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BRIGHTENING UP OUR MEALS.

Artists, physicians, dietitians, and some ministers join in recognizing the effect of color on human well being. It is a wholesome aim in meal-planning not only so to arrange the menu as to have the food fulfill its chief aim of nourishing the body, but also, as Mary Swartz Rose so well puts it, to have it a joy to all the senses. "So long," she says, "as beauty is a part of life and the spirit more than meat, the housewife will take pride in assembling her family about a board which delights the eye and makes the mouth water."

A hungry man absorbed in business—or in love—will not suffer from any conscious lack if he eats creamed cod-fish and white potato with a cold white crockery plate, but why starve his sense of beauty? Just as yellow wall-paper in a north room brings in the sunshine, so does a brown crusted Johnny cake on its old-blue plate. There is a pat of yellow butter on the table, too. Imagination flies to daffodils for a centerpiece.

In our home, we already have bit-turwest berries to dispel the winter's gloom. To brighten the scene there are orange curtains in our dining-room of unfortunate northern exposure and orange candles from the '55 and '10."

Just a little list of colorful foods will suggest an endless chain of variations from which to choose.

Reds—Beets, tomatoes, pimentos, red peppers, raspberries, cranberries, apricots, salmon, lobster, shrimp, paprika, jellies, cherries.

Orange and Yellow—Pumpkin, squash, oranges, eggs, carrots.

Green—Peas, celery, spinach, green peppers, green beans, parsley, pickles, relishes, olives, chives, grapes, lettuce.

MOCK BOUILLON.

Two 1-quart cans tomatoes, 4 stalks celery, 3 slices carrot, 1/2 onion (sliced), 1 small green pepper, 2 cloves, blade of mace, 1/2 t. salt, 1/2 t. pepper. This is a nice, bright-red clear soup.

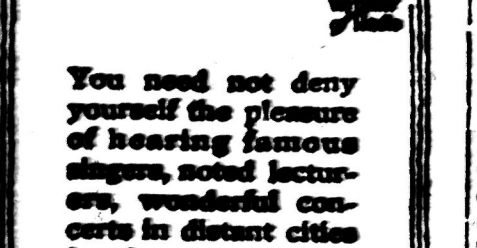
Put all the ingredients except the salt and pepper into a saucepan, having removed the seeds from the pepper. Let simmer fifteen minutes. Strain. Add salt and pepper. Serve.

RAW CARROT SALAD.

Two c. raw carrot (ground or grated), 1/2 c. chopped raw cabbage, 1 tbs. chopped onion, salad dressing.

This is even better than it looks!

Far off places



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THE MARCONI WIRELESS TELEGRAPH CO. OF CANADA LIMITED, TORONTO

"When Hearts Command"

By ELIZABETH YORK MILLER

"When hearts command, From winds the sunset coverings depart."

CHAPTER XLII.

That strange call of Jean to her daughter in the middle of the night—how are such things to be explained? By the all-powerful factor of love? Or would a Marconi supply us with a scientific reason? Yet it would seem that the ears of the mind must be in close touch with the heart in such instances, for always it is the voice of love that speaks, sending its imperative message across oceans and continents, with no regard for time or distance.

Something is wrong, something has happened—and the beloved name wings forth and finds its destination. Hugo and Jean, Hector Gaunt and Tito were safely camped for the night, sheltering in one of the big caves in the ruins of the ancient castle. A fairly dry place had also been discovered for the mules, and Carlo had tucked himself away in another cave. The storm raged and the rain came down in torrents.

Gaunt found what had once been a smoke-hole in the roof, and they built a fire under it out of dry branches and masses of dead sage and ferns with which the floor of the cave was littered. It was warm and dry and comfortable, but the ground was hard to sleep on, and they quarrelled about the cushions. Hector and Hugo wanted Jean to have them all, and Tito tried to commandeer one for himself, and was promptly evicted from it. Hugo said he did not intend to go to sleep at all. It was too glorious, and Tito and he must keep guard at the mouth of the cave.

"Otherwise the little green men will surround us," he said. "We have taken their castle and they are now holding a council of war against us. We must be prepared. Even though they are so tiny, there are hordes of them, and if they surround us it may be another case of Gulliver and the Lilliputians."

Gaunt roared with laughter. "And can you see the little green men?" he asked.

Hugo was slightly offended. "Of course, I see them," he said. "There are swarming all over the walls of the ruins. Every time the lightning flashes I see them. Look—there! Good Heavens, man—where are your eyes?"

Tito suddenly began to howl. He laid back his head and ears like a little fox and uttered long, mournful sounds of an unearthly quality.

"There—Tito sees them, too," said Hugo.

"But that dog up or I'll—"

Hugo quickly removed Tito from Gaunt's reach and admonished silence. "Nice old fellow! Don't you mind Hector—he's a silly man. But keep quiet. We mustn't let the little green men know we're on to their game. That would never do."

Jean made an impatient gesture. "I wish you wouldn't talk such utter nonsense," she said. Her voice was sharp, as it always was when Hugo's eccentricities manifested themselves.

"There's another unbeliever," Hugo confided to Tito. "Nobody believes in anything but you and me. But we oughtn't to blame them, Tito. They really can't see the little green men, and so, of course, they think they're not there. Such a narrow-minded people! There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy." Some of the poor fellows in That Place were intelligent than Hector and Jean, Tito. "You may say that. There was one chap, I remember, who conversed with the inhabitants of Mars. He did it with a pocket torch from his window at night. But, of course, when the stupid fools discovered what he was about they took his torch away from him. As a matter of fact, they said it wasn't his torch—that he'd stolen it from one of the warders. Well, they might have let him keep it in the interests of science."

