

Truss and boil a quarts of water, nion, a bay leaf, ns, a level table cick of cinnamon et herbs. When lift it, remove ut the meat into oth and add to it aisina, a lumo of en. Cover and rice has taken ching that it does on a hot dish, almonds and a inkled over the

lean and split a ine, a half bud pepper. Simmer he chicken and th brown roux ivy onto a baknkle the surface theese; lay over the rest of the generously with he dish into a zvn nicely.

linge, clean and chicken, barely and cook unti meat to a butter with an onion all bud of garhi alv sliced toms haif-tease sonmet herbs and a and cook in the

moto the large wrving piores de d'enion, a el chalf dova ture coonful and floor and frish milk cream of a into a louble order with row her it garal need perphera on sirilar of

of melcal fat was, then add ka and thea a minutes, then met quarters leok a hait stender. Lift ich, ald a copthe gravy and the mear and er around the dumpungs are which case the

Ir.va i · Kimateal

Canada. the Domir

culture show erom (HK), (HG) 1921 than in ore poultry 0 1988 [38] terfore, dairy 12411.51 \$80 . VHALLANT

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rards.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina

We used to laugh at the Chinese on in the station? Do you know why he account of their strange customs, and does that? It is to see if there are now we find the Chinese are laughing any cracks or flaws in the wheels at us. John Chinaman is a funny fel- that might cause a breakdown on the low when he is at home in his native journey. The sound of the wheel land. He builds the roof of his house when struck indicates whether or not other towns in Britain can rival and depend upon it. first and the walks afterwards. He the wheel is all right and in good re-none can eclipse. pays the doctor when in good health pair. Is it not far better to do this and steps paying him when sickness than to wait till the crash comes, and in the list of Britain's rich and population rich, red and pure. No other medicine training—the organization of the troop comes. We used to hear about this then say it was an unnoticed crack in lous towns; but she can point to a does this so well as Dr. Williams' Pink must structurally begin with some reand think it strange, and we just the wheel that caused the accident, time in Tudor days when she was the Pills. This medicine strengthens the latively permanent group in the comlaughed at the Chinese and said "What Why should the same reasoning not acknowledged queen of them all—the nerves, restores the appetite and munity. an idea!" and gave the matter no fur- apply to our health, our physical con- cradle of the British Empire.

But times have changed. We in this if so called well-people could be peri- of title distant past, when the giant should, but they can keep their of vision to start the community to country are beginning to find out odically examined instead of sick, Geemet and Corincus fought each strength by the occasional use of Dr. think about and do for their boys. Inthat the Chinese were a highly civi- who have already broken down like the other to the death. As proof that the Williams' Pink Pills. Among those deed one such citizen of vision can allized people in the days when Anglo- train wheel! True, the human wheel, story is no fable, they can (or could who have found benefit from this most single-handed bring a community Saxons were cave-men. Many of the like the railway wheel has to be re- at one time) show the giant's jaw-bone medicine is Mrs. Cora Conrad, Broad to a consciousness of boy need and to Chinese customs, moreover have stood paired—the doctor is needed to effect as it was brought to the light of day Cove, N.S., who says: "My system a readiness to meet such need. the test of time, and this practice of a cure, but if the necessary repairs when the foundations of her citadel on was very much run down, and my paying the doctor when one is well, had been done before and not after the Hoe were prepared.

neglect overhauling your old body? person will take his annual or semi-Why have your motor car examined annual health examination as naturithe coming of the fourteenth century better, and under the continued use year. periodically, and not your stomach, ally as he balances his bank book, she entered on an adventurous era of the pills the headaches and dizzi- In a Church, for example, the real your heart, your liver, your lungs? That is something to look forward to, which focused the world's eyes upon ness were gone, and my blood seemed starting point is the Pastor, Priest or man & Co., Cornhill (metal brokers). Dil you ever see a railway employee and the sooner it comes into voque her. strike the wheels of a train as it stops the better.

Wireless for Beginners

BY ANTHONY PYKE (Registered in Accordance with the Copyright Act).

ARTICLE II.

