

After You Have Used "SALADA" GREEN TEA

You have a standard by which to judge other teas. Salada is the finest produced in the world. — Try it. FREE SAMPLE OF GREEN TEA UPON REQUEST. "SALADA," TORONTO



CANDY FOR CHILDREN.

Miss Lydia Roberts says in "Hygiene" we should postpone as long as possible the day when the child is given its first piece of candy. Grandparents, parents, older brothers and sisters and nurses—all take notice.

Both the facial expression and the behaviour of a baby tasting candy for the first time are peculiar and interesting. Attendants like to watch the performance. Like other performances, the act is paid for. The baby pays. So does the family.

The hard candies are composed of sugar and flavors. Some of them contain fillers, harmless in character, as a rule. The soft candies contain sugar, flavors, milk and, in some instances, butter or other grease, fillers and nuts or fruits. Most of the elements contained in candies are rich in calories. Sugar is. So are milk and butter. These calories are of a kind that can be readily converted into energy. Babies are exceedingly energetic. They need energy foods. As sweets are a source of energy, why not feed candy?

The reason is that the disadvantages more than offset the advantages, so far as children are concerned. Candy can be charged with sins of omission and commission. While it is rich in calories, it is poor in proteins, vitamins, and minerals. Babies fed on candies suffer from lack of the proteins needed for repair, lack of the lime and phosphorus needed by the bones and teeth, lack of iron needed by the blood; of the vitamins needed to protect against scurvy and those needed for growth. Miss Roberts says: "It is better to allow the body to make its own sugar. Continued walking on crutches is bad for the legs." This should be added to the list of sins of omission.

The sins of commission are quite as harmful. Candy is to be classed with the condiments. It contains aromatic oils, just as pickles, mustard, horseradish, and salad dressing. Sugar itself is a condiment. The child who eats candy thereafter finds milk, water, bread and cereals flat and tasteless. Eating candy is one cause of finicky appetite. Its use is to be condemned because it takes away the child's appetite for plain, simple, wholesome, nourishing foods supplied from the table at regular meal hours. The eating of candy between meals by children destroys wholesome appetite for wholesome food at wholesome hours.—Dr. W. A. Evans.

DRESSING A WOUND.

Before attempting to dress a wound you should carefully scrub your hands with hot water and soap, using a nail brush.

The ordinary wound should be swabbed at once with iodine. Never use unboiled water on a wound. If the skin around the wound is dirty, a piece of sterilized gauze and hold carefully cover the wound itself with that in place, while cleaning the surrounding area. Scrub from the wound, not towards it; otherwise, you will be sure to introduce dirt into the wound. After having swabbed the wound with iodine, place on it several layers of dry sterilized gauze and bandage it in place.

Wounds, however, may continue to bleed. In that case we call them "hemorrhages." These may be divided into three groups: capillary, venous, and arterial.

A capillary hemorrhage is characterized by oozing of the blood. It is practically always controlled by a dry sterilized dressing and snug bandage. Where a vein is injured you will see a steady flow of dark red blood. If this is not controlled by a snug bandage, press with the thumb on the side of the wound farther from the heart, since the blood in the veins is flowing towards the heart.

The most serious hemorrhage is that resulting from a cut artery. In this case, you see regular jets of bright red blood spurting from the wound. Send for a physician at once. In the meantime, raise the part and apply pressure on the side of the wound nearer the heart. If the wound is in an arm or leg, tie a large handkerchief or piece of cotton around the limb between the wound and the trunk of the body. Insert a hand pencil lengthwise between the arm and the handkerchief and turn the pencil until it tightens the bandage sufficiently to stop the bleeding. Do not leave the bandage on longer than is necessary to stop the bleeding.

After the bandage has been on for 20 minutes release it gradually and leave it loosely around the limb in order that it may again be tightened if bleeding commences again.



A SIMPLE OUTFIT FOR A "SMALL GIRL."

4948. This set of garments comprises a neat dress, a simple petticoat in "slip" style, and comfortable one-piece drawers. The dress may be made of voile, batiste or crepe. It is also good for gingham and wool rep. The petticoat and drawers may be of nainsook or cambric.

The Pattern is cut in 5 Sizes: 6 months, 1 year, 2, 3, and 4 years. For a 2-year size will require 1 1/2 yards for the dress, 3/4 yard for the petticoat, and 3/4 yard for the drawers, of 36-inch material.

Pattern mailed to any address on receipt of 15c in silver, by the Wilson Publishing Co., 73 West Adelaide St., Toronto.

