

## When Exposed to Air

See how its strength and flavor  
**"SALADA"**

for that reason is never sold in bulk. Your grocer sells this delicious blend. Try SALADA.

### GIVING THE KITCHEN ITS DUE

Much of the Health and Happiness of All in the Home Depends on a Well-Designed and Well-Equipped Kitchen.

An army, remarked Napoleon, marches on its stomach. So, to a large extent, does the family, and that is why the kitchen assumes so important a position in the home—delicacies, teas, and canned goods notwithstanding.

In the modern dwelling few rooms receive more careful planning than the kitchen. It has become almost a vogue. The day has come when it was customary to design the living rooms more or less after the Queen Anne period and let the kitchen suggest Mary Ann. Nowadays Mary Ann and her mistress have culinary and housekeeping quarters in what is frequently the brightest, cleanest and most sanitary room on the premises.

The up-to-date kitchen is distinguished for two features; it is practical and attractive. The first is achieved by site, layout, number and arrangement of labor-saving devices, and the placing of windows and artificial light. The second is secured by the uniformity of fixtures and furniture, and by decoration. Color is being more and more used in the kitchen in preference to all white, as the latter is apt to be somewhat glaring if the room has a southern exposure—as

stead of being all white, are given a narrow edging of green, blue, or black tiles, the color chosen being in harmony with the tiled floor where such has been laid down. Some of the more elaborate kitchens even have tiled walls or wainscoting, the decorative tiles being either continuous or inserted at intervals. Tiled flooring is costly at first, but its durability and adaptability to color effects present decided advantages in the long run. Its colors never fade and the glossy surface makes cleaning a simple process.

For a yielding surface comfortable to the feet linoleum, either printed or tiled, is unbeatable, as well as comparatively inexpensive. It offers unlimited choice in tile or floor designs in bold and bright colors that wash and wear well.

In selecting the kitchen equipment, both built-in and movable, there is an almost bewildering field of choice. Certain conveniences once dreamed of are now considered essential, however. These include a variety of cupboards, closets, ironing boards and folding tables. In building the house, recesses for these fixtures should be made, but where that accommodation is not available, as in many older houses, such conveniences should be installed



all good kitchens should have. White is admirable in many ways, but it involves a great deal of labor to keep it in condition, and for that reason colors are being generally resorted to.

Insistence on a color scheme for the kitchen is far removed from being a fad, and there is no reason why good taste should not be shown here as well as elsewhere in the house. Dark tints are undesirable, as a rule, but there is wide latitude of choice in the lighter shades such as pale green, gray, and dull pale blue. The walls may be left white or finished with a washable that is one or two lighter than the woodwork. For a large, well-lit room dove gray on the woodwork serves admirably, but where a cheerful note is required it may be imparted with buff woodwork and sun tinted walls. Whatever combination is chosen, care should be taken that the curtains and linens should harmonize with the general effect. The same general observations apply to the breakfast room which adjoins the kitchen, and in which the color scheme should present a decided, but not too glaring, contrast with the room where the meals are cooked. In the breakfast room Dutch blue or pale green for woodwork and furniture will be found pleasing and harmonious.

It is not uncommon to find a touch of color on the tiled stove which, in

even, if they project out into the room. Dish cupboards should be handy to the sink, but broom closets may be placed at any convenient point. A folding table at the window is a boon that should not be omitted.

No modern kitchen is complete without sufficient and convenient electric outlets for the many labor-saving devices that are available. Few things annoy the housewife more than shadows when she is engaged in the delicate task of ironing some delicate bit of flummery, or mixing the ingredients of a favorite recipe, and for that reason care should be taken that the kitchen is adequately lighted, both by windows and artificial light. A light over the sink is a blessing. Shadows in the kitchen have a knack of protruding themselves into other parts of the house through little irritations set up in the otherwise good tempers of those who have to contend with them at their source, and for that reason they should be abolished without mercy.

In the accompanying illustration a modern kitchen is shown equipped with many items dear to the heart of the skilful and painstaking housewife. Cupboard space is particularly generous and the device of closing in the tops of cupboards as a protection against dust and steam is something to be particularly commended.

### GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy. The new sales tax will not increase the price of Baby's Own Tablets, as the company pays the tax. You can still obtain the Tablets through any medicine dealer at 25 cents a box, or by mail, post paid, from The Dr. Williams' Medicine Co., Brockville, Ont.

The wearing of a gut violin string around the body as a cure for lumbago is an old-fashioned remedy that has revived in popularity of late.

#### Alcove.

Folks with quiet eyes and faces Find this little room. Noisy voices Hunt for gayer places.

Gentle eyes find sanctuary Here, in tiny pool. Their shyness Of sparkling places vary.

