The Fresh Flavor

of delicious GREEN TEA

is preserved in the air-tight SALADA packet. Finer than any Japan or Gunpowder. Insist upon SALADA.



VARYING THE CEREAL.

of persuasion to get the children to chopped peanuts, mold and serve with enough to do anything. But he show- It was the rum-runner, McDonald,

For those which come in forms for stewed fruit. individual serving, pour hot water quickly over them, allow a half teaspoonful of butter to melt upon them, A floor ball game adapted from sprinkle lightly with brown sugar and "rug golf" makes an interesting in-

For the many wheat and corn cer- let can be used. eals, heat a tablespoonful of butter in Ten balls are needed, which can be cereal and set over a hot fire, shaking them too worn for his use. the pan constantly to keep from burn- The amount of clear floor needed

fill the centres of grapefruit or can-ber of persons can play. Each in turn taloupe with their favorite dry cereal, strikes all ten of the balls one after rum-runner started through the snow ber—10342896—that's a stolen car."

He did not seem to be in any hurry

ing at least twenty minutes. Serve in it counts nothing if it is thrown clear bowls with chopped dates on top, off the rug. Only border balls, when preacher's voice carried. "O God of Rask. It left part of a letter which the weak, the sinners and the penitent. I have here, from the chief of his ser-bout sive discretions that the weak, the sinners and the penitent. But the tea-growers have been unable to mask and back to mennedy. The lions more people. Tea is the cheap-preacher's voice carried. "O God of Rask. It left part of a letter which the weak, the sinners and the penitent. The weak the sinners and the penitent. The weak to mennedy. The lions more people. Tea is the cheap-preacher's voice carried. "O God of the weak, the sinners and the penitent. I have here, from the chief of his ser-but the weak, the sinners and the penitent. But the tea-growers have been unable

been soaked in warm water for two a fair score and nine or ten as an Succor them with Thy bountiful "You're 't, Walter. Four. Six hours. Stir until the grains begin to take up the malk, then cover and set in fireless cooker overninght. A little first balls so that they lodge in the hours and make the best score strike the hours and make the best score strike the first balls so that they lodge in the hours and might and storm hours and might and storm hours and might and storm hours and might make the best score strike the first balls so that they lodge in the hours and might and storm hours and might make the best score strike the first balls so that they lodge in the hours and might make the best score strike the first balls so that they lodge in the hours and might make the best score strike the first balls so that they lodge in the forms a valley which extends with longer cooking over the flame will do border close together. Then with the of night and storm, be Thou our outfits were itemized. I knew them all, varying death from note to note as well if there is no cooker. Serve late balls knock the first balls off, two with stewed apricots and cream.

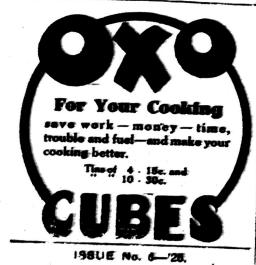
Graham Mush.—Sift three-quarters of a cupful of heavy Graham flour, containing hulls, into a pint and a helf of boiling saited water. Stir constantly and cook for half an hour, sweetening with two tablespoonfuls of brown eagar and adding a cupful of washed currents ten minutes before serving. Serve het or cold with cream.

Whole Wheat with Prunes.-Buy whole wheat which has not been bolted. Make a mush with hot salted water and wheat, sweetening lightly with white sugar. Cook stoned prunes in the cereal, allowing them to mash. Serve either hot or cold with cream.

There are a number of cereals which combine well and make excellent cold molds to serve as breakfast coreal or with a custard of caramel sauce as dessert.

Rice, Buckwheat Flour, Raisins and Chopped Pincapple.—Make the mush thick with hot water, whole rice and the flour, half and half. Add the raisine and a very little sweetening half est hour before the mush is done. Cool and add chopped pineapple, pour into molds and set. Serve unmolded with

-Take equal parts of bran, catment



and Graham flour. Sift into boiling might know much about smuggling square before the hotel. Cereal is so often the main dish of salted water and cook until thick. aliens, traveling about in his car as breakfast to-day that it is well to Sweeten with brown sugar or maple he did. breakfast to-day that it is well to Sweeten with brown sugar or mapie vary it as much as possible, making it syrup. Cool, then add a cupful of One thing Soper did not try to consheep. Now I'm going back to the And all upon the highway, with the

Besides the advertised ways to Cracked Corn and Rice.—Make a serve the cereals which are bought cereal of these two grains, cooking for ready to eat, try these and see if they a long time to make them soft.