Send 15c in silver for our up-to-date Fall and Winter 1924-1925 Book of Fashions.

DEMOUNTABLE CLOTHESLINES.

To save time and trouble in hanging out small laundered articles during cold or windy weather I employ a short length of clothesline upon which a number of spring-fastening clothespins have been tied, spacing the pins about six inches apart.

At each end of the line is attached a harness snap, and when the stockings, handkerchiefs and other articles have been attached to the pins the line is carried out of doors and fastened between two posts by merely snapping the hooks onto projecting staples.

Such an arrangement is also convenient in taking down the clothes hurriedly during a sudden shower, as the hooks may be unfastened in an instant and the entire string of small pieces dumped into the basket to be carried indoors. This is a time-saving convenience that will be much appreciated when tried.—Mrs. G. E. H.

WHEN BAKING APPLES.

I have learned that if I remove the cores from apples before I replace them in the oven they retain their shape perfectly. If you haven't an apple corer, it is claimed that a common clothespin will set equally well, but by all means remove the cores if you do not want the apples to burst in cooking.—L. C.

HOMEMADE FLOWERS.

A bouquet of artificial sweet peas placed in the centre of the dining table will bring cheer during the flowerless months. Use crepe paper in the sweet pea colors—pink, lavender, white, dark red and purple, and green tissue paper for the stems.

Cut the crepe paper into petals by following the outline of the sole of a doll's slipper. Cut a piece of fine wire about six inches long and fold this over the centre of two of the crepe-paper designs. Separate the petals so that you have four. Glue a narrow strip of the green paper to the base of the flower and wind the wire with this. Hold the completed flower by the stem, and dip the petals in melted paraffin.

Road to the Poor House. Poor work will make you poor.

The packing industry slaughtered 2,256,394 hogs in inspected establishments in Canada in 1923, an increase of 329,182 over 1922. The numbers of cattle and sheep slaughtered were 812,142 and 498,745 respectively.

Minard's Linctant for the Grippes.

Nine Years After

BY REGINALD WRIGHT KAUFFMAN.

PART I.

Edwards returned from the telephone to the breakfast table, his hand still clutched his megaphone, and two deep lines of annoyance between his eyes. He answered his wife's look of timid inquiry by casting down the megaphone, depressing the frown and gulping his coffee at a draught. Then:

"I've got to work to-day," he said.

"But, Peter," protested his wife, "it's New Year's and you promised the children—"

"I know, I know," he nodded; "but this is what it means to be superintendent of the Charities Bureau of New York. The man I engaged to keep the shop open to-day sends word he is sick, and so I've got to sit alone at a desk for all day while other people are enjoying themselves."

"Couldn't you make some of the other employees do it for you?"

Edwards face softened. "No," he said; "you see, it's New Year's Day for them, too. It wouldn't be fair. I know there'll be virtually nothing for me to do when I get there, but we must keep open every day in the year, and I've got to be on the job."

He had already started for the door, but he turned back to kiss her.

"Don't worry," he added, forcing a smile; and he called back to her: "Perhaps I'll be of more use down there than I think now!"

Perhaps—but once he had settled himself in the office a mile from his own home, then, indeed, indications for any unusual usefulness were scarcely enervating. Two hobsos called and were referred to the city lodging house. A child entered with a kipping request for "mother's New Year's bathket," and left, you may be sure, as soon as she had volunteered the information that "mother" had already disposed of two other bathkets. Then there came a man who wanted to consult the city directory, and a woman who had mistaken his building for another.

A shuffling in the doorway aroused him, and he looked up with languid interest to greet a new applicant.

The man was, to all appearances, only a typical "down-and-out." He might have been thirty years old, or he might have been fifty; forty-five, thought the superintendent, was a good guess. A week's growth of black bristles covered his pallid, sunken face; his clothes, though not shabby, were marred by the wrinkles that made it clear they had been worn all night as well as by day, and his long, nervous fingers twisted about a faded derby hat.

"Sit down," said Edwards. "What can I do for you?"

The man's eyes were raised directly to those of his interrogator, and then the superintendent observed the first point of difference between the man and the general type of petitioner who frequented the office. There were many who were sad, many who were sullen, many who were cunning—but the new visitor was sheerly bewildered. He was so much bewildered that he did not seem to heed the superintendent's question.

"What can I do for you?" Edwards repeated. "Do you want a meal?"

