

for sixty minutes and pressure or two water. The loin may be canned. and hocks from one and drops from the could be just enough the beginning. When bones and add one mixed spices and a sugar and simmer for hot into cans and under ten pounds' minutes at boiling. meat sliced and when canned in tin pieces out in nice jelly. ready for slicing. heated and re-

and the other will not have a or even need dust. fresh beef in the or, at the latest, canned here, roast, steak, beef rolls, steak, beef stew, stew.

house steaks can be left in, but the large sirloin and without waiting season and pack on the hot pan

under fifteen hours or two hours

inch thick slices, the meat rolls. One pieces for rolling, and a slice of each and the whole only with a string. can fryings. Cook length of time

like veal birds and tied up in a used for this, handling is the

used for Swiss on a board and with the edge on both sides and allow to

may be spread beginning of the and tomato juice used instead of the same

steaks. rolled with or smothered. Sprinkle the bread baking pan and on it place

sh over the meat. beaten with and some more of and parsley on top. meat. Place world, and bake stock may be on the cans are oven cooked and med gravy and will make this meal. Carrots be used.

made from the and, the shank or nutritious cuts plate or navel. the jars cold in oning added and ling the top and ling water. Cook water bath or fifteen pounds'

ould do with his we write this the use of let- that it can be than wanted, ful, helpful and of it will de- out of it.

Winter. scratching mar- raw, and it is quantity of dry in a couple of

dry earth for bath. This is take much time it hens need a elves fully as summer. There ers didn't take ater dust bath, the dust box was, and was filled found in a shed way in which one another dirt at once, needs in this apply wild to get fly. Some say this dust bath provided, but ex- tly.

or wood ashes will cause scaly, but no doubt ashes for a dust

fresh, provides health. There-

all

Bank of Montreal Annual Meeting

Shareholders met at 10:30 a.m. in the Grand Ballroom of the Hotel Windsor. The meeting was presided over by Sir Frederick Williams-Taylor, General Manager. The President, Sir Vincent Meredith, reported on the year's work. The financial statement showed a profit of \$1,000,000. The President declared that the bank was in a position to meet any emergency. The meeting adjourned at 1:30 p.m.

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.

The health of many men and women engaged in certain industries is affected by benzol, a product largely used in this province in the preparation of rubber for commercial purposes. Too often in the past, before the effects of benzol poisoning were known, and measures taken to counteract it, there was a considerable amount of some- what unexplainable sickness, through such conditions as loss of energy and loss of appetite, general weakness, sleeplessness and irritability. These and other symptoms of a kindred nature indicated that something was wrong, but just what the trouble actually was, constituted a problem. Knowing the effects of benzol poisoning, investigations were made by physicians from the Ontario Dept. of Health, in plants where this commodity was used. One of the first tests consisted in making an examination of the blood of the persons working there, to see if the amount of red and white corpuscles were up to the standard. In nearly every case where the worker had been submitted to the fumes of benzol for a considerable length of time, there was a diminution in the white blood count resulting in the symptoms already mentioned. Just how many people in the province are subjected to benzol fumes has not been determined up to the present,



MARCONI PHONE

Let Christmas Day usher in months of pleasure with a 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 select.

Write to any one of addresses below for illustrated booklet.

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The Example of the Pine

One day a boy and his father were hunting for the mountain trail. They were in the lee of some great grey boulders that lay like sleeping giants close to the crest of a lonely ridge. As the two looked upward they saw the wild autumn wind lay grim hands on a mountain pine that towered from the summit of the ridge. It was a sentinel that could escape no danger; it was an outpost to receive the first shock of the enemy's attack. Savagely the wind tore at it, shook it violently, howled through its shadowy branches. To the boy the tree, stalwart though it was, seemed about to be blown to pieces.

TOO WEAK TO WALK

The Spinal Condition of a Brainless Body—How Healed.

"I owe my present good health to Dr. Williams' Pink Pills," says Mrs. Annie Treburn, Brandon, Man., who tells of her new found health as follows:—"Some years ago I had an attack of pneumonia and it left me in a terribly weakened and run-down state. I was unable to walk for a long time as I had practically lost the use of my legs, and had to be carried upstairs, for I had not the strength to go myself. I became dependent 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. Williams' Pink Pills a trial and I procured a supply. After taking the pills for a while I could see that I was growing stronger, and I gladly continued their use until I had fully regained my old-time health and strength. Now if I feel at all run down at any time I at once take Dr. Williams' Pink Pills, and they never fail me. I can therefore warmly recommend them to others who may be run down."

