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Woman's Interests

SALADS AND SALAD DRESSINGS.
Salads suit all times and seasons, but are especially palatable in the spring. The salad may be used as a garnish for meat or fish, often eking out a scant amount of such food, or it may be attractively arranged in a bowl, or the separate portions arranged on the serving plates. Almost all vegetables, many fruits and a large variety of meats and fish can be attractively served in salad form. Lettuce, endive and romaine form the background or foundation of most salads, but when they are unobtainable an agreeable foundation for salad can be made of cabbage which has been crisped in cold water, drained, then finely chopped or shredded.

POTATO SALAD is quickly made thus: Cut boiled potatoes in very small pieces. Add an equal quantity of celery cut in quarter-inch lengths, and a generous amount of minced parsley. Green peppers cut in small pieces may be added. Season with onion salt or salt and minced onion. Add French dressing and mix thoroughly. If allowed to stand in a covered dish for half an hour or more before using, the flavor will be improved.

FOR BEET SALAD: Cook six beets, peel, and when cold cut a slice from the end of each, so that they will stand firmly. Remove a portion from the centre of each beet and chop this portion finely. Add to the chopped beet an equal amount of finely chopped cabbage and three tablespoons of finely chopped walnuts. Season lightly with salt and paprika and moisten with a boiled dressing. Fill the beet cups with this mixture and set each in a nest of lettuce leaves or chopped cabbage. Canned beets can be served in the same way.

MOLLEN VEGETABLE SALAD makes such a nice company dish that we repeat the recipe. To make the salad dissolve one tablespoonful of gelatin in one-fourth cupful of cold water. Then add one-half cupful of boiling water, one tablespoonful of sugar, two tablespoonfuls of vinegar and one teaspoonful of salt. Strain and cool and when it begins to thicken, add one cupful of celery cut in small pieces, one cupful of shredded cabbage and one-half cupful of green sweet pepper, cut in fine strips. Pour into individual molds, set on ice, and when hard turn out on lettuce leaves. Serve with any preferred salad dressing.

SALAD DRESSING can be made with ham fat or bacon fat instead of olive oil or cream. Stir together until smooth two tablespoonfuls of flour and four tablespoonfuls of boiling hot fat. Add three tablespoonfuls of vinegar and half a cupful of water. Add a little salt and a dash of red pepper. Place over the fire, stir and allow to boil for a few minutes, then pour it gradually over a beaten egg. Set the vessel in a double boiler and return to the fire, stirring until the egg is slightly cooked.

MAYONNAISE SALAD DRESSING is quickly made thus: Put in a bowl the yolks of two eggs, one cupful of oil, juice of one lemon, one level teaspoon-

Lifebuoy is the real way to healthy skin. It cleans not only the surface but the pores. It softens with its pure palm and vegetable oils. It is delightful to use.

GET READY FOR CANNING. The supplies for canning and jelly making should be examined and replaced. Besides the jars, cans, glasses and rubber rings there should be a plentiful supply of spoons, paring-knives, squares of cheesecloth, and large bowls, preferably those of enameled granite. Fruit and garden stuff must be preserved when ready, they can not be kept over for a convenient season or until supplies are replenished. Preparedness oils the machinery of the household and by providing the things which make for comfort and efficiency, many seemingly impossible tasks can be accomplished.

The Gift Of The Gods

BY PEARL FOLEY.
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CHAPTER V
The blue of the June sky beamed over New York as brightly as it did over China. There was not the least doubt of it in Nell Culver's mind as she stepped from her car and crossed to Tung Yung's curio store. Yes, he decided as he stood at the window surveying a sample of the marvels within, New York was the one place in the world—but still China had a way of beckoning you that was hard to resist. Then a shadow crossed his face, as the tragedy of the past touched him. With an effort he shook it off and stepped into the store.

Tung Yung came forward beaming and bowing profusely, acting the part of the courteous, well-bred proprietor in a way to send Yen, his assistant, off to another customer with joyful heart. Yen was a perfected pattern of his master—an exact counterpart, so far as actions went, of the obsequious Tung Yung.

