

before attempting his mischief. When caught at any mischief he cries very hard and seems to be very angry at the person who has discovered him, and the only way to stop his crying is to pretend to whip that person.

He is very industrious and likes to do what others around him are doing. For instance, if I am sewing, Percy has to have a needle and thread and piece of cloth and sew too. He pushes the needle into the cloth with his hands and pulls it out with his teeth. He likes to try to mend his playthings when they are broken and will work hard trying to fix them.

He eats nearly everything that we eat, but has an especial preference for grapes, and when eating them he holds his head back so that he will not lose any of the juice. He is also very fond of raw eggs and will hold one in his hand, make a small hole in one end and suck out the inside without spilling a drop. He can drink from a cup or glass just as a person drinks, and can use a spoon very nicely.

When his master goes away he grieves for him and will hardly eat, and the moment he sees his master coming he says, "Ah-hah," which seems to be an expression of enjoyment.

In the mornings he is quite talkative, when he wants his breakfast, and says, "Ah-hah, ah-hah," and when his master says, "you must say it three times," he does say, "Ah-hah, ah-hah, ah-hah," emphasizing the last one very strongly.

When bath time comes we give Percy a pan of water and he gets right into the pan and washes himself, using his tail for a wash-rag. He washes his feet like a person, washing between each toe very carefully, then after he has dried himself he holds out his feet to his master to have his toe-nails manicured.

When Percy gets sleepy he wraps himself up in his little blanket and curls up into a little furry ball and goes to sleep. He used to have a white rat for a pet and he always wanted it when he got sleepy. He would hold and rock and love that rat, just like a mother with her baby, then curl up with it in his arms for the night. When his rat died one day he grieved for it and would not be comforted for a long time.

I have been offered large sums of money for Percy, but we have become so attached to him that it would seem almost like selling one of the family and we would not think of accepting any price. I believe that the little monkey would very soon grieve himself to death if he were separated from us.

The cute things that he has done would fill a book, but I feel that this will give you a fair idea of his habits and intelligence.—Our Dumb Animals.

Health as an aid to Beauty.

Food is a double-edged sword, conducive of good when properly used but resulting in harm when abused. It is not designed purely for the purpose of giving to its consumer a certain amount of pleasure. The important function of food is to supply substances necessary to the body so that it may maintain its vitality, its warmth, and its energy. To be healthy, you should eat enough of each kind of food to exactly supply the daily requirements of the body. In the normal person over-eating, as well as semistarvation, produces harmful effects.

Select every article of food with care. Food should be absolutely fresh or as fresh as it is possible for it to be. The fresher the food, the safer and healthier will it be. Stale or damaged foods often escape detection and manage to find their way into the culinary departments of a household.

Every portion of food served should be first well prepared. This refers to the cooking, baking, boiling, or broiling of the food so that it can be easily digested and absorbed by the system. If the food is incompletely prepared or overdone, perhaps burned to a crispy hardness, even the most resistant stomach will give vent to a twinge of pain from the insult offered to it. Meats that are cooked too long lose their flavor and become less digestible. If they are burned, there are formed substances that irritate every part of the body with which they come in contact. On the other hand, the longer most vegetables are cooked the more digestible they become. Prepare the food so that it looks good. The appearance of food will often arouse a desire for eating where the appetite is indifferent. Foods should be

tastily as well as tastefully prepared. This does not mean that, in order to stimulate the taste, foods should be loaded with spices. These additions to the food, instead of aiding, interfere with digestion. The food should be varied. Rather than large portions of a very few kinds of food there should be smaller portions of a larger number of dishes; nothing becomes more loathsome nor more unappetizing than the constant repetition of the same articles of food.

Chew well every bit of food. The more it is chewed, the less work will the already overburdened stomach have to perform. Food cannot be well chewed unless the teeth are in good condition. Sound teeth are a valuable asset in the protection of health.

An agreeable disposition is a valuable aid in the enjoyment of a meal. A meal that is well enjoyed is well digested, since enjoyment encourages the appetite. Depressing emotions markedly reduce the appetite. The sad, the sorrowful, the melancholic are thin-faced and hungry-looking from neglect of eating due to an absent appetite. Anger also is an appetite destroyer. Newspaper and magazine reading during a meal may be a time-saving habit, but it is detrimental to the proper digestion of the food.

Foods have a two-fold function to perform. They supply energy in the form of body heat and motion, and they repair body tissues that have been destroyed during the process of motion or heat production. A diet must contain foods that will fulfil both of these objects. Energy-producing foods are the sweet foods, such as sugar, honey, molasses; starchy foods, such as bread, potatoes, peas, and Lima beans; and also fats and oils. Material for new tissue is furnished by meat and many of the vegetables. There is required ten times as much food for energy as is required for tissue-building. Hence meat should form less than one-tenth of the diet.

