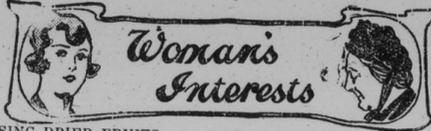


When Exposed to Air
tea loses its strength and flavor.

"SALADA" TEA

for that reason is never sold in bulk. Your grocer sells this delicious blend. Try SALADA.



USING DRIED FRUITS.

No meal is complete without fruit. When fresh fruits are scarce, as they are so many months in the farm home, why risk going without? The dried varieties may be kept on hand all the time without danger of spoilage. My first rule in cooking them, if they are to be stewed, is to permit them to soak overnight in lukewarm water, after being washed thoroughly. Then they are simmered slowly, until tender, in the same water in which they were soaked. Sugar is not added until the fruit has absorbed all the water it is capable of holding. Usually I add it about five minutes before removing the saucepan from the stove.

Prune Salad—Wash one and one-half cups prunes thoroughly and soak overnight in three cups tepid water. In the morning cook slowly in the same water fifteen minutes. Drain and carefully remove the pits. Measure one-half cup walnut meats and place a piece of nut in every prune. Chop the remainder of the nuts and roll the prunes in them. Arrange on lettuce leaves, sprinkle with one-half cup grated cheese and serve with salad dressing.

Quick Raisin Nut Bread—Sift together three cups flour, three-fourths teaspoonful salt, three teaspoons baking powder, one cup sugar and one teaspoon cinnamon. Measure one and one-half cups milk and add to it one beaten egg. Stir into the flour mixture. When thoroughly mixed add one cup each of floured raisins and broken nut meats. Pour into greased bread pans, let stand twenty-five minutes and bake one hour in a moderate oven. This makes two small loaves.

Date Muffins—Cream one-fourth cup sugar with two tablespoons butter. Sift together one cup flour, one-half cup cornstarch, one-eighth teaspoon salt and two teaspoons baking powder. Beat two egg yolks thoroughly and add two tablespoons milk. Add the egg and flour mixture alternately to the sugar and butter and stir in three-fourths cup dates, chopped and rolled in a little of the one-half cup cornstarch. Fold in two stiffly beaten egg whites. Bake in oiled muffin tins in a hot oven for about thirty minutes.

Raisin Sandwiches—Chop one cup seedless raisins and stew in one-half cup water until tender, adding more water during the cooking if necessary. Add one-fourth cup sugar, and cook until there is practically no juice left. Cool, add one-half cup broken nut meats and spread between buttered slices of white or brown bread.

Fig Filling—Cook the following ingredients in a double boiler until the mixture is thick enough to spread without running off the cold cake; one-half pound chopped figs, two tablespoons sugar, three tab-

spoons boiling water and one tablespoon lemon juice.

Date-Filled Cookies—Put rolled oats through a food grinder and measure out two cups of the ground cereal. Cream together four tablespoons each of lard and butter with one cup sugar. Add the rolled oats alternately with one-half cup pastry flour sifted in one-half teaspoon soda; add enough pastry flour to make a dough stiff enough to roll. Roll and cut. Bake and fill with Date Filling.

Date Filling—Wash one-half pound dates and cut in small pieces. Discard the seeds. Add three-fourths cup of brown sugar and one cup cold water. Simmer thirty minutes. Let cool. Spread on one-half the cookies and use the other baked rounds as covers.

Raisin Filling—Cook together until thick one cup chopped raisins, one-half cup sugar, one-eighth teaspoon salt, two tablespoons flour, the juice of one-half lemon and four table-

spoons boiling water. Cool and spread between the cookies instead of the Date Filling.

Raisin Nut Bread—Sift together three cups flour, three-fourths



A DAINY ROMPER STYLE.

4909. Dotted percale is here illustrated with collar and belt of linen. Crepe or chambray would also be good for this style. The sleeve may be short, or in wrist length as shown in the small view.

The Pattern is cut in 4 Sizes: 1, 2, 3 and 4 years. A 3-year size requires 2 1/2 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.

Send 15c in silver for our up-to-date Spring and Summer 1925 Book of Fashions.

I LIKE FRAGRANT FOLIAGE.

My mother was a lover of house plants with fragrant foliage, and I have inherited that love. I have always grown rose geraniums and lemon verbenas, and sometimes a hanging basket of apple geraniums. The apple geranium is a delightfully fragrant plant we seldom see any more, and in looks it never did appear; but when the foliage was touched the scent of ripe apples. The rose geranium grows stiff and rank, but the foliage is fine cut, and it makes a very nice window plant. The lemon verbenas has slender stems and must be cut back to keep it compact, and its foliage is its only appeal outside the fragrance. Sweet basil is an herb, but we would use it in a window, for it makes pretty little compact plants with foliage fragrant to the touch. Lemon verbenas leaves dried are nice to keep in the handkerchief box or among clothing.—A. H.

