terhouse steaks can hones left in, but e the large striots and without waitk season and pack r on the hot pan

nutes under fifteen

the meat rolls. One pieces for rolling. n and a slice of rmly with a string. all sides and pack an fryings. Cook ne length of time

de like veal birds and tied up inis used for this. handling is the

o used for Swiss on a board and t with the edge on both sides and ter and allow to hour.

on may be spread beginning of the used instead of cessed the same steaks.

he rolled with ion: Sprinkle the ased baking pan by and on it places htly benten with d parsley on top. d meat or bones. the meat. Place vered, and bake e stock may be len the cans are atoes cooked and med gravy and will make this meal. Carrots

be used. made from the nd, the shank or y nutritious cuts plate or navel. he jars cold in oss the top and ling water. Cook water bath or fifteen pounds'

uld do with his the use of letsthat it can be se than wasted. ful, helpful and of it will deout of it.

Winter.

scratching maraw, and it is quantity of dry in a couple of

dry earth for t bath. This is ake much time t hens need a elves fully as number. There iers didn't take nter dust bath. e dust box was , and was filled ound in a shed e way in which er one another dirt at once. r needs in this ply wild to get fly. Some say this dust bath ovided, but ex-

ntly. or wood ashes hat no doubt

rmth, provides heaith. There

al was marked by interesting the by Sir Vincent Meredith, and Sir Frederick Willeylor, General Manager.

The President declared that he was estisfied "that a gradual improvement sent apathy about public affairs. In the trade situation is occurring my opinion, those who will not go to Statistical returns support this view, the trouble to register their vote is and while there is irregularity in the movement, in the main the trend is municipal, provincial, and federal acompound." After pointing out the great fairs should be penalized in some spward." After pointing out the gratifying growth of a favorable balance of trade, the President declared that he regarded this increase in Canada's troubles are, the accumulated result foreign trade credit as "an augury of s not distant improvement in domes-

The President concluded his address with the following expression lem in any country. No government

"My last word is a word of confisence and encouragement. The inrests of your Bank are more closely found up with those of Canada than thankful for. If this were a poor ever before and unless Canada prospers the Bank cannot expect the prosperity it should enjoy. I believe fields, our fisheries, and in our miner-causes will prosper. It offers in-als, also in our mighty water powers, ducements to immigrants vastly su- and in the industry and ambition of perfor to those of other countries which are at present endeavoring to attract citizens: It stands third enterprise the situation would prein natural resources.

ticed and I would again stress the be found by following the obvious necessity for hard work and econ- course of cutting down our overhead omy, so often preached and seldom and, like a sane, capable and indusput into practice, and the need for trious people, putting our house in immigration. Given these three things, order."

• 197th annual general meeting I look forward with the utmost is shareholders of the Bank of fidence to Camidale fiture." Much to be Thankful For. Sir Frederick Williams Taylor

general manager, in his address to the shareholders, said in part: "First and foremost I would my sent apathy about public attains. In

form for their indifference. "We all know that apart from the cost and defects of the war Canada's of what may be termed in mild and temperate language imprudence in

"Good government is a hard probcan move faster in these matters than public opinion will permit, and upon the people lies the responsibility of

voting for economy.
"We, in Canada, have much to be country our case would be a bad one.

our people. "If Canada were a private business smongst the countries of the world sent no great difficulty, for we are solvent, with wealth vastly in excess "Yet cardinal virtues must be prace of our liabilities; and a way would

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 Crescent, Toronto.

engaged in certain industries is affect that the poisoning from this source ed by benzol, a product largely used constitutes a health hazard, the inin this province in the preparation of jurious effects of which cannot be rubber for commercial purposes. Too minimized. often in the past, before the effects. It might be opportune to mention Mrs. Avila Noel, Haut Lameque, N. story of the Inchcape Rock—or Bell

onsisted in making an examination of ture of rubber rings for the lids of guaranteed to be free from opiates or and the Abbot's bell. the blood of the persons working airtight cans. Recently one or two narcotics or any of the other drugs so It was in 1806 that the Commission-harmful to the welfare of the baby. white corpuscles were up to the standard. In nearly every case where the was attributed to benzol poisoning, worker had been submitted to the As a result, very active interest is new fumes of benzol for a considerable now being taken by the management in the health of the workers, and the health of the workers, and the symptoms already mentioned. Just how many people in the province of the workers of death dustry died and the cause of death dustry does do now being taken by the management in the health of the workers, and the dustry does do now being taken by the management in the health of the workers, and dedicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

