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There is genuine and unmistakable pleasure in its daily use.

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Advice to Girls

By Miss Rosalind

Registered according to the Copyright Act

Miss Rosalind welcomes letters from young women asking for advice on any subject. All you have to do is to address your letter to

MISS ROSALIND,

34 King William St., Hamilton, Ont.

Dear Rosalind:—

I am a girl of 20 years, and would like to get a boy friend. I have met some, but they seem to have other girl friends. I live five miles from town and do not meet many. Please advise me what I should do as I value your advice very much.

SUNSHINE.

Dear Sunshine:—

It is pretty lonesome at times, I am sure, especially in winter. But there are silent friends that we may have with us all the time—I mean books. I'd like you to make up your mind to make this winter the best you have ever spent. Make up your mind first to go on studying where you left off at school. You will be amazed at how easily things come to you now. Then get some good stories. Borrow them from friends in town. Go to the library every time you go into town; and when you have the price of a good book, invest in one. It will pay you back a hundred times over. You will have an interest in life that will brighten you up and make you attractive to talk to, so that people will want to know you. Try it, to please me; and I know you will never be sorry.

ROSALIND.

Saskatchewan.

Dear Rosalind:—

I am a bachelor on the Prairie and would like some advice towards heart and social events.

Would it be proper for me to ask a married woman to have the first dance, providing her husband was not a dancer or he not being there, when it was only a small neighbor gathering?

Is it right for me to give a neighbor girl a box of chocolates if she has a fellow of her own, he sitting there when I give them to her? Should he care? I like a girl in this neighborhood about eighteen years old and I am twenty-seven; this girl has a friend with whom she has been going for over a year. Should I try to cut him out in a nice manner? I love this girl very much, but I have not got enough money to give her a good time.

Is it right for me to go along with a fellow when he is going to see his girl and sit and wait till he gets ready to go home?

Hoping to see this advice in the paper soon as I am worrying very much.

JIGGS.

Dear Mr. Jiggs:—

I enjoyed your letter, for I have lived on the Prairie and know those happy times—femininely speaking—when one girl was sure of half a dozen beaux.

The best way to answer your questions is to take them one at a time:

1. Surely, ask your married friends for dances, first or any other. If the lady's husband does not dance, she would have to sit that one out unless some bachelors asked her. And are you not all good friends together?

2. I am quite sure the girl would appreciate the chocolates at any time. If the man is sensible he will not care. If he is not engaged to the girl, it is none of his affair anyway.

3. There is nothing to prevent you taking your chance at making your neighbor care for you, unless she has already promised to marry another man.

If a girl loves a man, she will want him to save his money towards a home.

4. If the girl has asked you to call, and you really enjoy doing so and everybody else enjoys having you there, you may call when others are there and of course leave together. That business of sitting the other fellow out is not done in nice families.

Send me your full name and address on a stamped envelope and I'll

have a really splendid girl of this column write to you.

ROSALIND.

Dear Rosalind:—

I have read your advice every week and would like you to give me some. I am fourteen. There is a young man whom I am fond of and he seems to like me. Should I send him a Christmas card or present or should I wait till I receive one? Am I too young to go with young men? I saw a young girl's letter who did not have any girl friends. I would be very pleased to write to her as I have not many. If you would please send me her address, her name was "Violet."

ANXIOUS FOURTEEN.

My Dear Little Girl:—

I think fourteen is pretty young to talk about "young men." Girls of fourteen have school boy friends of that age and sometimes they exchange cards at various seasons of the year. I certainly would not exchange presents. Ask your mother about the card. When you are eighteen you may begin to think about "going with" your friends.

If you will send me a stamped, self-addressed envelope I shall send you Violet's address.

ROSALIND.

Dear Sunshine:—

Please tell your father all about it right away. And then, go to your aunt or cousin or the nicest neighbor you have and tell her exactly what you have told me. I am more sorry than I can ever tell you, but I am powerless to help.