The Inchcape Rock

Many poems are unknown to the modern schoolboy that used to delight his youthful grandfather. Who now declaims Southey's spirited ballad of the Inchcape Rock, once so popular with budding orators? Do young voices in their teens, magnificently cracking inopportunistly at the climax, still proclaim from the school platform to their critically attentive fellows how—"Sir Ralph, the Rover, tore his hair; He cur-r-rst himself in his despair. The waves rush in on every side; The ship is sinking beneath the tide!" It is to be feared not; Southey is a neglected poet nowadays. But the story of the Inchcape Rock—or Bell Rock, as it is apter called in our day—is interesting from the first. Sir Ralph the Rover, insolently removing the warning bell buoyed over the reef by the pious and benevolent Abbot of Aberbrothock, and later himself wrecked upon the unguarded rock, is, like the good Abbot, a figure rather of tradition than of history; but a bell there was, long preceding any light. The building of the present Bell Rock Light, as it is related in F. A. Nichol's Lighthouses and Lightships, is as fine a story as Southey's tale of the pirate and the Abbot's bell.

A GRAND MEDICINE FOR LITTLE ONES

Mrs. Avila Noel, Haut Lameque, N. B., writes:—"I can highly recommend Baby's Own Tablets as they have worked wonders in the case of my baby. I always keep them in the house and would not feel safe without them." What Mrs. Noel says concerning Baby's Own Tablets is just what thousands of other mothers say and feel. The Tablets are a mild but thorough laxative which regulate the bowels and stomach, thereby banishing constipation, colic, indigestion and a host of the other minor ailments of little ones. The Tablets are absolutely guaranteed to be free from opiates or narcotics or any of the other drugs so harmful to the welfare of the baby. They cannot possibly do harm—they always do good. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Electric Waiter

In a certain restaurant in Detroit, the meals are served by electricity. The diner enters the restaurant, selects his table, notes on the menu the food he requires, drops the menu through a slot in the table, and waits a minute or two. Presently there is a humming noise, and in the centre of the table, on a four-poster tray, appears the food he has ordered. When the menu is slipped into the slot it drops to the kitchen below; the server there attends to the order, presses a button, and the food is on its way to the table. When the diner has finished his meal he takes the bill, which has also been delivered by electricity, and pays at the usual cashier's desk.

Free Paint Book for the Children

Xmas is not far off. Mothers can reduce the cost of filling Xmas stockings by securing a little painting book entitled "Tommy Tomkins Painting Book" in return for four OXO CUBE wrappers. It is filled with pictures showing how Tommy won a long distance race; how he won fame at football, boxing, wrestling; what he did when his automobile broke down in a big race and how he succeeded in keeping at the head of his class in school, etc., etc. "The Mighty Atoms" are always ready for making beef tea and consommé and to put flavor and meat strength into soups, stews, hash, and meat pies. Ask any grocer, every store, of course, carries them, and mail the wrappers to Tommy Tomkins, Oxo Limited, 222 Legation St., Montreal, P.Q., and your order will be forwarded by return mail to you, being in the Xmas

The Homer Pigeon

What is known as a Homer or Homing pigeon, is one that will return to its home or loft from a distance. An ordinary pigeon might be called a Homer if it has this homing instinct, but what the pigeon world calls a Homer is the Antwerp, a breed that originated in Belgium. It has the sagacity and endurance to travel hundreds of miles. It seems likely that the old sailors, Dragons and Horsemen were used for carrying messages. All pigeons are strongly attached to their homes and will fly back to them, so far as their powers allow them to.

MORE THAN 55,000 FARMERS

have bought their farms in Western Canada from the Canadian Pacific. A remarkable fact. Think! There is a reason. The large area of our holdings affords choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farms from our virgin lands from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces of Canada," and leaflet, "Western Canada Forges Ahead." C. L. Woodward, Land Agent, Canadian Pacific Railway, Bank W., Windsor Station, Montreal, Que.

Order Your Farm Help Now

TO BE OF SERVICE to Eastern Canadian farmers and help to meet their needs in securing competent farm help, the CANADIAN PACIFIC RAILWAY will continue its farm help service during 1925 and will include in this service, as last year, the supply of women domestics and boys.

Through experience in the last two years, the Company is now in touch with a number of good farm laborers in Great Britain, Norway, Sweden, Denmark, France, Holland, Switzerland and other European countries and can promptly fill applications for farm help.

