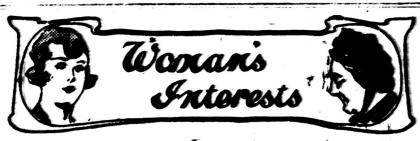
GREEN TEA

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had a few choice pieces of walnut, harden. cellent mahogany; while we have suc- box or into an earthenware dish. and yet the problem arises as to how make excellent containers. different articles of different periods, In from three to six hours, depend-

make the woods over to look alike, it will crumble in the cutting. missible, in having reupholstery done, be piled one on top of another.

and hangings will do a lot to bring a laundering. room that is out of balance into a According to Mrs. Wise, stirring up her hands together. "I know I'll loss pirit of unity and charm. It is well a batch of soap is quite as easy as him. Poor little fellow!" for every housewife occasionally to stirring up a cake.

simple one-three-six recipe that is be absorbed in a few days." very easy to remember, even though one should lose or mislay it-one twelve-ounce can of lye, three pints of rain water and six pints of grease.

The lye is dissolved thoroughly in the cold rain water, which immediately boils, due to the chemical action that takes place. This is allowed to cool till lukewarm. Meanwhile the grease has been heated till it will just pour nicely. Then it is poured gradually into the lye and rainwater, stirring all the while.



Dusty hands are germ-carriers

Everywhere, every day, the hands are touching things covered with

Countless times those dust-laden ands touch the face and the lips is the course of a day. Consider—dust in a source of in-

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Take no chances — cleanse your hands frequently with the rish, creamy lather of Lifebuoy. Lifemoy contains a wonderful health igredient which goes deep down into the pores of the skin, purifying them of any lurking infection.

The clean, antiseptic edour vanprotection of Lifebuoy remains.

HEALTH SOAP

More than Soap-a Health Habit LEVER BROTHERS LIMITED

TORONTO

MAKE FURNITURE HARMONIZE. It requires constant stirring for In many a home there are furnish- from seven to ten minutes, when the belated meal, she made it all too plain of cushions and a hat tilted over her who do work that is worth recognition ings distinctly belonging to different alkali and fat will have combined and that she had, indeed, taken the trouble

Then mother has purchased some exsumbed to the practical nature of the Where a larger quantity is made, mission style. We cannot afford, nor the twelve or fifteen gallon earthen- journment to the garden suggested for for?" do we wish to discard what we have, ware jars used in brining meat coffee.

as it were, may be harmonized in the ing on the weather, the soap will be ly intervened, and he finally invited average home where expenses must be ready to cut up into bars. Three hours is plenty long enough in cold weather. badly," he told her severely. It is needless to say that we cannot If allowed to stand longer than this haven't mentioned the reason for your

but we can have each piece restored The bars of soap are laid out on a ing to my wife.' and redressed to be in beautiful con- board to cure for five weeks. By this dition and worthy of its riginal state. time every bit of the fat has gone can follow the method of one house- soap should be spread out so that the be a prig, Phil. I can't stand prigs." wife who has a couple of pieces re- air can circulate around it, or mold finished every six months. It is per- is likely to appear. Bars should not please. I'll just look up that address

to choose a tapestry or mohair which Rancid lard, old butter, meat frywill be suitable for articles of different ings or tallow may be used separately ings began to tremble. You've no woods. Thus one woman selected a or in combination to make this soap, idea how wretched I am. Max doesn't by the name of Smarle. It was a fared by the name of Smarle. It was a fared by the name of Smarle. It was a fared by the name of Smarle. It was a fared by the name of Smarle. It was a fared by the name of Smarle. It was a fared by the name of Smarle. It was a fared by the name of Smarle. It was a fared by the name of Smarle. It was a fared by the name of Smarle. It was a fared by the name of Smarle. It was a fared by the name of Smarle its day, but you would have been an infant at the time. It happened about fifteen or sixteen if I've seemed rude. soft green hangings and a two-tone drying process will also cause it to "It's all right, my dear," Ardeyne years ago. Smarle—Hugo Smarle, I green rug helped to harmonize the crumble. If a large quantity of salted said quickly. "Don't let your nerves think his name was got sent to room, which had clashed before when butter is used, or if old salt pork is give way. Here—this is the doctor. Broadmoor. They said he was insane. the sofa was done in blue and brown, fried out and used, it is best to boil His name is Rault. I'll send him a Lately he was released, and Philip

in different rooms, articles, which lye in the beginning, but Mrs. Wise well?"

