



## About the House

### SUIT SCHOOL LUNCH TO THE WEATHER.

When my children first went to school we were living in town and they were dismissed at 11.30 and came home for dinner. How they used to rush into the kitchen "hungry as bears," wash and comb, and be all ready when their father arrived.

When we came to the farm to live, school was too far away, so I packed their lunches. At first they liked staying at school during the noon hour.

But with the season for coats and caps and mittens, the cold lunches lost their popularity. A cold lunch may be very nourishing, but it is not satisfying in cold weather, and the children really need something warm.

At first I thought of consulting the teacher and the other mothers in regard to serving something hot, but I hesitated to add to the work of the busy teacher. I decided to try something else first.

It happened that we had thick rice soup with tomato sauce for supper one night about that time, and one of the children watched me dish it up and said, "I wish we might have some of that for our lunch to-morrow."

"Well, I guess you might," I said. It is one of our favorite soups and is very nourishing. It is made this way:

Put into a frying pan two table-spoons of pork gravy, or lard, and when it melts add one cup of washed rice. Stir until the rice browns, then add four or five raw tomatoes or some tomato sauce, and set on the edge of the stove to simmer for an hour. Season while cooking, with onion, salt and pepper. If necessary add water.

When I put up the lunches next morning I put the cold, thick soup in the bottom of a broad, oblong dinner pail and laid the wrapped sandwiches on top of it. The dessert and fruit went in last.

At noon the children took out the other articles and put the soup on the stove to heat. At night they were very enthusiastic over their warm lunch, and I found that I had started something, for they all wanted to know what they could take to warm on the following day.

So I began saving out something from supper or breakfast, or making something extra to put in the lunch pail to be warmed. Sometimes a small granite dish of baked beans, sometimes scalloped potatoes, creamed carrots or turnips, macaroni and tomato sauce, stewed meat with vegetables, mashed potatoes with gravy, or some of the rice soup.

Every day that winter the children had something to warm in their school lunch. On mild days and cold days,

## FRESH EGGS

and plenty of them every month in the year if you will rear chicks, feed and care for them as instructed in our inexpensive, effective Coldbelt Poultry Course, given by mail under the direction of the expert poultrymen, Geo. N. Miller and Prof. C. K. Graham. Particulars gladly mailed. Write Shaw Poultry School, 46 Bloor W., Toronto

in sunny weather and stormy weather, when there was a path to follow and when they had to break their own, the children went to school. They were not sick once and never missed a day. Just how much the warm lunch had to do with it I cannot say, but I believe it helped and they never went unwillingly to school. And when their father and I sat down to our own warm dinner we ate with more relish, knowing that the children too had a satisfying meal.—Mrs. E. H. D.



### A POPULAR PRACTICAL MODEL.

4391. This style has good and comfortable lines. The closing is in coat style. Madras, gingham, pean drill or flannel could be used for this model.

The Pattern is cut in 9 Sizes neck measure: 14, 14½, 15, 15½, 16, 16½, 17, 17½ and 18 inches. A 15-inch size requires 4½ yards of 27-inch material.

Pattern mailed to any address on receipt of 15c in silver, by the Wilson Publishing Co., 73 West Adelaide St., Toronto. Allow two weeks for receipt of pattern.

### TREATMENT FOR WOODWORK.

To clean woodwork that is grained or varnished in imitation of hardwood, rub it well with a cloth wrung out of soapuds in which borax has been dissolved. Then rub hard with a soft cloth dipped in kerosene.

When floor oil is used on floors or woodwork, it may be darkened by adding half a tablespoonful of burnt umber to each quart of oil, or lightened by adding the same quantity of yellow ochre.

### CONDENSED-MILK PASTE.

Not long ago I found still another use for condensed milk. I needed some paste right away and I hadn't a bit in the house. I found that condensed milk, used very sparingly right out of the can, answered the purpose admirably.—M. B.

### A SOAP-SAVING HINT.

Save the small pieces of your favorite toilet soap and put them in the boiler when boiling clothes. This not only makes use of the ends of the soap but gives your clothes a delightful fragrance which will last for days.