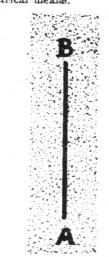
Making Waves in the Ether.

you observe? A band of ripples ex. at a point near Honolulu. The dispands from the centre of disturbance two thousand eight hundred miles, aland sets distant small floating objects though the transmitter was only exbebbing up and down. Punch the pected to work over about five hunwater with a stick for alternate long dred miles! A receiving set suitable and short periods, pausing between for the reception of local broadcasting them, and we note that the floating cb- programmes may be purchased for jeets beh up and down for correspond- twenty or thirty dollars. Besides local ing periods, as the band of ripples due radiophone broadcests, it will receive to each period of agitation passes telegraphic signals from powerful stathem. Make the long and short peritions over distances of, perhaps, a at all. We shall find it the same in by electrical means. radio. The farther removed our receiver is from the transmitter, the more difficult it becomes to detect the

wireless waves. Let us now, before we leave the pond, drop a big rock in where we previously had the stick, and watch the effect upon the floating things. Many as it struck the water are quite swamped this time. The ripples are much larger and those obetinate pieces of fletsam and jetsam which refused to be strongly affected before will prekently be bobbing up and down quite merrily. Here we have something analogeus to the high power wireless station, whose signals can be detected at great distances. It is like the political gentleman of the powerful voice, whose utterances can be heard all over the field. We don't need ear example, can be detected over a though and times per second. and miles or so with the simplest type Surrounding and indeed, permeating of receiving equipment. Quite weak the conductor A. B. is the ether. We transmitters can, of course, be heard might imagine this ether to be punchwith elementary cutfits, but only local- ed, first in one direction by the rapid ly. It is impossible to state, even approximately, what range will be attain in the epposite direction by the reed by a transmitting station of a given turn of the current to A. As a body power or over what radius a certain of water is set rippling when punched receiving set will receive. Quite re with a stick, so we may suppose the cently a one and a half kilowatt wire ether to be set rippling when punched less telephone transmitter at High with electric currents.

Drep a stone in a pond. What do | River, Alberta, was heard very clearly

eds of agitation correspond with the thousand miles. Occasionally, it may symbols of the Morse code, and we receive radiophone broadcasts through have a crude method of communicatione or two hundred miles of space, tion which has, perhaps, a better right but this cannot be reked upon, nor than the radio system to be called will the reputable manufacturer guar-"wireless." The stick which disturbed antee it. Radiophone broadcasts being the water represents a transmitting sent out four or five hundred miles station, while the floating objects are away can usually only be heard with receiving stations, registering the pass- more elaborate and expensive equipage of the ripples by their vibrations ment. Just what are the differences up and down. Notice that the ripples between this and the cheaper outfit, die away as they advance. Small ob- will be explained later. We must rejects at some distance from the centre turn to the subject of waves, and see of disturbance are scarcely affected how they may be created in the etter



Tanont enquiring too deeply into trumpets to catch what our stentorian the nature of electricity, let us assume despot of Europe. friend says, nor do we require amplify- that a current is suddenly made to such a big station as Arlington, for peat this return journey several thous, and fame have spread to all lands.

THE CRADLE OF THE WORRIED WOMEN BRITISH EMPIRE

CLAIMS TO RENOWN.

Her Name and Fame Have Spread to All Lands.

Armies Come and Go.

In 1346 she saw the Black Prince and his army embark upon that historic campaign which was crowned by the victories of Crecy and Poictiers. The gallant Prince returned crowned with laurels, bringing back as prisoners the King of France and his son. And it was at Plymouth, years later, that the Black Prince returned from his campaign in Spain, a dying man,

scarcely, able to complete his journey to London Plymouth experienced something o the horrors of war in those long-gone Far to the east the rapture's run, days, when the French swooped down on her twice and left her streets filled with the slain, under a canopy of smoke from her burning buildings.

But it was in the sixteenth century that her golden era really opened. Those were the days when Britain's bold spirits began to roam the seas in search of new lands. Sir John Hawkins was cradled in

Plymouth His forefathers for generations were Plymouth men; and it was fitting that this 'Terror of the Seas," who played such a great part in

ed from Plymouth on his many voyages, in which he played such havoc with Spanish treasure-ships, and planted the British flag in Virginia. From Plymouth Sir Martin Frobisher set ly. forth on his thrilling adventures; and of Newfoundland. To Plymouth Sir age round the world, bringing rich booty from captured Spanish galleons.

Founding a New World. It was on Plymouth Hoe, eight years glimpse was caught of the far-spread crescent of the Armada

As the pageant of Plymouth passes before us we see the little Mayflower setting sail from her harbor to people

Sincere Gratitude.

Custemer-"Mr. Cohen, why do you Ont. have that large apple ever your shop Cocen-"Vell, vell, if it hadn't been for Eve and der apple vere vould der

elething business be to-day?"

There are 55,000,000 square miles on the planet of Mars.