"No," he said, "I just had one. I want help—quick! I'm scared."

"Of course," thought the superintendent; "alcoholism, heart disease, or delusions of persecution." But what he said was only: "Tell me about it."

The man set down uneasily and put his hand to the back of his head as if in pain.

"Honest," he replied, "I ain't a bum. I've just had a bad fall and I don't know who I am."

Edwards went straight to the point.

"How long," he asked, "have you been drinking?"

But the man pouted like a querulous child.

"Won't you please find out who I am?" he asked. "I saw the sign here and I said this was a charity place. You won't believe me, but it's gospel truth; I've had a fall. I don't know what town this is. I don't know my name, and I don't know where I came from—though I think it was a jail."

Edwards began to grow interested. The tone rang true.

"Go on," he said.

"Well," the man's voice broke—"that's all. I'm lost and I want to go home."

"Where's that?"

"I don't know. But I know I've got one; I'm sure of that. I have a wife—her name's Jennie—and I've got a little girl named Dorothy."

He put his face in his hands to hide his tears, and Edwards waited until the thin shoulders had ceased their heaving.

"I haven't been drinking," he continued at last. "When I picked myself up in that alleyway I knew I had knocked back a lot of money into my head. Straight! Listen: Did you ever hear of a man having two sets of memories, or two brains, or something?"

The superintendent nodded.

"Well," pursued the visitor, "I guess that's the trouble with me. When I was a boy in ME—Mill Oh! where was it I was a boy? He groped for the name. "I can't get it."

"Milwaukee?" suggested Edwards.

"I don't know. Perhaps. Anyhow, when I was a boy I had what a doctor called double personality. You understand? Only, when I was the other fellow and forgot my family and name and all that, somehow they got me back right after a few hours. The doctor said it would wear off. And when Doctor Willson—put that name down! Willson—that's the doctor's name, all right. That's the first name I remember this time!"

The superintendent was caught in the current. He scribbled the name on a pad. "What then?" he asked.

"Let's see—let's see." The stranger was becoming vague again.

"You said you had a wife," Edwards coaxed.

"Oh, yes—I know now how I happened to go off the hooks the last time. I was in a train—and there was a crash and we fell down—down!" He sprang to his feet, revivifying the past. "I can't get away!" he yelled.

Gently Edwards drew him again to the chair. "That was how you were hit," he said.

"Yes, and I knocked everything clean out of my head. I don't remember another thing till just now."

"When did it happen?" asked the superintendent quickly.

"I remember there had been fireworks—it was the Fourth of July."

"And the year?"

"Why—why, this year, of course—1906." His moving eye sought the window. "And now there's snow!" he added.

Edwards hesitated a minute, but took the plunge.

"This," said he slowly, "is 1909."

The man's head sank forward to his breast.

"Nearly eight years!" he whispered.

"Why, Jennie may be—what town's this?"

"New York."

"I used to do business in New York; I know I did. Perhaps Jennie—but no."

Edwards gripped the man's shoulders hard. "Try—try to remember what your job was when you were on that train. Think, think!"

There was a long silence—so long that Edwards began to despair, his eyes roving the room as if for help.

At last, however, the man's hand flashed to his pocket, and brought out a letter which he eagerly read.



An Indian mother and child are shown resting for dinner while en route with pack horses to another part of the country. This photograph was taken in Northern Alberta by the Topographical Survey of Canada.

HOUSE HEATING RAN IS ANIMAL EARLIEST DEVISES OF MAN

House warming is an art as old as history. Man was not favored by nature with a coat of fur. He was born very frail—frailer than any of the higher animals—and openly exposed to the elements, as well as innumerable enemies. In the course of our evolution we have had to fight just as much against the attacks of variable climates as against other adverse forces. We have had to clothe ourselves to meet all climatic changes that have occurred between the long glacial ages and the more torrid periods. And we have had to design our buildings to meet these great variations in the climate.

Primitive House Warming.

Primitive man lived in caves and rude tents. When the weather became cold he simply lighted a log fire, just as hunters and fishermen do to-day. This did not afford a comfortable heat, but it protected the people's health. Later on, when tents were invented and used for dwellings, a more elaborate and effective means of warming was devised. This was an iron brazier or charcoal grate. The Babylonians, Assyrians and Egyptians used these grates extensively, and their use has been preserved until to-day by the Persians, the peoples of central Asia, Tibet, India, Afghanistan and the Arabs of Arabia and Africa. Charcoal grates are of great antiquity and widespread use. They have been employed for warming houses far more extensively than any other means devised for heating. They always have been simple devices—merely open metal containers furnished with air holes to assist in the combustion of the charcoal, wood or other fuel used.

