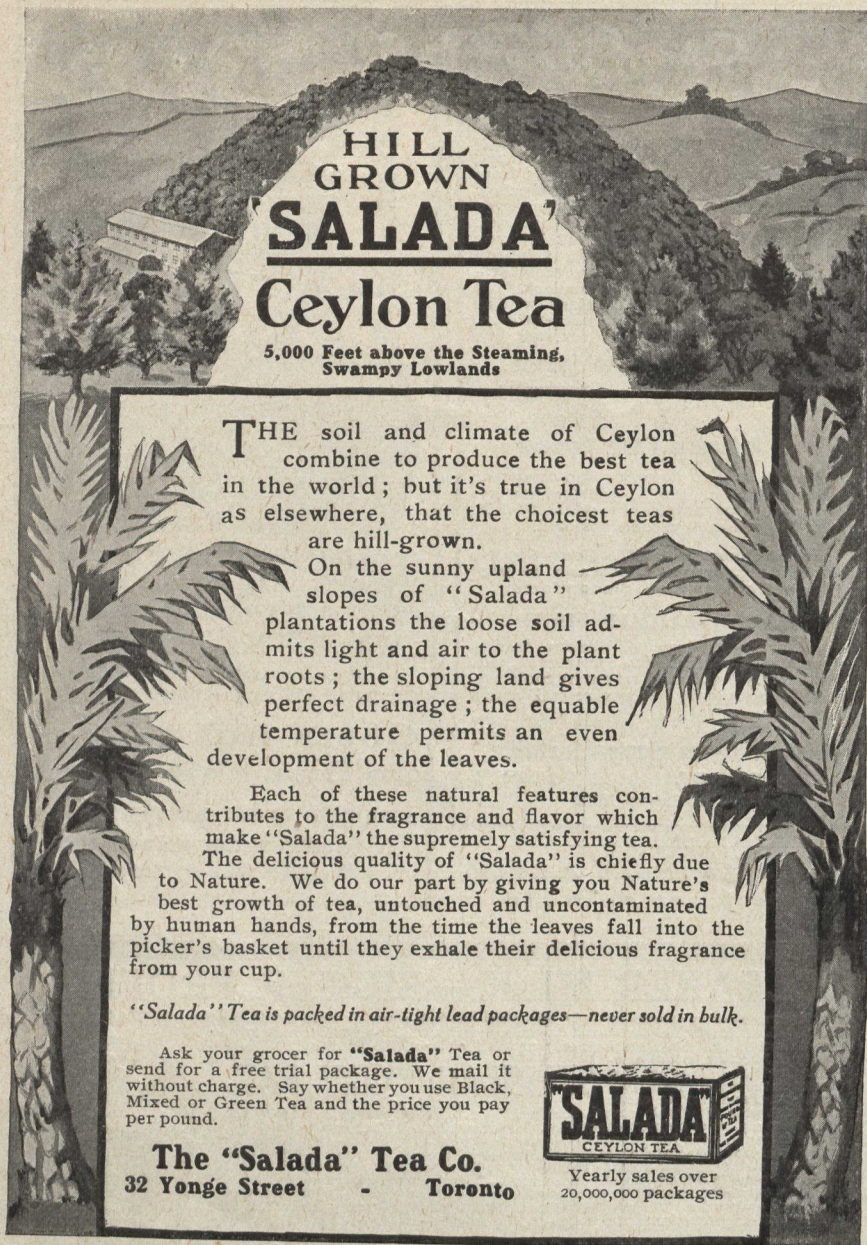




**HILL GROWN
SALADA
Ceylon Tea**

5,000 Feet above the Steaming, Swampy Lowlands

THE soil and climate of Ceylon combine to produce the best tea in the world; but it's true in Ceylon as elsewhere, that the choicest teas are hill-grown.

On the sunny upland slopes of "Salada" plantations the loose soil admits light and air to the plant roots; the sloping land gives perfect drainage; the equable temperature permits an even development of the leaves.

