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Woman's Realm

MIXING FOODS WITH BRAINS.

The housewife who thinks of food in groups and can classify the groups, has solved an important problem. Every food can be put in one of five groups, and each of these groups contains some substance necessary for the nourishment of the body. Some food from each of the five groups should be included in the daily diet, breakfast, dinner and luncheon or supper affording opportunities for using foods from the various groups.

Group I includes foods containing mineral substances and organic acids. In this group are spinach, lettuce, peas, string beans, tomatoes, turnips, carrots, cabbage, onions, and other vegetables, apples, pears, oranges, grapefruit, berries, other fruit, and fruit gelatin.

Group II includes foods which contain protein. Lean meats, poultry, fish, oysters, milk, cheese, eggs, dried legumes (beans, lentils and peas), nuts, cocoa, custards and ice cream belong in this group.

Group III is made up of the foods which contain starch, such as flour or meal mixtures, bread, crackers, macaroni, rice, tapioca, cereal breakfast foods, other cereal food and potatoes.

Group IV includes the foods containing sugar. In this list we find syrup, honey, preserves, jellies, dried fruits, candy, sugar and frozen fruits or water-ices.

Group V includes the foods containing fats; these are butter, cream, lard, salt pork, bacon, chocolate and vegetable oils.

THE BEVERAGES.

Tea and coffee are classed as beverages and are not necessary for our well-being. We do require water and should take not less than six glasses a day, in addition to watery foods, such as fruit (which provides water in its purest form), succulent vegetables and soups. A certain amount of bulky food is necessary in order to provide the roughage without which elimination is difficult and constipation follows. The fuel foods include cereals, sugar and fat. Tissue-building foods are found in Group III.

Variety tempts the appetite and can easily be obtained by changing the method of preparation or by a change in the combinations with other foods. It is unnecessary to serve so many dishes at one meal. The ideal meal consists of a few well-chosen foods perfectly cooked and properly served.

PLANNING THE MEAL.

The following food combinations are suggested: With meats and fish, serve one starchy vegetable and one green vegetable; the latter is often served in the form of salad. Bread in some form is also required.

With roast beef serve macaroni, or potatoes browned with the meat, mashed or scalloped, and any of the following vegetables: eggplant, cauliflower, Brussels sprouts, tomatoes (stewed or scalloped), onions, squash, green corn, beet greens, new beets, peas, or saffron. Brown gravy and horseradish quite properly accompany roast beef.

If a salad is served, choose endive, cress, celery or lettuce with French dressing, or serve cole-slaw. The dessert should be a light one such as pineapple sponge, Spanish cream, custards or baked apples with cream.

With beefsteak or lamb chops serve potatoes baked, French fried, German fried or creamed, or sweet potatoes baked or browned; the other

vegetables should be the same as for roast beef. Suggested desserts include cottage pudding, prune whip, Dutch apple cake, canned fruit and oatmeal cookies.

With stewed or braised beef serve boiled potatoes, parsnips, turnips, carrots, onions, peas or beans and horseradish. For dessert serve apple, prune or cranberry pie, gingerbread or chocolate cake with whipped cream.

With boiled mutton serve caper sauce, and with mutton or lamb stew serve boiled potatoes, turnips, saffron, onions, carrots, cauliflower, Brussels sprouts or string beans. Suggested desserts include rice pudding, baked tapioca pudding or fruit shortcake.

With roast lamb serve mint sauce or mint jelly, potatoes and green peas, string beans, spinach, beet greens, summer squash, new turnips or asparagus. Select dessert from custard pie, rhubarb pie, chocolate eclairs, brown Betty made with rhubarb, spongecake with strawberries or a fruit roly-poly (baked).

With roast mutton choose from the same vegetables as for roast beef; serve also red currant jelly, baked bananas, or banana or pineapple fritters. Instead of dessert serve toasted crackers, cheese and celery.

With roast chicken or turkey serve mashed white potatoes, browned or candied sweet potatoes, hominy, rice, squash, onions, celery (raw or creamed), sweet pickles, jelly or cranberry sauce. For dessert serve ice cream sherbet, pumpkin pie or steamed pudding.