ROSALIND.

Worms, however generated, are found in the digestive tracts, where they set up disturbances detrimental to the health of the child. There can be no comfort for the little ones until the harmful intruders have been expelled. No better preparation for this purpose can be had than Miller's Worm Powders. They will immediately destroy the worms and correct the conditions that were favorable to their existence.

BIG DROP IN MEAT EXPORTS.

Exports of meat from Canada for the year ending October show a decrease compared with last year of the large total of 127,829,690 lbs. The decrease represents a value of over \$48,000,000 on the year's trade. The export figures for two years, reported by the Dominion Bureau of Statistics, are given below:

Bacon and ham, 1919.	208,996,038 lbs.
1920.	148,874,000 lbs.
Pork, 1919.	18,002,320 lbs.
1920.	4,861,200 lbs.
Beef, 1919.	129,944,411 lbs.
1920.	66,916,000 lbs.
Canned meats, 1919.	11,388,893 lbs.
1920.	980,468 lbs.

There was an offset of rather less than a million dollars in the increase of "other meats" exported, a classification that includes game and poultry.

LIFE WAS A MISERY TO HER

Says this Woman Until Relieved by Lydia E. Pinkham's Vegetable Compound.

Owen Sound, Ont.—"I suffered for ten years with female organic trouble,



neuralgia and indigestion, and was weak and had such bad pains I could hardly walk or stand up at times. When I would sweep I would have to go and lie down. I could not sleep at night, and would wander around the house half the time. I tried everything but nothing did me any good, and the last doctor I had told me he never expected me to be on my feet again or able to do a day's work. One day one of your little books was left at my door and my husband said I should try a bottle of Lydia E. Pinkham's Vegetable Compound. Thank God I did, for it cured me, and I am now well and strong. I think there is no remedy like the Vegetable Compound for anyone who has my troubles, and have recommended it to my neighbors. You can publish my letter for the benefit of those I can't reach."

—Mrs. HENRY A. MITCHELL, 1707 7th Ave., East, Owen Sound, Ont.

If you have any symptoms about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

The Sunday School Lesson

Lesson XIII. December 26.

REVIEW: THE KINGDOM OF HEAVEN ON EARTH.

Selection for Reading: Isa. 25: 1-8. Golden Text.—"And he had siteth on the throne said, Behold, I make all things new" (Rev. 21: 5).

Central Facts.

Lesson I. When Jesus was born, wise men sought Him. Herod was jealous, and Jesus was taken to Egypt. Lesson II. Jesus went from Galilee to the Jordan to be baptised, after which He was tempted in the wilderness. Lesson III. Jesus began preaching and called Peter, Andrew, James and John. Lesson IV. Jesus began His Sermon on the Mount with the Beatitudes. Lesson V. Jesus taught that men are known by their deeds, and endure according to their foundation. Lesson VI. Jesus set forth a few great principles of living. Lesson VII. Jesus healed the centurion's servant and set forth His divine authority. Lesson VIII. Jesus sent forth the twelve with instructions. Lesson IX. Jesus was received gladly by the multitudes, but with hostility by the Pharisees. Lesson X. Jesus described the growth of His kingdom in a few parables. Lesson XI. Jesus further described His kingdom by the use of parables. Lesson XII. Jesus fed the multitude by performing a miracle.

A GREAT STOMACH BRACER

Makes You Feel Lively and Young—Removes That Tired Feeling.

At some period in our lives there is sure to come a time when the stomach is "off"—not working well—failing to enjoy and digest its food. Main thing then is to get the right remedy. You really want a soothing medicine, one quick to act, sure on results, combining the virtue of a gentle laxative with a tonic effect upon the stomach, liver and kidney.

Certainly the world affords no better medicines for the stomach than Dr. Hamilton's Pills of Mandrake and Butternut. Their laxative effect is ideal, can't be beaten! But in addition to their helpful action upon the bowels, these pills contain certain ingredients that strengthen and invigorate the muscles of the stomach, thereby relieving all sourness, rising gas, headache and biliousness.

