Winter Sports Hiking is one form of winter sports

out with a friend where the bare tree silhouettes are lovely, where delicate grasses peep through the snow, and where fresh rabbit and quall the sports of the sink store and cumboards over the sink store and cumboards. tracks allure you. One of the chief de-lights of this form of winter sport is the delight of coming back home to the warm fire and whisking up a hot the warm fire and whisking up a hot to the warm fire and whisking up a hot of color.

supper. Oh, but the appetite you bring back! It doesn't matter much to a kitchen of this jolly type. Raidwat you have to eat, but you want ing the ice-box on a Sanday night is plenty of it at the window. plenty of it and that piping hot.

Then there is skating and the pink one of the pleasantest kind of suppers cheeked joy of skimming over the is that in which every guest dens an slick ice, hand in hand with somebody apron and each prepares one dish for you like; or independently, on your the meal. Adult Education

Snow shoeing is a form of sport you de not have to learn; but only to strap Rebelling at the idea that "you can on a pair of the equipment, toe in, and not teach an old dog tricks," the modstrike out. Skiing becomes an ex- ern university is putting on many pert's sport, but a beginner may have courses for aduits. These are usually lots of fun trying it. Sledding is an extension courses in which the lessons other form of larking in which one are sent cut by the univerity, for home may indulge in cold weather. And study, and the "recitation" written by there is another which is available to everybody—sleeping with the windows versity. Here it is graded, comments open. The people who feel the cold made, perhaps suggestions offered and most are those who house themselves finally a certificate of the completion in. Those who suffer least with the of that course is given to the student, cold are those who live and play in In some cases, travelling professors the outdoors. When you come back to from the university conduct weekly

Food Economy

Nutrition may be gained from many If you are progressive and wish to go tracks.

Nutrition may be gained from mary in the parties of the propersive and which the propersion of the housewife to transport stands. It is the propersion of the housewife to transport stands. It is the propersion of the housewife to transport stands. It is the propersion of the housewife to transport stands. It is the propersion of the housewife to transport stands. It is the propersion of the housewife to transport stands. It is the propersion of the housewife to transport stands. It is the propersion of the housewife to transport stands and please here housewife to transport stands. The transport stands are properly stands. It is the properly stands and please here housewhere with the properly stands are properly stands. The properly stands are properly stands and please here housewhere. The stands were removed it and laid it down somewhere while he housewhere will compare the properly stands and please here. The stands were removed it and laid it down somewhere while he housewhere will compare the properly stands and please here. The stands were removed it and laid it down somewhere while he housewhere will be housewhere the proper sounds. The properly stands are properly stands and please here. The stands are properly stands and please here in the properly stands are properly stands. The properly stands are properly stands and please here. The stands are properly stands are properly stands and please here. The stands are properly stands are properly stands and please here. The stands are properly stands are properly stands and skilled on it and skilled on it and the stand they are properly stands and they stands and they stands are properly stands. The stands are properly stands are properly stands and they stands are properly stands and they stands are properly stands and t

menus are: bean soup; escalloped sal- will last a long time. mon; cheesed macaroni; rice with to-matoes; vegetable stew, with meat;

seated at the right of the host and the lady next in importance at his left. The place occupied by the hostess is regarded as the head of the table. At the right and left of this lady the most important men guests [Note I cannot ask For my comfort's sake.] host and the lady next in importance

If a husband and wife are guests of honor the host escorts the wife to the dining room and the hostess is accompanied by her husband. The wife is seated at the right of the host and the husband at the right of the hostess.

The clever hostess will seat other guests according to their congeniality Voices very vast and the usual custom is to separate married couples. A girl that is engaged is seated beside her fiance.

The world is never twice W men are seated at the right of the The same with water under, men who take them to dinner.

Care of Stockings

Do you put on your stockings right? Of course there is a right way to do
it and this means longer service from
the stockings.

Speeding Up the Farm
Growers of vegetables in Lincoln-

This is how you do it: Roll down the shire (Eng.) have been experiment leg of the stocking, slip your foot in ing with a system of hearing the soil and carefully roll your stocking up with electricity, so as to secure bet-over the heel to avoid undue strain ter and earlier crops. upon the threads of the silk. As you proceed do not pull up too quickly

The idea of heating the ground for intensive agricultural production isn't nor too tightly. Handle the stockings a new one, but it is only now that it carefully. Runs are frequently caused is beginning to be put into practice. by a ring on the finger or a shoe It is possibly carried farthest on an

by a ring on the inger or a snoe buckle.

