The time moved slowly that morn- Turned. ing but it was recess at lest and Mary "You see mine, Miss Turner," Marlunch baskets and discorr parts. Mury's this morning." diamer pail was bright red, and in- "Miss Turner, this is not my pail!" side it she know there was a rel apple, Mary cried. "Mother has no paper responding harvest. If you are sow

The apple, Mary decided as the Poor Miss Turner did not know what reached at last for her pail, was just to say for a little, then she thought of vest of these things. Whatever you The the one in Marjorie's hand now, something. and several pairs of eyes watched ent "Has anyone else a red lunch pail?" viously as Marjorie dug her little pear- she asked. ly teeth into the prize. Marjorie was "Yes'm." Freddie Myers' hand went a poor little girl and Mary wondered up quickly. "I have." And Freddie's of God's children are struggling and whore she could have got the apple, pail was brought.

"It's no nicer than mine though." Sure enough, he

Up she sprang then and snatched the apple from Marjorie's hand.

to me at once!" Marjorie retorted. | ing pail, and Mary claimed it at once.

Mary refused to give it up. "Mother thought you took my apple." put it in my dinner pail for me," she "I'm scrry I thought you took mine."

lunch pails and bring them here to over underneath that big tree."

Parents Shoud Use Dis-

cretion.

#### Dry Vegetables. You would get a notion of what "de-

available in the near future, it is said.

small fraction of their original bulk

space in her pantry, or in a dry cellar.

If protected from at ack by insects

Tomatoes, celery, spinach and cah-

bage are 92 per cent (or over) water.

Squash is 94 per cent., onions 91 per

cent. and apples 85 per cent. water.

Grow Nut-Bearing Trees.

they will last indefinitely.

industry.

No child is bad. He errs in matters hydration" means if you could see a of taste. He mistakes noise for bushel basket of sweet potatoes that music. He thinks horseplay is fun. have been submitted to the process. He confuses clothes with people, for and alongside of it a can containing he has little serge of values. He mis- five gallons of water which has been takes crudeness for cander: Reense extracted from those potatoes. Pretty soon the everyday housewife will be able to do this sort of thing for Think not, because no man sees He makes mistakes because he has

lived with you for so short a time. He herself-Domestic dehydrators will be less not learned your ways; your code. Time will adjust all that. He will

He must be taught and helped and inspired; but how? Child-bearing is cheap, reduce them by drying to a difficult, subtle, a life work. There is no plainly marked chart. guide you but the sed wants of the child rouded, muffled efyou can do. Think

of your own childgroping child, imblind longings and child of to-day. Natural Resources in Exports. fied many of the vague notions for you. Experience has crys-Branch of the Department of the Inyou. Viewed from your present posi- which some of the natural resources Shall to-morrow find its place. tion and interpreted by the wisdom represent in the Canadian exports.

gained by daily concacts with Minerals, direct from the mine, includ- Thus alone can we attain you have games by usely conditions, your vague thoughts ing only asbestos, coal, copper, gold. To those turrets, where the eye nickel and silver, were valued at \$39.

And one houndless reach of sky. have become the You know what it 168,373. Paper and woodpulp amount to you want for this child. You know to \$84,748,733, furs were worth \$14, the sert of child you want to produce. 423,104, and fisheries \$28,788,270. Pro-He is to be leading, clean and free ducts of the land, or the returns of

less ft the truth:

of time or strength or money or prin-He must leafn by right living the art of being happy and of giving hap-

piness to others. These actions are vague and broad still, but they are something to go on.

Contagious Prosperity.

man is not really prosperous if his neighbors are impoverished by his are different. it must be taken with campaign against the grasshoppers prosperay; if they are not so well off discretion. One very useful point in had been carried on in the province, benefits by his prosperity, benefits peaches thrive. It is true that walnut been wrought by the plague but in no morally as well as financially. A man trees have been grown where peaches case has the destruction been total, may give money for charitable purare not generally cultivated, but as a and, while the expense of control has poses and still be a moral stench in rule the walnut will not attain its best been large, it is small compared to the his neighborhood. Even where he is development where it is too cold to results secured. It is anticipated that the violin family is composed of two not feel that your time is wasted or bauch those about him. When you are really prosperous others about you Only one man in three is perfectly as the plague is pretty well under conthe double bass. It is reasonable to feel religion if, you have any. If you have real religion, that is, the spirit "Lifeboats, with chambers filled not the letter only, your dog will fee! with rubber sponge, would be even

them," commanded Miss

was only one of the forty Ettle boys jorie explained. "The apple is gone harvest will correspond with what you was only one of the locks, because I took it out. Old Miss Sarah have sown. If you have sown a father where, in shiring array, hung their gave it to me for running an errand seed you will get a failure harvest. If

equally as bright, that Mother had napkins like this, and 'sides she alling deception, sowing malice, hatred ways gives me a linen one.