With roast pork serve white or sweet potatoes, squash, onions, spinach, creamed cabbage, scalloped tomatoes or cole-slaw, mashed potatoes and peas. Cheese soufflé, crackers and celery may follow. With creamed fish, serve hot crisp rolls and olives or meringue, ginger ice cream, pumpkin pie, or steamed fig pudding with lemon sauce.

With baked fish, serve Hollandaise sauce, or drawn butter, sliced tomatoes or cole-slaw, mashed potatoes and peas. Cheese soufflé, crackers and celery may follow. With creamed fish, serve hot crisp rolls and olives or meringue, ginger ice cream, pumpkin pie, or steamed fig pudding with lemon sauce.

BREAKFAST AND LUNCHEON.

Breakfast should include fresh or stewed fruit, a cereal, eggs alone, or bacon and eggs, or some other meat dish (not too heavy), bread, rolls, toast or muffins. If grownups demand coffee, make cocoa for the children.

What to serve for luncheon or supper depends upon the season. Thick soups and soups made with milk are good in cold weather, while salads are more appetizing in warm weather. Cold meats, baked beans, dishes made from left overs, eggs in various ways, scalloped dishes, chowders and milk toast are excellent. Strive for variety in bread, serving rye, brown or entire wheat bread, nut or raisin bread frequently, and occasionally serve rolls of various kinds and muffins.

Justice Must Decide if Woman is "Person."

Is a woman a person? This question is now engaging the attention of the Department of Justice.

A short time ago W. W. Hay of Vancouver, who has been operating a small vessel for five years in British Columbia waters, wrote to the Department of Marine and Fisheries appealing for the right of his wife to take examinations which would qualify her for the position of captain of their boat. Mr. Hay added that his wife had assisted him in the operation of the boat for some years, and that the reason she sought captain's papers was that his eyesight was defective.

The question of her application was referred to the Department of Justice because a point of law was raised. The statute on this matter says: "Examinations may be conducted for British subjects, or for persons domiciled in Canada at least three years, who intend to become masters or mates." Under the meaning of the law, is Mrs. Hay a person? Also, if mistress is the feminine of mate, what is the feminine of captain?

Antelopes will not eat cover hay which has the least mold about it.

Minard's for Sprains and Bruises.

Love Gives Itself

THE STORY OF A BLOOD FEUD

BY ANNIE S. SWAN.

"Love gives itself and is not bought"—Langfellow

CHAPTER VI.—(Cont'd.)

"You mean well. You're making a mistake, Bobbie, as blundering folk like you so often do," observed Peter Garvock with the resigned air of a man who suffers fools—but not gladly. "I have no intention of telling you what happened between Stair and me to-day. You'll hear it in good enough time in common with the rest of the world. Now, will you go, or stop to a bite of supper with us? My mother and sister would be pleased."

"I couldn't eat—with that face glowering at me," answered Sanderson in his blitheest manner. "So I'll say good night."

Peter Garvock repeated him somewhat of his ungraciousness as he accompanied his old friend to the door. Bobbie never knew how near he had been to receiving a full confidence, which would have astonished him not a little.

His face was rather rueful as he rode away down the drive, exulting in the smooth, delicious surface which The Lees handyman had to keep up to high-water mark. He was not very fond of Peter Garvock, but he never joined in the jibes against him, partly because his sunny nature preferred silence where only blame was possible, and partly because he had had some special facilities for learning that the Laird of The Lees had another side to his nature.

Not a word had the two ladies of the household heard concerning the most unusual event of the afternoon, and when Ramsay announced that supper was served, and they found Peter in the dining-room, their surprise was great.

Peter's mother was one of those small, doll-like women with a pink-and-white face, soft blue eyes, and a pretty, appealing smile. Yet she had held old Peter Garvock in the hollow of her hand; had been able to twist and turn his nature as she willed; and had never had to ask twice for anything on which she had set her heart.

Her daughter resembled her in looks and, considerably, in nature. Sweet and yielding to outward seeming, and fair to look upon, Lucy Garvock had a full share of the family docility, and, on occasion, her tongue could be dipped in gall.

