

Where Everyone Can Help

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Eggs are scarce and very dear; milk the same; bacon is needed more and yet more.

If I can ensure my own milk supply for eight months in the year, I have helped a little; if I can grow a pig,—take a young pig in the spring and have it ready for the butcher by fall (for a pig takes but six months to mature for market) if I can keep enough chickens to supply me with eggs and perhaps have a few beyond my own needs—am I not helping?

"But," we say, "it seems so foolish—there has always been enough food—it is just the very high prices that make the trouble."

Here is the point to which years of plenty have brought us. We cannot comprehend a world-wide food shortage. We cannot grasp what it means to have the Great Russian wheat fields cut off, the Bulgarian and Rumanian crops in the hands of the Germans, abnormal conditions ruling Great Britain, France and Italy and too few ships to permit distant Australia and South America to help very much. We cannot realize, even with Belgium before us, that no amount of money will buy food, if the food simply is not there to be bought.

What a tremendous responsibility this situation throws on Canada and the United States!

Let Us Create New Customs

ARE not such critical, such changed, such almost unbelievable conditions enough to jar us out of the little ideas and habits that living in an orderly world of peace and plenty has given us?

Can't we institute some new customs that will suit the times and the needs of the times?

Why not "Got your goat yet?" or "I've got a pig now," when we are exchanging the news of the day?

Pigs instead of pups. Chickens for kittens. Goats instead of rabbits, squirrels, white mice and parrots! Let the children look after them—consider them pets—and know at the same time that they are helping Big Brother or Daddy who is fighting.

Of course, they will require a little other food—the pig will need some chopped grain feed, the goat, a little hay and the chickens some mixed grains or screenings in addition to scraps and waste from the kitchen. But they will far more than pay for their fodder themselves. And to get back to the supplies and money idea, the cost must stay in second place.

Germany Leads

IN Germany, there are four million pigs per annum raised in the towns and suburbs. Four million urban and suburban pigs. (And let us remember, Germany is one of the cleanest and healthiest countries in the world). One man, reminiscing on this point, declares he believes he remembers seeing pigs living on the fire-escapes.

Without going quite to the extreme of herding swine on our window ledges, we could raise many more domestic food animals than we dream of doing, in the population centres of this country. In the towns and villages, the lots on which homes are built are bigger than the proverbial pocket-handkerchief back-yard of the city-dweller. A pig or two, or a few hens or a goat, could be kept without difficulty.

Where Can I Get Me a Goat?

IRELAND has goats and to spare. Switzerland abounds with them. A goat—a good milch-goat—is worth over there from one to two guineas—from \$5 to \$10.

It costs \$2.50 to bring a goat across the Atlantic.

The ships that ply back and forth are filled going over—they have plenty of room on the return journey.

The Canadian government some time ago found a simple way of getting a milch cow to the farmer in the West who wanted one.

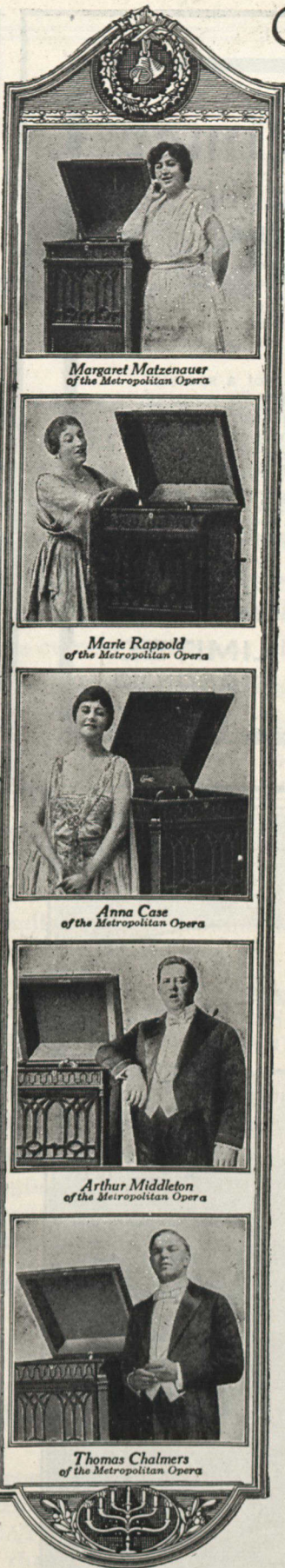
Could it not be arranged with the proper department of the Government at Ottawa—say the Live Stock Branch of the Department of Agriculture—that each person desiring to obtain a goat from across the sea, place an order with the Canadian Government?

Your goat could be delivered at your door.

Nothing to do but tether her, feed her, get acquainted with her, milk her.

She will provide the milk and amuse for the children, novelty, a sense of helping, and a saving of money, for yourself.

Assuredly, the more I think of it, the more I Want My Goat!



Margaret Matzenauer
of the Metropolitan Opera

Marie Rappold
of the Metropolitan Opera

Anna Case
of the Metropolitan Opera

Arthur Middleton
of the Metropolitan Opera

Thomas Chalmers
of the Metropolitan Opera

Wouldn't you like to have these Metropolitan Stars as your Christmas Guests?

WOULDN'T it be a pleasure to be able to sit down amidst the comfortable surroundings of your own home and listen to Anna Case, Marie Rappold, Margaret Matzenauer, Arthur Middleton, Thomas Chalmers, and the other great singers of the world? That would be a privilege, wouldn't it?

