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"SALADA"

It insures tea that is fresh, fragrant and pure — Try it.



Woman's Interests

WHICH VEGETABLE IS BEST WITH THAT MEAT?

Certain combinations of meat and vegetables have always appealed to the taste, due to the blending of their flavor. Try some combinations from the list given below for dinner. Choose the meat, then a starchy vegetable and a green or succulent vegetable to make a well-rounded main course to the meal.

Roast beef with cauliflower, beets, cucumbers, spinach, carrots, parsnips, squash, celery, tomatoes, onions, beans, turnips or green corn.

Beef steak with peas, asparagus, cauliflower or mushrooms.

Beef pot roasts with onions, turnips, carrots, tomatoes or beets.

Corned beef with cabbage, spinach, beet greens, string beans, cauliflower, parsnips or cucumbers.

Beef roast with peas, asparagus, cauliflower or mushrooms.

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The Gift Of The Gods

BY PEARL FOLEY.
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CHAPTER XVII.—(Cont'd.)

"And there is nothing we can do?" "Nothing that I can see. Lun, poor woman, has been imploring me on her knees to delay the wedding for at least two months. She claims Tu Hee won't marry Chu Sing if we can persuade her to wait till then. Personally I think the poor creature is hysterical and hopes by delaying the ceremony to save one girl."

"What reason does she give for her strange request?" "Not a word of explanation. That's why I don't feel like acting. She says Tu Hee would listen to me; but I'm afraid I couldn't make such an assurance without convincing enough to influence her."

"It does seem ridiculous," agreed Grace, "to delay the wedding two months, and the absurdity of it makes the old woman's request appear to have something back of it."

"But why doesn't she give me an inkling then? She was frantic; actually got down on her knees and abjured like a child."

"Did you promise her anything?" "Nothing definite. I said I would call and see Tu Hee, but it's doubtful if she will see me. She's gone into seclusion for her uncle."

"Poor child, I suppose she feels nothing matters. I wonder if she really cared for David?"

"Well, if she did," replied Helen, "a practical note in her voice, 'I hope she will be sensible enough to forgive him. I wouldn't want to see David mixed up in the affair now.'"

"I feel like calling him."

"Grace Ashton, have you lost your senses?"

"But, Helen," there was a catch in the girl's voice, "you don't understand. I feel horribly responsible. Just think if Rowe and I were parted—why, it would kill me."

"A misty look softened Helen's eyes. 'It is marvelous what the human race can endure. I thought if anything happened to Fred I'd lie down and die, but when he was taken from me life laid obligations on me that could not be shirked and for my friends' sake I had to live on.'"

"Yes, but you have abnormal moral courage, Helen dear."

"Have I? Helen smiled sadly. 'It must have been given me since then, for I had none at that time, Grace dear. God! the agony I suffered, the black clouds that rolled up and set a deaf over the layers of a pleasing development. Chintz or cretonne with sateen or rick rack for a finish is also good.'

The pattern is cut in 4 Sizes: Small, Medium, Large, and Extra Large. A medium size requires 2 3/4 yards of 36-inch material.

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.

dragged at twenty. This month I am going to tell you some simple ways to keep these cells as youthful as you want them.

Just because you're plump don't think you have an insurance policy against wrinkles. Unless the tissue cells of your face are stimulated they will sag and crease in the little telltale lines, especially around the eyes and mouth. You're afraid the ordinary creams will make your face fatter. There are non-fattening ones, you know. They refine the skin, smooth away the wrinkles, and keep the complexion fresh and blooming without adding a fraction of an ounce.

And there's a soap that seems compounded just to youthify. It contains a larger percentage of oil than many creams. It is a real cold cream in soap form. While it nourishes and beautifies, it also cleanses, thus saving much of the work entailed by extra creaming. It is really worth a trial. And don't forget there's nothing so helpful to the aged skin as plain sweet milk, applied liberally.

Arrange, but true, your first wrinkle is often caused by an ill-fitting shoe. One that is too large is just as bad as one that pinches and binds. For a strained look comes to the eyes when the shoe slips to the heel, or the toes clutch at the sole to keep in place. It takes only a second or two to whisk a good antiseptic foot powder over sensitive feet in the morning, but it gives in return hours and hours of comfort through the rest of the day.