In the Oriental countries, where petrol is in common, oil fuel was used, and also oil lamps for warming the apertures in dwellings.

The houses of the Egyptians were beautifully designed, furnished and kept. They were as spacious as well as as comfortably furnished as modern houses. They never allowed the weather to interfere with their comfort and health. When it was warm weather, their rooms were thrown open to the ingress of free air. When it became cold, charcoal furnaces were resorted to, and these warmed the houses. The houses always had exceptionally high ceilings and opened out to long, large halls or courtyards. The large air spaces thus obtained were relied upon to dilute the fumes from the charcoal and to prevent poisoning.

High State of Civilization.

The Greeks and Romans accepted the principal customs of the Egyptians and subsequently adopted new ones. They attained a degree of civilization which has not been approached. When we read of the classical writers, in respect their art works, visit Rome and Athens and see the magnificent ruins of their public buildings, we may form an idea of the high degree of taste and artistic appreciation they reached.

The Athenians and Greeks, as may be conjectured after seeing or reading a description of the public baths in Pompeii, were just as advanced in steam heating as we are to-day. They attained the same heating comforts in their buildings by almost the same means used in our time. They were familiar with hot air, hot water and steam heating, and used each method.

Game Birds for the West.

A growing scarcity of game birds in the Prairie Provinces during the past decade has brought about a greater interest among sportsmen and government authorities in preserving those birds native to the country and importing various breeds from other countries which might be suitable for transplanting. From time to time, stringent laws have been passed protecting the birds during their breeding seasons, and while the protection thus afforded has been incalculable, yet it is felt that indigenous fowl should be supplemented by other breeds which would not only be suitable for game purposes, but also of economic value.

The first effort to be made at transplanting foreign birds in the Prairie Provinces took place some ten or twelve years ago, when a brace of Hungarian pheasants were sent loose just outside of Calgary. These birds, however, while suitable for acclimation, were either frozen or shot during the following winter. Not daunted by this setback, the sponsors of the movement again brought forward from Hungary a second lot of pheasants, and these were liberated in the same district. Success attended the venture, and the succeeding years saw a rapid increase in the number of Hungarian pheasants in the province.

Saskatchewan was not long in following the example set by her sister province, and quite a large number of these birds were imported from Hungary and Alberta, and the latest reports indicate that they have adapted themselves to the prairie and bush country of the province.

The latest movement in fostering bird life in the Prairie is that of the Manitoba Game and Fish Protective Association. This Society was greatly interested in the success which attended the efforts of Alberta and Saskatchewan in introducing new species of game birds in their respective provinces, and recently they imported a number of Hungarian pheasants from Alberta, which were set loose in the neighborhood of Warren.

While efforts up to the present time in introducing new species of game birds in the Prairie Provinces have been more or less confined to Hungarian pheasants, other breeds, such as the English grouse and the Chinese pheasant, are also thought to be suitable for the Prairies. However, the Hungarian pheasant has been found most suitable, it being a prolific breeder and its game qualities much appreciated by sportsmen.

In time, the game birds of the West, such as the prairie chicken, Hungarian pheasant and various breeds of duck, will be driven into the more inaccessible regions of the North, due to the gradual encroachment of settlers upon their natural feeding grounds, but the work of the government authorities in setting aside certain well-defined areas as bird sanctuaries will undoubtedly result in much good. Moreover, the work of introducing new species will result in a larger supply of visible game birds, and will preserve, not only for sportsmen but others interested in fostering wild life, many of those birds now familiar to the Prairie Provinces.

For Binder Twine.

Ordinary binder twine is manufactured from huacuan, a fibre which comes from Yucatan.

An underground river passing beneath Mont Blanc and known as Eau de la Vie is now thought to pass right through into France. Tests by means of dyes or an identifiable chemical have been suggested as a means of distinguishing its outlet.

"I guess that accounts for most of the time," he said, with a gleam of grim humor in his eye.

Edwards took the letter. It was from the warden of the Northern Penitentiary of Pennsylvania and was addressed to a man in New York.

"The bearer of this," it ran, "is James Flynn. He has just completed in this prison a sentence of seven years for burglary which has been lessened by good conduct and for bravery when a fire threatened to enable a group of convicts to escape. I hope you can find him work, and I am sure you will find him worthy." The date was December 21.