## Extreme Cold Might End Polar Flight.

Just how cold is it at the North Pole? If the temperature is lower than 45 degrees below zero Capt. Roald Amundsen's postponed attempt to cross it in an airplane is likely to fail when and if he attempts it, German pilots say, although that degree of cold would hardly make a Manitoba farmer bring out his earmuffs. Forty-five degrees below zero, Fahrenheit, veteran German pilots recall, once stopped the war in one sector when no other elements or earthly agencies could do it, and therefore it is likely to stop Amundsen.

Early in 1917, they recall, the Germans were striving to regain some trenches in the vast swamps between Mitau and Riga, which had been taken by the Russians in a Christmas surprise attack. The operations were constantly being slowed up by the cold until the bitterest day came on February 3. On that day, despite the intense cold, airplanes started for an attack, but were soon forced to land, as the oil froze in the engines. Motor cars with ammunition, tractors drawing guns and the hydraulic recoil mechanism of the guns all were frozen solid. In the meantime the same thing happened on the Russian side, and the battle which had been planned to be an intensive one simply froze up.

The pilots believe that the same fate might overtake Amundsen. However, it is the general belief that in July the temperature at the North Pole is somewhat higher than 45 degrees below zero.

## NERVES RESTORED HEADACHE GONE

### A Grateful Letter From a Well Known Vancouver Nurse.

"In the summer of 1922," says Mrs. Mary Hill, of 31st Avenue West, Vancouver, B.C., "I became very anxious about my young daughter's health. She was attending a commercial school, and between her close study and exceptionally hot weather she became very much run down. I noticed that she looked white and seemed constantly tired, was depressed over her studies, and irritable and peevish about the house. I got several tonics I had heard well spoken of, but they did not seem to help her. At this stage an advertisement of Dr. Williams' Pink Pills, telling of a similar case, was brought to my attention, and I decided to give this medicine a trial. You may judge of my surprise and delight when I noticed an improvement in her condition, almost before the first box was finished. She continued taking Dr. Williams' Pink Pills for some time, gaining in health and strength. Her headaches, backaches and depression disappeared, and she again looked well and happy. She has since, I am glad to say, kept perfectly well and passed her examinations with credit.

"I must have worried more than I knew over my daughter's health, for though I have earned my living as a maternity nurse for the past 12 years, even the most trying cases did not seem to exhaust me until last fall, when I seemed to give out suddenly. I became so nervous that I had to decline work, and I suffered from headaches and a constant feeling of depression. I attributed my condition to the fact that I was entering a critical time of life. It was my daughter who suggested that Dr. Williams' Pink Pills might do me as much good as they had done her, and after a faithful use of them for a time this proved to be the case. My nerves regained their steadiness, and my general health improved so much that I felt able to undertake my nursing duties again. I have taken the pills occasionally since, and thanks to them have been able to stand the strain of my work splendidly and still feel as well as ever. I am very grateful to Dr. Williams' Pink Pills and am thankful to have found such a reliable medicine for use in my home, and I can conscientiously recommend it to any suffering woman or girl coming under my care or influence.

You can get these pills from any medicine dealer or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### A Clergyman's Dilemma.

A clergyman, introducing some new hymn books, gave the clerk a notice after the sermon. The clerk had one of his own to give with reference to baptism of infants. He announced: "All those who have children they wish baptized, please send in their names at once."

The clergyman, who was deaf, assuming that the clerk was giving his notice, arose and said: "And I want to say for the benefit of those who haven't any, that they may be obtained from me any day, between 2 and 4 o'clock, the ones with the red backs at twenty-five cents and the ordinary little ones at fifteen cents."

# RED ROSE TEA "is good tea"

Folks who want the very best use 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.

If sensible men and women throughout this province could realize what an expense sickness is to the community it would open their eyes. They would then in all probability seek some means to combat and reduce this heavy expenditure which not only takes its toll in money, but in human suffering and human life. The average man or woman without facts and figures cannot be expected to know what a bill the community has to face every year for sickness, and the worst feature of the whole thing is that much of this sickness is preventable.