Young hair is well kept hair, where dandruff has no place. So if you find the gloss and prettiness have vanished, try the latest—a herb tonic that may be used directly after the shampoo, or in place of it. Rub this on the scalp and through the hair, and watch the improvement in attractiveness.

And don't forget, there's magic—hair magic—in your own ten fingers. Apply them at night in a circular motion all over the scalp. Keep this up until you feel the aroused blood tingling through the veins. Then you may be sure that the little cells that furnish coloring to the hair won't want to die away into a discouraged grayness.

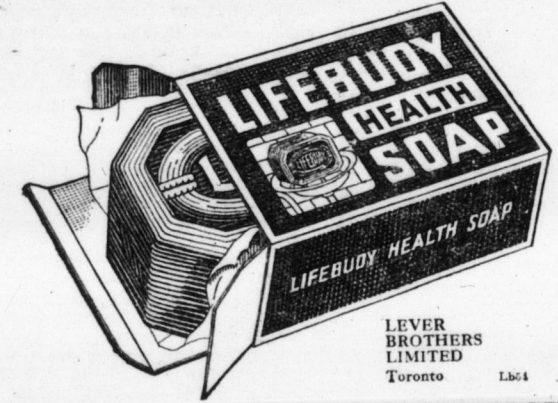
WRIGLEY'S
After Every Meal
Have a packet in your pocket for over-ready refreshment.
Aids digestion.
Always thirst.
Soothes the throat.
For Quality, Flavor and the Sealed Package, get
WRIGLEY'S
SPEARMINT
TOOTH PASTE
THE FLAVOR LASTS

Booril makes you feel a new man



No woman should have wrinkles or sagging skin before she is sixty. Lifebuoy keeps the skin young

The health odour vanishes quickly after use.



LEVER BROTHERS LIMITED
Toronto L64

When the Needle Fails to Point True.

One night off the Irish coast during the war a steamer was torpedoed. The boats were provisioned and dropped over the side, and in the captain's boat was placed a small machine gun for protection. The boat carried also the ship's compass, and the captain instructed the other craft to follow him as he laid his course toward land.

But late in the morning the captain began to suspect that the needle was not pointing north. For a little while he was puzzled; then he understood. The machine gun was affecting the needle. Only when they followed him as he laid his course toward land.

How often in life something that we insist on taking into ourselves solely for protection influences the delicate needle of conscience so that it no longer points true! For example, there is money. Most of us in laying out the course of our life feel sure that we must include it, for money is such a comforting protection against so many woes and ailments. Yet how many times under its subtle appeal the needle of conscience swings away from the ideal of strict honesty or truthfulness or generosity to which God intended it to point.

And there is the desire for popularity; it is a natural desire, but it carries with it the temptation to sacrifice principle, to surrender a high conviction or a righteous ideal in order to get more of it. It is true that popular people have power of a certain kind, and on many occasions power is a great protection; but we must be sure not to pay too much for it. For the great end of life is not money or popularity or power; it is character. Whatever keeps us from attaining it had better be thrown overboard. Before the voyage is finished we shall thank God we have been wise enough to make the sacrifice.

The Reason.
Little Willie came home from school looking very tearful.

"What's the matter," inquired his Uncle John.

"I've lost the quarter the teacher gave for the best boy in the class!"

"Well, never mind," said Uncle John. "Here's another quarter. But how did you manage to lose it?"

Willie—"Because I wasn't the best boy, uncle."

The Penitent Bull.

An Irishman was walking across a field when an angry bull rushed at him and tossed him over a fence.

The Irishman, recovering from his fall and looking up, saw the bull pawing and tearing up the ground. He smiled at the animal and said:

"If it was not for your bowing and scraping and your apologies, you know, I'd think you'd thrown me over this fence on purpose."

Minard's Liniment for Dandruff.
Talk to women; talk to women as much as you can. That is the best school.—Disraeli.

EDDY'S
TWIN BEAVER
WASH BOARDS
OF INDURATED FIBREWARE
outwear all others
ON SALE BY GROCERS AND HARDWARE MERCHANTS

KELSEY
Healthy
HEAT
Kelsey Heating is Right Heating

The Kelsey warm air generator will heat every room in your house. It is easy to operate and costs less for fuel than any other heating method.

Boats both small and large houses with equal satisfaction. WRITE FOR PARTICULARS

CANADA FOUNDRIES & FORGINGS LIMITED
JAMES SMART PLANT
BROOKVILLE, ONT.