I did not centre all my suspicions on Soper, though. There was the rumdo not become something quite diff. Sweeten very little and serve molded runner, McDonald. Here was a mas- the news, even if the wires are down." with cream and fresh sugared or ter of the art of running in illicit This was from Jim Soper and Jess,

A FLOOR BALL GAME.

serve with cold thin cream. Or, in- door sport. The equipment should be stead of the butter, cover the hot cer- chosen to suit conditions. A golf puteal with apple sauce or stewed prunes, ter, a light polo mallet, a croquet mallet, a hockey stick or a homemade mal-

the frying pan, pour in enough of the obtained from some golfer who finds

ing. Serve hot from the pan with for the game is about six by nine feet thin cream.

Ine amount of clear floor needed we'll get through before we freeze to death, but my cross-cut saw back in the preacher of the Gideons. He rais-Though it seems a strange com- the rug has no border, use chalk or bination, there are those who like to tape or define the limits. Any num"Sweet deliverance!"

For those who favor the hot, well- Assemble the balls at one end of to our car. They were for starting He did not seem to be in any hurry cooked cereal, there is no end of possi- the rug and strike them one by one, so that they roll to the opposite end.

"Nay, brethren." It was the preaching short of the Do
"But it's not for that I want you, Bible which thousands of people take them.

"But it's not for that I want you, Bible which thousands of people take them. Always prepare these cooked cereal with hot boiling water, salting to the dry cereal wide, counts the player half a point. Those that roll to the side borders or the sustaining help to the sustaining help to the sustaining help to the side borders or that they roll to the opposite end. Each ball that stops in the farther our deliverers. Our prayers have been answered. Shall we take time to thank the fingers into the halling. Those that roll to the side borders or the sustaining help to the sustaining water while stirring with the other hand. This prevents lumping and assures a smooth, evenly cooked dish.

When fruits are used, add most of them just before serving or from a dish at the table. Raisins and currents will stand ten minutes cooking. The hast hall it is marked in the form of the run of the run

rants will stand ten minutes cooking to plump them, but most fruits lose much of their flavor by heat.

Cornmeal Mush with Dates.—Make the usual meal mush of a coarse grade of cornmeal in hot saited water, cooking at least twenty minutes. Serve in bowls with chopped dates on top.

Only berder halfs a snarrow falls or a hair of the head is harmed.

Soper's glance would wander first to the preacher, then to the girl. His face was a puzzle, the face of a man penitent for the things he had done and left undone.

Through and above the wind the lead of the rum-run-ners. Your name is Rask—not Jones. You knew I was sent to catch you, alter to Queen Victoria.

The Supply Inadequate to Queen Victoria.

The Supply Inadequate to Rask and back to Kennedy.

Through and above the wind the life was you the head of the rum-run-ners. You knew I was sent to catch you, alter to Queen Victoria.

The Supply Inadequate to Rask and back to Kennedy.

Through and above the wind the lead of the rum-run-ners. You knew I was sent to catch you, alter to Queen Victoria.

Through and above the wind the lead of the rum-run-ners. You knew I was sent to catch you, alter to Queen Victoria.

Through and above the wind the lead of the rum-run-ners. You knew I was sent to catch you, alter to Queen Victoria.

Through and above the wind the lead of the rum-run-ners. You knew I was sent to catch you, alter to Queen Victoria.

Through and above the head of the rum-run-ners. You knew I was sent to catch you didn't actually know me.

You knew I was you the head of the rum-run-ners. You knew I was sent to catch you alter to Queen Victoria.

Through and above the wind the lead of the rum-run-ners. You knew I was sent to catch you alter to Queen Victoria.

