The Fresh Flavor

of delicious

"SALADA"

GREEN TEA

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

Woman's Sphere

MEASLES.

The season for measles is during the winter and spring months. One-half of the deaths from measles in Canada occurred in the months of January, February and March. A great many of these deaths could have been prevented if parents had realized the danger and how to avoid it.

The dangerous age for measles is early childhood. Sixty per cent. of the deaths from measles occur in children under five years of age. Some parents consider measles to be a necessary evil of childhood and that a child may be allowed to catch measles and have it "over and done with." This is a great mistake.

The older a child is when he contracts measles the better the chance he will have of recovery, the younger he is the greater the danger. The death rate of children having measles at two years of age may be five times as high as it is among those who postpone the disease until the tenth year of life.

Measles is spread by the secretions of the nose and throat, especially in the tiny droplets sprayed out in coughing, sneezing and loud talking. The danger of catching the disease is greatest during the period from five days before the rash appears and for five days thereafter. Before the rash appears the child may seem to have only a cold, but in reality this cold may be the beginning of measles.

From the time of exposure, from ten days to two weeks elapses before the child is taken ill. The illness is much less likely to be dangerous if taken in hand at an early stage. The first symptoms are a rise in body temperature and redness of the eyes. Therefore, when a child has been exposed to measles, the temperature should be taken on the eighth, ninth and tenth days after exposure. If the body temperature has risen or the eyes are reddened, put the child to bed and keep him there. Bed is the one safe place to fight measles, and the earlier in the disease the child is put to bed, the less will be the danger of death or a serious result, such as pneumonia, tuberculosis, eye or ear trouble. There is all the difference in the world between an attack of measles developing in a child exposed to body chill, and in a child safeguarded by warmth and rest.

Measles requires good nursing and the care of a physician. The patient should be kept away from other people until the rash has quite gone, and should remain in bed as long as there is fever or a cough. Do not let the child be uncovered and chilled as this may lead to pneumonia. A somewhat darkened, comfortably warm room is the best and the air should be kept moist and soothing to the air passages by means of pans of water or by wet sheets, which may be hung across the doorway.

MAKE PARLOR IN OLD-FASHIONED HOME SERVE A PURPOSE.

If you have never tried using the largest, pleasantest room in the house for the family bedroom, you don't know how much more you will enjoy it in that capacity, than as a parlor, used only occasionally.

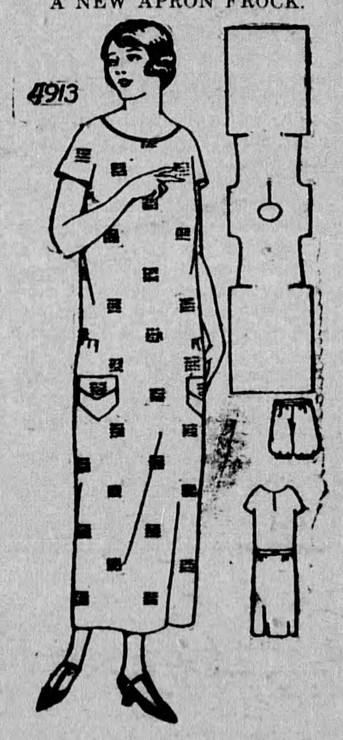
I live in one of those old-fashioned houses in which a parlor was added to an already larger number of rooms than is needed by the average family. This company room was the largest room in the house, and so pleasant, airy and sunny with its south and west indows and sash door opening to the east upon the end of a south verandah. So delightfully situated it was a shame to use it so little. Such an abundance of sunshine went to waste in it and the finest view we had was from its seldom-used windows.

I tried using it as a living-room, but it was too remote from the kitchen and dining-room, and an air of made-to- be- used- only- on- state- occasions clung to it so persistently that the man invariably stopped in the "middle" room to lounge and read, leaving my cherished living-room to the isolation that the habits of years had banished it.

I reflected one day what an attractive bed-room it would make, and how convenient the smaller room opening from it would be as a nursery. The idea so captivated me that I promptly planned to rearrange it for that purpose and soon had my erstwhile useless parlor fitted up as a bedroom and private sitting-room.