NEED RICH BLOOD

PLYMOUTH'S ROMANTIC If the Blood is Not Kept Pure Health Will Break Down.

It is useless to tell a hard working woman to take life easily and not to Nursery of World-Conquerors worry. To do so is to ask the almost ter strength to meet any unusual de reverses the order. mands. It is a duty she owes herself | Should the Scoutmaster move Plymouth has a history which few and family, for her future health may or tire, what then?

To-day she may occupy no high place down in health the blood must be kept chance to secure and enjoy Scout keeps every organ healthily toned up. dition? Would it not be much better. Her story had its origin in the mists Women cannot always rest when they

> through any dealer in medicine or by make their Church a focal point in the fair copy of the song and sang it to mail at 50 cents a box or six boxes for life of a group of boys—then it is Mrs. Rowe, the wife of the music pub-\$2.50 from The Dr. Williams' Medicine sound policy to take time for this of-

Cry Up the Dawn. Cry up the dawn! cry up the light! Rouse, for another day is born!

The gloomy bastions of the night Are shattered by the shafts of morn

And there is melody and mirth; That radiant sovereign, the sun, Brings ardors to the wakened earth.

After the night of Death shall fall, And I have sped on some far flight, Then may I hear a kindred call-Cry up the dawn! cry up the light! -Chinton Scollard.

His Secret Terror.

A gentleman was negotiating with a

"Certainly," said the dealer. "He's a regular lady's horse." "You are sure he's not afraid of anything?" asked the gentleman anxious-

Sir Humphrey Gilbert to the discovery air of reflection. "Well, there is one programme. Francis Drake returned from his voy- be atraid of," he admitted conscientithing that he has always appeared to ously. "It seems as if he's scared to manency. death for fear some one might say, 'Whoa!' and he not hear it."

later, that Drake was playing that historic game of bowls when the first

At the first sign of illness during a new world across the Atlantic. We the hot weather give the little ones see her fighting bravely on three oc- Baby's Own Tablets or in a few hours casions to keep the besieging Royalist he may be beyond aid. These Tablets troops out of her streets; and we see will prevent summer complaints if the lonely, pathetic figure of Napoleon given occasionally to the well child duties of a Local Association with restanding on the deck of the Beller- and will promptly relieve these trouophon, gazing at the dense mass of bles if they come on suddenly. Baby's boats packed with sightseers who Own Tablets should always be kept in were curious to look upon the fallen every home where there are young children. There is no other medicine To-day Plymouth is a flourishing as good and the mother has the guaring apparatus to hear signals from the flow along a wire from A to B, to stop port, to and from which the world's antee of a government analyst that larger wireless stations. Signals from and instantly return to A, and to reships carry their freights. Her name they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville,

London Slums to be Wiped Out.

London, which has spent \$16,000,000 in the last four years in haphazard housing schemes, is about to embark on a general program through which all of its slum areas are to be eliminated, says a recent despatch.

The proposal, huge as it is in itself, has more than usual interest due to the fact that it owes its inception to

The Queen some weeks ago paid a visit of state to one of the poorest sections of the city where work was about to begin on a housing scheme. Dollars costs three cents. She inspected several of the houses in which the poorer of her subjects were then living and as a result of this inspection it was made known to the that antedate those of America. The Government and London officialdom pipe in these prehistoric times musi that the royal family would regard have been used for smoking herbs anything that might be done for the other than tobacco, probably as a cere people forced to live under such con- mony. ditions as a personal favor.

The task, because of its size, must proceed slowly and take time, but the present plan calls for the expenditure of \$1,000,000 a year in reclaiming and rebuilding sections of the city that have fallen into great decay.

Unreasonable.

Mother-"Tommy, what's your little brother crying so much about?" Tommy-" 'Cause I'm eating my cake an' won't give him any." "Is his own cake finished?"

