

## The Fresh Flavor

# "SALADA" GREEN TEA

is preserved in the air-tight SALADA packet. Finer than any Japan or Gunpowder. Insist upon SALADA.

## Woman's Realm

### MAKE PARLOR IN OLD-FASHIONED HOME SERVE A PURPOSE.

If you have never tried using the largest, pleasantest room in the house for the family bedroom, you don't know how much more you will enjoy it in that capacity, than as a parlor, used only occasionally.

I live in one of those old-fashioned houses in which a parlor was added to an already larger number of rooms than is needed by the average family. This company room was the largest room in the house, and so pleasant, airy and sunny with its south and west windows and sash door opening to the east upon the end of a south verandah. So delightfully situated it was a shame to use it so little. Such an abundance of sunshine went to waste in it and the finest view we had was from its seldom-used windows.

I tried using it as a living-room, but it was too remote from the kitchen and dining-room, and an air of made-to-be-used-only-on-state-occasions clung to it so persistently that the man invariably stopped in the "middle" room to lounge and read, leaving my cherished living-room to the isolation that the habits of years had banished it.

I reflected one day what an attractive bed-room it would make, and how convenient the smaller room opening from it would be as a nursery. The idea so captivated me that I promptly planned to rearrange it for that purpose and soon had my erstwhile useless parlor fitted up as a bedroom and private sitting-room.

A fair-sized bedroom opened from the middle room, which was also a large room, and both having a south exposure. I had a very wide doorway cut between the two rooms, nearly eliminating the partition, and so combined them into one delightfully long, sunny living-room. It was so enjoyable to have the piano and books and all the most useful articles of furniture out where we would use them every day. Our living-room became one, in a sense that no other room ever had, while my parlor never afforded me the pleasure and satisfaction that my big, sunny bedroom does with its accommodation for a fire in the winter and plenty of fresh and sunshine during the summer.—Mrs. E. M.

### MEASLES.

The season for measles is during the winter and spring months. One-half of the deaths from measles in Canada occurred in the months of January, February and March. A great many of these deaths could have been prevented if parents had realized the danger and how to avoid it.

The dangerous age for measles is early childhood. Sixty per cent. of the deaths from measles occur in children under five years of age. Some parents consider measles to be a necessary evil of childhood and that a child may be allowed to catch measles and have it "over and done with." This is a great mistake.

The older a child is when he contracts measles the better the chance he will have of recovery, the younger he is the greater the danger. The death rate of children having measles at two years of age may be five times as high as it is among those who postpone the disease until the tenth year of life.

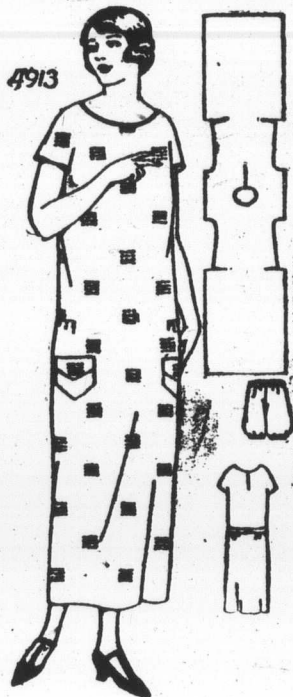
Measles is spread by the secretions of the nose and throat, especially in the tiny droplets sprayed out in coughing, sneezing and loud talking. The danger of catching the disease is greatest during the period from five days before the rash appears and for five days thereafter. Before the rash appears the child may seem to have only a cold, but in reality this cold may be the beginning of measles.

From the time of exposure, from ten days to two weeks elapse before

the child is taken ill. The illness is much less likely to be dangerous if taken in hand at an early stage. The first symptoms are a rise in body temperature and redness of the eyes. Therefore, when a child has been exposed to measles, the temperature should be taken on the eighth, ninth and tenth days after exposure. If the body temperature has risen or the eyes are reddened, put the child to bed and keep him there. Bed is the one safe place to fight measles, and the earlier in the disease the child is put to bed, the less will be the danger of death or a serious result, such as pneumonia, tuberculosis, eye or ear trouble. There is all the difference in the world between an attack of measles developing in a child exposed to body chill, and in a child safeguarded by warmth and rest.