A fair-sized bedroom opened from the middle room, which was also a large room, and both having a south exposure. I had a very wide doorway cut between the two rooms, nearly eliminating the partition, and so combined them into one delightfully long, sunny living-room. It was so enjoyable to have the piano and books and all the most useful articles of furniture out where we would use them every day. Our living-room became one, in a sense that no other room ever had, while my parlor never afforded me the pleasure and satisfaction that my big, sunny bedroom does with its accommodation for a fire in the winter and plenty of fresh and and sunshine during the summer.—Mrs. E. M.

A NEW APRON FROCK.



4913. The busy, practical housekeeper will welcome this simple frock and the bloomers that accompany it, because freedom and comfort while at work are so desirable. The bloomers may be of the same material as the frock or of contrasting material.

The Pattern of this splendid style is cut in 4 Sizes: Small, 34-36; Medium, 38-40; Large, 42-44; Extra Large, 46-48 inches bust measure. The width of the frock at the foot is 1⅞ yards. To make this model for a Medium size will require 4¾ yards for the frock and 2¾ yards for the knickers of 27-inch material.

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

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

THE OLD MOTHER.

Lord, rest me from my daughter
Who is so kind to me;
Never need I walk alone,
Nothing have I that's my own,
What I begin, by her is done;
And from all but her alone
Am I rested, till I moan.
Lord, rest me from my daughter
Who is kind to me.

—Elisabeth Morris.

FRUIT SALAD.

Half pound English walnuts, half pound marshmallows, 2 cups diced pineapple, 2 cups canned white cherries.

Chop or break the nut meats, cut the marshmallows in quarters with scissors, and add pineapple and cherries. Mix with dressing, and let stand twenty-four hours before serving.

Minard's Liniment for the Grippe.

OXO

For Your Cooking

save work — money — time, trouble and fuel—and make your cooking better.

Tins of 4 - 15c. and " " 10 - 30c.

CUBES

ISSUE No. 6—'25.

PENNY PLAIN

BY O. DOUGLAS

Shopman—"You may have your choice—penny plain or two-pence colored."
Solemn Small Boy—"Penny plain, please. It's better value for the money."

Copyright by George H. Doran Co.

CHAPTER XX.—(Cont'd.)

"Dear me, woman, how can I tell? I haven't heard a word you've been saying. Here are callers. I'll get away to my visiting. Why! It's Jean and Miss Reston—this is very pleasant."

Mrs. Macdonald waved her hand to her visitors as she hurried away to put the rake in the shed, reappearing in a moment like a stout little whirlwind.

"Come away, my dears. Up to the study, Jean; that's where the fire is to-day. I'm delighted to see you both. What a blessing Agnes is baking pancakes. It seemed almost a waste, for neither John nor I eat them, but, you see, they had just been meant for you . . . I wouldn't go just now, John. We'll have an early tea and that will give you a long evening."

Jean explained that she especially wanted to see Mr. Macdonald.

"And would you like me to go away?" Mrs. Macdonald asked. "Miss Reston and I can go to the dining-room."

"But I want you as much as Mr. Macdonald," said Jean. "It's your advice I want—about the money, you know."

Mrs. Macdonald gave a deep sigh. "Ah, money," she said—"the root of all evil."

"Not at all, my dear," her husband corrected. "The love of money is the root of all evil—a very different thing. Money can be a very fine thing."

"Oh," said Jean, "that's what I want you to tell me. How can I make this money a blessing?"

Mr. Macdonald gave his twisted smile.

"And am I to answer you in one word, Jean? I fear it's a word too wide for a mouth of this age's size. You will have to make mistakes and learn by them and gradually feel your way."

"The most depressing thing about money," put in his wife, "is that the Bible should say so definitely that a rich man can hardly get into heaven. Oh, I know all about a needle's eye being a gate, but I've always a picture in my own mind of a camel and an ordinary darning-needle, and anything more hopeless could hardly be imagined."

Mrs. Macdonald had taken up a half-finished sock, and, as she disposed of the chances of all the unfortunate owners of wealth, she briskly turned the heel.

Jean knew her hostess too well to be depressed by her, so she smiled at the minister, who said, "Heaven's gate is too narrow for a man and his money; that goes without saying, Jean."

Jean leant forward and said eagerly, "What I really want to know is about the tenth we are to put away as not being our own. Does it count if it is given in charity, or ought it to be given to Church things and missions?"

"Whatever is given to God will 'count,' as you put it—lighting, where you can, candles of kindness to cheer and warm and lighten."