ask herself these questions: "Is this "Don't fuss about it," she says, "and will die. Look here, you'd better leave ing in Bordighera when "Uncle John" room harmonious? Is it restful? Or your soap will come out all right. If him with Dr. Rault and come away had spoken to Mrs. Egan and dedoes it grate upon the nerves because it gets lumpy while you're stirring it, again. I don't believe you're doing manded twenty thousand pounds of a cluttered or unrelated appear- it's probably because your fat was a him any good." little too cool when you added it to the "I've never done anybody any good," lye water. Just keep on stirring it she said tragically. MRS. WISE'S HOMEMADE SOAP.

If water. Just keep on stirring it sees and tragically.

She fell on her knees and, clutching one of his hands, kfssed it convulsively.

Or if when you cut the soap there is "Save my how Did not been married a little over a veer make soon with this resistance." make soap with this recipe. The methmake soap with the soap with the soap with the methmake soap wit mother and her grandmother and is a Let it stand and all of this water will train journey . . .



A SMART "CARNIVAL OR MASQUERADE COSTUME.

developed in crepe paper, which may "I only want his attendance in a probe purchased already printed with fessional capacity."

various designs. The model would be "Are you ill?" Alice asked. nice in tarlatan, sateen, taffeta, or unbe effective.

The Pattern is cut in 5 Sizes: 6, 8, 10, 12 and 14 years. A 12-year size
"It's Mrs. Egan's son who is ill," excitedly as he did so:
requires 4% yards of 86-inch material. Ardeyne said. "He has lung trouble "You likes my tracks If upper flounce is omitted 1/2 yard and I have advised her to take him some more!" less is required. The hat alone re- to the Engadine." quires ½ yard.

receipt of 20c in silver, by the Wilson Publishing Co., 78 West Adelaide St., Toronto.

Gent 15. in silver to any address on you need him."

"How generous of you!" Mrs. Egan cried. "Do you hear, Phil? Your wife doesn't mind.

Send 15c in silver for our up-todate Fall and Winter 1924-1925 Book said a little shortly. "And I'm afraid of Fashions.

Everything can't be done in a day. But something can.

Minard's Liniment Heals Guta

When Hearts Command"

BY BLIZABETH YORK MILLER

CHAPTER XXXVII .-- (Cont'd.) "Carrie Egan's an old flame of Phil's," Lois whispered to Alice, but loud enough for everybody to hear. "I should keep an eye on him if I were

On top of this came her arrival, the meal, a flutter of apologies coun-relief. tered by hospitable assurances that it did not matter, and an over-zealous for any awkwardness and for Monsieur Carre's outspoken resentment.

don't feel I can touch a thing." periods. Perhaps Grandmother has the mixture can be poured out to to come down for the sole purpose of seeing Ardeyne. Her haunted eyes

> she completely ignored. Finally lunch was over and an ad-

was barely civil to anyone else. Alice,

Monsieur Carre wished to get Philip to himself again, but Mrs. Egan boldher to come into his study. "Carrie, you're behaving rather

visit, and it must be a little bewilder-"Oh, don't be stupid!" she retorted.

"Are you not a doctor? Have you no If we cannot do this all at once we into combination with the alkali. The other patients? And above all, don't e a prig, run.

Ardeyne flushed angrily.