Measles requires good nursing and the care of a physician. The patient should be kept away from other people until the rash has quite gone, and should remain in bed as long as there is fever or a cough. Do not let the child be uncovered and chilled as this may lead to pneumonia. A somewhat darkened, comfortably warm room is the best and the air should be kept moist and soothing to the air passages by means of pans of water or by wet sheets, which may be hung across the doorway.

### A NEW APRON FROCK.



4913. The busy, practical housekeeper will welcome this simple frock and the bloomers that accompany it, because freedom and comfort while at work are so desirable. The bloomers may be of the same material as the frock or of contrasting material.

The Pattern of this splendid style is cut in 4 Sizes: Small, 34-36; Medium, 38-40; Large, 42-44; Extra Large, 46-48 inches bust measure. The width of the frock at the foot is 1 1/2 yards. To make this model for a Medium size will require 4 1/2 yards for the frock and 2 3/4 yards for the knickers of 27-inch material.

Pattern mailed to any address on receipt of 15c in silver, by the Wilson Publishing Co., 78 West Adelaide St., Toronto. Allow two weeks for receipt of pattern.

Send 15c in silver for our up-to-date Fall and Winter 1924-1925 Book of Fashions.

### FRUIT SALAD.

Half pound English walnuts, half pound marshmallows, 2 cups diced pineapple, 2 cups canned white cherries.

Chop or break the nut meats, cut the marshmallows in quarters with scissors, and add pineapple and cherries. Mix with dressing, and let stand twenty-four hours before serving.

### OVERNIGHT SALAD DRESSING.

1 1/2 tps. flour, 1/2 tsp. mustard, 1/2 cup milk, 1/2 tsp. salt, 1 egg yolk, 1/2 lemon, 2 cups cream.

Mix flour, mustard, and salt; add the milk and egg yolk, and cook over hot water until the mixture thickens. When cool, add the juice of one-half lemon and two cups cream, whipped until stiff.

Minard's Liniment for the Grippe.

## Love Gives Itself

### THE STORY OF A BLOOD FEUD

BY ANNIE S. SWAN.

"Love gives itself and is not bought."—Longfellow.

### CHAPTER VI.—(Cont'd.)

"Mr. Garvock has had all he wishes, Ramsay. I think he is not feeling over well."

"Yes, ma'am. I don't wonder he was upset," answered Ramsay indifferently, and on the spur of the moment. Then he reddened under his mistress's inquiring gaze, and hastily went on with his duties, praying that he would not be further questioned.

"What do you mean, Ramsay? Has your master been specially upset this afternoon? Did anybody call while we were out?"

"Only Miss Rankine, and the doctor."

"Miss Rankine and the doctor! But why wasn't I told? When did they come?"

"Miss Rankine came about half-past five; and the master, he expressly said I was not to mention anything to anybody," said poor Ramsay, now floundering hopelessly.

"That will do, thank you, Ramsay," said his mistress with dignity. "We can wait on ourselves."

Directly the door closed she looked across at Lucy, determinedly.

"I must be at the bottom of this, Lucy. Peter can be very tiresome and masterful, but he must remember that his mother requires some consideration. I will go to him. You had better stay here—or go to the boudoir. I must make him understand that there is more deference owing to me than he seems inclined to pay."

So saying, and gathering all her dignity—which was considerable—about her, Mrs. Garvock sailed out of the room.

Lucy went abstractedly on with her supper, disturbed in her mind, and full of curiosity. Mrs. Garvock went straight to the library door, which she opened without knocking.

There was only one small light, under a green shade, burning on the desk at which Peter had already seated himself. He looked up with evident annoyance at the opening of the door. His mother closed it quite quietly, and stepped forward.