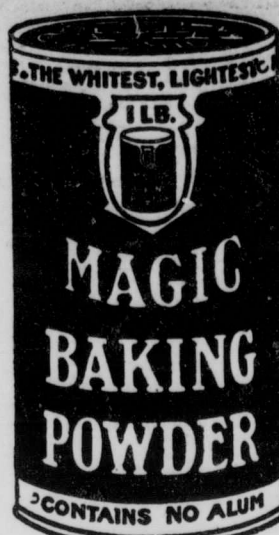
Just try Dr. Hamilton's Pills—they'll make you full of energy—brimming over with snap; they bring and maintain robust, sound, vigorous health, and isn't that just what you've looked for these many months? REFUSE A SUBSTITUTE FOR DR. HAMILTON'S PILLS. 25c per box, all dealers.

LESS LABOR—MORE WHEAT.

By giving proper attention to all the factors which enter into successful wheat growing, much larger yields can be produced. This has been established, times without number, by efficient wheat growers of Europe. The average man is disposed to say that Europe had until lately an abundance of cheap labor, which fact in itself accounts for the 30 bushels of wheat per acre which Great Britain harvests, as compared with the 18 to 20 bushels per acre which are gathered in Canada. Cheap labor has its counterpart in our highly efficient farm machinery. By adding a horse to the team and by using wider plows, wider harrows, disks, binders, etc., it is possible to reduce the man-labor required in raising wheat from 50 to 75 per cent. This is America's answer to European abundance and cheap labor.

The growing of wheat produces much more highly important food for each hour of man-labor put upon it, than do either potatoes or corn. When wheat yields 30 bushels to the acre, reliable figures show that one hour of man-labor produces 1 2-3 bushels of wheat. At prevailing yields, one hour of man-labor on potatoes produces about a bushel of that crop, while on corn, one hour of man-labor produces about 1 1/2 bushels. It is obviously a matter of labor economy to grow wheat.—Henry G. Bell, B.S.A.

Drives Asthma Before It. The smoke or vapor from Dr. J. D. Kellogg's Asthma Remedy gives asthma no chance to linger. It eradicates the cause. Our experience with the relief-giving remedy shows how actual and positive is the succor it gives. It is the result of long study and experiment and was not submitted to the public until its makers knew it would do its work well.



Fur Farming

Raising Mink.

At the recent fur auctions in Montreal, the price of mink skins averaged \$20. The better skins sold for \$30 upwards to \$75 for one very choice lot.

Mink is a handsome, durable fur. It has been demonstrated that minks can be kept in captivity. They require little space and can be cheaply fed, provided one can obtain fresh fish or fresh meat practically all the time. Persons who live near the sea-coast would appear to be in an advantageous position for the rearing of this animal. Once the difficulty of obtaining stock, which, for purposes of domestication, must be taken young, has been overcome, the prospective raiser of minks ought to be in a fair way to success.

The principal diet of minks should always be meat or fish. English sparrow, mice, frogs, rabbits, scraps of butcher's meat, small or coarse fish and fish heads, may be mentioned as examples of the sort of food for minks. They will also learn to eat cereals readily and they may be given well-cooked graham mush with milk, together with ground meat or meat broth. In feeding cereals, however, care should be taken not to cause diarrhoea. In winter the food is best served warm. As to quantity, about 4 ounces of meat daily is sufficient for an adult.

Cages may be about 4 feet by 8 feet and 16 inches high. They can be made of 1-inch mesh, No. 16 gauge, poultry netting. These cages are to serve as a runway. The dens should be quite warm. A good den can be made by putting a box about 12 in. x 12 in. x 12 in. inside a similar, but larger box, and packing the intervening space with straw. The entrance should be in the form of a passage sloping downwards toward the outside. Fine hay should be provided for the nests.