Each of these natural features contributes to the fragrance and flavor which make "Salada" the supremely satisfying tea. The delicious quality of "Salada" is chiefly due to Nature. We do our part by giving you Nature's best growth of tea, untouched and uncontaminated by human hands, from the time the leaves fall into the picker's basket until they exhale their delicious fragrance from your cup.

"Salada" Tea is packed in air-tight lead packages—never sold in bulk.

Ask your grocer for "Salada" Tea or send for a free trial package. We mail it without charge. Say whether you use Black, Mixed or Green Tea and the price you pay per pound.

The "Salada" Tea Co.
32 Yonge Street - Toronto

Yearly sales over 20,000,000 packages



**SAVES THE PRICE
OF A NEW BOWL**

Mend the broken one.
You can do it with Caementium.
It is a mineral paste—not a fish glue.

When set, Caementium withstands water and all changes in temperature.

It is just as satisfactory for mending kitchen utensils; for it also withstands fire—actually becomes a part of the mended article.

You can use it on furniture, china, earthenware, picture frames, leaky pipe joints, knife handles, marble.

Caementium is a powerful mineral paste—odorless, non-poisonous. It comes ready to use, in patented air tight tins. It is easy to use and does not stick to the fingers.

CAEMENTIUM

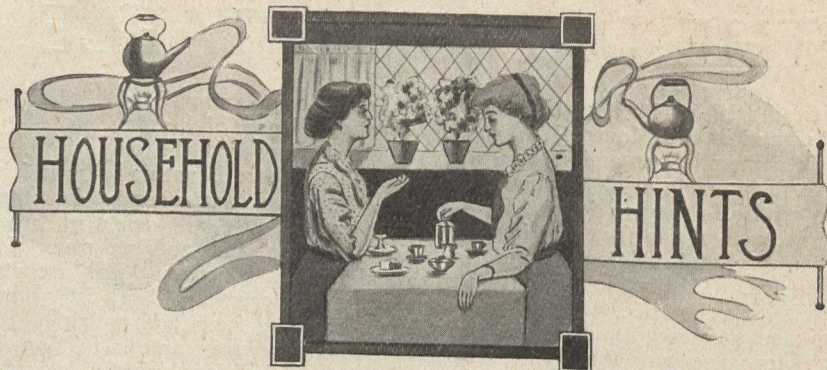
25c. at hardware, drug and department stores, grocers, stationers, etc.
If your dealer hasn't it, we will mail full size tin, with new screw top, on receipt of price and dealer's name.
Dillon's, Limited, St. Paul St., Montreal

Dutch Collar or Belt Pin—Send no Money



Let us send you this beautiful **Belt or Collar Pin**. Just send your name and address plainly written, with the three initials you desire, and we will send this **Pin** to you by return mail, postpaid. These Brooches are beautifully made, heavy sterling silver, satin finished, your monogram hand-engraved. They sell regularly for **seventy-five cents**. If satisfied after you receive the Pin, all we ask is that you send a postal note or post office order for **thirty cents**; if not, return the Brooch to us. Show the Pin to your friends and tell them where they may obtain one like yours.

The Royal Silver Co., Dep't 40 - TORONTO



Kitchen Wrinkles

TO take ink spots out of a mahogany table, apply spirits of salt with a piece of rag until the stain disappears.

For a headache take the juice of a lemon in a glass of water with a pinch of soda in it. Drink while foaming. This is excellent for bilious people.

Tired feet should be well bathed in warm water to which a little sea salt has been added. Dry thoroughly and rub with a little lemon juice. It is wonderful how this treatment eases them.

If night-lights are burnt in the nursery and you run short of them, try this alternative. Take a wax candle, cover the top, which has been burnt level, with a thin layer of salt, and leave only the blackened end of the wick exposed. Light the candle and it will give a faint but steady light all night.

