puzzled. "You have paid me all you owe for the week!" she protested. The little milliner laughed. "Maybe so," she agreed, "but not all in that bit of money. If you weren't getting more pay than that, you would be poorly off, child. But every day, every week, you are acquiring more and more skill in your work here. You are getting a lot of real satisfaction out of it too. You are fond of your work; I can see that. I like to think that, although you are receiving only a small money wage, you are acquiring also the skill that will earn for you a good living later on and are having a dally share of the joy of work well done." The worker, man or woman, who gets out of his job only the contents of the weekly pay envelope, is poorly paid indeed. Yet from another point of view he is overpaid in money for the worker who isn't so much in love with his work that he does it better every day and gets a large measure of satisfaction out of it is a poor workman. He probably doesn't fully earn the money in the pay envelope.

## GREEN TEA IMPORTS LARGER.

Statistics from Ottawa show that in 1923, 553,977 pounds more Green Tea were brought into Canada than in 1921, and 906,728 pounds more than in 1922. The reason given is that the fine quality Green Teas of India and Ceylon have displaced the inferior Japan and China Greens which due to their low price, were imported heavily some years ago. Salada Tea Company is the largest importer of India and Ceylon Green Teas.

## My Northern Lights.

The concert halls are crowded close.  
The city streets are filled.  
Their glow gleams out above, below,  
Life's pulse is swift and thrilled  
While from my farmhouse window  
I watch the Northern Lights go by.  
The singer's voice in marvelous thrill  
Warms every listening heart.  
Or gazes wonderer's gaze and thrill  
At the magician's art.  
From my good place beneath God's  
sky  
I see the Northern Lights flame high.  
Far to the west the wheatfields stand,  
Eastward the throbbing mart.  
Off to the south a golden land  
Speaks calmness to the heart.  
But more alluring far to me,  
The Northern Lights' deep mystery.  
O City! Keep your tumult wild,  
The words and deeds of men;  
The night's blue bow give me instead,  
The quiet stars—and then  
Glimmering and pure, now low, now  
high, the Northern Lights.  
My Northern Lights against the sky,  
blessed soul—Mrs. Cola L. Fountain.

## EASY TRICKS

Odd Or Even?



Ask a spectator to hold her hands, fingers extended, behind her back. Ask her to close into the palm an even number of fingers in one hand and an odd number in the other.  
Ask her to multiply the number of fingers closed in the right hand by any odd number. Ask her to multiply the number closed in the left hand by any even number. She is now to add and to tell you the right hand figure of the total. Immediately you will know in which hand the odd number of fingers is closed.  
If the number given is even, the odd number of fingers closed will be in the right hand. If the number given is odd, the odd number will be in the left hand.  
(Oho! this out and paste it, with other of the series, in a scrapbook.)

## Time.

Five dull houses, five trimmed lawns,  
Nine clipped maples on our block.  
One small space of sky that's shut  
By dingy roof tops; and the clock  
Little, packed, divided hours  
Tick unceasing—time to sew,  
Time to dust and time to eat,  
Time to dress and time to go.  
Getting late, the hours are fast,  
Time to run out to the store.  
Can't we catch a stealing dream  
When it's neither three nor four?

Five dull houses, five trimmed lawns,  
Nine clipped maples on our block.  
One shut space of life, too small  
And tight for living; and the clock.  
—Gwendolen Haste.

About 18,000,000 tons of coal are consumed in London annually, 5,000,000 tons being used for domestic purposes.

Genuine **ASPIRIN** 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 Co., Montreal. Sole Canadian distributor, of Balleyside.

## CORNS

Lift Off—No Pain!



Doesn't hurt one bit! Drop a little "Freezone" on an aching corn. Instantly that corn stops hurting, then shortly you lift it right off with fingers. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard, corn, soft corn, or corn between the toes, and the foot calms, without soreness or irritation.

## DISTEMPER

A tablespoon of Minard's in cup of molasses mixed with the brand mash will give quick relief.