If you wear supporters fasten these

4,500 square metres of land are warmcarefully. It is best to put them
through a double thickness in sheer
stockings and do not adjust them too taut as this is a strain on the threads perature remains constant all the time, and that when an egg is laid every time the knee is bent. it drops on to a travelling band and

Gayety is the new note in kitchen the date and marketed.

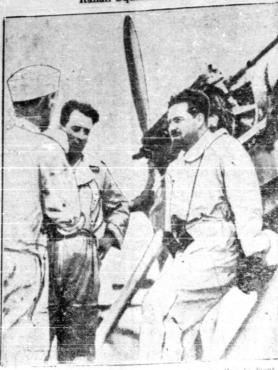
Agriculture is thus becoming very Gayety is the new note in kitchen design. This work shop is not the drab institution of yesteryear. Some housewives are painting walls and housewives are painting walls and to the preaching and example of an woodwork a bright, gay color and furnishing the room with colorful pots, pans, pitchers and bowls. This practity on the farm.—"Answers." tice, however, is likely to be too ag-

gressive and confusing. It is better to "You'll find the rent in your pants,"

have the large surfaces and backsaid the tenant, as he set the dog on grounds of some neutral shade, and to the collector.

Italian Squadron Leader

Branch Comments



tils plane at Natai, Brazil, after leading squadron of ten Italian Hydro-

Some Strange Facts

founding of its great university, now known as the Elizabeth University.

In the year 134 the oid college had always more than two thousand status.

The French had always worn open always more than two thousand status.

Paris was the city where the Croats FitzSimons in a pape, last year, entered the contered the contered the content of the regardal step, and their day, and ceased to be, are so many that anyone with knowledge of the dining chamber. egg. Season with salt and a few of the buildings were destroyed. drops of onion juice. Poultry season That was exactly four hundred years

Serve with cream or tomato sauce. it is considered one of the most scient never before seen-cravats. cine and surgery.

More I Cannot Ask

Today reflected birds. Tomorrow double thunder.

-R. P. T. Coffin in the Commonweal.

is carried away, to be stamped with

ing with their products.

these classes. Do not think you are too old to learn. If you were denied when the stone material was soft to old to learn. If you were denied when the stone material was soft to old to learn. If you were denied to learn. If you were denied to learn the non-learning towns attend are often found in rocks of ages ago.

When the stone material was soft to old to learn. If you were denied to learn. If you were denied to learn the non-learning towns attend to one animals at the corner the success material was soft to old to learn. If you were denied to learn the non-learning towns attend to one think you are are often found in rocks of ages ago.

When the stone material was soft to old to learn the new structure. The new structure to original structure to old to learn the new structure. The new structure the new structure the new structure to old to learn the new structure. The new structure the new structure the new structure the new structure. The new structure the new structure the new structure that the new structure the new structure the new structure. it will feel too warm and stuffy to students from adjoining towns attend | Strange footprints of odd animals at the corner too old to learn. If you were denied an education in your youth, begin now. animals walked on it and left their lif you are progressive and wish to go tracks.

Stands as part of the new structure, ways free from septic organisms. Six hundred years is a long time for Six hundred years is a long time for Six hundred years is a long time for After Thom's paper the popularity of is "she is formivant."

matoes; vegetable stew, with meat;
peanut butter sandwiches; potato and tomato soups; griddle cakes; mushes and porridges.

The reneal had aways word open the day, and testable the day, and the day, a

and sage may be added if desired, ago and ever since the university has These almost unknown Croats look, ation of the claims put forward for fell on Jesus' fee A woman asks how guests should and sage may be added it desired, ago and ever since the different and each of fine because they were something venere." ific in the world, especially in medi- Croatian officers wore immense The garden is n Pecs rests on the side of a moun- ats of the same shape, but or more out of date; these should be discard- indeed he had said ar

is, a city of the Middle Ages, with Paris, and this was in the year 1660, catalogue of any reliable rose growqueerly clad peasants coming and go- began to cover their throats with silks, er.

they bundled their throats up in a eally monstrous manner. That is why you now see old-time tures of French gentlemen walking und the pictured palaces with litde of their faces showing.