Sure enough, here was another pail she decided as the lifted the cover of just like the other two. Miss Turner are sowing the wrong kind of seed in her lun h pail and perced incide. No- laughed as she pecked inside. There the cosmic soil of the invisible, which Holland and took a sent near the pail thing 12d Caught hat eye and she grew on a white linen napkin lay a rosy has no power to change the quality pit. In a few minutes a lady ap "apostle of the coconst." Having as

a racket as it went. But Mary did not sure it was not. "Mine has a dent in not produce anything different from served for the pour and joined de- fruit of which he believed to be the from to notice it at all. Her apple the bottom, and I haven't any for what we put into it, lunch to-day."

the pail Mary had thought was hets, so little of the success we desire is whom she had ordered out of her milk. But, although a crank on this "How dered you steal my apple?" and this was handed to Freddic. due to the little care in sowing our seat. "No," she replied, "but it was subject, he did not force his ideas up

what the trouble was, and both little walked over to Marjorie's desk. "You big things you were going to do, ex- was this: that the woman forgot to learning, end his coconut plantation must take this apple of mine," she amine yourself carefully, my friend; carry her "company manners" to yielded him a farge income. People "It's mine," Marjorie sobbed, but said. "I'm sorry I was naughty and look to your thought seeds for on them church.

Marjonie began, and then they both "We'll see," spethed Miss Turner, realized how funny it was. "I tell you "Both of you little girls get your what' let's share ours with Freddie "Yes, let's," Mary agreed, and so

There was a merry laugh when the Freddie was invited over to a merry petils were brought, for those pails huncheen which was just finished when were just mike, size, color, shape, no the bell rang to bring them back to Nothing useless is or low;

Each thing in its place is best:

And what seems but idle show Strengthens and supports the rest.

success or failure walls. You are a

The Builders.

Working in these walls of Time!

Some with massive deeds and great,

Some with ornaments of rhyme

maker of destiny .- O. . Marden.

All are architects of Fate.

with your conviction, with your pre-

the seed you put into the great invis-

ible cosmic soil. It does not change

the character of the seed, and your

you have sown discouragement seed.

pessimistic seed, you will get a cor-

greed, selfishness, contention, unkind-

sow you will reproduce its kind, will

come back to you whether you want ti

It is pitiful to think that multitudes

liction of failure.

or not.

The cosmic intelliger

Our to-days and yesterdays Are the blocks with which we build Truly shape and fashion these: Leave no yawning gaps between:

Time is with materials filled:

Such things shall remain unseen. Provided with such an apparatus the housewife can buy vegetables and Builders wrought with greater care truits in the seasons when they are Each minute and unseen part

For the gods see everywhere. and weight, and store them in small Let us do our work as well. Both the unseen and the seen;

Make the house, where gods may dwell Beautiful, entire and clean. Else our lives are incomplete,

Standing in these walls of Time, Broken stairways where the feet Stumble as they seek to climb. The Natural Resources Intelligence Build to-day, then, strong and sure,

principles of living for terior calls attention to the large part And ascending and secure With a firm and ample base;

> And one boundless reach of sky. -Henry W. Longfellow.

# Fighting Grasshoppers.

He man be fold the truth, be fear 314, these including only four items. hopper plague meant to Saskatchewan living animals, grain, butter and farmers may be gained from a report the must feel his continue to the rest obsesse. It would appear that our naof huminity and learn to carry his retural resources in providing raws mathat province, says the Natural Reterials for our manufacturers and a sources Intelligence Branch of the Dethe backbone of Canada and Canadian sawdust, 2,973 tons of bran, 99½ tons hit. of salt. 2821/2 tons of arsenic, 51/2 tons of paris green. 69,157 gailons of molasin anything that smacks of spite—
Leave him with a good picture in only by their age. After careful infor her speed in her day, it is hardly ses, 546 cases of lemons and 840 gal. they smile within at other's woes and his mind so that he will say to him vestigation, an ingenious belt maker likely that she would have carried The advice to grow nut-bearing lons of aneyl acetate. The cost of the pelt them with "I told you so's." trees for shade and ornament in the campaign, which was equally divided older settled section of Canada is between the Provincial Government

# Figwers Think.

know whether we love them or are indifferent to them.