We said *would* be a privilege. But thanks to the genius of Thomas A. Edison it is a privilege which is now within your grasp. So far as the enjoyment of their voices is concerned you *can* actually have this distinguished group as Yuletide guests. You *can* sit in your own home and revel in the beauty of their magnificent voices.

The NEW EDISON

"The Phonograph with a Soul"

reproduces the human voice with such fidelity and accuracy that no human ear can detect a shade of difference between the living artists and the New Edison's Re-Creation of their voices—or instrumental performances.

You will, very naturally, feel skeptical about so strong a claim. But before hundreds of audiences we have conducted our famous "tone tests" in which the instrument was pitted against the artist and invariably the verdict was the same; *no difference could be detected*. In a "tone test," the artist sings in his natural voice; then suddenly ceases, leaving the instrument to continue the song alone. Thirty different great artists have made these tests.

More than one million people have attended the tests and not one of them has been able to tell, except by watching the singer's lips, when the living voice left off

and when the New Edison began. With the lights lowered not one could tell when the change took place. 500 unprejudiced newspaper critics who witnessed the recitals unite in this assertion. In this new instrument Mr. Edison has actually succeeded in re-creating the human voice.

We have never heard of any sound-producing device whose manufacturer dared to risk so relentless a trial. Until the New Edison was perfected such an achievement was undreamed of.

The actual photographs reproduced on this page depict five Metropolitan Opera Stars singing in direct comparison with the New Edison's Re-Creation of their voices. No listener could detect the slightest shade of difference between the living voices and their Re-Creation.

A ROYAL GIFT It Means a Richer Life

As a Christmas gift what can surpass this wonderful instrument? It is like a permanent pass to all the operas, all the concerts, all the music of the whole world. It does actually add something real and vital to life.

Have you ever considered the New Edison as a family gift? Nowadays many families are eliminating the smaller individual presents to one another and are pooling their holiday funds for the acquisition of "the phonograph with a soul."

We believe that you'd find our literature of interest. It's different from the usual catalog style. Drop us a line and we'll send you copies of our musical magazine, "Along Broadway," of the brochure, "Music's Re-Creation," and of the booklet, "What the Critics Say." Or call at the nearest licensed Edison merchant in your vicinity and receive a demonstration of the New Edison. He advertises in your local papers.

THOMAS A. EDISON, INC., Orange, N. J.

THE STEPPING-STONE TOWARDS BEAUTY

Physical Culture as It May Be Applied to Every-Day Life

By MURIEL P. JOHNSON

IF you could do a movie "flash-back" into legendary days, and have just one wish in regard to your own person, what would it be?

The reply that a number of women gave to this, almost in one breath was, "Physical perfection."

The wisdom of it! Health as well as beauty!

We can have it too, but as in everything truly modern, we pay a price. And not in dollars this time, but in effort.

Investigations and the piling up of much data have proven that if Physical Culture had its legitimate place in our educational propaganda, it would not only startle our school administrators, but put a stop to the appalling mortality resulting from preventable diseases.

There are such numbers of men and women pressing on in life with an unquenchable desire to accomplish more, or, often, with that haunting fear of a break-down looming up ahead. Jaded frames, weary brains, languor and drooping spirits are playing worse havoc than the prolonged march, short rations and the trench.

So often one hears the objection to exercises—"But I am pretty well, you know, and really I have not the time."

Well, perhaps you haven't, but sometimes you have just got to take

time to be ill. And are you going to be content to live on a low plane of vitality, physically as well as intellectually? Just what does your speedometer register, and what CAN it register at a "speed-up" call? The tragedy of so many lives is that reserve power is not taken into account until the extra strain comes, as it inevitably does.

We don't want strength so much as stamina. Do you feel bright, brisk, vigorous? Do you ENJOY your work? Do you feel like tackling the tough spots, riding down impossibilities, and, by the sheer force of you, turning your ambitions into actual achievements?

No? Then, there is a reason.

The Rationale of Home Gymnastics

IN the business world to-day, we stand at attention and a machine does the work. In every home labor-savers—some women call them life-savers—are welcomed and installed, with the result that muscular activity has decreased seventy-five per cent. in the last twenty-five years. Furthermore, it is an incontestable fact that city life is strikingly more sedentary in habits than rural life, so that city families on an average do not last more than three generations without the addition of

country stock. Everywhere we observe that the men rising to the top in our great industrial system are the strong, virile men from our country homes. Serious facts!

Anatomists tell us that the skeletal muscles (those attached to the bones) comprise three-quarters of the actual living cells of the body, and hence, if the perfecting of our mechanical inventions is resulting in the stiffness and atrophy of these vital parts of the human machine then—back to the good old days of laborious work.

But Physical Science steps in with a decided—NO! Manual labor will not effectively and constructively exercise all those muscles. No wonder we fall short of our three-score years and ten, and so very far below the old Roman and Grecian standards of physical perfection. How they would have laughed at the fittings of our modern gymnasia. All you need is an open bed-room window and determination.

By raising the physical standard of the individual, like results will be accomplished for the race. It is therefore a positive duty to conserve and increase our bodily and mental powers.

Physical Culture is as necessary as eating and sleeping. Above all, it is the stepping-stone to Beauty.