"I've come to hear what actually happened to-day, Peter," she said in a tone which sounded quite ordinary, but which was as quietly determined as Peter's own. "Ramsay has just let drop a few words—no, don't get angry; it was done quite inadvertently, but what did Judy come here this afternoon for? And why were we not to be told?"

Peter Garvock put down his pen. "You are rather exasperating, mother. I think I might have had peace for just one night! I told you you would probably hear an embroidered story to-morrow."

"That is precisely why I prefer to hear an unembroidered one to-night. It is my due, Peter, and I should not have had to ask it twice—not even once—from your father."

"Well, if you will have it—Alan and Carlotta have fallen in love with one another, and I've got my conge in consequence. I went to have it out with him. We met at the march dyke, and—well, we did have it out! He'll remember this day, perhaps, and what it means to get across my path as he has done."

Mrs. Garvock looked the picture of consternation. "But, Peter, it's impossible! In love with Carlotta! Why, how often has she seen her?"

"You can go and ask him. I don't know. I'm giving you what you ask for—the plain, unembroidered facts."

"Then what brought Judy here?"

"We fought at the march dyke, and I suppose that on her way here she found him lying on the ground."

"Peter!" cried the mother, in a hollow whisper. "You didn't kill him?"

"Oh, no! Sanderson called in on his way back from Stair—he hasn't been gone above half an hour—to tell me that the cur is all right."

Mrs. Garvock wrung her lily-white hands, on which the diamonds shone.

"Oh, Peter, it would have been better without this! Nothing has gone right with us since you got engaged to that woman! You are well quit of her."

Peter made no demur, but bent his head to his desk again, as if longing to be left alone.

She stood contemplating him for a brief space, wondering whether he suffered, yet afraid to ask. So little did she know of the son she had borne, she scarcely dared offer her sympathy lest it should be cast back upon her!

"But, Peter—"

"Yes, mother. What now?" he asked, raising his head with a gesture of infinite weariness.

"I don't want to keep on about it if it hurts you, but it is not possible that they can marry, here, at least! Are you sure there has been no mistake?"

"There is no mistake. As to their marrying—I don't know where they will marry, or when, or whether they ever will; but I'll keep my fingers tight on Stair, mother, and Alan Rankine shall feel the grip of the man he has played his dastardly tricks on! As for her—it was for my money she wished to marry me. We shall see what kind of a wife she'll make to a

man who has none—who will never have any, for he doesn't know the elements of how to get a livelihood, and I'll take care that he gets no chance in Stair!"

The slow vindictiveness with which her son spoke chilled the heart of Isabel Garvock.

"Oh, Peter, don't talk like that! It makes my blood run cold. You will get over it, my dear. There never could have been a blessing with this marriage. It made me very unhappy all along, and I only refrained from saying what I actually thought, because you seemed so set upon it. One day you will be able to look back and be glad this has happened."

"Maybe. And now, mother, having got the whole story, will you leave me?"

"I must, I suppose. But I am not easy in my mind, Peter. I should like to stop and help you to bear it. After all, you have Lucy and me left. We'll stand by you; you may depend on us."

"I do depend on you," he said, but without warmth. And once more the weary look settled on his hard face.

Thus baffled and repulsed, what could his mother do but turn and leave him, closing the door softly.

She met Lucy leaving the dining-room, and drew her hastily into the boudoir.

"Oh, my dear! Terrible things seem to have happened! Can you believe that it is on Alan's account Carlotta has given up your own brother?"

"On Alan's account!" echoed Lucy, and the mother might have been warned by the sudden, shrill note in the piping voice.

"So he tells me. How long is it since Alan came home?—little more than a week!"

"A week, yesterday morning," said Lucy dully.

"Well, apparently he has made good use of his week, or else he has met Carlotta before."

"Do you mean that—that there is anything between Alan and Carlotta, mother?"

"Yes. She has thrown Peter over for your cousin, and, it seems, they had it out on the hill at the march dyke, and Peter left Alan lying on the ground, and Judy was here this afternoon about it! It's the most extraordinary story I've ever heard, Lucy, and to happen in a sober Scotch household on a Sabbath day! Don't you think we have had enough excitement to last us for years?"

