You may be deceived

some day by an imitation of

"SALADA"

B114

and possibly you will not detect this imitation until the tea-pot reveals it. Demand always the genuine "Salada" in the sealed aluminum packet, and see that you get it, if you want that unique flavour of fresh, clean leaves properly prepared and packed.

HOW TO KEEP BABY WELL IN SUMMER.

The Chinese show their progressive spirit by paying their physicians as long as they are in health and ceasing to pay them as soon as they become ill. This is not such a bad idea, after all, for prevention of disease is much more important than curing it.

The mother of the young child dreads the heated summertime, knowing that this is a trying period. A few simple rules persistently followed will do much to keep baby well.

Give plenty of cool, boiled, drinking water. This shoud be offered at least once every hour when baby is awake. Be regular with the morning bath. If the day is very warm, give a sponge bath also at bedtime. Do not dress too warmly. Avoid drafts, sudden changes of temperature and chills by having a light wrap or jacket which may be put on if the weather changes or it becomes otherwise necessary.

See that baby's bowels are in good condition. It is very important that the little one have at least one complete movement every day. If there is any sign of digestive disturbance, feed more lightly than usual and try to discover just what article of diet is to blame. Perhaps the milk is not modified right or the feed in the pastures is short and the cows are being fed on ensilage. This makes a gassy, indigestible milk. Possibly the food is too rich or not nourishing enough, or something is being given unsuited to the child's age.

If dysentery attacks the baby, withhold milk. Feed upon rice or barley water and whey. Give a dose of castor oil to clear away the offending material and summor a physician at once. There is little use calling him unless you follow his advice to the letter.

One mother whose child had an attack of diarrhea realized the danger of this disease and summoned a physician. He forbade the giving of any milk until his return twenty-four hours later. The baby began to show marked improvement when managed according to his directions. The next morning the mother felt so sorry for the little one because he could only have barley water that she ventured to give him half a bottle of milk. The child was not restless without it, but she was sure he must need it. The child took the milk with apparent satisfaction, however, and the mother was sure she had done the right thing.

Half an hour later the whole family was thrown into sudden consternation by the distressing sight of the child in a terrible convulsion. Fortunately the doctor lived near, and his prompt answer to the call saved the day. When the little one had been taken out of its bath of warm water and its stomach emptied of the mass of curds which had caused the trouble, the doctor turned accusingly to the mother and said:

"I am sorry, but you are to blame for this."

Do as the doctor tells you. You pay him to know. If you have not confidence that he does know, call some one else who merits your confidence.

Be sure that any food supplies are fresh and pure. Gruel used as a diluent should be made fresh every day and kept on ice. Milk should not be allowed to stand about in a doorway or a kitchen, but placed in cold storage at once. See that bottles and nipples are washed and scalded between usings. Throw away any food left over from a feeding. Do not store baby's milk next to fish or other foods which will contaminate it. Do not leave the cleansing of the milk utensils to any one else. See to it yourself. Turn the nipples wrong side out. If the holes in the nipples become so large that the milk flows too rapidly, either throw the nipple away or close up the opening with a red-hot needle and make a new one.

Avoid excitement for children, especially in warm weather, and see that their naps are regular and adequate. Do not wean baby during the heat of summer. Pasteurize the milk as an element of safety unless you are absolutely certain as to its purity and freshness. Know for a certainty where baby's milk comes from—whether the barn or stable is clean and the condition under which it is milked, bottled and delivered. If you cannot make this investigation personally, an inquiry to the proper authorities should bring you the necessary information. The milk of Jersey cows is likely to be overrich and to need more dilution than usual.

Use a glass graduate with the ounces marked on the side in preparing artificial food. Do not depend upon guesswork. See that baby's clothing, and especially the napkins, are carefully rinsed free of all soap, or chafing will result. Do not use napkins the second time without washing. Air and sun bedding and clothing. Do not let a littls child lie with its clothing wet. This is likely to cause irritation and encourages the habit of bed wetting.

Be regular with a child in all its habits. Do not offer attention or continual amusement if the little one can be contented without them. Remember that flies and insects are a menace, as they carry dangerous disease germs from place to place. Simple, soft, fresh clothing makes baby much more comfortable than fussy garments, stiffly starched or soiled ones. Avoid the possible contagion of crowds.

After Meal-Time.