Whimsies play in faces pale—Gaiety for those In plash of fountains, Flirt of goldfish tail.

They need no dancing lights; they find Hidden marriage Deep in their own Serenity of mind.

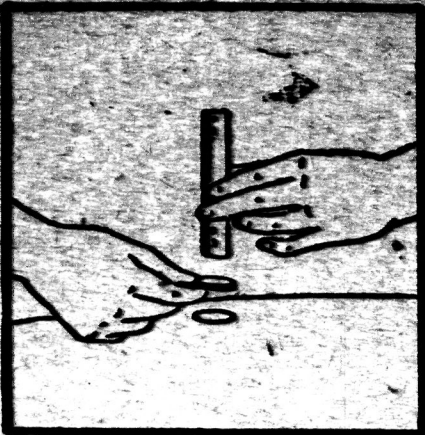
—Ruth E. Henderson.

An acid stomach caused by indigestion often creates rheumatic symptoms. Set your stomach right with Scott's Emulsion. Any drug store.

Happiness is the natural flower of duty.—Bosch.

### EASY TRICKS

Lifting The Disc.



Roll a piece of paper into a tube about as big around as a quarter dollar. Cut a disc to the size of a silver dollar or a trifle smaller. Ask a friend if he can, by drawing through the tube, lift the disc to it. He will find this very easy.

Place a half dollar between the tube and the disc and he will find the task impossible. You will invariably be able to keep him from lifting the disc by placing the coin between the disc and the tube.

This is all very obvious and all as it should be. Now for the surprising part:

When you wish to lift the disc, while appearing to draw through the tube, the half dollar doesn't seem to make much difference. The disc lifts, apparently by suction, whether the coin is between it and the tube or not. The secret is simple. Instead of drawing through the tube, blow through it.

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

### THE CHEERFUL WOMAN

Is One Who Has the Rich, Red Blood of Good Health.

The fact that one woman is bright-eyed, rosy-cheeked, strong and cheerful, while another is pale, weak and depressed, is due more often than otherwise to the condition of the blood.

The way to remedy this depressed state is to build up the blood, and for this purpose there is no other tonic can equal Dr. Williams' Pink Pills.

A case in point is that of Mrs. Melvin Abra, Gravelly Street, Vancouver, B.C., who says:—"About two years ago I was a very sick woman. I seemed to be wasting away and getting thinner all the time. I grew so weak that the doctor sent me to the hospital, but the treatment there did not help me and I returned home. Then I tried a number of tonics with no better results. At this stage my mother came to me, and as she is a firm believer in Dr. Williams' Pink Pills, she started me on this medicine. I can only say that they did wonders for me. I began to get new health and strength after I had taken a few boxes, and day by day this improvement continued until I was again well and able to do all my housework, and I have not had a sick day since. I cannot recommend your pills too highly and urge those who are looking for health and happiness to give them a trial."

You can get the pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

#### Cedar Wood.

Incarnate of heart, Woods cannot unfashion you, Nor the touch of time impart Aught of brief mortality.

Poets need you in their trade—Molded round the core of lead—Singing words by you are made Plain for other eyes to see.

Carpenters have found you good—There are many boxes built, Cedar, of your fragrant wood; You have sheltered rich brocade.

There were cedar timbers found In the Greek Apollo's shrine, Having stood upon the ground Twenty centuries or more.

You arose when Solomon Built in Jerusalem Left the woods of Lebanon That a temple might endure. —Fanny de Groot Hastings.

#### The Moon is a Princess.

The moon is a pale white princess Who tiptoes laughingly Across the shadowy sky at night For the little stars to see.

Her silver fingers touch the tops Of black and sleeping trees And dew that roses in my cups The silvery princess sees.

She comes when the sun has left the sky To guide her silent way And she tiptoes over the edge of the world When dawn brings back the day.

—Eleanor Hammond.

Unknown.

"Where did the car hit him?" asked the coroner. "At the junction of the dorsal and cervical vertebrae," replied the medical witness.

The foreman of the jury rose from his seat.

"Mum and boy I've lived 't these parts for fifty years," he protested, "and I never heard of the place."

Minard's Liniment for Cripples.

### TEEN AGE GIRL SKI CHAMPION



Isabel Courcier is only nineteen years of age and is the world's woman ski jumper. At the age of 16, during the Revelstoke, B.C., Ski Tournament in February, 1922, she established an official world's record for women by making a standing jump of 84 feet.

This winter Miss Courcier is giving exhibitions on the ski jump of the Chateau Frontenac Winter Sports Club at Quebec, commencing December 30, when the International and Inter-collegiate ski competitions begin. The young lady is a member of the famous Revelstoke Ski Club, which has produced so many celebrated ski jumpers.

