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## THE MOUTH AND THE TEETH.

It is important to take good care of the teeth. If they are allowed to decay, food cannot be well chewed, indigestion results, and the body is not properly nourished. The bony parts of the jaws which hold the teeth in place are absorbed after the teeth fall out, and allow the cheeks to sink in, which makes the face look long and thin.

Dental decay is caused by fermentation of small particles of food which are permitted to remain in the crevices between the teeth. The fermentation is due to bacteria and results in the formation of acids which dissolve the lime salts of the teeth. The hard, white, outside coating of the teeth, known as the enamel, is first attacked. This is destroyed at spots where the food is lodged, and the softer interior of the tooth is exposed. This is rapidly eaten away, and a cavity is formed which increases in size until only a hollow shell of enamel remains.

The Nerves.—The nerves of the teeth are extremely sensitive, and severe pain or toothache is produced when dental decay extends into the tooth. An abscess or gumboil may form at the root of a tooth. This causes a throbbing pain, swelling and fever. It usually breaks through the gum and discharges pus which relieves the pain but does not save the tooth. Occasionally pus organisms are absorbed into the blood and blood-poisoning occurs, or small quantities of poisonous material are constantly entering the blood and lower vitality and weaken the resisting power of the body to diseases.

Diseases of Teeth.—An unhealthy mouth is a home for small organisms, which are the cause of pyorrhea. In this disease there is inflammation of the gums, which become soft, swollen, and bleed easily. The disease extends around the roots of the teeth, pus oozes from their sockets, they are loosened, and ultimately fall out. The process may take a number of years, but more than half of the permanent teeth are lost in this way.

Other Dangers.—An unhealthy condition of the mouth renders the person liable to catch cold, to attacks of influenza, bronchitis and pneumonia. Headaches and neuralgic pains are often due to bad teeth. Many cases of so-called rheumatism result from the absorption of poison from the mouth, and disappear when the diseased conditions in the mouth are remedied. The same poisons often lead to sore throat, inflammation of the tonsils, disease of the eye and ear, and disordered digestion.

Cleaning.—The teeth should be cleaned with a toothbrush at least once a day—twice is better—and care should be taken that all particles of food are removed. Wooden and metal toothpicks should not be used, as the gums are liable to be injured, which may be followed by inflammation and absorption of septic products. Quill toothpicks are less objectionable, but should be employed with care. When brushing the teeth, a small quantity of tooth powder should be placed upon the brush.

When tooth powder is not available powdered chalk can be used for cleansing the teeth.

## ABOUT STIRRING.

Failure in cooking a dish can often be traced to imperfect blending of the various ingredients.

When making a batter, sauce, mayonnaise, or creaming butter, use a wooden spoon for stirring. For stirring the beaten whites of eggs, whip cream, or flour, when it is added last to the other ingredients, use a metal spoon.

How to stir.—Let the bowl of the spoon rest on the bottom of the mixing basin, hold the basin firmly with the left hand, and with the right hand stir round and round slowly from right to left, in gradually widening circles, keeping the spoon at the bottom of the basin all the time, except when scraping the mixture from the sides of the bowl.

When stirring thick mixtures over the fire, draw the spoon all over the bottom of the pan to prevent the mixture burning. Soups must be stirred slowly, with the bowl of the spoon kept against the bottom of the pan.

To fold.—"Folding" is an ingredient, such as the white of an egg, is another term for adding by stirring. When folding in the white of an egg to a mixture do not stir round and round or beat in the usual way, but turn the mixture, such as whites of eggs, cream, or flour, over the spoon, cut through the beaten mixture, and

lift up the underneath part, turning it over the ingredient which is to be incorporated; continue folding in the ingredient in this manner very lightly and gently until the mixture has blended.

Never stir beaten-up mixtures round and round, as the air bubbles will be broken.

## TAKE CARE OF YOUR BOOKS.

It is a mistake to pack books too tightly on shelves. They should be loose enough to be withdrawn easily by placing a finger and thumb on either side.