Prepare your dishes carefully for their cleansing. It pays. The experienced housekeeper, of course, washes her cooking utensils as she goes along so that not many are left to be taken care of after the meal. These should be piled next to the dishpan. Greasy pans may be wiped out with soft paper, which then makes good fuel. All other dishes, plates, cups and saucers, and silver should be put together in neat stacks in the order in which they are to be washed. Cups should be rinsed and plates scraped and rinsed before they are piled together. All bowls and other utensils, which have held starchy foods, should be filled promptly with cold water. Those which have had in them sugary foods or sticky ones, like gelatine, should be filled with hot water. As soon as a milk jar or can is emptied it should promptly be filled with cold water. The preferred order in which to wash the dishes is to dispose first of pots and pans. Then, in fresh water, wash the glass, then the silver, and then the china. This order is best because it gets the worst part of the work out of the way first, and decreases the danger of breakage for the finer dishes. It is also best for the hands.

Keep Your Kitchen Cool.

The farmhouse kitchen should, if possible, face the direction from which the summer winds come. Such an exposure is not always possible, but an opening through another room sometimes allows the air to enter from that quarter. Doors and windows should be well screened; outside blinds will either temper the sun's rays or keep out the rain.

Paint or oil the floor if it is hard and smooth; if it is not, cover it with linoleum. Small rugs or rubber mats placed before the stove, sink and table prevent strain on the muscles and rest the feet. Painted walls, or those covered with washable paper, together with well painted woodwork, look and feel cool.

A sink with running water keeps the housewife's temperature down, and so does a fireless cooker. The coal or wood stove should be supplemented by one burning gas or oil. Of the latter type, the blue-flame stove is highly satisfactory.

A kitchen cabinet is invaluable for saving steps and space. No family within reach of ice should attempt to get through the summer without a refrigerator. Where expense must be considered, a well-made ice-chest of good dimensions is preferable to a poor refrigerator or one which is too small to give good service.

The kitchen should open on to a porch so that the busy housewife may be tempted to spend more time in the open air, while by using it, much of the clutter and dirt can be kept out of the kitchen. Air, space, sanitary surroundings and proper equipment are conducive to health at all times, but never more so than during the summer.

A pasture run will greatly reduce the cost of making pork.

There are many things that ought to be handled in no other way than with tongs. Keep your eyes on the the things that come in the mail—letters, circulars and periodicals. Some of the story magazines, for instance, are nowadays unfit to come into the home.

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CHAPTER X.—(Cont'd.)

Jerry made no reply He turned and descended the steps and Mrs. Scanlan closed the door with a triumphant slam.

After climbing to his seat in the cart Jerry sat listless and held the reins in a listless hand. That promising future of which he had been so cheerfully prattling was extinguished; the city that he had thought of as glowing with opportunity lay now before him dark and hostile, and he felt robbed of the courage to attack. How could Nora have done it? he asked, and his imagination supplied the answer. She had done it in order to escape poverty and want. Well, perhaps she would be happy.

It was late in the afternoon when, having unloaded his cart and put up his horse, he arrived at his Aunt Bridget's; he knew from the first glance at his mother and his aunt that there had been a passage at arms. Mrs. Donohue had gathered the two little girls into one arm and Peter into the other; the children were tearful, her eyes were snapping, and Mrs. Murphy wore the satisfied and martyred expression of one who has performed without flinching an unpleasant duty. She was severely gracious in bidding farewell to her guests; a spirit of foreboding seemed to accompany her wishes for their welfare. Mrs. Donohue's expression of appreciation for the hospitality enjoyed was not effusive.

She and Jerry walked to their now lodgings, the three children following behind. "She upbraided me with my folly in taking them to live with us," she said to Jerry in an indignant undertone. "And them right there to hear it. I'll never go near the woman again. Why were you so long upon the road, Jerry? I thought you'd never come."

"Was I long?" said Jerry.

"So long I was sure something had happened to you. Did anything get broke?"

"Nothing of value. Only my heart." Jerry looked at his mother with a humorous grin.

"Now what's your nonsense?"

"Yes, that was it. My heart got broke soon after I started, and I had to drive slow to keep the pieces together. That's why I was late."

"Jerry, what are you talking about?"

"Well, I stopped at the Scanlans' to say good-bye to Nora. But she was out with her husband—Charley Corcoran. They were married last night. So I just sort of jogged into town after that."

"Oh, Jerry!" His mother looked up at him with love and sympathy, and he knew that she wanted to press his hand. "She wasn't worthy of you, Jerry; I—I hate her."

"Don't do that, mother." He turned and said briskly to the children following behind, "You're going to like living in here. School's just round the corner, and you'll make a lot of friends, and sometimes in our building you can go up and play on the roof."

Kate smiled grateful. "Peter will like that, won't you, Peter?"

Peter agreed that he would like it, and little Betty declared that she would like it too.

"And it's the snug little place that you'll have to live in," said Jerry. "Kind of like a doll-house, it's so snug."