## Thin Folks

If you are weak, thin and nervous, let your druggist supply you with Bifro-Phosphate. It is guaranteed to increase weight and strength and restore energy, vigor and nerve force. Price \$1.00 per package. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Failed to Enlighten Him.  
Leaving over Blackfriars Bridge at dusk was falling a Scotchman on his first visit to London was astounded to see all the lights on the embankment flare up with one accord as if by magic. He walked up to the nearest policeman and said in surprised tones, "Tell me, mannie, wha' lichter a' the lichties?" The policeman scratched his head and thought hard. "Beg pardon, air?" he said at last. "I was just askin' ye wha' lichter a' the lichties," repeated the visitor. The policeman was dumfounded, and at last courtesy fled from his soul. "Garn, yer Portuguese guano blighter, he ordered sharply, "Oppit!"

## Classified Advertisements

**FIREPROOF PAINT**  
COSTS LESS THAN ORDINARY paint. For Barns, Garages, Factories, etc. \$3.75 gallon, 5-gallon cans \$15.00. Red, Black, "Roxide" Paint for Barns, Roofs, Iron, Concrete, etc. 5-gallon cans, \$8.00. Charges Prepaid. A. C. Wells & Co., Paint Manufacturers 231 Carriere St., Montreal.

**WANTED — CAR OWNERS** TO send for our Big Free Catalogue showing 101 bargains in Auto Supplies. It will save you money. Send for it today. Canadian Auto Shops, Box 154, Niagara Falls, Ontario.

**MURINE EYES**  
IRITATED BY SUN, WIND, DUST & CINDERS  
RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS  
WASH YOUR EYES WITH CARE. MURINE CO. CHICAGO, ILL.

**Have You Tried The New Cuticura Shaving Stick?**  
This delicately medicated antiseptic Soap produces a rich creamy lather, enabling you to shave without the slightest irritation. Indispensable for those who shave twice daily. Properly used, it will prevent ingrowing hairs.  
Price 25c. Sold everywhere or mailed postpaid upon receipt of price by Canadian Dept. of Cuticura, P. O. Box 106, Montreal.

## MOTHER OF TWIN BOYS

West St. John, N. B. "I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. My doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right; for I am feeling much better and am gaining in weight, having gone down to ninety-three pounds. I was in bed for over a month, but am up again now. I have recommended the Veget. Compound to my friends and give you permission to use my letter." — Mrs. ELMER A. RITCHIE, 82 Rodney St., West St. John, N. B.  
There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling. Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.  
You might be interested in reading Mrs. Pinkham's Private Text-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario.

## MINARD'S "KING OF PAIN" LINIMENT

ISSUE No. 24-24

## 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.

## I Am the Baby.

I am the BABY.  
I am the youngest institution in the world—and the oldest.  
The earth is my heritage when I come into being, and when I go I leave it to the next generation of Babies.  
My mission is to leave the earth a better place than I found it.  
With my million little brothers and sisters I can do this. If the World does not impose too many handicaps.  
Now I need PURE MILK and FRESH AIR and PLAY.  
When I am a little older I shall need good Schools in which to learn the lessons of Life.  
I want to live, laugh, love, work, play.

# Less Pot-washing

**SMP Enamelled Ware** has the smooth surface and polish of fine crockery—without the breakage. And it is so very easy to clean—just like china, and therefore makes light work of pot washing.

Try this test. Take an SMP Enamelled Ware sauce pan and an all-metal sauce pan of equal size. Into each pour a quart of cold water. Put on the fire at the same time. The SMP sauce pan will be boiling merrily when the water in the other is just beginning to simmer.

**SMP Enamelled WARE**  
A Face of Porcelain and a Heart of Steel!

Three Enamels: Pearl Ware, two coats of pearl 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. LIMITED  
MONTREAL TORONTO WINNIPEG  
EDMONTON VANCOUVER CALGARY