"Well, Mr. Tung Yung, I see you still pay us the compliment of displaying all your goods before our eyes instead of leading us, as they do in your native land, from one cubby hole to another before showing us your choice tidbits."

"Ah!" Tung Yung beamed appreciatively. "Americans good taste and pockets as good."

"Well, Mr. Tung Yung, I see you are contemplating retiring. Lucky man. You will go back to China and live like a mandarin, eh?"

"No, I am not. Money buys but an infinitesimal part of this world's wealth, after all."

Tung Yung looked at his customer sharply. Personal enquiries being considered the height of Chinese politeness, and, as stated before, Tung Yung was an adept in this art, he questioned, "The foreign heeler loses his great happiness in China?—never recover one so great again?"

Mountains Under the Sea.

Largely owing to the operations of cable-laying and cable-repairing ships, our knowledge of the geography of the ocean bed increases every year.

Not many people know, however, that just as there are mountains on dry land, so there are mountains beneath the sea, some of them as high as the peaks in the Alps and the Andes.

One of the biggest of these submarine mountains is Laura Ebel, situated in mid-Atlantic. It is over 12,000 feet high, its summit being less than 200 feet below the surface.

So often has this mountain been explored by oceanographers, with the aid of sounding apparatus, that its characteristics are as well known as those of Ben Nevis or Snowdon, although it has never been seen.

In the same locality is another great sea mountain, Mount Chancel, first discovered seventy years ago. Its summit is only just over 100 feet below the surface, while its height is 10,000 feet. The summit of another peak, Mount Phantasia, is only 30 feet below the surface.

A mountain range whose peaks are named after members of the Royal Family is another little-known feature of the Atlantic bottom. Every one of its ten peaks is higher than Snowdon.

The real "Davy Jones's locker" is to be found at the foot of the Paradise Hills, in the South Atlantic. It is estimated that at the base of the highest peak in the range, Sainthill, there lie no fewer than five thousand wrecks.

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ARMIES TURNED INTO ICICLES.

The recent death of Sir James Dewar, the great chemist, who astonished the scientific world by his discoveries in 1911 in solidifying hydrogen at a temperature of 470 Fahrenheit degrees of frost, as well as his discoveries in connection with liquid air, has called attention to other scientific marvels in the same field of research.

Three years before Sir James Dewar's great discovery a Dutch professor found out how to liquefy helium, the rarest and most volatile of all gases. This he was reported to have done at a temperature of 450 degrees below zero.

Revolution of Human Life. The practical outcome of this discovery was stated by a scientist as "sufficient to revolutionize human life."

He thus explained how this amazing result was to be brought about: "This discovery is fraught not only with the most alluring possibilities for the well-being of mankind, as it may be applied to the increase of comfort and health, but with possibilities of destruction and death beside which the engines and munitions of modern warfare are playthings."

"Let us divide the proportion into two parts," he continued, upon being pressed for an explanation of such a startling statement. "Some years ago, when I was conducting some experiments in a cold storage establishment, I sent a number of workmen through the plants to inspect what are called ammonia gases. These are valve-like openings, by the proper action of which the expansion of the ammonia gas may be regulated at will, the rate of expansion determining the temperature."

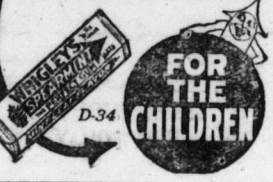
"One of these men, in some way which no one will ever know, kicked open an ammonia gate. Not only was the man killed instantly by the fumes, but he was frozen solid and broke in pieces when he struck the floor."

"Now, when you consider that liquid helium is as much colder than vaporized ammonia as a piece of ice is colder than molten lava, you will realize the appalling consequences of its power as an agent of death, about it be employed as an instrument of war or private vengeance."

"Suddenly liberated in a battleship, it would not only instantly freeze to death every man on board, but the inconceivable cold would at once cause the ship itself, with all its guns and machinery, to fall in pieces."