Some people can raise flowers almost anywhere, even with very little family. sunshine, while others can do nothing with them under the most favorable conditions. That is because, as Mr. flowers, and that they wilt the mo-

is derived from the Hindu w "panch," meaning five, there be

t's time to hit the finit sente. hard lot, the law will not juy just in success coin; it will pay you in failure

"Thi light another cige coin; because failure to what you are drawing to you, with your thought, The idle loafer said ind chucked his old 'snips' One end still glowing red.

> Good time to fire my similing now The thoughtless ranches said, and touched it off without a thou

Millions in lives and timber lost," The newspapers next said What made those fires all start at

"it wasn't us, it was that wind," The fools in chorus said. So they've alive and loose this year -We hope the wind is dead. -R. T. Allen

She Turned Out the King

striving and straining to-day, living in of Sweden. One day a scholarly looking man plainly dressed, went into a church in long ago. suddenly elemed. Off flew the cover apple. "Is this your apple Freddie?" of our sowing. It would just as radily proached the pew, and, seeing a quired the island by purchase many yield us wealth as poverty love as stranger in it, curtly asked him to go tver and seroes the floor making such "No Miss Turner." Freddie was hate, happiness as misery, but it can out. He took one of the seats re-We build our world with our thought were over one of the woman's friends There was a dent in the bottom of and the reason why most of us have asked her if she knew who it was only drink, except water, was coconut "I didn't! That's my apple. Give it Miss Turner pointing to the remain- If you are disgruntled with life, dissatisfied with your haif success, with en," replied her informant; "he is here the wines excellent. Over came Miss Turner to find out With cheeks very red indeed she mediocrity; if you haven't done the visiting the queen." The only point Engelhardt was a man of profound

### Hemp Hurds for Paper Making.

An interesting investigation recent y carried out at the Forest Products aboratories of the Bepartment of the Interior, Canada, reates to the value of hemp hurds as a paper-making maditive provinces of the Dominion last stalks of hemp from which the fibre tended in the coming season. The adhas been removed. Considerable vantage of an airplane patrol over that quantities of the hurds, at present a mere waste product, are available in Canada. Some attention has been given to this subject in the United States, where experiments have been made in which the soda process was used. The work at the Laboratories, however, has been directed towards the application of the sulphite process, compare this with a canoe travelling widely used in Canadian pulp mills for the manufacture of chemical wood- is impossible to see more than a hunpulp. The results obtained indicate dred yards in either direction, and that while the material lends itself to where the patrol would be unable to sulphite cooking the resulting pulp has notice smoke unless it was driven an extremely short fibre and is some down over him, the advantage is enwhat hard to bleach. The yield, how- tirely on the side of the plane." every is large, and the pulp might advantageously be used as a filler with pulps of longer fibre.

### New Forests for Great Britain.

A shipment of seven hundred pounds of Douglas fir seed was recently forwarded from the Dominion Forestry Branch seed-extracting plant at New Weetminster, B.C., to Great Britain, This is the final shipment of seed collected in 1921. The total quantity of each kind of seed shipped for the season was: Douglas fir, 4.000 pounds: Sitka spruce, 3,000 pounds; and western hemlock, 100 pounds. As tree seed is very small and light, ranging from an average of forty-three thousand to the pound of Douglas fir to four hun- For pillowed ear, a carfillon ne'er classic encyclopædia of world royalty. covered them with bags; and in that dred thousand seeds to the pound of Sitka spruce, it will be seen that many millions of seedlings will be germinated from these shipments for planting in the extensive reforestation scheme which the British Forestry Commission has in hand.

# Don't Say It!

Some people seem to take delight ness, his character.

With heart and soul we all despise

### Six New Instruments Added to the Violin Family.

during the coming season the grasshoppers will cause much less trouble, and two giants—the violoncello and

# Municipal Forests.

them and who do not, and respond ac- scheme is Ontario county, which is the purposes over an extensive area. cordingly. A very intelligent woman first county east of York county, of I know says that she never could grow which latter Toronto to the county Life is What One Makes of It. flowers, and that they wilt the moment sine puts them on her person.