Mrs. Garvock had dearly loved her grim, masterful husband, which was the secret of her own power over him, and never was man more sincerely mourned than he had been, and was, by his widow. She still wore the widow's bands at neck and throat, and the tiny cap on her soft hair; all of which became her immensely.

She started with genuine surprise at sight of her son.

"Why are you here, dear? Lucy and I are so accustomed to eat alone that we were surprised. Is anything wrong at the Clock House?"

"I'll tell you later, mother," answered Peter, with a warning glance at Ramsay's back.

These words naturally caused some slight feeling of consternation and strain. As in most households, the Sunday evening meal at The Lees was less formal than on other evenings, and after Ramsay had carved at the sideboard he left the room.

Something about these two quiet women, waiting on the information he had to impart, and inwardly speculating regarding it, had a curious, exasperating effect on Peter Garvock, and presently, laying down the knife and fork with which he was merely playing, having no appetite for his food, he said, with some abruptness:

"I have two things to say to you, mother and Lucy. The first is that my marriage with Miss Carlyon will not take place, and the second, that I have quarrelled with Alan, and that, so far as I am concerned, there can be no further comings and goings between the two houses."

He spoke quite quietly, and with an assumption of indifference which did not in the least deceive his mother.

"Are we to ask no further questions, Peter?"

"You may ask them, but I have no information to impart."

"May I not even ask whether there is any connection between the two extraordinary pieces of news you have just imparted to us?"

"The facts must suffice," he said; and, for the first time, his voice sounded a little less steady. "I dare say you will hear a highly-colored version of it from someone before long."

But, surely, you don't mean that I am not to go to Stair, Peter!" put in Lucy's hard, piping little voice. "I promised Alan yesterday to go to tea to-morrow, to see his Indian things."

"You won't go, Lucy," answered Peter, with his most autocratic air. Lucy would have argued the point, but her mother's eyes restrained her.

"You put rather a severe strain on us, my son," said Mrs. Garvock, laying her knife and fork side by side on her plate beside the morsel to which she had been helped. "I am sure that, when you come to reflect, you will perceive that it will be wiser to throw a little more light on these matters. Otherwise we shall probably make the most hopeless blunders.

How are we to avoid it? Did Miss Carlyon break the engagement?"

"Yes."

Mrs. Garvock waited a moment, pondering how far it would be safe to go. Peter did not appear angry, but rather, like a man weary of discussion or of thought. But, having lived for thirty years with another temper as difficult to handle, she had become very wary.

She smiled across at his gloomy face.

"About the first item—you can't expect us to be sorry, my dear, because—well—because—but we needn't go over all the old ground, need we?"

"Certainly not."

"But why quarrel with Alan? Quarrels are stupid things. It took me nearly twenty years to convince your father of their futility and disaster. But, once convinced, he often thanked me. Quarrels take money out of 'he pocket, Peter."

"This particular one is more likely to put money in mine," was Peter's grim retort.

"I suppose it was about the mortgages you quarrelled. I warned you to be careful. Alan has a high and proud spirit, and you would have gained your end, whatever it was, quite as successfully by conciliating him a little. I suppose he would not listen to your suggestion to let Stair? I was certain he would not."

"He will have no chance now," answered Peter shortly. Then, although he had eaten very little, he pushed back his chair and rose. "If you'll excuse me, I'll leave you. I have some things to write, and I have no appetite."

He stalked out of the room, and mother and daughter regarded one another in open consternation.

They got on very well together, on the whole, but none of the family ties at The Lees were ideal. There was a coldness and aloofness in the Garvock blood which all the Stair folks had felt but could never understand nor explain. The atmosphere of the two houses was different. There was no more to be said.

Perhaps the money-ense had always predominated too much, and the cult of self and selfish ends been permitted to over-ride everything else.

Even Peter's mother, though she had loved her husband dearly, had been one with him in his desire to make money, because she came from a family who believed that money could buy everything!

"It's very strange—isn't it, mother?" asked Lucy, with her elbows on the table and her clear eyes looking across the flowers at her mother's face.

"Very strange indeed. Do you think there can possibly be any connection between the broken engagement and the quarrel with Alan?"

"I don't see how there can be," was Lucy's answer, and perhaps the wish was father to the thought. "Alan has only seen her once."

"You are quite right. It is impossible."