Avoid dusting the tops of the books with a duster, which only rubs the dirt between the edges of the paper—especially if it happens to be a little rough. Take two books in your hands and gently clap them together so that the dust flies out. If the edges of the leaves become solid the marks can be removed by rubbing them gently with a little pumice powder. This plan should not be followed when a book has gilt edges. In such cases a slightly damp cloth may be used.

Marks—unless they are caused by grease—on the pages of the books should be rubbed lightly with a soft pencil eraser. To remove grease spots benzine should be applied with a camel hair brush. The spirit should not, of course, be used where there is a naked light, as it is highly inflammable. Apply the benzine and, after a moment, press the spot with clean white blotting paper. Repeat the process until all trace of the grease has disappeared.

A GREEK GIRL'S EARRINGS. Not so long ago particular women did not wear earrings; the thing was not done. But fashion has danced round again, and now the earring is as common an article of jewelry as the bracelet. Few if any of the modern trinkets can surpass in taste and delicacy the earrings of Biote, the daughter of the famous Greek philosopher Aristotle, which were found in Chalci, where the young woman was buried.

The ornaments represented doves swinging in golden hoops. The miniature birds were marvelously wrought; the feathers were of granulated gold; the wings and breast were enriched with bands of color supplied by inset gems, and precious stones gleamed like tiny sparks for the eyes. Delicately of all, the tail feathers were so finely made and curiously adjusted as to move at the slightest motion of the pendant loop, so that whenever the proud wearer tossed her head the two attendant doves seemed to balance themselves upon their perches as live birds balance themselves when swinging on a bough.



## A NEW DOLL OUTFIT.

4579. This is a very desirable model and one that will please the little "doll mother," for not only the garments but the doll as well may be made from this pattern here given. The doll may be of drill or unbleached muslin, and stuffed with floss hair or cotton batting. The dress could be of gingham, cretonne, chambray, silk or crepe, and the cap, to match, of lace or embroidery.

The Pattern is cut in 3 Sizes for dolls: 12, 16 and 20 inches in length. To make the doll in a 16-inch size requires 1/4 yard of 16-inch material. The dress and cap require 1/8 yard. The cap alone requires 1/4 yard. Pattern mailed to any address on receipt of 15c in silver or stamps, by the Wilson Publishing Co., 73 West Adelaide Street, Toronto. Allow two weeks for receipt of pattern.

British express trains average about 250 tons in weight, but holiday trains sometimes reach 550 or 600 tons. Coal trains are sometimes made up to 1,000 tons.

Minard's Liniment Heals Cuts.

# LOVE ISLAND

BY OWEN OLIVER.

"Coo-ee! Coo-ee! Merry Christmas, men!"

The three men came at a run. "Merry Christmas, ladies. It will be, since you're coming."

"Take them up some clothes for the party, Richardson," said the Millionaire. About noon the ladies, dressed in their best, crossed the gully. Ruby and Stella joined Richardson and Carter in the cooking while Molly and Lane walked across to the Eastern Republic. They found the Millionaire and the Flapper seated on the sand; both parties called out lustily.

"A merry Christmas," "And a fair start for the New Year," the Millionaire suggested.

"From to-day," Lane added. "I've brought these clothes for a Santa Claus, you know. You never had a fair share. The ladies are coming over to dinner with us, and we didn't know if you'd come, you and your missus."

"His missus!" the Flapper cried, with a hot face. "I am not that, Lane! I am just this little girl. When we get off here—then—!" She smiled at the Millionaire.

"Then," he said, "I shall ask her to be my sweetheart—and my wife. That's the true size of it, Lane."

Molly giggled the Flapper to her.

When the Millionaire had put on his new suit—it was large for him, and he turned up the leg of the trousers, and the Flapper tucked back the coat sleeves—and the Millionaire's coat had donned her white overalls, with pink beads round the neck, they returned down the hill, carrying the present of fish, and sufficient extra crockery and cutlery for the two extra. The others left the cooking for a moment to greet them.

They had a merry dinner. Then the ladies washed up, while the men smoked, and discussed the possibility of erecting a higher flagstaff to attract passing vessels.