"he said. "Sit down,

for you in the Engadine. "Rhil, don't be cross with me." Her Philip not to have told you. Tony was them. They are awarded to those who will be suitable for articles of different ings or tallow may be used separately lips began to tremble. "You've no shot by his business partner—a man day by day fulfilled a narrow, humble

the chair in red and gray, the hangthese up with water and allow to cool,
ings in old rose, and the rug in fawn when the clarified fat can be taken
days' delay is dangerous. A London
about it?" off the top.

Often by re-arranging the furniture Borax may be added to the dissolved "Phil, you don't believe he will get

want to discourage you

"Oh, it's a judgment!" She wrun-

her get up and Alice stood there, be- was considerably older, and a reck-

CHAPTER XXXVIII. Egan's heart for resentment where her own people. I believe her father her eyes mocking.

husband is a very kind man, Mrs. Ar-"Don't be absurd," Philip said awk-

wardly. "What is it, Alice?" bled at it. She was a pretty little He had been made to feel and look fair-haired thing, with an appearance

his voice was crisp. says he must be leaving early this in her life indulged in outdoor games. tion. This applies particularly to Bowls, tanks, wash-basins, also heatafternoon and he wants to see you a moment, if possible," Alice replied. with you," she said. "You needn't be But if you are busy I'll tell him."

to-morrow? "But I thought you were to start for she was here on Dick's account." Switzerland to-morrow?"

things I have to do first. Phil, couldn't ly to consult Philip in a professional not even greater care be taken of the Telephone Eigin 3101. you manage to come with us? . . Mrs. capacity, but even the most casual ref-

your husband for a week?" situation was entirely obscure to her. rets, and she was a born gossip. She She tried to smile, as though Mrs. had made no reference to Mrs. Egan

a pleasantry.
"Oh, I don't mean to elope with 4531. This may be inexpensively him!" the woman exclaimed derisively.

Ardeyne looked anxiously at Mrs. finished cambric. A decoration of Egan. It was the moment for her to Park in winter, happened to glance gold or silver stars on tarlatan would explain. If she didn't, he would have over his shoulder and spy a huge be to. He didn't intend to be played with

by a capricious woman. "Don't I look ill?" she replied.

'I'm so sorry," Alice murmured. Pattern mailed to any address on "Of course Philip will go with you, if

> "I'm not a lung specialist," Ardeyne can't get away just now. However, may be able to find somebody else for you, and I'll look in early to-

morrow morning." "Perhaps I can coax you to change your mind," said Mrs. Egan. "You

weren't such a difficult person in the old days, but-"I'll just see about your car,"

deyne interrupted hastily. gether, and a few moments later, when had the breaks of the luck, and was her car came around, he said good-bye peculiarly fortunate in finding an inwhich caused a further set-back to to Carrie Egan with a feeling of fluential friend. It is far more com-

She was thoroughly miserable and current of adversity. attempt on Phillip's part to make up wanted to be alone, but Lois Hemmersley discovered her retreat before long salaries to those who do not earn "Anyway," said Mrs. Egan, "I and took for granted that Alice would them, though they loudly asseverate didn't come for lunch. I came to see be glad of her company. The lawn their claim to hig pay for services not you, Phil. You needn't have waited sloped down to the river, it was a rendered. Instead it intends to diswarm day, and Lois made herself criminate and bestow its rewards on During the further progress of the comfortable on the grass with a couple those who deserve them. Most men face to keep off the glare.

have gone off somewhere by them-trumpet their own excellence.

patients, even to relatives. "Philip asked her to lunch," she acclamation.

haved curiously. I believe she's still The world's occasional neglect is not in love with him. After Tony Egan so surprising as the frequency with Philip, although she's years older than those who have done some finely ex-

Alice repeated. self on one elbow.