"Yes, an' he cried while I was eatin' Out of the 1,217,687,000 passengers

only eighteen were killed in accidents to the trains. Fine coffee is grown on Celebes,

carried on British railways last year,

Island, one of the Dutch East Indies, yet it is said that while the natives will serve you a delicious cooked meal, the coffee will not be palatable. Sel-



How to Organize a Troop. Boys-a Scoutmaster-a "Parent In impossible. But, at the same time, it stitution"—these are the three eleis the duty of every woman to save ments, but one's sober second thought

To be fair to the boys and to give To guard against a complete break them some guarantee of an unbroken

The Parent Institution.

blood poor and watery. I suffered a A Church, a School, a Club-some s now regarded in western countries sickness came, or had physical defects But Plymouth has no need to quote great deal from headaches and dizzi-relatively permanent form of comas a very practical and sensible thing been corrected in childhood, much suf- legends to prove her length of years. ness; my appetite was poor, and I munity life, is the real starting point. fering and ill-health could be avoided. When the first of the Conqueror's fol- tired easily. I decided to try Dr. Wil- This group must guarantee the meet-Why overhaud your motorboat, and The day will come when the well lowers set foot in her streets she was liams' Pink Pills and have every reason ing place, leadership, and general

this reason I recommend Dr. Williams' Vestry, if such there be.

You can get Dr. Williams' Pink Pills are convinced that they would like to arriving at Plymouth I wrote out a ficial group to enlist the sympathy and

The Troop Committee.

composed of not less than three adult citizens, twenty-one years of age or

nent, accepts responsibility for: 1. The selection of a Scoutmaster at P. E. Rowe's concert 'Kathleen Maand one or more Assistant Scoutmas- vourneen' for one night."

ties for troop meetings.

ing instructors in special subjects. horse dealer. "I am not so particular from time to time on questions affect ca, living in poverty in Baltimore about speed," he said, "but I must ing the proper interpretation of Scout- Finally, however, he won some measmashing Spain's Armada, should hail have a gentle horse for my wife to ing and the requirements of the insti-Troop is connected.

rules and regulations of The Boy 84th year. Scouts Association.

6. Encouraging the Scoutmaster and his Assistants and the members of the Whereupon the dealer assumed an Troop in carrying out the Boy Scout 7. The operation of the Troop in

> 8. The finances, including the securing of adequate support and the proper disbursement of funds 9. The Troop property.

10. Securing suitable opportunity for the early risers. the members of the Troop to spend one or more weeks in camp with adequate facilities and supervision. 11. Assuming active direction of the

Troop in case of the frability of the

Scoutmaster to serve until his successor has been duly appointed and registered. 12. The performance of all the Troop is not under the jurisdiction of

a Local Association. (To be continued next week)

Hearing the Other Side.

"You have decided to stay on the "Yes," said Mr. Cobbles. "I get discouraged durin' th' week, but I cheer up considerably on Sundays."

"I listen to people who come out here from town in their automobiles. After I hear them tell their troubles I forget that I have any of my own." Minard's Liniment for sale everywhers

His Only Desire.

Father-"What would you like a brother or sister?" Tommy to Father-"If it makes no difference to you, dad, I'll have a box of bricks!"

MONEY ORDERS. Pay your out-of-town accounts by Dominion Express Money Order. Five

Prehistoric Pipes. Pipes have been found in Europe

What One of the Best Known Travel lers in Canada Says.

"Now I am going to give you an unsolicited testimonial as they say in the patent medicine advertising. Heretofore I have had a profound contempt for patent medicines, particularly so-called liniments. Perhaps this is due to the reason that I have been blessed with a sturdy constitution, and have never been ill a day in my life. One day last fall after a hard day's tramp in the slush of Montreal, I developed a severe pain in my legs and of course like a man who has never had anything wrong with him physically, I complained rather boisterously. The good little wife says: "I will rub them with some liniment I have." "Go aheach" I said, just to humor her. "Well, in she comes with a bottle of Minard's Liniment and gets busy. Believe me the pain disappeared a few minutes after, and you can tell the world I said so." (Signed) FRANK E. JOHNS, Montreal.

Plants Animate Things.

Plants are really animate things They lack the power of locomotion such as most animals have, but they are capable of movement. Some of them are a great deal higher in the scale of life than some of the low-or der organisms classified as animals.

Minard's Liniment Relieves Neurala

Two in Family **Are Restored** By Tanlac

Paniac is that very often several members of the same family are restored to health by it. Thousands of such cases are on record and it is now the family medicine in countless homes throughout the U. S., Canada, Mexico and Cuba. Mrs. Bert Hewer, 193 East

Ave., North Hamilton, Ont., says: "My health was so broken down that was unable to do my housework, but Tanke built me up wonderfully and I now feel fine. My son and daughter also took Tanlac with good results. We call it our family medicine."

There is not a single portion of the body that is not benefited by the helpful action of Tandac. By enabling the stomachi and other vital organs to perform their functions properly, the whole system is nourished, purified and strengthened. Get a bottle to-day at any good druggist.