They cannot possibly do harm—they to put up a tower on the long, low, lonely reef twelve miles from the cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

They cannot possibly do harm—they to put up a tower on the long, low, lonely reef twelve miles from the cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

They cannot possibly do harm—they to put up a tower on the long, low, lonely reef twelve miles from the cents a box from The Dr. Williams' Medicine Co., Brockville, Ont. are subjected to benzol fumes has not over the ovens where the benzol fumes been determined up to the present, are evaporated and these exhausts draw away a very large amount of take of the exhaust, the odor of benzol is hardly discernible. As a further precaution, the workers are submonth or six weeks, and if any indied person is either transferred to another department or allowed to go home for a period of rest and recuperation. The management has further shown its interest in the workers by providing a pint of fresh milk each morning for every worker in the benzol department, and this innovation has proved doubly successful in that



Radio Receiver. No other gift will give such continuous pleasure, so constantly remind the recipient of your thoughtful goodwill. And it's a gift you can be proud to send. All Marconi dealers have various models and will install the set you

Free Paint Book for the

Children.

reduce the cost of filling Xmas stock-

acing in the Vince

select. Write to any one of addresses below for lustrated booklei PD



shelter from the wind in the les of The Said Co me great gray houlders that lay like sleeping giants close to the crest of a nely ridge. As the two looked up ... T owe my present good health to ward they saw the wild autumn wind. Dr. Williams' Pink Pills, says Mrs. that towered from the summit of the riege. It was a sentinel that could secape no danger; it was an outpost to receive the first shack of the enemy's attack. Savagely the wind tore at it. I was unable to walk for a long time shedowy branches. To the boy the tree, stalwart though it was, seemed about to be blown to pieces.

"Look, father," he said, pointing upward, "what the wind is doing to that

ly and heave despairingly against the cured a supply. After taking the pills

enough to catch the first breath of Now if I feel at all run down at any wind lives in a struggle. Tennyson time I at once take Dr. Williams' Pink describes an oak as 'storm-strengthen- Pills, and they never fail me. I can ed on a windy site; and the strongest therefore warmly recommended them trees are always those that have to others who may be run down." gales. Besides, the question is not, Williams' Pink Pills to improve the

"The pine doesn't really seem to mind fighting the storm," the boy adtrial they will not disappoint you.

"It's the same with us," the man said. "It really doesn't matter what banners to us but it matter what 50 cents a box by The Dr. Williams' can happen to it."

The health of many men and women but at any rate, there is definite proof

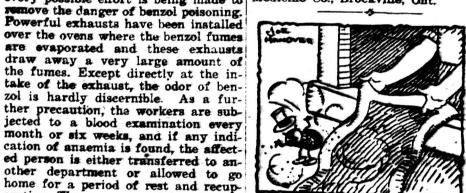
of benzel poisoning were known, and at this point that benzel is very ac
B., writes:—"I can highly recommend Rock, as it is aftener called in our planting infected seeds, but from the measures taken to counteract it, there tive solvent for rubber. It is efficient Baby's Own Tablets as they have what unexplainable sickness, through rubber has to be used. Its only two such conditions as loss of energy and disadvantages, and both are formidates of appetite, general weakness, and being and bighly left and being the first of the preceding year and stored near the first of the preceding year and stored near the fields.

B., writes:—"I can highly recommend Baby's Own Tablets as they have day—is interesting from the first. Sir Ralph the Rover, insolently removing the preceding year and stored near the fields.

What Mrs. Wool What Mrs. Wool What Mrs. Wool of the pious and benevolent Abbot of the process of the process of the fields. sleeplessness and irritability. These and highly inflammable. It will, What Mrs. Noel says concerning Aberbrothock, and later himself and other symptoms of a kindred na- therefore, be seen at once that meas- Baby's Own Tablets is just what thous- wrecked upon the unguarded rock, is, ture indicated that semething was ures have to be taken to control the ands of other mothers say and feel. like the good Abbot, a figure rather of wrong, but just what the trouble actu- fumes of benzol and quickly and effiThe Tablets are a mild but thorough tradition than of history; but a bei wrong, but just what the trouble actual rungs of behavior and ciently remove the from workshops and factories where people are empty and stomach, thereby banishing contraction than or history; but a bent lexitive which regulate the bowels there was, long preceding any light. Ing. investigations were made by phyloged.