All plant life is sensitive to our thought, to our mental attitude. The farmer who hates farming never has the success with his crops that his decided to take up the reforestation of neighbors who have growing things about seven hundred across cituated in the township of United. Ontario on the south to the southern Life is what one makes of it,

the winter of 1925.52, the subject of solicities was discussed and the medy most often proposed was that ng windbreaks of trees across the path of the prevailing wind. About cixty million little trees have been sens out from the Dominion Forest Nursery Station at Indian Head since th was comblished in 1901, and in spite of inevitable losses due to mistak ecidents, and bad seasons a very arge percentage are growing vigor maly: Shipments for the seas 1922 will, it is expected, total five million and may cun somewhat higher In addition to preventing solidrifting belts of trees shelter the farmhouse and farm buildings and permit the es

# Coconuts as Food.

tablishment of gardens, where tree and bush fruits and tender vegetables

can be grown.

In the near neighborhood of New Suines is a beautiful island called Ka baks, which was owned by an Austrian named Engelhardt, exiled for some political offense, who died not

vently in the service. When services only proper food for man. He sub-

invited to stay at his house were luxuriously ladged; but he himself always slept on a bed of clean sand, which was spread freshly every day.

### Airplanes and the Forests.

Airpianes were used with great advantage in forest protection work in Hemp hurds are the waste year and the work is likely to be exby cance is illustrated by the following extract from a report of one of the airmen engaged in protecting the forests in northern Manitoba last year: "We could always see from 30 to 50 miles on either side of the plane. and it would be no difficulty to locate smoke at this distance. When you up a river with high banks, where it

#### Forest Sounds. Who, in the pines, may hear low

voices raised To chant in suppliant tones? They, who, in sorrow's tranquil eyes, have gazed. O'ercome, endured alone

joyous whispering of lesser

Who can interpret this? Awakened souls whose inmost sanctities Know Love's revealing kiss.

things

That dwell amid the sod?

Unless at peace with God.

# Advice to a Salesman.

failure. The time is not lost. If you with a sovereign-Liechtenstein-is through. In order to find out the efleave him with such a picture in his situated between Austria and Swift feet of the holes on the crossjack, he The harshest words that one can mind that he will say, after you have zerland. It can be traversed in a mo-fastened a handkerchief to a long rod large portion of our exports, without partment of Interior. To fight the throw are often these, "I told you so." gone, "There goes a man. I have met tor car in twenty minutes. taking into account the value of our pest the government, in 1921, supplied Nor are you pleased, you must admit, a real genuine man to-day. He made water powers for lower purposes, are to the rural municipalities 106 cars of when you're the one they chance to an impression upon me for his man! ness, his character. I shall remember The quality of tone in many old of the holes, when it blew out straight.

self. "I have met a real man to-day, a determined that with a century of perforated sails unless they gave her Perhaps you try a venture new and 100% gentleman. I like that fellow." use the bell chapper and the inner sur- a certain advantage. somehow fail to see it through; there's You never know, my friend, where face of the bell became so worn that good, but, as most of it comes from and the Municipality, was \$197,600 always someone standing by, to give that will end. I have known of several they fitted exactly and a considerable. The Truth That Makes Free. consists to be better off. A man is not a recent article was to the effect that and it is believed that the work has and it is believed that the work has better off. A man is not a recent article was to the effect that and it is believed that the work has better position than the had. You take surface to begin with. The result enlightenment leads to emancipation."

It has been said by musicians that he has met a rare character, you need obvious.

# A Giant Spring.

these two extremes could be advan- in kiaho, is a spring that runs a big a tonic that prevents premature aging. that of a broad-minded, liberally edutageously diminished. It is not sur- electrical plant. It is called the When the faculties are employed in cated man. One lives to a prison; the the and everybody about you will feel more unsinkable than the present think; that they have intelligence, and the truth makes us free.

Luther Burbank says that flowers printing uses a spending working out a spiencing wor prising then that two well-known Thousand Spring, and there is nothing working out a splendid destiny we are other in a limities universe. Verily, have, after years of study and experitive world. What a tremendous spring occupied that it cannot rust out or mentation, created a number of interior it is may be judged from the fact that lose its bucyancy. And it is the mind mediary instruments, which have entit delivers almost 1.000 cubic feet of that keeps the body young. tirely changed the nature of the violin water a second—enough water to supply all the needs of the City of New. "Nature is the art of God."—Sir for want of food, at varying intervals, York! It flows out of a lava cliff at a Thomas Brown. considerable height. like the water-The latest municipality to announce fall of a stream, and furnishes power Burbank says, the little mind cells of its intention of reforeshing a tract of which, converted into electricity, is flowers and plants know who like land under the Ontario Government distributed for lighting and for other

> If one gives the best one may One shall reap the benefit.