"Have to be blown off their route," Richardson warned them. "We're off the track. Can't say I'm in any particular hurry to get away myself; but the stores are coming to an end, and we've got to think of the ladies. It's a hard life for them. Miss Green was proposing that we'd take a walk over for you to see their tent. The cave was a better place for them, but—well, Lane's tail's been hurt. You were right, and wrong. If a man cares enough for a woman, she's all right. Like Missie—grown a fine young lady, sir, and you and she won't be sorry to get off the place. It's different with us chaps. We haven't the same to look forward to. But, of course, we hope for the best for the ladies, and that's a ship soon."

"Aye!" Carter agreed. Lane nodded.

They walked over to the "quarters," and then took a long ramble back round by the north shore and the hills. During the ramble they drifted apart in pairs.

Richardson and Ruby sat down on a rock at the corner of Flatfish Bay, and watched the green water lapping round the bowlders.

"It's good of you to sit here and talk to me," he told her. "As you said, it's the Christmas of some people's lives; and I'm one of them! And, out of it, the part I'll forget last will be sitting here with you."

"I dare say," Miss Green observed, "I, too, shall remember it."

"But I shall remember it all my life," he stated, and the time that he was privileged to be raised out of my station by the company of a lady like you. Which will be ended when a ship comes—I hope for your sake it will be soon—and we leave the island—and one another. Sometimes, I think my heart will nearly break."

"I'd break mine first!" cried Miss Green. "If you left me I—I'm not sure that I shouldn't. But, of course, if you want to go!"

"I gather that you don't," she observed after an inarticulate interval. "It will be a comedown for you, my dear," he said brokenly, "but I'll fight to rise, and make it as little comedown for you as I can."

"I know," she acknowledged softly. "I know. We'll be all right—don't worry, dear boy. We'll be all right." They were an hour late for tea, but they were most of the others.

The lateness of Carter and Stella Raikes occurred in this way. They got lost in the bushy ground upon the unfamiliar northeast, and Miss Raikes thought that she saw a snake, and was frightened and held to her companion's arm. They walked on for some time like this, and then she screamed and clung to him.

"I'm so frightened!" she cried. "Frightened of those little snakes!" he protested.

"No," she told him; "of something much bigger!"

"Me!" he gasped. "Me!" She nodded. "Missie, you haven't cause to be. As true as God's in heaven, you haven't cause to be. I'll soon take you out of this. I know the way better than I need believe. It seemed like having you to myself, you see. I'll take you out in the open. Then I'll go."

"I—I don't think I want to go," she confessed, still clinging to him. "I'm frightened of myself, too!"

Afterward she confessed that she hadn't seen any snake, and she hadn't been frightened at all. She had lain awake all night, and had made up her mind, "and I knew you were too chivalrous to ask me, so I'd have to help you out, and father will find you something better. He'll be wild at first, but I can get over him—and you! Mind that! We'll get along all right somehow. You poor fellow!"

Carter refused to consider himself a poor fellow. He was luckier than the King of—Well, any place that has a king! You know more about them than I do, and you'll be able to teach me, and I'll learn better than you expect. I'd do anything for you!"

They were also an hour late for tea. Lane and Miss Brien wandered about rather aimlessly, and were unable to explain exactly where they had been. She made feeble attempts at conversation. He only looked at her and sighed. Presently she caught at him and stopped him.

"Oh!" she cried. "Don't keep looking at me like that. Say it!"

"I can't," he told her, "and you know what it is, and why I can't—a poor sailor chap, and not fit to black your shoes."

The girl put one soft little hand on each of his big shoulders and looked him fairly in the eyes.

"If you knew what I really think of you," she whispered. "I don't know what you want to say, of course, but I do! You may say it!"

They also were very late for tea. The Millionaire and the Flapper were only half an hour late. They prepared the meal while they waited for the others. Then they sat down and talked about their future. She was to have exactly the house she wanted, he told her, and furnish it just as she liked, and he would teach her to drive a motor, and she should have her own little car, and call it what she pleased.

"Eric?" she suggested. "But I think I'll keep that name for you. You find a name for me. I like things best when you do them for me; a very short name."

"Pat," he thought. "Yes, that's it. I say, Eric? We'll be all right when we get off, but how about the others? What are you going to do for them?"