Jean tried not to listen to this mad monologue. She tried even not to look at Hugo, but where he sat the light of the fire threw his slender body into full relief, and his grotesque features riveted her distasteful attention. She wondered at Gaunt, who took no more notice of Hugo than he did of the thunder and lightning.

Gaunt had dug a hollow for himself in the sandy floor of the cave and sat lunched up with his back to one of the walls, smoking his pipe and half-drowsing. Jean twisted about, trying to make herself comfortable, but despite the fact that they had insisted upon her having all the pillows, she could not rest at ease. There was not room to swing the hammocks and no way of tying them.

"How long will it last, Hector?" she asked.

Gaunt removed his pipe from his mouth. "Eh? Oh, the rain. About another hour, I should think. Then the moon will come out. By midnight it should be clear and we can watch the lightning over the Esterelles."

"Now you be quiet. Don't you start making trouble, or I'll throw you over the cliff and you'll wake up in Heaven."

Evidently Tito had no wish so yet to become acquainted with his future home. He stopped whining and thrust out a moist, affectionate tongue, kissing his master's hand.

"That's all right," whispered Hugo, somewhat mollified. "You just do as you're told and there'll be no bad blood between us. Understand?"

They advanced forward step by step, feeling their way up the treacherous, briar-entangled path. Once Hugo's foot loosened, making a great noise and it rolled down, making a great disturbance, but after one heart-quaking moment he satisfied himself that no one had heard. A sudden bray from one of the mules also startled him. It was just below him somewhere. He heard Carlo's sleepy voice grumbling harshly, and he expected Tito to bark, but nothing happened.

Silence once more, save for the rustling of the little green men on the tower wall.

(To be continued.)

GETTING RID OF DANDRUFF.

Practice massage of the scalp twice daily, not merely rubbing the skin surface, but lifting the scalp tissues with the finger-tips and making active massage. Brush the hair vigorously, yet not so as to wound or irritate the scalp. Once a week use a shampoo of equal parts of glycerine, alcohol, and liquid green soap. After using it, anoint the scalp with a mixture of equal parts of lanolin, glycerine and rose water. Every night apply to the roots of the hair a stimulating lotion made by adding a half ounce each of tincture capsicum and tincture cantharides to one pint of alcohol. This should be used with some caution, watching results. Avoid tight hats or caps or anything that will cause head to sweat. Don't bury the head in soft pillows but use firm ones.

Try to keep yourself in good general health, with good digestion and thorough daily action of the bowels. By keeping up your standard of general health you do much to promote the health of the hair.

Wine Made From Roses.

The rose long figured in the pharmacopoeia. Pliny gives over thirty remedies compounded of rose-leaves and petals and ellogabalus used to drink rose wine as a tonic after his periodical bouts, while in much more recent times sufferers from nervous complaints have been advised to seek relief by swallowing rose-leaf compounds or sleeping on pillows stuffed with rose-petals.

Rose-water, too, was at one time widely used for flavoring foods and the Chinese still have rose fritters, while the Hindus delight in rose-candy.

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Barcelona	Jan. 31	Mar. 2	Apr. 6	May 14
Palermo	Jan. 31	Mar. 2	Apr. 6	May 14
Genoa	Jan. 31	Mar. 2	Apr. 6	May 14
Constantinople	Jan. 31	Mar. 2	Apr. 6	May 14
Brussels	Jan. 31	Mar. 2	Apr. 6	May 14
London	Jan. 31	Mar. 2	Apr. 6	May 14
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Good for teeth, breath and digestion.

Makes the next cigar taste better.

Animal-eating plants are most common than one would suppose, since there are five hundred species listed in botanics.

These carnivorous plants imprison their prey with their leaves and absorb the victims.

For sore feet—Minard's Liniment.

Dorothy (eating a seedless orange) —"Oh, mamma, what do you think? Here's an orange born without any bones in it!"

OXO

CUBES

Concentrated Strength and Goodness of BEEF

WINTERING YOUNG

Prices for feeding cattle are low, therefore must be raised early suits obtained at experimental Station. Now that young of a ration consisting of roughage more economical containing a lot of concentrates.

Senior yearling heifers not in milk consisting mostly of hay or straw concentrates, until freshening. They three to five pounds per day in order to be in good condition. Age will not be as heavy grain all will make satisfactory will develop the room wanted in a dairy cow be considerably lower eight day feeding a group of seven heifers and corn silage made gains of 731 pounds other group of seven

Eff

FEEDING PE

While a good primary fact duct, suitable methods are better feeding the winter eggs farm could be at least 20% much as the greater than other time of fact which m Rations for be chosen with their nutritive variety. Lay of Canada are fined during fore care m those food which the bird cure for them.

Grains, such and barley, b are included in The whole grain feed and when composition of Scratch G commercial s are available, home-mixed of wheat, cracked is an old saying laying hen, and grains should litter to induce added reason for the ration as it is impos rules as to t scratch grain v very light feed the morning an birds busy, w so that their e they go to r amount of g floor.

Dry Mash— tial for winter the birds sho possible. Cou used, but a seri conducted un mental Farms that for total a home-mixe equal parts of corn and a percent of h omical than an mashes which b

This mash sh ally before the a very small qu with milk or ta at noon. No m be from than five minutes.

Green Feed— sential, there a which must not amount these is apart from its to help the birds is the part of th age farm flock nutritional. Eith clover leaves, sp gels may be use get as much as t Milk Water, E important fact ductory and milk termilk, is practi serves both as a of animal produc continually before with a supply of If no milk is g should be given i other animal food should be provide particularly in bone-cutters have means of which f chopped horse flesh ing, at nominal pr

Grut, oyster she hoppers, should al the birds at all tr

Details of variou with this subje the Annual Repor Poultry Husbandr 1923, copies of wh free of charge fr vision, Experiment

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