In paring apples for cooking there is usually a great deal of waste, but this may be prevented if some hot water is poured over them before paring, letting them stand for one minute and they can then be pared quite thinly and easily without injuring the flavor of the fruit.

Floor-cloth should never be washed with water if you wish it to wear well. Instead wash it with skim milk, rub dry, and then polish with beeswax and turpentine. Treated in this way once or twice a week, and on other days well rubbed with a dry duster after sweeping, it will look well to the last.

Boots or shoes that have been wet through and become hard in the drying may be softened by the application of a little paraffin. The oil should be applied by means of a soft cloth and be well rubbed into the leather. Paraffin also acts as a preservative of the leather, and so causes the boots or shoes to wear longer.

Get Ahead of Insomnia

BEFORE going to bed the body should be brought into that state which gives the surest chance of dropping speedily asleep. There must be the right kind of breathing, deep, slow and full rhythmical breaths.

The spine should be laterally straight, the muscles relaxed.

Do not go to bed in a room where the gas has been burning for hours without opening the windows as wide as possible and arranging it so that there is a circulation of fresh air all night.

The temperature of the bed should be agreeable.

The position of the bed is also important.

It is easier to get an unimpeded breath when the head is on the level with the backbone, and it is much more healthful to sleep without a pillow. With the head low the strain on the muscles is relaxed.

High pillows push the shoulders forward and prevent the chest from being properly expanded. The more nearly horizontal the body is the less effort is the heart obliged to make to send the blood to the points farthest from it, and during sleep is the only resting time for this hard worked organ, as then it beats more slowly.

Most physicians recommend sleeping on the right side, and there are those who emphatically assert that the

correct position is to lie on the left side, with the arms thrown behind if one wishes perfect rest, a fine figure and good health.

The springs and mattress should be firm enough to support all parts of the body when it is in a horizontal position.

When the bed is too soft or the springs sag, the middle part of the body sinks into the yielding bed and is at an angle, where it should be straight so as to give perfect freedom to the internal organs. A soft bed is enervating; it embraces the body and makes the tissues flabby, which, together with the covering, interferes with circulation and prevents the body throwing off its impurities.

If one wishes to sleep the perfect sleep, wishes to develop energy, he must learn to sleep on a hard bed with light covering. If one wishes to preserve a good figure and enjoy a healthful sleep it is necessary to fight shy of all luxurious beds.

The bed should be placed in a room so that there is as much air in circulation as possible without necessitating a draught. It should be high from the floor and pushed away from the walls on all sides.

The bed should be thoroughly dry and wet clothes should never be hung in a sleeping-room.

Open your window night and day, rain or shine, and remember that fresh air is one of the best remedies for restlessness that can possibly be secured. The victims of sleeplessness should be careful what they eat and drink for the evening meal. Neither should they go to bed immediately after studying hard, as the brain is in a state of excitement that will prevent sleep.

* * *

Helpful Hints

Mix pastry several hours before it is to be rolled out, and much labor is saved and a better result obtained.

Thin brown bread and butter sandwiches are the most appetizing accompaniments for fish salad of any sort.

It is said that ink stains on white goods and also on the hands may be removed by rubbing them with a ripe tomato.

Whole cloves scattered plentifully among clothing in dresser drawers will keep away moths as effectually as camphor.

Iron rust stains should be washed in oxalic acid melted in hot water. Rinse with pure water and a touch of ammonia.

Fat is a preventive of neuralgia, and people who suffer in this way, but dislike fat meat, should eat liberally of thin, well-buttered bread.

A dozen grains of rice in a salt-cellar will absorb dampness and keep the salt in powder. It also breaks the lumps that there may be in salt.

Eggs strengthen the consumptive, invigorate the feeble, and render the most susceptible all but proof against jaundice in its most malignant phase.

To polish amber, rub it with whitening moistened with water, and lastly with a little olive oil laid on, and well polished off with a piece of flannel.

When soot falls on the carpet, cover it quickly with salt and then sweep it up. In this way you may remove it without doing the least damage to your carpet.