All classes of the community suffer from preventable diseases, and I mean this in a very broad sense to include all those cases of ill-health that one sees and meets with as a result of lack of attention and lack of treatment in early life. People will often wonder why a person dies suddenly, when in the ordinary course of events he or she should have still many years of life before the completion of the allotted three score and ten. If one inquires back into that person's history, it will often be found that they have had physical defects in early life that went untreated. He or she may have had diseased tonsils that for a long time poisoned the blood and produced "rheumatism," with sometimes heart disease resulting. Or he or she may have had scarlet or kidney disease and so led to an impaired and weakened state of health. Or again, pneumonia or tuberculosis is often the aftermath of what was thought to be a simple case of measles.

Whatever the cause, sickness results and we should know that it costs us dearly not only as individuals but as a community and nation.

In the realm of industry, something of the loss through sickness can be put in tangible form by explaining that approximately 3,300,000 work-days per year are lost through disability by the 500,000 industrial workers in Ontario. Of course a considerable amount of this loss is due to accidents of various kinds, but nevertheless sickness takes a heavy toll.

And now comes statistics from England showing what an expense sickness is to the British people. Here is what the despatch says: "Ill health made heavy demands during the past 12 months, persons with health insured losing 19,500,000 weeks of work." Adding those who are not insured, experts say the total would reach 30,000,000 weeks of work lost to the country through ill-health of the working population. At an average wage of \$10 per week, the figures mean \$300,000,000 a year.

The same conditions apply to Canada, though of course to a lesser degree on account of our smaller population. But the point to be emphasized is that if the public can be brought to realize the financial and economic loss sustained by preventable ill-health an energetic public opinion will support the Government in its efforts to reduce preventable ill-health both in childhood and adult life and so bring about not only a reduction in expenditure for sickness, but a raising of the health standards among all classes of the community.



### Nothing New.

"Government scientists have succeeded in constructing a scale that records one-billionth of a pound." "Old stuff. My coal dealer's been using one of 'em right along."

### "He's My Brother."

An American who was walking down the streets of a Chinese city was greatly interested in the children, many of whom were carrying smaller children upon their backs and managing at the same time to play their games.

"It is too bad," the American said sympathetically to one little fellow, "that you have to carry such a heavy burden!"

"He's no burden," came the quick reply; "he's my brother."

"Well, you are chivalrous to say so!" exclaimed the man, and he gave the boy some money.

When the American reached home he said to his family: "A little Chinese boy has just taught me the fullest meaning of the words, 'Bear ye one another's burdens and so fulfill the law of Christ.'" If a little Chinese boy can carry and care for his brother and refuse to consider him as a burden, surely we ought not to think it a burden to carry our little brothers, the weak and the needy ones, who look to us for help. Let us rejoice as we carry the needy one and say, "He's no burden; he's my brother."

A canal in England is now equipped with an overhead electric trolley that furnishes power for a motor-driven propeller in the stern of each barge. The result is said to be highly satisfactory. The barges attain a speed of four miles an hour, and since only one man is needed on each boat, the operating costs are greatly reduced.

Do not complain that, because you cannot live up to your aspirations, you cannot live up to principles.

## WINTER WEATHER HARD ON LITTLE ONES

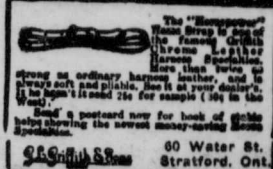
Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little one healthy. They are a mild laxative which regulate the stomach and bowels and thus prevent colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Historic Sites.

The different lines of work carried on by the Department of the Interior in the preservation of places of national interest such as historic and prehistoric sites, the protection of old arts and handicrafts, the creation of bird sanctuaries, and the preservation of many forms of bird and animal life, are all serving to make Canada an increasingly interesting place to live in and, therefore, to enhance its attractions for tourists. The possibilities in this connection have as yet scarcely been realized but they can undoubtedly be made to play a large part in building up the prosperity of the country.

Sugar beet costs can be reduced materially through thorough soil preparation, which requires fall or early spring plowing, and a generous use of the culti-packer or the roller.

## You Can't Break This Hame Strap



Send a postcard now for book of little hints showing the newest money-saving ideas.

60 Water St. Stratford, Ont.

## Seeds for Sale

Peel County is noted for its high quality seeds. Peel Seed House, Brampton, Ont., is located in the very centre of this district. It has large quantities of Ostron, Variegated and Special Alfalfa, Red Clover, White Sweet Clover, Timothy, etc., which are sold direct to farmers, any part, in any size lots. Write at once for price list.