A few days ago I visited a large of the other minor ailments of little canning factory in this province the other minor ailments of little of the first tests where benzol is used in the manufacture.

The building of the present Bell Rock stipation, colic, indigestion and a host Light, as it is related in F. A. Talbox's the other minor ailments of little of the other minor ailments of little as story as Southey's tale of the pirate



rug?" Bah!"

it has stimulated the employees and especially the women employees to bring sandwiches, etc., to take with the meals are served by electricity. the milk." Many of these women, worried with household cares had hitherto time for only a cup of tea or coffee before coming to work. The provision of milk has brought about a better standard of health for every worker a minute or two. Presently there is drowned before the boats could beat so favored, and in addition has reduced the time lost through sickness. Indeed it was not their own duced the time lost through sickness. The table, on a four-poster tray, applicable to boats could be at large time boats could be at large time. Indeed it was not their own boats, but a pilot boat that fortunately befores are being made by the Indeed. Efforts are being made by the Indus- pears the food he has ordered.

trial Hygiene Division of the Provincial Department of Health to interest all employers in the health of their workers, so that active means the food me has offuered.

When the menu is slipped into the They were so drenched, exhausted their workers, so that active means the food me has offuered.

When the menu is slipped into the They were so drenched, exhausted their workers, so that active means the food me has offuered.

They were so drenched, exhausted their workers, so that active means the food me has offuered.

in industry and so bring about a bet. When the diner has finished his four others had recovered their nerve ter standard of health and living con- meal he takes the bill, which has also and were back on the job. The tower, ditions not only for the workers them—been derivered by electricity, and pays a hundred and twenty feet high, was selves but also for their families and at the usual cashier's desk.

Xmas is not far off. Mothers can way of sending money by mail

ings by securing a little painting book entitled "Tommy Tomkins Painting Book" in return for four OXO CUBE ing pigeon, is one that will return to Canada from the Canadian Pacific. A wrappers. It is filled with pictures its home or loft from a distance. An showing how Tommy won a long distance race; how he won fame at football, boxing, wreetling, what he did but what the pigeon world cails when his automobile broke down in a Homer is the Antwern a breed that when his automobile broke down in a Homer is the Antwerp, a breed that combined with abundant fertility of big race and how he succeeded in originated in Heigium. It has the sail, good elimate and social conditions make farm life there desirable school, etc., etc. "The Highty Atoms" dreds of miles. It seems likely that are always ready for making beef tea the old arriers, Dragoons and Horse and consomme and to put flavor and men were used for carrying messales.

All nissons are strongly attached to mest strength into soups, stews, hash, All pigeous are strongly attached to work, can make a home and pay for

and meet pies. Ask any grocer, their homes and will fly back to them, so far as their powers allow them to.

Tomkins; Oxo Limites, 332 Lemoine
St., Montreel, P.Q., and yourneter.

The sun is the greatest physician.

Sir Herbert Barker.

The sun is the greatest physician.

Sir Herbert Barker.

The sun is the greatest physician.

Sir Herbert Barker.

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The Employee of the Plane

Annie Treherne, Brandon, Man., who

tells of her, new found health as fol-

lows: - "Some years ago I had an at-

tack of pneumonia and it left me in a

my legs, and had to be carried up-

stairs, for I had not the strength to

go myself. I became despondent over

my condition for I had tried many

remedies, which failed to help me.

While in this wretched condition a

lady friend urged me to give Dr. Wil-

liams' Pink Pills a trial and I pro-

acute diseases such as fevers, pneu-

You can get the pills from your drug-

The Inchcape Rock.

form to their critically attentive fel-

It is to be feared not; Southey is a.

tower had risen to a fair height work

was possible only on the calmest days

of the summer and then during but

five hours a day. It was before the era

of steam, and men and materials were

dependent on the perilous and difficult

manoeuvring of sailing craft in the

complex racing currents with their

sudden changes—manoeuvring often

made even more difficult by the weath-

Once while some of the men were

at work on the rock their vessel and

tender broke adrift in steaming fog

and rising wind. The workmen were

too intent on their work to observe

their danger, but not so their engineer.