Through and above the head of the rum-run-ners. You knew I was sent to catch you alter to Queen Victoria.

Through and above the head of the rum-run-ners. You knew I was sent to catch you alter to Queen Victoria.

Through and above the head of the rum-run-ners. You knew I was sent to catch you alter to Que

or more at one shot.



Catment, Bran, Graham and Dates. A PRACTICAL UNDER GARMENT "Look, Walter." I turned in the fiannelètte or crepe de chine may be precipice.

used for this model. 8, 10, 12, 14 and 16 years. A 12-year clouds.

Pattern mailed to any address on proached the preacher. "I'm through receipt of 15c in silver, by the Wilson breaking laws. Tell me how I can be Publishing Co., 78 West Adelaide St., better!" Toronto. Allow two weeks for receipt

date Pall and Winter 1924-1925 Book man, while the Reverend Mr. Jones

The Hypocrites

BY ARTHUR B. REEVE

A few miles farther down we came

town of Derby we were an exhausted

"That's strange—that motor num-

PART IV.

I looked at the little group about us. covered cars that wended its way The preacher on his knees in the snow, down the mountainside. On down the beseeching deliverance from on high; road into the valley of Derby we conthe bootlegger and the salesman start- tinued. So exalted were our feelings ing toward the huge tree that blocked that our spirits now rose above fathe road; the girl ready to do any- tigue, pain and hunger. thing for all of us.

Unable to go ahead. Unable to go upon a crowd coming up the pass with back. None of us had a thing to eat, shovels and ropes, and, best of all, nor any shelter except the cars. hot coffee in vacuum bottles and sand-

I did not like the attitude of the wiches, a relief expedition looking for The windows flaunt men's wares for salesman. I wondered if his elope stranded strangers. ment might not be a blind to cover By the time we reached the little some other serious offence.

I could not even yet quite get the group of enthusiastic converts. Only man-running idea out of my head. I the preacher showed no signs of fafeit pretty sure that he was one who tigue. We stopped in the village

ed a fear that all our efforts might who was the first to leave us. Craig

goods. He might easily know more Jim speaking. "And I'm going to about running in aliens who in a take your advice, Kennedy; hunt up pinch could help themselves than bot- the local minister, get a license, have tles that could not.

Kennedy and I had not told the wedding, Jess, there'll be two!" others yet of the cross-cut saw back in I thought I could begin to see what our car. Every face was disconsolate, Kennedy was doing. He was putting hopeless, all except the half-frozen these people on their new-found honor. preacher's. Almost a light of divine inspiration radiated from his. Here, of our little cavalcade, the Gideon felt, was a fine, firm character. preacher's and ours. Kennedy looked

It was Craig who spoke. "We have at his engine, then lowered the hood. er in order to bid for them. something back in our car that means "Well, mine has stood up all right. a great deal to all of us. I don't say I can go on." ed the hood, looked at the motor. Slow-

right in on the tree.

s little caramel sauce is used instead of white sugar, under the dates.

Boiled Rice with Apricots.—Heat a quart of milk in the top of the double boiler and salt it slightly. Add three-quarters of a cupful of rice which has guarters of a cupful of rice which has been socked in warm water for two seeds and nine of the country of the work the whole points.

The weak, the sinners and the penitent, hear Thou this prayer from Thy humble servant! Calm these winds, if it be Thy will. These poor lambs, lost in the snow on the mountainside, have strayed far from Thee. They have strayed far from Thee. They have there were only four hanging in the salt water for two serven points is regarded as fair score and nine or the chief of his service to Murat about six disguises they were transmitting to him, as he had requested."

Six or seven points is regarded as fair score and nine or the chief of his service to Murat about six disguises they were transmitting to him, as he had requested."

Six?" I repeated. "But the tea-growers have been unable to meet the tremendous demand. It takes three years for a tea bush to make there were only four hanging in the sare looking in the jaws of death!

Six or seven points is regarded as fair score and nine or the chief of his service to Murat about six disguises they were transmitting to him, as he had requested."

"Six?" I repeated. "But, Craig, there were only four hanging in the are looking in the jaws of death!