"What you tell me to I expect." "Of course! But you tell me what to tell."

"I think," he advised, "if I give the men a fair start and enough to marry decently on—nature will do the rest. 'Ye-es!' That's some one coming, darling. Take your arm away. I don't think it matters, though. Look at them! Wicked old nature has been doing it. They're leaving go, Eric. So you'd better. There's Stella and Carter, too. This ought to be called Love Island! Oh! You naughty people! Molly! You, too! Aren't we all happy, dears? Now we'll have tea. Eric, you have to be clever for both of us. Make a nice little speech."

The Millionaire rose with cup in hand. "Love Island!" he proposed. "May we soon have a ship to take us away, or a wreck to catch a parson ashore!"

Early in the New Year Providence sent a ship. There was no parson aboard, but they soon found one when they landed, and gave him four jobs. The Millionaire has bought a yacht, and if business will let him get away (his merry young wife says it will!) he is taking them all on a trip next Christmas time to Love Island.

(The End.)

Nothing Left.

An elderly man who knew something of law lived in an Irish village where no solicitor practiced. He was in the habit of arranging the disputes of his neighbors and making their wills for them.

At an early hour one morning he was aroused from his slumbers by a loud knocking at his door, and putting his head out of the window, he asked who was there.

"It's me, Patsy Flaherty. 'Tis me self couldn't get a wink of sleep, thinking of the will I have made!"

"What's the matter with the will?" asked the amateur lawyer.

"Matter, indeed!" replied Pat. "Sure, I've not left myself so much as a three-legged stool to sit down upon!"

Just as some men are too dull for their jobs, so others are too clever—Dr. Cyril Burt.

## Make a Start This Year!

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## Trains With Brains.

Railway trains capable not only of signalling themselves but of setting the points on which they are running and of clearing these after their passage will materialize in the near future, if certain technical problems on which engineers are now engaged can be solved.

The problem has been brought much nearer solution by a device which enables a train running from a main line to a branch to "clear" the points for the main line after it has passed over them.

Automatic electric signalling is, of course, already used on the London Underground Railway, on which the passage of a train automatically throws the signal to "danger" until the train has passed out of the "block section," while the brakes are applied from the track if the driver should run past a danger signal.

This method has, however, been applicable until now only on section of track without points or crossings, since there has been no mechanical appliance enabling a train automatically to select one out of two or more tracks.

It has therefore been necessary to retain the signalman and the signal-box at junctions to control the working of the points, and for this reason automatic signalling has had a relatively small field of utility on steam-worked main lines.

The new selector device will enable trains to set their own points, and to close them after their passage.

The device will make for safety, for statistics show that automatic signals are far less likely to go wrong than a signalman, who may at any moment cause an accident owing to temporary mental aberration.

Signal-makers have for the best part of a generation endeavored to eliminate so far as possible the "human element" from railway working, and the crowning triumph will have been attained when every train becomes its own signalman and sets its own points.

## The World's Most Wonderful Caves.

The most magnificent cavern in Europe is near the town of Adelsberg, in Austria. It contains four immense grottoes, in one of which a ball is held every Bank Holiday.

The wonderful caves at Jonolan, in New South Wales, are believed to stretch for 180 miles. Visitors are allowed in the Night Caves, into which no ray of natural light has ever penetrated, but they may not enter the caves and grottoes which have not yet been explored. These caves, now public property, were discovered in 1841 during a search for a notorious bush-ranger.

In a volcanic region near Naples is the remarkable Cave of the Dog. The fumes of carbonic acid which rise from the crevices in the floor will suffocate a dog, or any other small animal, which wanders about there.

Recently a cave was discovered near Toulouse containing clay models of prehistoric animals which date back to a period 25,000 years ago. It was found by an adventurous Frenchman who dived day after day into an unexplored torrent until he came to the entrance. Then, with an electric torch in one hand, he swam through the underground stream for more than a mile until he found a dry gallery.

Perhaps the most distinctive of all caverns is the Ice Cave near Debach, in Hungary, which has an area of 10,000 square yards. Inside it is always winter, and, as the ice takes very curious shapes, the effect is strikingly beautiful when the cave is illuminated by electricity.