Robert Stevenson, who was that day

superintending the job in person, and

who realized their plight only too well.

came to their rescue just as the water

though its "ruddy gem of changeful

MORE THAN 55,000 FARMERS

brilliance.

er's turning against them.

Many poems are unknown to the

were hanting in the mountains took as I had practically lost the use of

The full fury of the blast just then made the pine shudder and sway wild-

"Storms are an old story to that tree," said the father. "A tree Historm stronger, and I gladly continued their use until I had fully regained my old-time health and strength. what is happening to the tree, but blood and bring back strength after

happens to us, but it matters a great Medicine Co., Brockville, Ont. deal what happens in us. You see, a man's character is tested by everything that happens to him; he becomes either weaker or stronger. The test is not nearly so important as the modern schoolboy that used to delight result of the test. If you think clearly, his youthful grandfather. Who now nothing can really happen to you, but declaims Southey's spirited ballad of everything can happen in you. That the Inchcape Rock, once so popular old pine is safe because it resisted the with budding orators? Do young first storm years and years ago; and it voices in their teens, magnificently has kept on resisting. It is getting rolling their r's and occasionally stronger all the time. Because of what cracking inopportunely at the climax, has happened in it nothing harmful still proclaim from the school plat-

ows how-"Sir Ralph, the Rover, tore his hair; He cur-r-rst himself in his despair. The waves r-rush in on every side: FOR LITTLE ONES The ship is sinking beneath the tide!" It is to be feared not: Southey is a



Bug-"Who said 'snug-as-a-bug-in-

The Electric Waiter.

In a certain restaurant in Detroit, But he said nothing, and only when The diner enters the restaurant,

their workers, so that active measures as button, and the food is on the could return to work next health of all classes of people engaged its way to the table.

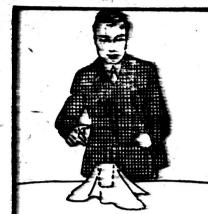
Payment for articles advertised in light," as Sir Walter Scott called it. this column should be made with Do- now shines from a modern light chamminion Express Money Orders—a safe ber with vastly improved power and

The Homer Pigeon.

What is known as a Homer or Home have bought their farms in Western

EASY TRICKS

Hidden Spirits



This stunt does not amount to little care in working up the effect. however, it can be made very puz-zling. The effect is that a spectator places a tumbler on the table, drops a coin into it and covers it with a handkerchief. The performer pretends to magnetize the hidden coin. At his command it jumps up and down in the glass, ringing any number requested. At any rate, it seems to do that because the spectators, who are not too near, hear it ring. The secret is another tumbler, a small one, in the trickster's hip pecket. In this is a coin. to which a thread is attached. The other end of the thread is fastened around a suspender button on the left side. The thread is slack enough so that the spectator can catch it around the little finger of his left hand. An imperceptible movement of the little finger will cause the coin in the hidden glass to hop up and down, making the ringing sound. At a few feet it will appear to come from the glass on the table.

The best part of the trick is to

(Clip this out and paste it, with other of the series, in a scrapbook.

Minard's Liniment for Rheumatism.





make suspicious movements with the right hand, leading the spectators to believe that the coin in the glass on the table is animated by a thread attached to it. If some confident spectator snatches the handkerchief away and accuses the trickster of doing the trick in that manner, the trickster can easily turn the laugh on him and at the same time divert attention from the real solution of the mystery.



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> Don't Cough ! Rub the throat and cheek with Minard's, the great

> > enemy of colds.

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"Eczema first began with an itching on my face. Little red pimples formed that itched very badly causing me to scratch. The scratchin nade the pimples large and red, and some nights they burned and kept ne awake for a while.

"My mother recommended Cutiturn Soap and Ointment so I sent for a free sample which helped me. purchased another cake of Chriara Soap and a box of Sutienra Ointmen and in a month I was completely healed." (Signed) Miss Edith H. Kelley, Rt. 1, Unity, Me., July 12, 1923.

Daily use of Cuticura Soap, Ointent and Talcum helps to pre-

Sample Each Free by Mail. Address Chas Depot: "Outlears, F. O. Rox 2018, Master Price, Scapitic, Ointment 25 and 50c. Talenton Try our new Shaving Stick.



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Jaffa-Jerusalem 39 hrs.
Fgypt 3days
Messins 8 hrs.
Monaco 15 hrs.
Marseilles May 31 Longth of the Cruise

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Department of Colonization and Developme