At the moment Ramsay returned to change the plates, and seemed surprised to find that his master had left the table.

(To be continued.)

One Dollar a Pound for Tea Predicted Before Long

The tremendous increase in the popularity of tea as a beverage has been such that the producing countries have been unable to satisfy the demand. The price of tea has been steadily increasing for a number of years. Since, however, you can make from 250 to 300 cups of tea to the pound, even at the price of \$1.00 the cost per cup is only one-third of a cent.

Put hot cookies or doughnuts in a crock with the skin of an orange or lemon. It gives a very delicate flavor.

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The Sun as Your Doctor.

Have you noticed how the weather affects your health?

Doctors are realizing more and more that changes of weather cause changes in the human body. They say that sunshine and rain, cold and heat, are important factors in our health. The study of the relations between health and weather has become a new science, which is called "climatology."

Different kinds of weather affect different people in different ways, but as a rule we feel better when the sun is shining. Damp is an enemy of health; a cool, bracing day a friend. Doctors frequently order their patients a "change of scene," and they are now learning that the benefits of such a change are greater even than they had thought, because a change of scene usually means a change of climate as well. Temperature, the amount of moisture in the air, the height above sea-level—all these things can affect our health.

Not only has weather a direct influence on our health, but an indirect one also. Our lives are arranged to suit the weather and climate. Bad weather keeps us indoors, and consequently, in winter, when darkness hampers our movements in the open air, many of us lead unhealthy lives.

Another discovery made by "climatologists" is that sunshine has a wonderful healing effect in such diseases as tuberculosis and rickets. The direct rays of the sun on our bodies forms a treatment which is being given more frequently every year.

In the same way, the study of weather reports has become of increasing importance in deciding the situation of hospitals, sanatoria and convalescent homes.

A PRACTICAL SHIRT MODEL.



5001. Linen, cambric, percale as well as silk, madras and flannel may be used for this design.

The Pattern is cut in 11 sizes: 13 1/2, 14, 14 1/2, 15, 15 1/2, 16, 16 1/2, 17, 17 1/2, 18 and 18 1/2 inches neck measure. To make the shirt for a 15-inch size, with long sleeves will require 3 yards of 36-inch material. With short sleeves 2 1/2 yards will be required.

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.

The Hypnotic Tongue.

The extraordinary tongue of a South American snake was described to the Fellows of the Zoological Society by Miss Joan Proctor, F.Z.S., Curator of Reptiles at the London Zoo.

The tongue has three colors, which correspond with the reptile's forehead, cheeks, and under-jaw. The result is that when the snake puts out its tongue the effect is as if the pointed snout itself had suddenly shot out into a strange and wriggling point.

From the snake's point of view the result is all that could be desired. Lizards see their foe suddenly making the most remarkable grimaces and remain rooted to the spot.

This uncanny fascination holds the lizard enthralled for the remainder of its life—usually a matter of seconds.

The average Angora goat will produce about 6 to 8 pounds of mohair.

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Our Unknown Heroes.

We are a forgetful people, and our greatest men often have no memorial. For instance, where are the statues to the following heroes of humble life?

James Smithson, the man who fearlessly admitted before his friends that he hadn't got a wireless set and never intended to have one.

Robert Brown, the staunch patriot who sent in his income-tax on the first demand, and refused to dispute the amount.

Thomas Jones, the only British citizen who is known to have hit his thumb, missed his train, and lost his collar-stud without uttering a word.

Richard Pype, a simple, honest plumber who attended a job without forgetting a single one of his tools, and afterwards suffered untold torture from his indignant comrades.

William Strange, the eccentric but heroic citizen who always accompanied his wife on her shopping expeditions. He perished nobly during the fierce struggle outside Messrs. Selfgrove's store on their sale day.



Minard's Liniment for the Grippe.
A Lost Island.
In the far south Pacific is a forgotten island called Baroo, which is ruled over by a widow of an Australian, who went there originally in the hope that missionary work would assuage her grief over the loss of her husband. She is now the supreme ruler of the island, which contains only three other whites.

The price of a thing should be a measure of its quality; more often, however, it is merely a measure of what the careless buyer can be induced to pay for it.

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