Avoid overeating. Overeating, aside from the interference with personal appearance, is wasteful and harmful. The amount of food necessary for a person depends upon the amount of active energy-consuming work performed by that person; it also depends on the time of the year—cold, wintry days requiring more fuel to keep the body warm. Eat enough, so that the appetite is just satisfied. The amount that you eat is a matter of habit and like other habits can be regulated.

Those who exercise, or who do a moderate amount of muscular work, require more meat than those of more sedentary habits. Too much meat causes an increase of the blood-pressure. In addition to this, when used in unnecessarily large amounts it also produces substances that irritate the liver and kidneys and create disturbances in these places. Many people eat as much as a pound of meat daily and suffer from the consequences of this oversupply in the form of various ailments. Whenever this amount has been reduced to one-third, the ailments have disappeared. Meat equivalent to one-half pound daily is ample for the man who does a moderate amount of muscular work. A growing boy of sixteen years or more of age requires an equivalent amount, while a girl or woman will need about six ounces of meat each day.

Meats—and by meats are meant the usual butcher's meats—in the order of their digestibility are beef, mutton, lamb, veal, bacon and pork. Meat should be eaten only once a day at the heaviest meal.

The green vegetables can, to a slight extent, take the place of meat in replacing destroyed tissue. When properly prepared, they supply other substances not found in meat, for the use of special parts of the body. The green vegetables add palatability to the food. They include cabbage, cauliflower, spinach, lettuce, celery, cucumbers, asparagus, rhubarb, squash, and onions. To this list may be added others, usually not considered as green vegetables. These are tomatoes, turnips, beets, parsnips and radishes. The most indigestible are cabbage and cucumbers. Eat daily at least two different vegetables in this list. Potatoes, peas, and Lima beans, on account of their starch, are classed separately.

The amount of fats and oily substances, starchy foods and sugar to be eaten daily depends on how much work the body is called upon to do. Fats are represented by butter, by the fat of pork, ham and bacon, by cocoa, chocolate, by the cream in milk,

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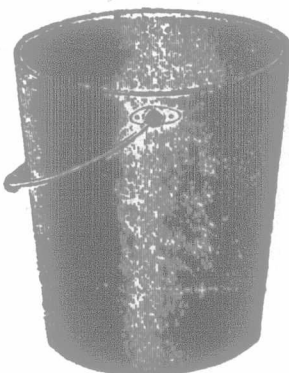
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and by oils such as are obtained from or are present in olives and the nuts. Not more than two ounces of butter a day should be used by one person. Four ounces of pork or six ounces of ham or bacon are sufficient for the daily allowance of a person.

Starchy foods are the most commonly used. Potatoes, peas, beans, the cereals, such as rice, farina, and oatmeal, and the flours, particularly wheat flour, are all rich in starch. Potatoes should form part of the daily diet and the equivalent of one large potato can be eaten. Starchy food for breakfast may be supplied by a dish of cereal with cream, or two eggs with a roll or toast and butter. Buckwheat or griddle cakes and syrup may be substituted on another morning. The eating of bread is very often overdone. One of the best breads is made from bran flour and molasses. Sugar is mostly used with coffee or in desserts. The equivalent of three tablespoonfuls each day is all that is necessary.

Eggs other than hard boiled are readily digestible, and when soft are a nourishing form of food. Two eggs daily are as many as the body needs. Milk is another standard, useful, and highly nutritious food. Two or three glasses daily are sufficient.

Cheese is also a very nourishing food and for the amount of nourishment that it gives, is probably the most economical from the cost standpoint.

The use of coffee and tea is apt to be overdone. Habitual coffee and tea-drinkers are recognized sufferers from indigestion. They also belong to the class with the disturbed nerves—the irritable, restless and sleepless. No harm will result from drinking water during meals, providing it is not ice cold nor the amount too great. The amount will depend on the dryness or saltiness of the food eaten. Avoid too much spice, especially mustard, too much salt and vinegar. Alcohol should not be allowed in any form. It retards digestion and if continued regularly, results in an inflammation not only of the stomach but also of the liver and kidneys.

The best time for the heaviest meal is at the end of the day when the day's work is finished. Drowsiness after such a meal is not unusual, since the blood-supply of the digestive apparatus is increased at the expense of that in the brain, and diminished blood to the brain produces sleepiness. The fallacy of a twenty-minute walk after a meal was probably the invention of a mischief-maker. A twenty-minute nap would be wiser, then could the digestion proceed undisturbed. Irregularity of meals and dining late at night, like all other irregularities in living, is productive of irregular health.

The following three menus for the three daily meals fulfil all the requirements for the needs of the body. They are suitable for the average woman busy at housework, at the office, or employed in the store.

Breakfast.—Fruit; choice of any of the following—two eggs with or without ham or bacon; cereal with cream or griddle-cakes with syrup; also a roll or toast with butter, weak coffee or one glass of milk.