Shirt collars were raised to make om for the ties, then the shirt col- February 15. Lesson VII were enlarged so that they rose Friend of Sinners-Cravats became bigger and bigger in, but all the chin, sometimes the othy 1: 15.

For a century or more the gentle- II, THE PHARISEES AND ten of France strutted around with that that 7. the sides of their faces bristling with HII. JESUS AND THE whiskers and their faces half hidden And all of this from a nation, the l. THE FORGIVENESS ats, hardly known by the outside It is o ten supp

orld from that day to this. Snake Poison Is

at arrest of fits in an epileptic.
It is not surprising, therefore, that
"off the streets." at arrest of fits in an epileptic. to time to establish snake-venom epilepsy-cure. Says The Lancet:
"Crotalin, prepared from the venom of the American ratilesnake, was used as early as 1910 in America. mpts have been made from time Much in the sto ult, crotalin was tried rather extencess until 1915, when a comprehen-sive paper by D. A. Thom claimed to ing of the story a show that the evidence of its useful- is so, we should animals walked on it and left their six hundred years is a long time for a college to stand, but it is there and crotalin seems to have waned, although in 1927 Spangler was still usbecause she lo

legy traver in company, these target and cheaper cuts of meat and make them delicious, roll them in flour, brown quickly and then let them simmer slowly a long time until thoroughly them through the eyelets, dip the ends tender. Add carrots, potatoes and of the laces into glue and roll them to other vegetables for flavor and make a brown gravy.

Some suggestions for economical menus are: bean soup; escalloped sal-will last a long time.

The menus are throw their togas around them in bad of the account them to make contamination impossible. This weather.

Hungary's city known as Pecs, or by the Germans as Funkkirchen, expects a wonderful celebration this year.

It will be the sixth century since the meal: each wong weather.

Beards of the ancients formed a proper around them in bad ed by a method which is said to make contamination impossible. This preparation has been widely used for the sequel, as has been will used for the deserts.

It will be the sixth century since the founding of its great university and the glue will last a long time.

The meal: each wong weather.

Beards of the ancients formed a proper around them in bad ed by a method which is said to make contamination impossible. This preparation has been widely used for the deserts.

The meal: each wong weather.

Beards of the ancients formed a proper around them in bad ed by a method which is said to make contamination impossible. This preparation has been widely used for the deserts.

The meal: each wong around them in bad ed by a method which is said to make contamination impossible. This weither the fingers.

The meal: each wong around them in bad ed by a method which is said to make contamination impossible. This weither the fingers.

The meal: each wong around them in bad ed by a method which is said to make contamination impossible. This weither the meal: each wong around them in bad ed by a method which is said to make contamination impossible. This will be make contamination impossible. This will be make contamination impossible. This will be make a substitute the with specific table, and his left end to the make a substitute to with specific table, and the graph and the graph around the min bad ed by a method which is said to with specific table, and the gr It will be the sixth century since the funding of its great university, now Paris was the city where the Croats FitzSimons in a pape, last year.

great fashionable shock.

By skeptical. There certainly seems entered. In sile

neckties made of fancy colored silks, out a few rose bushes. Fashions we can only imagin while the common soldiers were crav- have changed and many varieties are what Jesus may have tain and aside from its many great col-lege buildings looks like what it really

Instantly the fashionable people of which may easily be picked from the

III. JESUS AND THE akin to the nobler

Sunday School

cle I mentioned some the foot around this situation dental the feet deet, we feet diet, from which elements of food are Lesson he cause of tooth de-lother cause of this uing was the action a piece of whalebone and after clean-ing the mouth. Golden Text-This is saying, and worthy of all tion, that Christ Jesus of nember also that the mouth should be rinsed thoroughly made that teeth are with lime water. than dishes and that The way to use the lime water it this. First pour a little of it into the world to save sinner

ANALYSIS se were trimmed off the chins so

ferred to a few vo Cure For Epilepsy? the woman out of In several cases on record, a snake-te is said to have caused a perman-trarrest of fits in an epileptic.

Critical Time for All Women.

and faith alloyed with fear. nat fair word from the ancient wisdom-fountain;
demic and practical
school will be ended.

aich was inflated with air and concepts a box from The Dr. Williams

Spain, but for a girl to aspire than driving a thing more masculine than driving a car is still looked upon as "queer."