WRIGLEY'S

After Every Meal
Top off each meal with a bit of sweet in the form of WRIGLEY'S.
It satisfies the sweet tooth and aids digestion.
Pleasure and benefit combined.



FOR THE CHILDREN

The Interpreter.
Andrew McAndrew and his daughter Janet came on a visit to relatives in London recently. Day after day Janet and her father went sightseeing—always together.

Janet's aunt noticing this, suggested that she should let her father go out alone occasionally, saying jokingly: "They do not like to have women always tagging along."

"Ay Auntie, but he wants me," explained Janet, earnestly. "He cannot stoil to stir out o' the hoose his lane. We wadna believe how fast he is ony where w'ott me. Ye see, father tanks sic braid Scotch that stranger folk dinna ken what it's a'bout, an' I ha'e tae gang w' him tae dae the conversing."

Excessively Honest.
The newly wedded young woman had an interview with her milkman concerning the quality of his wares.

"Mrs. Jones," she remarked, "tells me that there's lots of cream in her milk bottles every morning. Why is there never any in yours?"

"Well, lady," explained the milkman, "I'm honest—that's why. I fills my bottles so full there ain't no room left for cream."

Minard's Liniment for Corns and Warts
JAPANESE IRIS FROM SEED.
If you have patience to raise Japanese iris from seed, you will be well rewarded. We did not get our iris to bloom for several years, for every one who came to work in the garden seemed to owe these seedlings a grudge. We would tell the men to look out for them, but they would either tread them into the ground or dig them up, thus killing many of the plants. However, when they did bloom, we were well rewarded. Last year we had pure white, single and double, a lovely amethyst, and the "gold-bound"—double white with a gold band through the centre of the petals. They are wonderful; try them.—Clara A. Abbott.

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JAMES SMART PLANT, BRONXVILLE, N. Y.



Dr. Helen McMurphy. Dr. Helen McMurphy was the only woman included in the group to be honored by the University of Toronto with honorary degrees this year. She received the only honorary degree of Doctor of Medicine which was bestowed.

Fisherman Who Caught Himself.

A certain doctor who had had nervous prostration was heard to remark that the breakdown was of inestimable value to him; it gave him an insight which he had never before possessed. He was not inclined thereafter to scorn the whims and follies of over-wrought patients. A New England man, with a fondness for fishing, had a somewhat similar experience, which perhaps did wonders in developing his sympathies. He was angling for grayling.

He cast his red spinner over a big fish that had just risen in midstream, but the fish declined the offer. Again it came up, and again the fisherman dropped the spinner on the point of its nose, but still he declined.

The man was perhaps a little flustered at this contempt. He drew up hastily, and as he did so his foot slipped in a hole. The consequences were that he fell head first into the water and all in a confused bang into his face. He threw it out again, with the impression delicately conveyed to the ears by the swish of the line, that the fly was off.

"Lost your fly?" cried a fellow fisherman, looking curiously into the other's face. "Why, it's sticking in your nose!" and he burst into a roar of laughter.

Then the other, wondering, put his finger to the tip of his nose, and there, to his astonishment, his horror and, it may be added, his terror, he found the hook firmly imbedded in cartilage. When he made the nearest he must have driven the hook deeply into the nose and far below the barb. Yet he had never felt the slightest pang or twitch.

No Nickel Mines in United States.

It appears that there are no nickel mines in the United States and that the output of nickel from domestic ores is merely a by-product from electrolytes of the copper refineries. Salts and metal equivalent to 328 short tons of metallic nickel were saved in domestic refineries in one year from both foreign and domestic ores. Nickel ore—imported for consumption—is mostly from the Canadian deposits.

DISCARDED ARTIFICIAL TEETH. We have a large stock of discarded artificial teeth, and we are now offering them at a very low price. They are of all shapes and sizes, and are of the best quality. We have a large stock of discarded artificial teeth, and we are now offering them at a very low price. They are of all shapes and sizes, and are of the best quality.