OUR SUNDAY SHELF.

We have a Sunday shelf in our house. It contains: Best dolls with real hair and eyes which open and shut; a doll bed in which the dolls sleep from Sunday to Sunday; a story of the Bible with many colored illustrations; phonograph records of fine music; boxes of crayons and drawing paper; scrapbooks in which are pasted reproductions of noted paintings; educational kindergarten toys.

Result: Happy Sundays for the little children. The contents of the Sunday shelf seems new to them each week-end. The amusements keep them busy and comparatively quiet. The children are contented to stay at home and seem to realize a pleasant distinction between the Sabbath and the other days in the week.—Mrs. A. E.

For Sore Feet—Minard's Liniment.

A Touch of Chivalry

BY AMY BRUNER ALMY.

PART IV.

In the middle of the afternoon a man came from the town livery to get the horses for Anson and to ask her if she had any message to send back. Selma entrusted him with one message—for Dr. Hallett: "Everything is going fine!"

So, she was not to see Anson again until she got back to town! No word had come from him.

Night came again. Wrapping herself up warmly Selma took her place in the big rocking-chair beside the bed. She was dozing off when suddenly Annie spoke.

"I'm going . . . I'm going . . ."

"Alert at once, Selma answered: 'You are going to get well. Come, make room for the baby. . . you must keep your arm around him. . . you must keep him warm. . . like this, Annie! He is so wee, he needs his mother!'"

"I'm going . . ."

"Listen, Annie, listen . . ."

"George is dead . . . he would come if he wasn't dead . . ." She turned her face away from Selma.

"Annie, if George were here, he'd take your hand—you know how much he loves you, Annie! And you are going to get well for George and the baby. . . you are going to live for years and years . . ."

A moan of weakness was all her answer.

"O Annie, you have so much to live for! Shall I tell you, Annie, what you must live for? You know so much better than I do. Listen to me . . . many things . . . here is his picture. Won't he be the happy Daddy?"

"It's . . . no . . . use . . ."

"Annie, George loves you. And he has waited for this baby. You must be here when he comes . . . he is coming soon, very soon. How can he get along without you? And little Son must have his mother. You are going to get well, Annie!"

After a little, fever came and delirium. Then she passed into a coma from which nothing that Selma could do could arouse her. The hour, indeed, had come of which Robert had spoken: "You are the one to bring her through."

Selma went down on her knees at the bedside and foisted the mother's hands in hers. Though the woman seemed not to hear, she must tell her all that life was calling her back for; she must tell her of her tender love for George and of his love for her, that love is the best thing that life can give, better than happiness even, though it is happiness; she must call her to it for the little son that even though she loved Robert, she was growing in her own heart a revelation of love, of the deep tenderness, the beauty and the strength of love—of the love that had been hers to take but from which she had turned away.

What stirred her most deeply, however, was the miracle of her own love; on her knees, there beside the bed, she knew that she loved Robert Hallett as she had not dreamed one could love another. She had admired Anson—she loved Robert.

If she were lying there as Annie was with her young child at her side, who alone could call her back to life? She knew now. For all the intimate pain and joy of life, she knew now that her happiness could lie only with Robert. Oddy there flashed across her mind a phrase, "fine chivalry of love." Had she heard it somewhere before? "Fine chivalry!" There was Robert's love for her and for all who needed his service. Chivalry serves more than his own beloved!

Morning came. Though Annie still lay in stupor, Selma went about her work with a feeling of peace upon her. Somehow she could not tell how, she knew that life and Love had won, Annie would get well and for the rest . . .

Again sunlight lay across the kitchen floor. Selma was just laying the baby back into the basket, within its nest of blankets, when it began to cry lustily. She took it in her arms and laid it close to its mother's breast. Slowly the heavy eyelids lifted, softly she smiled and spoke: "Bring . . . I want my baby . . . I'm . . . better."

It was nearly noon when Robert came back, a woman with him. His eyes instantly questioned Selma. "She wants to live," Selma said quietly. "She's passed through."

"Thank you, Selma! I knew you were not here for nothing. I've come to take you back. You're glad to be relieved, I guess . . ."

"Yes, I'm sorry . . ."

"I understand—I think I'll go to Annie. Get us a bite, will you? We'll have to be leaving in an hour and it

is very cold. See what I've brought you, Annie," he said, going to the bedside and holding out a letter. "I came around by the postoffice for your mail. It's from George and I've read it. He's coming as fast as he can. He may be here to-morrow—if not, then in a day or two. He wants to see you. He'll be head over heels proud of the son. He's bringing a bit of money, too. He's had luck. I'll put the letter under the pillow until you want to read it yourself. You're getting along fine, Annie—not much thanks to me for I had to run away from you. You've had the very best nurse in the world, do you know it? What do you say? . . . God sent her?"