The King Prefers a Pipe.

n all cases this reaction and cigarettes.

my germs and foreign matter lodge, family for a long time. Practical Teacher

Type of Instructor

Type o

wood, metal and natural science. The students will be given opportunities for taking part in actual demonstrations in the use of equipment avail able in the college workshops. For example, in the testing power plant, et, down through wood- in the internal combustion engine, structures and electric workshops. The control of the college workshops are example, in the internal combustion engine, structures and electric workshops. The control of the presence of these extinct volcanoes may explain the origin of the famous Yengize river gorges in Szechuan province. Long ago, according to human reckoning—but not such an age geologically speaking—there were a series of gigantic distance. steam hydraulies, structures and electinere were a series of gigantic dis-of fawns in an old trical high frequency laboratories. It turbances in the earth's crust in fallen fruit in twilight laboratories will be carried out in a reported, which caused the perfect qualitative way, having in mind chiefcurily the broadening of general kuowledge and experience.

| Qualitative way, having in mind chiefsplitting of the sedimentary strata
and gave an autlet for the streams
between the practically perpendicular

| That means he takes his little dose

At the same time the usual subjects cliffs.

tion, and in due course headships of schools will be open to them. The ere came a wish that it might be historic separation between the aca- Christian Science Monitor. demic and practical sides of the Femininity is still the outstanding

at a loud noise caused Among Royal smokers, King George traction of the stomach prefers a pipe to cigars, pipes, Prince of Wales favours cigars, pipes, tion of the stomach prefers a pipe to cigars, and the

d by a decrease in the "Talk about a woman's sympathy! He concluded that in I told my best girl last night that I was broke. "What did she say?" "She with the sum of the concluded that in I told my best girl last night that I was broke. "What did she say?" "She with the concluded that in I told my best girl last night that I was broke. "What did she say?" "She said so was our engagement."



crew of shipwrecked schooner "John W. Miller" which lett St. Johns, N.F., with a load of cod for Brazil. She was abandoned after being wrecked by a storm in mid-ocean and the crew was picked up by a German steamer and landed at Colon whence the "Carinthia" prought them back to entrain for Canada. They are: (sitting) Wm. Kennedy, 1st Mate, of St. Johns; Capt. Cyril Horwood, St. Johns; Boatswain John Clark of Carbonear, N.F.; (back row) F. Rogers, St. Johns; Wm. Laing, Carbonear; Theo. Pike, Harbor Grace; John Green, cook,

new implement in the late of t mough lime water to last the whole ent extinct volcano have been discovered in the province of Szechuan, for China's mountainous far west.

Tractical Teacher

May Replace Old

Type of Instructor

Type of Instructor

Type of Instructor

Metalline water to last the whole ent extinct volcano have been discovery of the province of Szechuan, for China's mountainous far west.

The discovery of the volcano was made by Dr. D. T. Tseng, Research Fellow in the National Central Research Bureau, who advised the authorities here of his find. The cratter which Dr. Tseng found has a diameter of about 400 feet, he said in a report.

With additional drilling, the flow provincies.

Yh article in The Michigan Manufacturer (Detroit) dwells particularly on the latest, and perhaps the most important, use. We read in this magazine:

"The cactus plant of the Great American desert is the basis of a new and rapidly growing industry.

"The theater guidence of to-day is the cactus plant of the Great American desert is the basis of a new and rapidly growing industry.

"The theater guidence of to-day is the cactus plant of the Great American desert is the basis of a new and rapidly growing industry.

"The theater guidence of to-day is the cactus plant of the Great American desert is the basis of a new and rapidly growing industry.

"More than 1,000,000 acres of Arlain the province of the first province of the first province of the first province of the first province of the said of the province of the first province of the

constipated Children

Constipation is one of the most common aliments of childhood and the child suffering from it positively cannot thrive. To keep the little one well the bowels must be kept regular and the stomach sweet. To do this nothing are a mild but thorough laxative; are jeasant to take and can be given to the new-born bab with perfect safety. Thousands of mother use no other medicine for thei. little ones but sand an unconscious "fear reaction," he induced each of four subjects to swellow a small balloon, which was inflated with air and considered the proposition of the proposition

Be civil and obliging to all, dutit where God and nature command you;

Extinct Volcano Thorny Cactus Now

At our strange car—a great mysterious brute;

At the same time the usual subjects will not be excluded—English, mathematics, theory and practice of education, social and industrial history, natural science, drawing and arts and them flying like brown leaves through the air.