The mating season is in February and March. The young are born in April and May, about 4 to 6 in a litter. The females, while with young should always be kept separate from the males.

CHILDHOOD AILMENTS

The ailments of childhood—constipation, indigestion, colic, colds, etc.—can be quickly banished through the use of Baby's Own Tablets. They are a mild but thorough laxative which instantly regulate the bowels and sweeten the stomach. They are guaranteed to contain no harmful drugs and can be given to the youngest baby with perfect safety. Concerning them Mrs. Alcide Lepage, Ste. Beatrix, Que., writes:—"Baby's Own Tablets were of great help to my baby. They regulated her bowels and stomach and made her plump and well." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

THE CANADIAN CHIROPRACTIC COLLEGE.

Formerly of Hamilton, has now taken up their quarters at 757 Dovercourt Rd., Toronto. Thousands of citizens are filled with enthusiasm over the wonderful results accomplished by some of their junior students on patients suffering from all diseases and afflictions. Students are enrolling every day to become Specialists of Chiropractic, realising the superiority of Chiropractic compared with the other healing arts.

The Friend of All Sufferers.—Like to "the shadow of a rock in a weary land" is Dr. Thomas' Electric Oil to all those who suffer pain. It holds out hope to everyone and realises it by stilling suffering everywhere. It is a liniment that has the blessings of half a continent. It is on sale everywhere and can be found whenever enquired for.

When Grant entered the federal army at the beginning of the Civil War, he was unable to buy his own uniform.

USE TEN MILES CABLE FOR FILM

GIGANTIC ELECTRICAL ENGINEERING PROBLEM TO PRODUCE "THE FOUR HORSEMEN" IN PICTURES.

No general ever worked out his strategy for a decisive battle with greater care than that bestowed upon the plans for the motion picture reproduction of the second Battle of the Marne, which will be filmed as a feature of Metro's colossal production of "The Four Horsemen of the Apocalypse," by Vicente Blasco Ibañez.

Although many thousands of men will take part in an engagement that, to all appearance, is as deadly as the one that proved the turning point of the World War, the present arrangements are such to make serious accident almost impossible.

For many weeks Walter Grams, chief at Metro's west coast studios in Hollywood, Calif., and a large force of assistants have been working on this system and it has been pronounced fool proof.

Above all other things, Rex Ingram, who is directing the production, and June Mathis, who adapted it for the screen, are anxious to make the battle realistic. With this system, the mechanical perfection of the battle scenes is assured.

The castle and all the buildings of the village have been built so as to "breakaway" properly at the desired time. There are more than 200 "breakaways" and more than 1,500 separate explosions planned to occur in the village alone. These "breakaways" are necessary to insure the falling of the buildings at the proper moment. More than 52,000 feet of copper cable has been laid and sixty-two storage batteries installed about the location.

A battery of fifteen cameras will be used for the filming of the battle scenes. These cameras will be under the direction of John Seltz, chief cameraman for "The Four Horsemen of the Apocalypse."

A Remedy for Bilious Headache.—To those subject to bilious headache, Parmelee's Vegetable Pills are recommended as the way to speedy relief. Taken according to directions they will subdue irregularities of the stomach and so act upon the nerves and blood vessels that the pains in the head will cease. There are few who are not at sometimes subject to biliousness and familiar with its attendant evils. Yet none need suffer with these pills at hand.



Baby's Own Soap

The fragrant creamy lather of "Baby's Own Soap" and its absolute purity have won a great popularity.

It's best for Baby and best for You.

ALBERT SOAPS LIMITED, Manufacturers, MONTREAL.

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It is the Personal Service that Pleases and the reason why THE WALKER HOUSE (The House of Plenty) is so popular is because of the quality of its service and the attention of its staff. There are thousands of letters of praise and the Walker House who, undoubtedly they are of Toronto, are those of the WALKER HOUSE.

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THE HOUSE OF PLENTY



Write for Price List. Cut down fuel bills. Economy without loss of comfort.

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