In the Mammoth Cave in Kentucky there are hills, lakes, and a great cataract with a fall of 250 ft. Outside there is an hotel for the convenience of visitors. Religious services have been held, and even marriages celebrated, in this remarkable cavern.

What's the Answer?

Wife—"Remember that old million-aire wanted to marry me?"

Hubby—"Yes."

"And how easily you got me away from him?"

"Bet your life I do, ha! ha!"

"Well, he married that Flossie Flapper you used to like pretty well and has just bought her a set of sables for Christmas."

There are 1,800 varieties of liards in the world.

There is very little happiness in getting; but there is a lot of happiness in giving. It is the plus of life, the generous overflow of kindness, of service, of love, that makes us of value to the world; that brings us real success and happiness. People who hoard everything they get, who never give of themselves or of their means, who never think of others, may manage to scrape a fortune together, but they never grow.—O. S. Marcher.

## NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' course of training to young women, having the required education and desirous of becoming nurses. This Hospital has a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.

## Woods That Play Games.

Where would our games be without trees? All are dependent upon wood for their existence. Football is one of the few that could dispense with it, for the goal-posts and the flag-sticks could be made of some other material, but wood is the most convenient.

To cricket, wood is indispensable. Where should we be without willows from which our bats are made and ash for the wickets? But a bat needs other woods as well as the willow. To help to make the handle springy cane is introduced for splicing, rubber (the product of another tree) frequently being let into the handle to give it greater "spring."

A bat made entirely of willow, without any splicing, would have no "spring" at all, and a player would not be able to hit a hard ball owing to the "sting."

Ash is used in many ways in sport. The best frames of lawn-tennis and badminton rackets are made from it; so are hockey sticks, and the cheaper varieties of croquet mallets. Bows and arrows and billiard cues are also made principally from ash.

Cane seems to be the only satisfactory wood for splicing, and it is used in the handles of hockey sticks and tennis rackets to impart "spring."

The better woods, such as ebony and mahogany, are used to weight the butts of billiard cues. The heads of golf clubs are usually made of beech, as are croquet balls. Hickory or greenheart provides the shafts of golf clubs and fishing rods.

From lancewood are made the finest bows for archery. This wood is also used for high-grade cricket stumps.

Had No Objections As Yet Tightwad (near Christmas)—"Why do you treat me so coolly? Do you object to my presence?"

She—"Why, really, I shall be better able to tell you after I've received them, you know."

Windor's Mystery "O."

High up on the wall, near the Norman Gate at Windsor Castle, is a stone upon which is engraved the letter "O." The letter is about two inches in diameter, and deeply cut in the hard stone. How did it come there and for what does it stand?

Tradition says that it records the height of Oliver Cromwell's giant porter, who was stationed at the gate-house to keep away intruders. Seeing that the letter is eleven feet from the ground, this is a "tall" statement, and even when it is explained that the roadway has been lowered, it leaves one with the impression that this "Roundhead" must have been a giant indeed.

The probable explanation is that this huge fellow, having little else to do but parade up and down, passed his spare time in carving the initial letter of his master's name.

This gigantic porter was a great character, and frequently preached in the parish church at Windsor, much to the annoyance of the incumbent, who in those days, had to keep a still tongue in his head. The strange thing is that this servant of Cromwell kept his position at the Restoration, and, curiously enough for a man of his religious scruples, treated as one of his most treasured possessions a large Bible given to him by "Sweet Nell of Old Drury."

Minard's Liniment for Dandruff.

Self-pity is a waste of time, and has never been known to produce any but bad results.

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At any hour—day or night—EDDY'S MATCHES bring the light.

ISSUE No. 1-24.

# TWELVE KINGS LOSE THRONES IN 8 YEARS

GEORGE OF GREECE IS LATEST.

Nicholas of Montenegro Was the First Exile; German Kings Went in 1918.

The sudden exile of George II. of Greece marks the passing of the twelfth crown in Europe in eight years. One has only to call the roll, beginning with King Nicholas of Montenegro, who fled to Italy on January 19, 1918, to realize how obsolete has become that phrase, "the divine right of kings."