But Lucy did not hear.

Presently, the mother, looking at her, saw that her face had become ashen-hued, and that she was trembling like a leaf.

"Don't take it like that, my dear. After all, it is only a man's quarrel, and needn't affect us. And really, in our hearts we ought to be rather glad that it is all broken off, though, of course, if she marries Alan, we shall still have her, in a sense, in the family."

Then the light broke in on Mrs. Garvock, and she understood!

The blow had fallen doubly on The Lees, and the strange affinity between Alan Rankine and Carlotta Carlyon, whether it would ever bring happiness to them or not, had certainly dealt nothing but doom and woe to Peter Garvock and his sister Lucy!

(To be continued.)

Minard's for Sprains and Bruises.

### THE OLD MOTHER.

Lord, rest me from my daughter Who is so kind to me; Never need I walk alone, Nothing have I that's my own, What I begin, by her is done; And from all but her alone Am I rested, till I moan. Lord, rest me from my daughter Who is so kind to me.

—Eisabeth Morris.

### A Promising Prescription.

"I don't know what we're coming to, I'm sure," said the business man as he and the minister sat waiting on the hotel veranda for news concerning a threatened strike. "The world seems to be crazy these days, and no one seems to know the cure for our troubles."

"I ran across something the other day that sounded good to me," the minister said.

"What was it?"

"Just this simple sentence, 'Ye must be born again.'"

"Humph! That's from the Bible. Isn't it? It's a mystical sort of thing that no one has ever fully understood, seems to me. I fear it is too difficult to understand."

"Prescriptions," the minister replied, "are usually a bit difficult to interpret. But it is seldom necessary that the patient shall understand the doctor's Latin. Why do I think this prescription promising? Well, for one thing because it goes to the root of the trouble. Men are blaming the ills of the world to various secondary causes—ignorance, wrong laws, wrong distribution of wealth, wrong surroundings, wrong social customs, and so forth. Now none of these things lie at the root of the matter. At bottom what is wrong is man himself. If laws and social customs are wrong, man made them so. If there is ignorance, if there is injustice, man makes it. If there are surroundings in which man cannot thrive, they are surroundings that man has made. Fundamentally man himself is wrong, and this prescription in its very first word strikes at the root of the trouble."

"You believe then that the problem is a religious one?"

"Fundamentally it is. It is man's nature, his disposition, that is wrong. Education will not cure our ills. We do not sin through ignorance alone. What is needed is a new spirit, and a new spirit is just what this prescription proposes to give us."

"But will it work?"

"It does work. Take Jerry McAuley, river pirate, thief, probably a murderer. You have heard that he was transformed into a valuable citizen who went out to save other human wrecks. What did it? This prescription. Valentine Burke, the burglar, through trying this prescription became a trusted deputy of the law he had once flouted. These are only two out of countless instances."

"Granted that it works in the cases of individuals, that does not prove that it will cure the ills of society."

"Doesn't it? What is society but an aggregation of individuals? How can you change society except by changing the individuals? The process is slow, I grant, but it's sure. And do you know any other proposed remedy as promising as this?"

"To be frank with you," said the business man, "I do not."

Tea Supply Inadequate

—Prices Higher

Tea prices are going up mainly because tea is being demanded by millions more people. Tea is the cheapest and certainly one of the most palatable and satisfying beverages known. But the tea-growers have been unable to meet the tremendous demand. It takes three years for a tea bush to mature to the plucking stage.

His Audience.

Mike—"Did ye ever speak before a large audience, Pat?"

Pat—"Fairly large, I did."

Mike—"An' what did ye say?"

Pat—"Not guilty."

Farthest North.

The farthest north police station in the world is on Herschel Island on the Arctic Ocean, a post of the Royal Northwest Mounted Police.

Running Board Limit.

Loads on running boards should not extend beyond the hub cap on the left side nor more than six inches on the right.

He—"Going to the petting party to night?"

She—"Can't, I gotta cracked lip."

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