CHAPTER XI.

Jerry did not allow many days to go by without seeking an interview with his friend Roger Trask. He found that Trask had been mindful of his promises and had obtained all the information that a candidate for the police force might need in order to prepare himself. Trask in fact accompanied him to the offices of the Civil Service Commission and saw him enrolled as an applicant.

"And now," Trask said, "all you can do is to wait your turn and meanwhile make yourself fit."

"I've got to do more than that," said Jerry. "I've got to find a job. You don't know of one, do you, Mr. Trask?"

No, Trask could not help him there. He tried to help him; he made inquiries among his friends who were employers of labor, but met with no encouragement. Business was in a depressed condition, the number of the unemployed was increasing, no one seemed to have need of a skilled ironworker. Jerry, making the rounds of blacksmith shops, machine shops, iron foundries, grew more and more disheartened. He became more sensitive about going home at night with no success to report; he thought his mother must soon begin to lose confidence in him, and he wondered if with all his health and strength there was no work that he might be permitted to do. He wondered how men got jobs; he was willing to serve an apprenticeship at anything, but wherever he applied he was told that there was nothing then, but that he might inquire again in a month or two. Never before in his life had Jerry known what it was to envy a fellow man—and now there was scarcely a man that he passed on the street without envy—without the thought, "I suppose you have a job." There was Armstrong, who with his wife and two children occupied the first-floor suite of the apartment house and who, as Jerry soon discovered, came home tipsy every Saturday night—a mean-looking, ferret-eyed creature, yet he earned good wages in a plumbing shop; Jerry ventured to ask him one day if he would be willing to use his influence with his employer to get him received as an apprentic—a request that drew the coolly insolent rejoinder, "Nothing doing." Jerry flushed to the eyes with mortification, choked down his wrath in silence, and thereafter when he met Armstrong pased him without a glance of recognition. Indeed, he had further reason to regret having approached his ungracious neighbor, for as it happened on that same day, when he had returned discouraged from the search for work and was sitting weary and with vacant mind in his mother's room, he heard the trampling of children outside on the stairway and then the shrill voice of the older Armstrong girl.

"Paddies! Paddies! Irish Paddies!"

"We're not Paddies!" Jerry heard Peter cry; and then the voice of Kate, more loyal, rang out: "Well, what if we are Paddies?"

"My mother won't let me go with Paddies," declared the shrill voice triumphantly. "My mother says it's a shame Catholic Paddies should live in this house."

"We're not Catholic Paddies."

"Your folks are."

"Well, I'd rather be a Paddy then than what you are."

"My mother sayst they're all liars and they'll burn in hell fire."

"Don't you dare say such things!"

"Who'll stop me?"

It was Peter that replied: "Jerry's going to be a policeman and he'll arrest you."

An uncontrollable cackle of laughter attested the amusement of the Armstrong progeny. "Policeman nothing. He's just a loafer, my mother says."

"He is not—and when he's a policeman he'll arrest you," Peter screamed; and little Betty began to cry.

"Come, Peter, don't speak to them any more," said Kate.

"Paddies! Paddies! Irish Paddies!" rose the taunting chorus, and it was still sounding when Kate, flushed and with eyes blazing, pushed her brother and sister into the room. She did not see Jerry, seated near the window.

"You just wait there," she said, "till I finish off those two limbs—"

"Oh, Kate," said Jerry, and she turned startled and stood motionless. "I wouldn't pay any attention to them; just let them alone—that's best."

"But you didn't hear what they said, Jerry."

"Yes, I did. The best way to treat people like that is to have nothing to do with them."

Kate was reluctant to abandon her design of revenge. "I'd have slapped them, I'd have pulled their hair, if Betty hadn't got frightened and started to cry."

Jerry delivered a wise lecture on the advantage of bearing one's self with dignity. "I've got to practice it against the time when I get to be a cop," he said. "And a cop's family has to be just as dignified as he is. You just remember that when kids give you their sass; just walk away with your nose in the air."

In the evenings Jerry became a frequenter of the Y.M.C.A. Building; there he prepared himself for the civil service examination by exercising in the gymnasium and by joining the class of candidates that received instruction twice a week from various lecturers. He learned to know the difference between a mittimus and a subpoena; he bacame able to tell what a felony is and why it is worse than a misdemeanor; he learned that a simple assault is not assault and battery, and that perjury is not subornation of perjury. He learned when a patrolman may arrest and when he may not, when he needs a warrant and when he doesn't—and after he had learned these and many other puzzling, necessary facts, he found that there were still many more that he must be prepared to know. The more nearly he became qualified for membership in the police force, the higher rose his respect for those who already wore the uniform; he had never before realized what a fund of knowledge it was necessary for the ordinary patrolman to acquire. "I'm almost a lawyer already," he said to his mother after about a month of such study. "Sure, to be a cop is to belong to one of the learned professions."