One of her most daring feats was accomplished on July 4, 1923, when Isabel ascended glacier-mantled Mount Ranier, in the State of Washington, and gave a sensational exhibition, for which she was awarded a special trophy. Among the enthralled spectators was the late President Harding.

#### This Way to Winter.

Day by day  
The sun's broad beam  
Fades away  
By a golden gleam;  
Hark on the cliff  
How the sea-gulls scream.

Get you out  
Your muffler grey,  
Your boots so stout,  
And your great-coat, pray,  
And put on your gloves,  
'Tis a hardy day.  
—James Stephens, in "Songs From the Clay."

"There are two reasons why some folks don't mind their own business. One reason is that they haven't any mind and the other is they haven't any business."

Four large volumes were required to contain the will of the late Mrs. Cook, of London and Brockhurst. Altogether this document comprised 95,940 words, more than there are in many novels.

Minard's Liniment for frost-bites.

Minard's Liniment relieves headache.

Whatever you would make habitual, practice it; and if you would not make a thing habitual, do not practise it, but habituate yourself to something else. —Spicetius.

Gramophones driven by electricity, a wireless receiver, and a collapsible writing table are to be fitted in a motor car now being constructed in London for a well-known composer of music.



FOR

Colds

BAYER

ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds Headache Neuritis Lumbago  
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe

Accept only "Bayer" package which contains proven directions.

Ready "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing Co. of Monrovia, California, U.S.A. (Anglo-Siam Co., Ltd., Siam). With it is well known that Aspirin means Bayer manufacturing, to which the public's confidence is lent. The Tablets of Bayer Company will be stamped with their famous trade mark, the "Bayer Cross."

### Qualified Advertisers

**SALESMEN**  
We offer steady employment and pay weekly to sell our complete and exclusive line of guaranteed quality, white, cream, pink, blue, and other colors, and also, decorative illustrated stationery and full equipment, a complete line of stationery. Write for particulars. 1410 Bloor Street, Toronto.

### WANTED

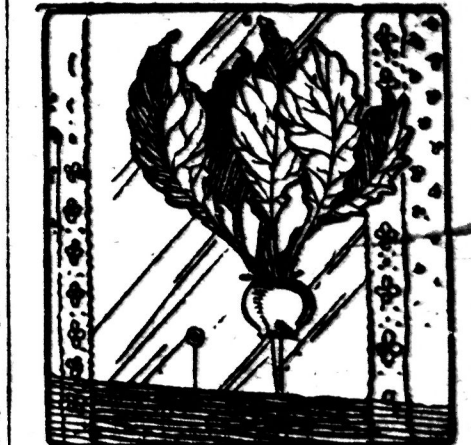
### CIGAR STORE INDIAN

Formerly used in front of Tobacco Store. Must be in good condition. State price and where can be seen.

H. WATKINS  
73 W. Adelaide St. Toronto.

### Oh Mother! What Can I Do?

How many times a day do your babies ask you that question? And how often are you able to suggest some interesting game for them to play, some amusing occupation for a rainy day? If you'd like always to have a practical, helpful suggestion for them, read this snappy new feature.



Let me show you how to make a turnip fern. Cut off the little end. Fill the turnip with water, and hang it in the window. Give it plenty to drink and see what happens.

The noblest motive is the public good.—Vergil.

MURINE

FOR EYES

IRRITATED BY SUN, WIND, DUST & CINDERS

Recommended & sold by druggists & opticians

TAYLOR-FORBES

Tree Pruners

For every purpose in the orchard, cutting limbs up to 14 inches. Handles—4, 6, 8, 10 and 12 feet.

Your Hardware Dealer knows the quality

Our descriptive circular sent to any address on request.

TAYLOR-FORBES COMPANY, LIMITED GUELPH, ONT.

CHILLS!

Are the forerunners of so-the chest and back with vere colds and grippa. Rub Minard's. Bathe the feet in Minard's and hot water.

MINARD'S "KING OF PAIN" LINIMENT

TROUBLED WITH ECZEMA 3 YEARS

Scalp Inflamed. Hair Fell Out. Cuticura Heals.

"My daughter was troubled with eczema for three years. It broke out on the back of her head and her hair all fell out. The eczema scaled over and her scalp was red and inflamed. It was very painful and the irritation at night kept my daughter awake."

"A friend told me about Cuticura Soap and Ointment so I purchased some and within a week there was a decided improvement. I purchased more and after using two boxes of Cuticura Ointment, together with the Cuticura Soap, she was completely healed." (Signed) Mrs. John Donovan, Lewiston, Minn., June 11, 1924.

Use Cuticura for all skin troubles.

Sample Book Free by Mail. Address: Cuticura, Dept. 100, P.O. Box 100, Lowell, Mass. 01450. Send 10c for Sample Book.

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