Alice sat very quietly. Her hands were clasped in her lap, her gaze fixed harmonize to a reasonable degree may prefers to leave it out of her own soap be assembled in a single room. Creand add it whenever whitening is a to mislead you with false hopes, and, dreamed—least of all pretty Lois part of the cleansing process, as in on the other hand, I certainly don't Hemmersley—the distress that possod het

"I heard about Hugo Smarle," she said, "but I didn't know it was Mrs. Egan's husband he-he shot."

which he said was owing to him.

"It's my opinion," hazarded Mrs. The door opened as he was making great friend of Tony Egan's. Tony wildered and frightened, not knowing less sort of fellow with a flendish temwhether to stay or to go away again. per. They said he embezzled some of can successfully learn to play an inhis partner's money, but I scarcely believe that. However, he died penni-There was still room in Carrie less. Mrs. Egan's money comes from Alice was concerned. She stared de- is a sugar or coffee planter somewhere sort of way learn some pieces, but in fiantly at the doctor's young wife, the in the West Indies. At one time we doing so the ear becomes accustomed ghost of a smile touching her lips, all thought Philip was going to marry to false pitch and the musiccal senses

her. I'm glad he didn't. It's much consequently become dulled, distorted "I was thanking your husband for nicer that he married you, Alice, and dwarfed. Which brings one to his kindness to me," she said. "Your dear."

"Thank you," said Alice, trying to smile.

Lois pulled a piece of grass and nibbled at it. She was a pretty little in good tune. somewhat of a fool, and in consequence of delicacy which belied her prowess have indelibly impressed on his or her at golf and tennis, and a complexion mind that a piano will not stay in tune

afraid of Carrie Egan. At the same "I am going," said Mrs. Egan. She time—well, if I were in your place I'd turned to Ardeyne. "Shall I see you keep an eye on her. I wouldn't be at all pleased if she's made it so plain

Ardeyne, couldn't you possibly spare erence to that would have provoked a our husband for a week?"

Alice did not know what to say. The scruples on the score of doctors' sec Egan's question had been intended for son. Alice descended to the je

depths of "pumping" her.
(To be continued.) For Sore Feet-Ifinard's Linime

Anything to Please a Bear. A Chinese who was visiting Jasp

sniffing at his tracks in the snow. John at once began to run, shouting buck "You likee my tracks?" I makee you

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believe that one is doing work whose perit is insufficiently rewarded. We abor on, spend and are spent; and are inclined to believe that others far less valuable than ourselves are getting more than they deserve. No com plaint is easier to make or more common than that of discrimination. It is a sop and a saive that cowards and siuggards apply to their dilatory, unambitious, comfort-loving souls.

Stories of business success that should stir ambition often rouse envy instead. The moral the lazy man derives is not that he ought to go and do likewise, denying himself and work-He fled, leaving the two women to- ing hard, but that the man who rose fortable to rail at fate than to go to Alice wandered out into the garden. work and stem the tide or turn the

The world is tired of paying fat are content to "take the cash and let "Dick's asleep," she said, "and Phil- the credit go," They do not forever dwelt upon him constantly and she ip and that stuffy old professor-person rise in place to cry "I did it!" and to

selves. . . I say, Alice what do you In fact, if a man is clamorous for suppose Carrie Egan came down here praise, most of those who might give in keeping our heat in our bodies, it feel like abstaining. For if he sits Alice hesitated. A doctor's wife attentive to his own applause, as a shouldn't gossip about her husband's spiteful critic said of Addison, there helps to keep the kidneys, spleen, stomseems no need of adding to the self-

Recognition in time rarely fails to "Oh, yes! Well, she certainly be- come to those who are actually worthy. was murdered she made a dead set at which people are moved to seek out ceptional thing and pay tribute to "Her husband was murdered?" them. Nor does the praise all go to those who have spectacularly per-Little Mrs. Hemmersley raised her- formed. Often the prizes and the honors pass to some who least expect-"Didn't you know? How odd of ed them and are astounded to receive



Not Long Enough Here. American-"You play Mah Jong, of

Chinaman-"No-me no livee in Amelica long 'nough for that."