"Yes, I think you are right!"

While Robert was tucking the robes closely around Selma, he said simply: "You have saved two lives by your good work."

"Robert," Selma began for her mind was clearly made up although she was hardly able to speak for the trembling that had come upon her, "I want to say this:—I saved more than two lives!"

There was that in her voice that brought to Robert's lips the declaration: "I said that I would never speak of it again and I will not!"

And Selma, lifted out of herself, made answer: "You do not need to, Robert! I'm going to speak of it . . . I have found out that I love you have always loved you." She hid her rosy face against the rough fur of his coat.

"You . . . Selma!" And they forgot the cold in love's holy fire.

(The End.)

GREAT INCREASE IN TEA DRINKING

The last few years have witnessed a tremendous increase in tea drinking. Production has fallen far behind demand. Tea now costs more than at any time in the last 75 years. It may even reach \$1.00 per pound, for the price is expected to rise still further. When such profits are being made by the tea plantations, over production and a sudden drop in prices is bound to come. It may take a year or longer or the price might fall when least expected. Not even experts can foretell what will occur.

WARM TOYS FOR BABY.

If baby frets and his hands seem cold, it is a good idea to try giving him warm playthings. Partly fill a small hot-water bag with warm water so that it is pleasantly warm to the touch; be certain the stopper is secure and give it to him for a plaything. Very often the little hands will become warm and the fretting will stop.

Wooden blocks or clothespins well warmed in the oven are ideal toys on a cold day. A small sand box that can be thoroughly warmed is useful. If sand is spilled on the kitchen floor it is easily swept up.

Never give baby toys from a cold closet when he is inclined to have cold hands.

Old Friends.

They had just been introduced in the smoking room of the club.

"Do you know, Colonel," said the major, "I cannot help thinking I have met you before?"

"And strangely enough, sir, I have a similar feeling with regard to you."

"Were you at the storming of Flareupatum?"

"I was, Major."

"And were you present at the time the fort exploded and blew up the entire place?"

"I had that honor."

"Then I know where I have seen you before. I passed you as you were going up and I was coming down."

WOOLENS lose their warmth the minute they shrink or mat

That is why they must be washed carefully. Always use Lux for anything containing wool. Lux won't shrink or mat woollens—won't fade colours. Lux is safe for any fabric or garment that is safe in pure water alone. Lever Brothers Limited, Toronto.

Sculptors of Life.

Chisel in hand stood a sculptor boy. With his marble block before him. And his face lit up with a smile of joy. As an angel dream passed o'er him; He carved the dream on that shapeless stone. With many a sharp incision; With heaven's own light the sculptor shone— He had caught that angel vision.

Sculptors of life are we, as we stand With our souls uncarved before us; Waiting the hour when, at God's command, Our life-dream passes o'er us. If we carve it then, on the yielding stone, With many a sharp incision, Its heavenly beauty shall be our own, Our lives that angel vision.

—Bishop Doane.

London-New York in Two Hours.

Fantastic dreams of flights between Europe and America in two hours at an altitude of ten miles in aeroplanes with 2000-h. p. motors are harbored by Mr. S. Lindequist, a Swedish constructor.

One of the greatest aims in aviation in the immediate future should be to cut down the flying time between continents, says Mr. Lindequist, and this probably can be done by flying at extremely high altitudes.

The effect of gravitation decreases with the increase of altitude, and it has been estimated, he says, that an aeroplane which has a speed of 100 miles-an hour near the surface of the earth can attain a speed of 1200 miles an hour at an altitude of about ten miles.

At such a height the rarity of the atmosphere would constitute a disadvantage both to the ordinary motor and the ordinary propeller. But this difficulty can be overcome, declares Mr. Lindequist, by using a propeller with adjustable blades so that their pitch could be altered with the density of the air, and by the use of compressed air for the passengers and for the engine, to compensate for the decrease in barometric pressure at high altitudes.

That's What We Thought.

"How do women keep those of these new hats on their heads?"

"By vacuum pressure, I guess."

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The higher-priced joints of meat, such as sirloin of beef and shoulder of mutton are stated to be less nourishing than the internal organs such as liver, of animals.

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Use it yourself after smoking or when work drags. It's a great little freshener.



A choir was rehearsing the sacred anthem "As Pants the Hart." The leader found that the male singers did not sustain a certain note long enough. At last he cried, "Stop, stop, gentlemen, your pants are far too short!"

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ISSUE No. 76-25.

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