Serve Mustard with all meats
Mustard neutralizes the richness of fat foods and makes them easier to digest. Mustard enables you to enjoy and assimilate food which otherwise would burden the digestive organs.
but it must be Keen's

Why Does a Whip Crack?

We have discovered radium, see through the human body by means of X-rays, we have transmuted metals, and yet we don't know why a whip cracks—or, rather, why it makes a crack.

What cracks? Is it the whip or the air? A small problem, but a puzzling one.

Any man of science will tell you, Nature is full of puzzles and mysteries which are still insoluble to man. How does a firefly or glow-worm emit light? If man wants to make light he has first to produce heat. The fireflies and the deep-sea fish, as well as many fungi and plants, can and do produce cold light.

Why are land birds so rarely white, while the great majority of sea birds have white plumage? There must be a reason, but it eludes us. Why are carnivorous animals so frequently striped or spotted while the grass and grain eaters have seldom such markings? Why are there no blue British moths? Why is there no blue rose? These are color puzzles which take a deal of consideration. Incidentally, why is a purple blossom so common in poisonous plants?

A goldfish has been frozen in water to a temperature of twenty below zero, left for three months cased in solid ice, then, after those twelve weeks in ice, it has been slowly thawed out and found to be alive. A frog can bear freezing to 20 below zero, and a snail to 110 degrees. How is this?

Glass is queer stuff. Though so brittle and breakable, it is amazingly elastic. Take a hollow ball of glass with a hole in it, hold the ball in the hand and stop the hole with one finger; the ball will fly to pieces through the mere warmth of the hand.

A vessel made of glass that has been suddenly cooled can resist hard blows from outside, but will be instantly shattered to pieces by a small stone no larger than a pea dropped into the inside. This is a very puzzling phenomenon.

Magnetism is full of mysteries. The ordinary magnet is made of soft iron, but the metal manganese has also magnetic properties. Tin has no such qualities, yet an alloy of tin and manganese does show them, as do quite a number of other alloys. A mixture of manganese, aluminum, and copper makes a magnet as good, almost, as one of iron.

Put a little salt in a glass of water and it dissolves. Boil the water away and the salt reappears. This seems simple enough, but the catch is what has become of the salt while it is dissolved in the water? In a dilute solution of salt and water there appears to be little, if any, salt present. The water, it would seem, decomposes it into particles highly charged with electricity. For this statement we have the authority of Professor Ira Reesman, who adds that other substances dissolved in water do not act at all as does salt.

Surveying and Mapping by Aerial Photography.

A further step in co-ordination of effort between the Air Board of Canada and the different Government departments in the development of flying for peace time uses has been the institution by the Topographical Survey Branch, Department of the Interior, of a section devoted to aerial photography. The progress made in the development of practical methods of applying the information obtainable by aerial photography for mapping and surveys is full of promise, and with the formation of a section for the study and development, progress should be rapid.

In the past the work has been largely experimental and has lacked co-ordination. In the future, all requests for aerial photography will pass through the Topographical Survey Branch, the officers of which will consider the technical aspects of the operation and advise how the requirements of each can best be met, whether by oblique or vertical pictures, the height at which the photographs should be taken, their direction and inclination, the character of the lens to be used, and other features. The photographic work and flying will, as heretofore, be carried out by the Air Force, but the results will all be made available to the Topographical Survey Branch for study and development.

Faithful Mother Seal.

A sea-captain not long ago captured a young seal, hoping to tame and rear it on board his ship. He placed it in a sack to secure it, but wide as the ocean was, and swiftly as the ship sped on, the mother was as swift, and followed in search of her young. When it was first caught, the mother howled piteously, and the "baby" barked back its grief, but the man was relentless, and coolly watched the agonized mother follow him till the ship reached the wharf at Santa Barbara.

Here he thought his prize was safe, for surely no seal would venture there, and the ship was docked. Suddenly the mother gave a cry close to the ship, and the little one, as if obeying instructions, struggled, still in the sack, to the edge of the deck, and rolled itself overboard. The mother was seen to seize the sack rip it open with her sharp teeth, and joyfully claim her baby. She had swum after it for eighty miles.

"Johnny, don't you know it's Sunday? You mustn't play marbles out there on the sidewalk. Go into the backyard if you want to play."

"All right, mother, but what day of the week is it in the backyard?"