Piano Students Need Instru-

ments Kept in Tune. No greater fallacy exists in plano strument which is out of tune.

True, one can learn the notes, play sctles, practice arpeggios, and in a the conclusion that if a pupil is to be given a fair chance to learn the piano. the instrument must be always kept

Everyone who owns a piano should TCILET FIXTURES "Nothing—only Monsieur Carre which looked as though she had never forever, but requires periodic atten-

Although comparisons are odious, it have motor cars set about almost re-"So did I, but there are lots of little cousin that Mrs. Egan had come merein perfect running order. Why should piano? Isn't this worth thinking over?

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188UE No. 42-24



OBESITY.

The human body has many uses for fat. When properly distributed it serves to relieve the sharpness of our bony angles and make us more beautiful. It is an extremely helpful agent serving as insulation in that way. It acts as padding in our "insides" and ach and intestines in their proper locations. It fills in the chinks, gener-

But as we reach middle life the danger comes that we shall accumulate more fat than is good for our health. Without giving a long table of weights and measures I will just say that the average weight for a man of sixty-nine inches is 159 pounds, and for a woman of sixty-six inches is 137 pounds. You can judge how far you are from standard. If you are more than ten per cent. overweight give the matter careful consideration.

The chief item in reducing weight is to reduce food. If you are only trying to cut down some ten or fifteen pounds you can do it by restricting the fats in your diet, such as butter, oil and fat meat, and by severely limiting the sweet stuff that you ear.

But it is the folks in the 200 pounds and better class that are chiefly in need of reducing weight. Many a man and woman with no definite symptoms of ill health, yet a general feeling of wretchedness, would clear up wonderfully by a reduction of thirty to fifty pounds in weight.

There is only one definite way to do t. Reduce your intake. Don't try to do it too rapidly. Be content to take off three or four pounds a week. Cut the amount of your food ten per cent, When you have become accustome I to that, cut it another ten per cent. It that does not do the business the fat person is generally pretty safe in cutting it yet ten per cent. more, a few weeks later. After you have reduced the weight thirty or forty pounds you will be glad to discover that you have regained your old efficiency.

The fishermen of St. Ives, Cornwall, play marbles in their spare time with as much zest as the average schoolboy. Green vegetables, which supply our bodies with iron, are also the only certain source of iodine.

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FALL TREA Pasturing se

lovers in the

is probably one why many pro **disappointment** Any pasturing and early, so will be left to p the winter. L pasturing whe should never be results are to ing year. Late ticularly of nev vitality of the protection which and so exposes ter killing than some growth w also holds the valuable protec low temperatur ature changes. close pasturing weakening the though the pla winter without start as early n growth as wher left as winter some growth is son it serves a protection of v can make an spring growth.

Grasses and the latter, are tent by heaving is caused by a and thaws and season's growth loss by protecti rapid temperat early spring. from grass and

ticularly new se turing must not helps to prevent indirectly by fat the fat plump p resistant to col

sneeze the quic late-hatched pul fat to keep the damp fall days One of the bad poultry keeping re does not see the nostrils of there is any dus germs. The wild where the ventila they do not ca catches cold and ately close. T mucous begin to has to breathe th increases the da and pneumonia flammation soon eyes and the bir have roup. If yo of care they see construction of

be due to the cor colds and various tions. On the sunny t

give them a han

unless the living

Many failures fr

to advantage in e

A town in G successful in its the young peop out of mischief committees in el the community cessful with the both young and o

and no property Previous to th extending an inv doings." Much to with cars and t miles around join fun. The follow: stee in charge visi and the distri schools and gave to be present. "And what can the common quest

course, meant a celebration. DECORATING The celebration taking for those were decorated w the merchants' witches, black cats backgrounds of orange and black grotesque faces w globes of the stree children, who had make their own co streets in fantastic music and the ti upon the crowds fi propriately decorate its way up and do