The strange car—a great mysterious brute;

At the same time the usual subjects will not be excluded—English, mathematics, theory and practice of education, social and industrial history, natural science, drawing and arts and crafts.

The advantage of the course is that it will enable teachers of handicraft to enter the teaching profession with every hope of being welcomed by their colleagues on an equal footing. They will be certificated teachers. They will have had the advantage of the course is that the waters of the hunterland plateaus, shooting swiftly and more swiftly to ward the plains toward the eastern south and the plains toward the eastern south and the plains toward the eastern south and the plains toward the eastern south to enter the teaching profession with every hope of being welcomed by their colleagues on an equal footing. They will be certificated teachers. They will have had the advantage of the course is that the waters of the hunterland plateaus, shooting swiftly and more swiftly to ward the plains toward the eastern south along the Pacific, cut the gorges which today are among the wonders of the earth. The Yangtze fiver in some places even now at Sering flood is upwards of 160 feet deep in the gorges, which are 1.000 miles from the sea.

Such frisalloyed with fear.

What Next?

What Next?

THE GREATEST TIE.

causes

Headaches

W HEN there's too much acid in your stomach, you must force your self to work, and even pleasures are too great an effort. Appetite lags; the digestion is poor; the whole system suffers.

La boratory tests show an acid condition is due to errors in our modern diet. But you need not wait to diet your way out of the trouble!

Take a little whenever herrburn, sick headaches, nausea, flatulence, indigestion or biliousness show the digestive system is becoming too acid. Whenever you are taking cold or feel singsish, weak, constipated, Phillips' Milk of Magnesia has a gentle, laxafive action.

Delightful to take. Endorsed by physicians for 50 years and prescribed everywhere for men, women and children. The genuine is always 2 liquid jit cannot be made in tablet form. It always bears the

acid distantly; make you feel like a in tablet form. It always bears the new person in just a few moments. nam. Phillips for your protection.

Made in Canada

Classified Advertising

"The action of cactus juice is ap old Tyme, all colors, 75e it. 117. parently one phase of an elementary law of nature which makes plant life possible. Vegetrble interesting the possible of the possible interesting the possible of the pos possible. Vegetable juices make water sufficiently viscous to suspend ineral matter, and thus enable M plants to grow.

'The Mississippi River has an en ormous watershed extending through a dozen States rich in fertility. The river carries an annual load of many AGENTS WANTED. millions of cubic feet of mineral mat-ter that settles in the lower reaches, causing floods and a river bottom causing floods and a river bottom causing floods and a river bottom itentars, Quebec Sales Co-four Eudiding, Montreal. that is continually rising. It is it egetable sap that causes this pheno-

EN TO LEARN MINIATURE G

ATENTS

THE RAMSAY CO., Dept. W.

on Coughs & Colds

A speedy, safe, proven remedy

ANY CHILD

WE can never be sure just what makes a child restless, but the remedy can always be the same. Good old Castorial There's comfort in every drop of this pure vegetable preparation, and not the slightest harm in its frequent use. As often as your child has a fretful spell, is feverish, or cries and can't sleep, let Castoria soothe and quiet him. Sometimes it's a touch of colic. Sometimes constination. Or diarrhea—a con-

constipation. Or diarrhea — a con-dition that should always be checked

"No two vegetable growths are uite alike in the property of alter. Now is the time to lake paper and ing the quality of water. Horse chestnut juice can make water so resistent to surface change that a magnet will not move a needle floating on the mixture. Also, a little of this juice added to soapy water tears down." Nicholas Murray Butler tears down." Nicholas Murray Butler ermits large bubbles to be blown.

he Egyptians made bricks compos. The Egyptians made bricks compos ed of clay mixed with water in which straw had been crushed. The straw straw had been crushed. The stray was necessary because the could not be handled properly

Hot Water Well Supplies Heat for Whole Town

Medford, Ore.—A natural well of hot water and steam has been tapped at Located in China Under Cultivation Lakeview, Ore., and is being used to heat the entire town of 2000 inhabit Discovery Made By Chinese
Scientists in Szechuan
Province
Once a nuisance, the cactus has become man's servant.
In Arizona its cultivation employs
Oregon, but it was not until recently



Results Commendable. Genuine Gratitude.