(To be continued.)

Arsenical Concentrate Report.

Recently a steamer left Halifax, Nova Scotia, with a load of one thousand tons of gold arsenical concentrates, the first shipment of this order of any volume to be made from Canada. The consignment, purchased from the Clark Gold Mines Corporation by a private English concern for the British Government, was bound for Antwerp, Belgium, and is to be used in connection with a new English process in the manufacture of dyes, for which the British Government has erected a plant at that point.

This signals the birth of a new industry for Nova Scotia of some potential magnitude. The material which went to make up this first consignment was gathered from the Montague Waverley, and other mines of the province, and the shipment is expected to be the forerunner of a large amount of gold arsenical concentrates to be shipped out of Nova Scotia. The syndicate responsible for re-opening the Montague mine and making this preliminary export proposes to take over and work a number of other old gold mining properties in the territory served by the Dominion Atlantic Railway in Nova Scotia, and the new industry, it is officially hoped, will be a profitable one and in addition provide employment for approximately one thousand men.

Arsenic is found in all the gold districts of Nova Scotia in the waste dumps of mines. The tonnage of these dumps in the territory served by the Dominion Atlantic Railway alone is estimated at 110,000 tons, distributed over fourteen different dumps, and a possible production of from three to four tons per day is forecasted. The Clark Gold Mines Corporation, owners of the Canadian rights of a new concentrating process, has made an efficient commencement upon treating these dumps and tailings with the profitable result noted.

How Camphor is Made.

As a perfume, camphor has been known and valued by the people of China and Japan for centuries. Originally obtained from gum deposits occasionally found in old camphor trees, it is now extracted from the wood itself, which, after being sawn through lengthwise, is reduced to chips and heated in a still.

The vapor given off in this way passes through bamboo pipes into a cooling chamber, where it condenses in crystal form, known as "flowers." These crystals are collected and exported to Europe, where they are further purified by being mixed with lime and charcoal and refined in special retorts. The oil thus obtained should not be confused with camphorated oil, which consists of camphor dissolved in olive oil.

Toys have been the most profitable of inventions.

Minard's for Sprains and Bruises.

ISSUE No. 1-22.

- CHIEF
- JAL
- During past year received by Customs from customs counted to \$301 with \$262,377 year.
- Sir Lomer G. resigns from account of provincial politics Ontario to be sives.
- Seals on Inn-ham at Lux years, broken Venizelos ret Athens. Flood der 25,000 people.
- Hon. Narcisse Lieut. Governor succeeding late
- British submi bottom of sea dreadnaught, a
- One hundred vere earthquake same area pres
- For 1923 Ca showed total \$903,530,515 and 734,274. Nike bolshevism and after long illne
- Hon. Ernest Marine and F as Minister of Sir Lomer G. becomes Minis Fisheries. Su boys placed on caused Overseer mittee of Briti for full inqu immigrant boy
- Church Unit reading at Ott
- FEB
- The Governm is accorded n Britain.
- Woodrow Will the United Sta
- Labor Govern tain made its d Commons to day
- Egyptian C tates a crisis tomb of King
- W. H. Price, tary, charges offce ran the 000,000 debt.
- A balanced l tion of taxatio 19, was announ the Throne. J the Colonies, a ing in London t ernment had treaty in spirit
- MA
- Explosion of T kills 18 person Ontario from s end.
- Caliph of Tur sails for Switz
- Military contr Germany.
- National Rai proceed with c son Bay line, points commissi adlan body on
- Sir Richard mier of Newfou of accepting bribe ment announce of \$292,000,000 the relief of une Armistice.
- British soldi on by men f orms; one kil
- British aviat
- Ontario Publ tes discovers t made out to fo Smith is missi
- AP
- Labor wine ele tralia. Transva
- Mussolini swee
- Dawes Commi on reparations State to have Ar tingto.
- Japanese exci excitement at W declares for Rep
- Peter Smith, f arrested on cons fixed at \$50,000, ford citizens.
- Church Unit Brunswick.
- Battle on Chu gins before Priv of Parliament.
- M.
- John Scott G Dr. Frederick C roto by Americ
- A thousand di cholera epidem
- Maj. General Townsend dies Brown, M.P., v King at the Ge the Church of S
- Italy gets slo
- Rev. R. A. Jaff sonaries seized
- JUN
- Chinese pirates four captured m
- Hickman minist foundland elect
- Millerand resig idency of French Commission find Government in