Concerning the Origin of a

The composer of that popular song Kathleen Mayourneen (F. N. Crouch). gives the following interesting account of the origin of this song. "The words instantly attracted my attention by permission to set them to music. in a better condition than before. For Rabbi, and his Board of Trustees, or while prosecuting my journey towards Saltash, I jotted down the melody on When the members of this group the historic banks of the Tamar. On cantivated her and others who heard support of the congregation. The it that I was earnestly solicited that "troop" will then be the congregation's it should be given the first time in own and will be viewed and judged public at her husband's opening concert of the season. But certain reasons obliged me to decline that honor This "institution" appoints a Troop I retired to rest at my hotel, but ris-Committee, or Boys' Work Committee, ing early next morning and opening my window, what was my surprise to see on a boarding right opposite a large placard on which was printed

Crouch at first refused to sing, but 2. Providing a room for headquart overcome by the entreaties of the fasers purposes and other suitable facili- cinating Mrs. Rowe, he finally did so. Crouch, who was a friend of Rossini 3. Assisting the Scoutmaster in find- and one-time musical director at Drury Lane Theatre, had rather a 4. Advising with the Scoutmaster hard life. In 1849 he came to Ameri from this nursery of world-conquerors. ride. Will you guarantee this horse tution or organization with which the he was tendered a banquet at Portland, Maine, at which he song "Kath 5. The proper observance of the leen Mavourneen," being then in his

Poor Grandpa.

Father-"You see, every time you are a bad boy papa gets a grey hair." Boy (after a moment's reflection)such a manner as to insure its per- Oh, but you must have been a very bad boy. Look at grandpa!"

> Nature observers have noted that among birds the lark, the thrush, the blackbird and the robin are some of

Minard's Liniment for Dandruff

On Child. Broke Out In Pimples Head Scaly. Used To Itch.

"When my little girl was tw rears old she had a severe case of scalp trouble which broke out on her bead in pim-ples. When the district of the control of the scaly and used to itch so that she was always

remedies but in vain. I sent for a free sample of Cuticura Soap and Oint-ment which helped her. I bought more and after two weeks ahe was completely healed." (Signed) Mrs. Lillian Fortier, 104 Unit St., Prov-

cum are all you need for every-day toilet and nursery purposes.

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HELPED HER

Semale disorders. I

times that I could

or nearly three years and the dif-

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done me any good. I found one of your

ittle books in my

door one day and

stand up. I

So Writes Mrs. Lemery of

Brockville, Ontario, Regard-

ing Lydia E. Pinkham's

Vegetable Compound

Brockville, Ontario.—"I took Lydia E. Pinkham's Vegetable Compound

thought I would give it a trial. I

am now on my fifth bottle and it is

I am feeling much better, have no

weak spells and can do all my work

now. I am recommending your

wonderful the way it has belped me

One of the outstanding features of

HOLE OR PART TIME TO SELL our complete line of electric fix-tures and appliances from our catalogue. Liberal commission. W. P. Berle Mea-tric Supply Co., 1284 St. Clair Ave., Tor-onto. CEASON OF 1922 OFFERS AN EX-CEPTIONAL opportunity to earn from ten to fifty dollars weekly with our line of personal greeting cards; there will be a big demand this year; whole or spare time may be devoted to the work; samples free; write for full details. Carlton Publishing Co., Dept. W.P., 326 Spadina Ave., Toronto.

Popular Song.

The Troop Committee, upon appoint in the largest and boldest type: "F. Nicholls Crouch from London will sing

ples. When the pimples came off her head was scratching.
"I tried all kinds of

dence, R. I., Feb. 11, 1921. Cuticura Soap, Ointment and Tal

Vegetable Compound to all I know and you can use my testimonial to help other women."—Mas. CASEY LEMERY. 176 Abbott St., Brockville, Ontario. Lydia E. Pinkham's Vegetable Compound is a medicine for women's all-ments and has a record of nearly fifty

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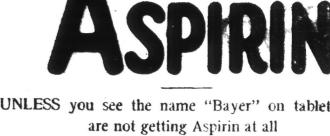
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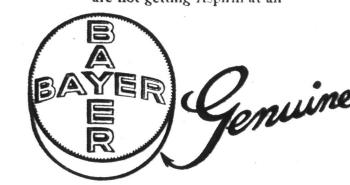
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Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Massettoacidester of Salicylicacid. While it is well known that Aspirin means Baymanufacture, to essist the public against initiations, the Tableto of Bayer Compa will be stamped with their general trade mark, the "Bayer Cross."



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