In order to have the help reach Canada in time for the spring operations, farmers requiring help must get their applications in early, to enable us to secure the help needed. Blank application forms and full information regarding the service may be obtained from any C.P.R. agent or from any of the officials listed below. THE SERVICE IS ENTIRELY FREE OF CHARGE.

THE CANADIAN PACIFIC RAILWAY COMPANY
Department of Colonization and Development.
MONTREAL: Geo. J. Duggan, General Agricultural Agent.
EDMONTON: Geo. W. M. Williams, General Agent, Ottawa, Traffic Agent.
OTTAWA: Geo. W. M. Williams, General Agent, Ottawa, Traffic Agent.
WINDSOR: Geo. W. M. Williams, General Agent, Ottawa, Traffic Agent.
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VANCOUVER: Geo. W. M. Williams, General Agent, Ottawa, Traffic Agent.
S. S. Duggan, Superintendent.

EASY TRICKS

No. 222
Hidden Spirits



"This stunt does not amount to much if badly presented. With a little care in working up the effect, however, it can be made very puzzling. 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 pocket. 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 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.

Minard's Liniment for Rheumatism.
Weevils are spread in crops not by planting infected seeds, but from the crop that has been held over from the preceding year and stored near the fields.

MURINE

For Your Eyes
Refreshes Tired Eyes
Write Murine Co., Chicago, for Eye Case Book

MONEY TO LOAN

PAID LOANS MADE
Toronto, Ontario

OLD and RARE BOOKS

ON CANADIAN SUBJECTS
particulars to the Wilson Publishing Company, 73 West Adelaide Street, Toronto, Ontario.

Don't Cough!

Rub the throat and chest with Minard's, the great enemy of colds.

MINARD'S LINIMENT

ECZEMA IN RED PIMPLES

On Face, Itched Badly, Cuticura Healed.

"Eczema first began with an itching on my face. Little red pimples formed that itched very badly causing me to scratch. The scratching made the pimples large and red, and some nights they burned and kept me awake for a while. My mother recommended Cuticura Soap and Ointment so I sent for a free sample which helped me. I purchased another cake of Cuticura Soap and a box of Cuticura Ointment and in a month I was completely healed." (Signed) Miss Edith H. Kelley, Rt. 1, Unity, Minn., July 12, 1923.

FABRE LINE

The popular Route to the Mediterranean

WINTER CRUISES 1925

	SS. Providence	SS. Patria	SS. Providence	SS. Patria
From: New York	Jan. 10	Feb. 17	Mar. 21	Apr. 28
To: Ponta Delgada 12 hrs.	Jan. 17	Feb. 24	Mar. 28	May 7
Madeira 10 hrs.	Jan. 19	Feb. 26	Mar. 30	May 9
Azores 24 hrs.	Jan. 23	Mar. 1	Apr. 4	May 11
Palermo 12 hrs.	Jan. 25	Mar. 3	Apr. 6	May 13
Naples 12 hrs.	Jan. 27	Mar. 5	Apr. 8	May 15
Brussels-Antwerp 24 hrs.	Jan. 29	Mar. 7	Apr. 10	May 17
Constantinople 24 hrs.	Jan. 31	Mar. 9	Apr. 12	May 19
Berthoud 14 hrs.	Feb. 2	Mar. 11	Apr. 14	May 21
Jaffa-Jerusalem 30 hrs.	Feb. 4/8	Mar. 13/15	Apr. 16/18	May 23/25
Egypt 14 hrs.	Feb. 6/8	Mar. 15/17	Apr. 18/20	May 25/27
Mussina 8 hrs.	Feb. 11	Mar. 21	Apr. 22	—
Monaco 18 hrs.	Feb. 13	Mar. 23	Apr. 24	—
Marseille 18 hrs.	Feb. 14	Mar. 24	Apr. 25	May 31

Length of the Cruise: 35 days, 35 days, 35 days, 33 days.

Minimum Price \$450.00 including shore excursions and Hotel at Egypt. Clean, comfortable and Commodious Yachts especially built for the Mediterranean Trade. Shore Excursions at Ports-of-call. Stop-overs permitted. Concerts, lectures, dances, and parties, games of all sorts in addition to the social pleasures of ocean travel. The superb French cuisine and first class service throughout. Orchestra. Moving Pictures: Wireless News Daily. For further information and descriptive literature apply: Any authorized Steamship Agent, or JAMES W. ELWELL & CO., INC., Gen. Agents, 17 State Street, New York City.

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