Six or seven points is regarded as fair score and nine or the chief of his service to Murat about six disguises they were transmitting to him, as he had requested."

Six or seven points is regarded as fair score and nine or the chief of his service to Murat about six disguises they were transmitting to him, as he had requested."

Six or seven points is regarded as fair score and nine or the chief of his service to Murat about six disguises they to meet the tremendous demand. It takes three years for a tea bush to make the conduction of the conduction of the conduction of the co

strength, our Guide. O Lord, we anyhow. Only one was missing. Rask, varying depth from pole to pole. thank Thee for what may be our de it convicts you!" liverance. Amen!"

arms outstretched in wild supplica- you're a fine hypocrite. But I didn't for fine wool by the people of the Ori- hage," which means "the hedgetion. His voice rang over the mountainside. He was inspired. We watchsoon. I didn't want those other hypoed him, fascinated.

Soper turned to the girl, still on I'd thank you to go on down Burlinghis knees. "Jess, darling, forgive me ton with me quietly—and let me for putting this marriage off. I love turn you over!"

The girl looked at him, her soul in Minard's Liniment for the Grippe. her eyes. "Jim, you mean it? If I have to die here on this mountain, I will be Married on the same day in 1874, your wife, anyhow! I would rather be two brothers of Magor, near Newport, that and die—than live without you!" have recently celebrated their golden They crept on their knees through weddings in the village where they

the snow to the preacher. He looked at them kindly. "What

is it, children?" Jess looked tenderly, shyly at her mate. "I'm a sinner, parson," gulped Soper. "I loved her, yes, but I was a scut. I didn't want to be tied down to any skirt. But I want to be a man, an honest man. We love each other. If we don't get through the pass, we want to meet God right. Please marry

The preacher smiled. He did not hesitate. The ceremony was a simple

4714. This style may be finished direction Lennedy's eyes indicated. with shaped shoulders or a camisole There was the rum-runner pulling the top, and straight or knicker leg por- cases out of his car. Bottle after bottions. Muslin, cambric, crepe, sateen, tle of Scotch he was flinging over the

Two regenerations enacted before The Patern is cut in 7 Sizes: 4, 6, us. I, too, felt myself lifted to the

size requires 21/2 yards of 36-inch "I want to lead a different life!" The rum-runner had finished, ap-

Soon we were all busy, by turns, Kennedy and I with the alternate re-Send 15e in silver for our up-te- lief of the rum-runner and the salesintermittently prayed. There was something about it that made us make quick work of the second tree.

The By-way Places.

When you are on the highway, you will think about the by-way, The narrow lane or little street

where love is at the pane. little place where children race and laughter gleams on every

And there it is you'll long to be at home and safe again.

It was a slow cavalcade of snow- The highway is the travelled street

The highway leads to pemp and wealth and sometimes to des-The highway leads to stirring deeds,

where each must fight for what he needs. But tramp the highway up and down

sale, books, gowns and desks and chairs for sale,

The men and women hurry on to purchase or to sell, The highway throng is swept along, it

may not stay for jest or song,

"I have a brother near Derby. He'll Yet it is on the little streets that night-time seek the by-way

And carry home the little joys which

they have toiled to gain: For all they take, and all they make, is not for fame or fortune's sake. But for the love which lights at eve some by-way window pane. -Edgar A. Guest.

A Priceless Book.

it regularly registered. Instead of no In the king's private library, at Windsor Castle, as well as in the King's Library at the British Museum. the Bibles are a very special feature. and if it were possible to imagine There were only two cars left now at one of the famous sale-rooms, all the collectors in the world would gath-

But it is not an illuminated Bible. over which some monk spent half a lifetime, or the earliest printed Bible, or a "Breeches" Bible, or even a "Bugge" Bible—so called because it "Glory be!" sang out the preacher. ly he put the hood down, and gravely "Thou shall not be afrayed for any bugges by night"—which is the best guarded and most honored copy of

to go on, for a moment. Then suddenly This distinction belongs to a worn,

-Prices Higher

Cotton, so long regarded as the most Kennedy paused, then went on, more suitable material for wear in hot cli-The preacher stood up suddenly, as if speaking to himself. "Rask, mates, is now largely being discarded name for "The Hague" is "S'Graven-

Tasty Meat Substitutes

We tell you how to make 24 delicious ment substi-tutudishes with Kraft Cheese, in the new Kraft Recipe Book, sent free on request. Send for it to-day and treat your family to "Something different". The children especially will benefit by the change in menu.