When one sayly does one's bit Through adventure, work or play, Edfe is what one makes of it. He'ry hour of ev'ry day,

Phough one fear to lose one's grit. When the skies bend dark and gray Helping others on their way the shall find with happy wit Life is what one makes of it! Charlotte Becker

A AGE I A DE T DESCRIPTION COM 42 Mary San Plant The Bold S.



By DOROTHY ETHEL WALSH.

When Lacking Certain Desired Articles of Furnit

inclined had a maximum in his business Mail Steam Packet Company's big pas-

wide border of some bright color

Perforated Sails.

Captain Taylor of the Orduna-

Perforated sails were certainly an

advantage when the ship was close-

holes helped to spill the wind out of a

sail when it had to be funed. When

One skipper tested his

of the sail; in the belly of the sail it

"You shall know the truth and the

"ignorance makes for slavery and

ledge is constantly freeing us from

A man will die for went of air in

five minutes; for want of sleep, in ten

our limitations. The more we know,

flopped stupidly until it was abreast

hauled, and in heavy weather the

around the outer edge of the glass

"It is all very well," writes a corpondent, "to plan a lovely room when you have lovely furniture, but, size! I have not. My desire is for one of the attractive dressing tables you have described, but instead my heavy and ornate bugreets my eyes when I enter redroom. Cannot I arrange in my room a draped shelf or in some er way convey the impression of having a draped dresser?"

Of course you can, Miss Cordent. When you lack something your heart desires a good plan

A small calt table may be bought at a nominal price. It need not be of pleasing lines or good finish, for behind curtains it goes, and just as long as it will stand upright and not wobble we will ask nothing fur-Select inexpensive material and drape it like the one in to-day's il-lustration. You will see I have had

the artist place the one sketched

close to the window, as these tiny affaire should not try to take on the dignity of regular articles of furni-The mirror on the dresser is with a stand of decorated wood. If

you wish to be even more economical in your purchases select an unframed shaving mirror, with a bracket stand, and paint an inch Strictly Scriptural.

that no business transaction would be senger liner Orduna was ploughing which could not be justified by through a heavy gale in the North At passage in scripture. One day he lantic Ocean, she came upon a large overheard a conversation between a dismasted Russian bark that was flycastomer and one of his clerks. A ing signals of distress. The master lady asked to see some silk goods. of the bark reported that already two The cherk said it was a dollar a yard. steamers had passed, signaling, "Too" She asked him if he did not have some rough to render assistance."

A business man who was religiously.

thing better. He said "Yes" and took down an brought his vessel to windward of the other roll and told her it was two dole distressed ship and in the lee of his lars a yard. She said she would like own vessel lowered a boat and ressomething still better than that, so cued his fellow mariners. Much to he showed her another roll which was his astonishment he learned that the four dollars a yard and so went on up bark was formerly the British Loch to five and she said she would take Torridon, famous in the old days for that, although the proprietor knew her perforated sails. that it was practically the same quali- Sails with holes in them were poputy of silk as he had shown her in the lar with the skippers in the early ninefirst place. He reprimanded the clerk ties. An Italian shipmaster is said to and after the customer had paid her have originated the idea a few years bill and was gone he reminded him of earlier. In the belly of every sailthe rule of the house that no one so he reasoned—there is a cushion of should be guilty for transaction that dead air that acts as a buffer and precould not be justified by a paggage in vents the sail from receiving the whole strength of the wind. He ad-"Well," said the clerk, "I can justify vised that a hole be cut in the centre

mine." "How is this?" said the man, of the belly so that the dead air might "She was a stranger and we took her escape.