(To be continued.)

JULY.

(Rondel.)

A friendly gnarled old willow dreams
And screens a limpid pool,
Where fish glide on by school,
As one divines from sudden gleams.
July, in hesitation, seems
A drooping campanule
(A friendly gnarled old willow dreams
And screens a limpid pool);
Her hesitation gone, she deems
'Twere time to break a rule;
Within the waters cool
Her limbs she laves, her fair hair streams.
A friendly gnarled old willow dreams
And screens a limpid pool!

Sell off the old hens when they are through laying. The pullets are the best for winter egg prouction.

Avoid feeding chick food that has been in stock for a long time and is mouldy. It will surely cause trouble.

Saskatchewan Grain Growers have contributed over $250,000, including a whole trainload of flour, to various patriotic purposes.

Two gallons of crude oil, one gallon of kerosene and one gallon of crude carbolic acid mixed makes a good spray for poultry houses. Spray thoroughly every two weeks. Once a month paint with a brush, using this mixture on nests roosts and cracks.

The Old "Vindictive." R. I. P.

Grey and grim, she took the tides and
served in the old sea ways,
And ever the banner of Freedom flew
thro' unregarded days,
And England, happy in peace secure,
rested in quiet ease,
While wakeful watch and ward she
kept along the heaving seas.
She watched unsleeping where the
far tides sweep
And the nearer waters roar,
And her spirit called across the
deep,
"Here for Freedom my tryst I
keep
Evermore."

Twisted and torn with shot and shell
and patterned with marks of
pride,
She summoned her strength for a last
long call and staggered away
on the tide;
No fury of fire could stay her course;
she went her destined way,
And sank to rest in her ocean grave,
crowned with the salt sea spray.
Her hulk is sleeping where the
far tides sweep
And swirl by an alien shore,
But her spirit calls across the
deep,
"Here for Freedom my tryst I
keep
Evermore."

Ordered His Own Death.

Some British engineers, says M. Andre Tudesq, in the Paris Journal, were surprised by an advance guard of shock troops when blowing up the last of the canal bridges at Merville. The captain in command of the sappers leaped upon the grenades piled in the middle of the bridge and kept the enemy at bay, but his men, seeing that to fire the pile would kill their officer, hesitatd. "Fire, boys," shouted the captain, without turning his head, and he died there with the Germans.

Europe's loss in meat animals since the beginning of the war is estimated at equal to one-half the total holdings in like animals in the United States.

It's Pure
Cleans sinks, closets
Kills roaches, rats & mice
Dissolves dirt that nothing else will move

8

Living is becoming so expensive that it will soon be placed on the luxury list.

Keep the chicks growing; if there are any with drooping wings, and sitting around, they are usually troubled with lice. Equal parts of sulphur and lard mixed well and a very little rubbed on the back of the head and the vent under each wing will do the business.

Canuck BREAD MIXER

MAKES BREAD IN 3 MINUTES

Eliminates all guess work. Makes light, wholesome bread, rolls, etc., without trouble. Saves flour and helps conserve the Nation's food supply.

Convenient, quick and clean—hands do not touch dough.

Delivered all charges paid to your home, or through your dealer—four loaf size $2.75; eight loaf size $3.25.

$2.75 and $3.25

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Ingram's

Milkweed Cream

Two Sizes—50c and $1

You are young but once, but you can be youthful always if you care for your complexion properly. Daily use of Ingram's Milkweed Cream prevents blemishes, overcomes pimples and other eruptions. Since 1885 its distinctive therapeutic quality has been giving health to the skin and youthful color to the complexion. It keeps your skin toned up, soft and clean.

The refined way to banish oiliness and shininess of nose and forehead induced by perspiration, is to apply a light touch of Ingram's Velvetola Souveraine Face Powder, 50c. It also conceals the minor blemishes. Included in the complete line of Ingram's toilet products at your druggist's is Ingram's Zodenta for the teeth, 25c.

A Picture with Each Purchase

Each time you buy a package of Ingram's Toilet Aide or Perfume your druggist will give you, without charge, a large portrait of a world-famed motion picture actress. Each time you get a different portrait so you make a collection for your home. Ask your druggist.

(93)

F. F. Ingram Co., Windsor Ontario

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THE Pure, rich, mellow tone, and the sensitive responsiveness of this famous instrument combine to lift it high above the commonplace. It is a piano that will maintain its enduring charm for generations.

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