Send me Pres Recipe Book.

Sailings Twice Weekly Vie Palatial, Twin-Screw, Oil-Burning Steamers

"FORT VICTORIA" and "FORT ST. GEORGE" For Illustrated Booklets Write FURNESS BERMUDA LINE Whitchall Street - New York City or Any Local Tourist Agent

The **Ritz-Carlton**

America's Smartest Resort Hotel.

Hotel Atlantic City New Jersey

Famous for its European Atmosphere.

Perfect Cuisine and

Single rooms from \$5.00 Double rooms from \$8.00 European Plan

New Hydriatric and Electro - Therapeutic Department.

GUSTAVE TOTT, Manager

Why Fish Are Slippery.

"Why are fish so slippery?" was a question put to a fishmonger the other day by a lady customer. The fishmonger did not know.

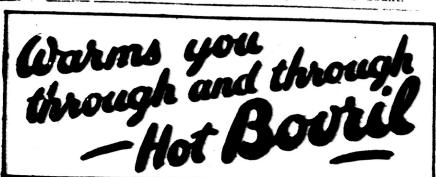
Three out of four of the people who eat fish are probably like the fishmonger; they don't know.

The reason, however, is simple. The slipperiness is due to a sort of mucus exuded through the scales. It is of the greatest importance in protecting the fish fro mfungus, a skin disease to which they are liable.

If the fish is so injured that some spot becomes uncovered by the protective mucus, a barely visible fungus will probably lodge there; and thereafter it spreads very rapidly, finally extending over the gills and killing

Another use of the mucus is to diminish friction when the fish is in motion through the water, and so to increase its speed.

Few people know that the correct enclosed space of the Count."



Let the

have lived all their lives.

crites to backslide not yet, anyhow.

Province of Ontario Savings Office Guard Your Savings

It is easy to open an account by mail. Simply send money by Bank Cheque, Post Office or Express Money Order, or Registered Letter, to the Branch nearest you and you will receive your Bank Book by

The entire resources of the Province of Ontario guarantee the safety of your deposits, on which interest will be compounded half-yearly. You can withdraw your money by cheque at any time.

AESOLUTE SAFETY

Province of Ontario Savings Office

Head Office: 15 Queen's Park, Toronto TORONTO BRANCH OFFICES:

Cor. Bay and Adelaide Sts. 549 Danforth Ave. Cor. University and Dundae Sts.

OTHER BRANCHES AT:

Hamilton St. Catharines St. Mary's Pembroke Owen Sound Ottawa Caforth Walkerton No

Mother-of-I Mother-of-pear stance that shin the rainbow. chells. We use tation what was a glairy animal. eyster. Truly, t able palace in ric all imaginable ti

had deposited it "This is the s! most beautiful called the mel Outside it is w green: inside polished marble the rainbow, All bright, but soft cording to the p "That superb

miserable, slimy tales the fairles to equal it. () beautiful it is! C'Eyery one world. The sh a splendid pala "In the seas

of Arabia."

"Then those clous?" "You shail ju the inner laver a to sheets and tal tion. Jules' pen that was part of There are pearls "But pearls are

embroider you a "Let us make are pearls and pe glass pierced w price is very m of the meleagrin richest and fines they are unusua the fabulous price to hundreds of th of francs.. "It is well to

produced. "Between the

What is, perh Jack Miner's farm the Arctic Circ no baggage, are n stay as long as th elevator for the s and quacking their

eights of Canada. cated that fact to apring and autum weeks' lay-off and from 1,000 to 2,000 and not slight any where mutual affect

> Work a Weaker

Dr.

NEW HE

Pir