Only a year ago the 25th of last September George II. ascended to the throne of Greece after his father had been forced to abdicate for the second time. But even in that brief period the former Crown Prince and his beautiful Queen, Elizabeth, the daughter of Queen Marie of Rumania, have learned how hard it is to please any of the people very much of the time.

Ever since 1832 Greece has had a turbulent time with her various kings, but the disease with which she is affected now seems to be a general European ailment. The list of the deposed or ill-fated rulers reads as follows: Nicholas of Montenegro, Nicholas II. of Russia, Ferdinand of Bulgaria, William II. of Germany, Karl of Austria, Frederick August of Saxony, William II. of Bavaria, Fuad I. of Egypt, Mohammed VI. of Turkey, Constantine of Greece and George II. of Greece.

Queen of Italian Empire.

The abdication of Nicholas of Montenegro was in another way symbolic of the general situation in Europe. It represented the thwarting of his ambitions for a greater empire, in his case with Serbia in the Balkans, just as the motor car crash of the Kaiser for Holland on the midnight of November 9, 1918, symbolized the wrecking of his dreams of world empire.

After his overthrow he set up a court at Neully, near Paris, where he amused himself for some time and tried valiantly to get back his crown. Nicholas had six beautiful daughters.

Helena became Queen of Italy. Another was the mother of Alexander of Serbia and another a Russian Grand Duchess. He died at Antibes, France, on March 1, 1921, after many vain attempts to recover his throne.

The story of the tragic ending of the Czar of Russia's vladimir reign has been told so often and has in it so much of romance, adventure and intrigue that it is familiar to all. Nicholas II. had reigned twenty years when the world war broke out. The revolution came in March, 1917. Gen. Ruskay communicated to the Emperor the demands of the army and the people, and Nicholas signed a manifesto relinquishing his throne. The Grand Duke Michael was chosen to take his place.

Most Tragic of All.

With his wife and children Nicholas II. was killed on the night of July 16, 1918, at Ekaterinburg. The Soviet Government finally issued an official report of the arrest and slaying of the Romanoff family. Of the twelve monarchs who have lost their thrones the end of Czar Nicholas II. is undoubtedly the most tragic of all.

Chronologically King Ferdinand of Bulgaria was the third ruler to lose his crown. In September, 1918, he started hastily off for Coburg, taking enough of his family fortune to keep him in good spirits for the rest of his life. Prince Boris succeeded Ferdinand. Only a month later his abdication was reported, but Boris III. is still on the Bulgarian throne.

With the defeat of the Central Powers in 1918 there was a grand exit of emperors, kings, thrones, crowns and scepters. The Kaiser and Emperor Karl of Austria bowed themselves off the stage at about the same time. Then Frederick August, King of Saxony, who had been ruling since October, 1904, was ousted from grace. On November 16, 1918, King Ludwig III. renounced the throne of Bavaria. It required another couple of weeks for the venerable William II., King of Wurttemberg, to follow suit, but he did so on November 30. He insisted upon retaining the title of Duke of Wurttemberg, and lived at Bebenhausen Castle, in the Black Forest, most of the time after that until his death on October 2, 1921.

Sultan Departs for Malta.

With a new Government and an attempt at independence King Fuad I. took charge of Egyptian affairs early in 1922, but was forced to abdicate in November of the same year.

A development which aroused much more interest, both for the picturesque character involved and for the unusual precipitance of its action, was the dramatic abdication of Mahomet VI., Sultan of Turkey, on November 17, a year ago. In April, 1922, the Sultan appealed to the mostem world to ignore the divorcing of the Sultanate and Caliphate by the Angora Government.

But this did not stop the growth of the Angora party, the weakening of Mohammed's influence. Early on the morning of November 17, 1922, the Sultan fled from his palace in Constantinople and placed himself under British care. He took passage to Malta on the British battleship Malaya and has been living in seclusion at San Remo. The late King Constantine lost his crown twice since 1918. He abdicated the second time on September 27, 1922, and he died the following January at Palermo, Sicily.