#### Seventeen Dynasties Instead of Forty-one.

Seventeen sovereign ruling dynas the ship was running free, skippers ties exist in the world, as against declared that, though some wind might forty-one in 1914. Twenty-four dynas- escape through the perforations, it ties, of which the most were German, was mostly dead wind, and that even lost their thrones through the war; that which escaped was caught up and the most tragic fate was that of again—the wind from the mizzer ail the Romanoff family, of which sixteen by the mainsail, and the wind from members were assassinated during the mainsaid by the foresail—so that and after the Russian revolution. in the end there was very little loss. Those and other figures, character-

And lowly vines, the tender clinging istic of change in the world's affairs sails when he was in company with since the outbreak of the war, appear another ship of almost the same speed. in this year's Almanac de Gotha, that First he sailed with the holes, then he According to this authority the ruiing way he clearly proved that as soon as German princes abdicated in 1918 as he put the bags over the holes his ship -Alma F. McColium. individuals only. Not one of the began to drop astern, whereas when Hohenzollerns or other dynasties who the holes were uncovered she went ruled over the several parts of Ger- ahead of her rival. He also tied a rag many abdicated in the name of the en- on the end of a stick and, ho'ding it Every time you fail to make a tire family.

sale, remember that it needn't be all The only central European State a very light breeze the rag was sucked and moved it all over the after part

# Age Mellows Bells.

instances of that kind where a sales- surface of each came in contact. Acman who lost an order was recom- cordingly he cast a clapper in a form truth soall make you free." never know where the bad impressions was all that he had hoped. A month Good reading, a liberal education ou make will land you.

of lively ringing is still needed to give and travel, an open mind and wide mixing with the world set us free from taste in his mouth, make him feel that quality, but the economy in time is a lot of superstitions and fears. Know-

# A Youth Preserver.

the broader our knowledge and ex-A noble life aim is more than an perience, the freer we are. Compare, ambition preserver; it is also a power- for example, the degree of freedom of suppose that the great gap between Not far from the town of Twin Falls, ful health and youth preserver. It is a narrow-mindd ignorant man with

# depending en circumstances.

Wonders of the Midnight Sun

There is always mystery and witch- in his harvest, which, however, is ery to the people of temperate clames sometimes nipped by a summer frost. in thinking of the Land of the Mid- The midnight sun passes, and a few night Sun, and accounts by travelers shorten rapidly, the air becomes chilly who have witnessed its rare beauties and the nights colder, although the are welcome as a page from some ro- sun is warm during the day. All this

days of July in Norway and Sweden change their color, wither and fall; the sun shines day and night without the swallows and other migrating siving place to derivers. The stars hinds fly southwest; which comes siving place to deriness. The stars are never seen during this time of continuous daylight, and the moon shines had and cold. Summer is so short that the wild never have tust enough the the wild never have tust enough the the wild never have the together to grow to bigoin and the farmer is berely able to gather maying whiten

weeks later the hours of sunshine happens by the middle of August, and From the end of May to the last them the grass turns yellow, the leaves their color, wither and fall;

right. Indeed, there who do not need a to son. Bad blood does n theelf in distiguring eru same condition is due: matism and lumbago; ing pairs of sciation foor appetite and a c Car exertion. You cannot troubles by the use of cines-you need a ton only, and among all a is mone can equal Dr. Pills for their tonic 1 norve-restoring powerof this medicine helps blood which drives stimulates every orga feeling of new health weak, tired, ailing me children. If you are o this medicine a trial quickly it will restor revive drooping spirit veins with new, health You can get these medicine dealer or by a box or six boxes for Dr. Williams' Medicin ville, Ont. Fox farming on Pri In February, 1916, while the Royal

land last year produ nearly as great as tha bined fish and dairy island. The increase from about 3,000 pair 7.500. Pelts brought and the ordinary price breeders was \$600. Minard's Liniment for

INSIGHTLY P

**AND FACE ER** 

One of the surest

blood is cut of order

unsightly eruptions an

come frequently with t

winter to spring. Th

the long indoor life of

its effect upon the blo

tonic medicine is no.

Dr. Middleton willters through thi Creacent, Toron

To educate the voi habits is one of the features of Public He It is all very well to to do in matters of p as community bygien babits acquired are had is to the child that our tivities are chiefly a their young elastic m ceive \* impressions wh long right lines make

mens in after years. One of the most eff disseminating this info young is by the aid o stories, thus conveying sions both by the eythe mind. The Child I of the Canadian Publi ciation is tackling th diffusing useful hints publishing a series of with two children, J. These are just ordin whose parents and tead steps to guide them that leads to health as

days to come. Seven o'clock is the and Tom have arrange in the morning. After a a sponge bath or a go use their own towers wash cloths. They eac of water after brushi After washing in the they finish dressing. a clean brush and comb wood stick for their fast, they eat slowly. food well. They do not or fresh breads. They tea or coffee. After do not use toothpicks. their teeth and rinse the clean water. They wes toed shoes with low he

The



ing healti losses thr of tea and the nervo tell you.

Thousa it wise to health as lars are u find this

a delightf