Miss Miller, of Croydon, writes:—
"In gratitude, I feel I must write and tell you what wonderful benefit I have derived from taking a bottle of your Carter's Little Liver Fills. Having been troubled with indigestion and sick headache for several worths a friend recommended me months, a friend recommended m to try your famous pills, with th results that after the first dose was made aware of their very real tonic value, and felt I had at last discovered a remedy which per-formed what it claimed to do." Take Carter's Little Liver Pills All druggists 25¢ and 75¢ red pkgs.

Does your face burn and itch after sharing? Try Cuticura Hetchers Shaving Stick It soothes and heals and is wonderfully effectent

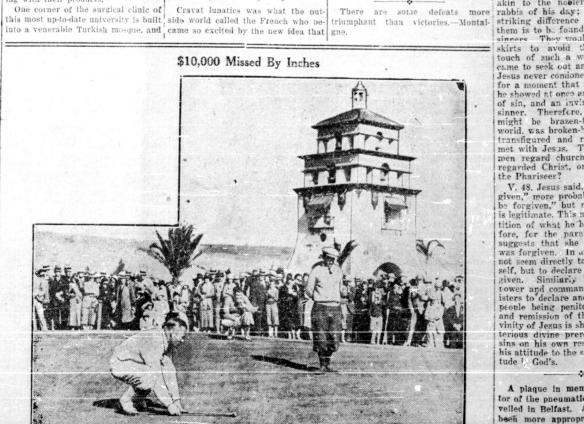


Was In Bed-All Summer

"I have to work in the store and do my own housework, too, and got nervous and run-down and was i bed nearly all summer. The least nois would make me nervous. I was told to take Lydia E. Pinkham's Vege table Compound and I have take seven bottles. It has made me strong er and put more color into my tace I am looking after my store an housework and my four childre and I am getting along nicely now. -Mrs. J. Malin, R. R. No. 5, Barto St. East, Hamilton, Ontario, Canada.

Lydia E. Pinkham's

ISSUE No. 6-'31



George von Elm, Los Angeles pro, missed \$10,000 by inches when he missed this putt during second annual \$25,000 Agna Callente open golf tournament at Agua Callente, Mexico.

Thoroughly Cleanse Your Teeth

should clean our teeth we use them. To-day's force it back and forth between the downth the actual busing for the teeth.

a leading life insurance out and rinse the mouth with plain out and rinse the mouth with plain water. If the lime water is too strong

sher can hope to make You can secure lime water fro

ch you must follow if the great convenience of a drug store

of your teeth. Remem- lime, the same that builders use. Now

ed straight in and out, the bottom. Now fill again with een for each side and front, water. Stir thoroughly and then tie

rokes of the brush for a piece of muslin over the top so as to keep out the dust. Let this stand

come to the surfaces for twenty-four bours. Carefully pour

eeth and here is where this water off into bottles which can

a new implement in the l corked. You can add water to the cleaning. A tooth brush lime in the pitcher until it is all used

os the trouble to tell us, water. If the lime water is too s ud tage us at least two minutes add some plain water but gradually ush our teeth properly. One is learn to use it full strength by adding the day and the total and the control of the con

your druggist but if you live on a nort space of time. Here are the farm or in some place remote from

you can make your own lime water as follows:

Don't be satisfied with merely clean-

that each tooth has five sides, the take a pitcher that will hold two at, the back, the two surfaces bequarts. Put the lime in the pitcher,

seen the teeth and the top. The best add water and stir until you fill the

be brush in circles. The tops of the this stand for twenty-four hours. Pour eth and the side toward the tongue off all the water, leaving the lime a

to clean the outside surfaces of pitcher. You should stir thoroughly teeth and of the gums is to move until the water looks like milk. Let

By John Burke Ingram

them is to be foun came to seek out an

Jesus never condoned for a moment that it he showed at once an of sin, and an invincing sinner. Therefore, to might be brazen-fa world, was broken-h transfigured and ren met with Jesus. Tod men regard church regarded Christ, or the Pharisees?

V. 48. Jesus said, "given," more probably be forgiven," but nei is legitimate. This ma tition of what he had fore, for the parable suggests that she alrewas forgiven. In any not seem directly to fo self, but to declare the given. Similarly God tower and commandment isters to declare and propeople being penitent and remission of their and remission of their svinity of Jesus is shown. terious divine prerogative sins on his own responsible attitude to the sinner his attitude to the tude i. God's.

tor of the pneumatic tire has h been more appropriate. There are many kinds of po seeds which should be sown now in order to have strong

plants to set out when plan

A plaque in memory of