"I see," said Jean. "Of course, there are heaps of things one could slump money away on, hospitals and institutions and missions, but these are all so impersonal. I wonder, would it be pushing and *furritsoem*, do you think, if I tried to help ministers a little?—ministers, I mean, with wives and families and small incomes shut away in country places and in the poor parts of big towns? It would be such pleasant helping to me."

"Now," said Mrs. Macdonald, "that's a really sensible idea, Jean. There's no manner of doubt that the small salaries of the clergy is a crying scandal. I don't like ministers to wail in the papers about it, but the laymen should wail until things are changed. Ministers don't enter the Church for the loaves and fishes, but the laborer is worthy of his hire, and they must have enough to live on decently. Living has doubled. I couldn't manage as things are now, and I'm a good manager, though I says it as shouldn't . . . The fight I've had all my life nobody will ever know. Now that we have plenty, I can talk about it. I never hinted it to anybody when we were struggling through; indeed, we washed our faces and anointed our heads and appeared not unto men to fast! The clothes and the boots and the butcher's bills! It's pleasant to think of now, just as it's pleasant to look from the hilltop at the steep road you've come. The boys sometimes tell me that they are glad we were too poor to have a nurse, for it meant that they were brought up with their father and me. We had our meals together, and their father helped them with their lessons. Indeed, it's only now I realize how happy I was to have them all under one roof."

She stopped and sighed, and went on again with a laugh. "I remember one time a week before the Sustentation Fund was due, I was down to one sixpence. And of course, a collector arrived! D'you remember that, John? . . . And the boys worked so hard to educate themselves. All except Duncan. Oh, but I am glad that my little laddie had an easy time—when it was to be such a short one."

"He always wanted to be a soldier," Mr. Macdonald said. "You remember, Anne, when you tried to get him to say he would be a minister? He was about six then, I think. He said, 'No, it's not a white man's job,' and then looked at me apologetically, afraid that he had hurt my feelings. When the War came he went 'most jocund, apt, and willingly,' but without any ill-will in his heart to the Germans.

" 'He left no will but good will
And that to all mankind. . . .' "

Mrs. Macdonald stared into the fire with tear-blurred eyes and said: "I sometimes wonder if they died in vain. If this is the new world it's a far worse one than the old. Class hatred, discontent, wild extravagance in some places, children starving in others, women mad for pleasure, and the dead forgotten already except by the mothers—the mothers who never to their dying day will see a fresh-faced boy without a sword piercing their hearts and a cry rising to their lips, 'My son! My son!' "

"It's all true, Anne," said her husband, "but the sacrifice of love and innocence can never be in vain. Nothing can ever dim that sacrifice. The countrys dead will save the country as they saved it before. Those young lives have gone in front to light the way for us."

Mrs. Macdonald took up her sock again with a long sigh.

"I wish I could comfort myself with thoughts as you can, John, but I never had any mind. No, Jean, you needn't protest so politely. I'm a good housewife, and I admit my shortbread is 'extra,' as Duncan used to say. Duncan was very sorry as a small boy that he had left heaven and come to stay with us. He used to say with a sigh, 'You see, heaven's extra.' I don't know where he picked up the expression. But what I was going to say is that people are so wretchedly provoking. This morning I was really badly provoked. For one thing, I was very busy doing the account of the Girls' Club (you know I have no head for figures), and Mrs. Morton strolled in to see me, to cheer me up, she said. Cheer me up! She maddened me. I haven't been forty years a minister's wife without learning patience, but it would have done me all the good in the world to take that woman by her expensive fur coat and walk her rapidly out of the room. She sat there breathing opulence, and told me how hard it was for her to live—she, a lone woman with six servants to wait on her and a car and a chauffeur! 'I am not going to give to this War Memorial,' she said. 'At this time it seems rather a wasteful proceeding, and it won't do the men who have fallen any good.' . . I could have told her that surely it wasn't *waste* the men were thinking about when they poured out their youth like wine that she and her like might live and hug their bank books."

(To be continued.)

OVERNIGHT SALAD DRESSING.

1½ tsps. flour, ½ tsp. mustard, ½ cup milk, ½ tsp. salt, 1 egg yolk, ½ lemon, 2 cups cream.

Mix flour, mustard, and salt; add the milk and egg yolk, and cook over hot water until the mixture thickens. When cool, add the juice of one-half lemon and two cups cream, whipped until stiff.

Tokyo's Streets.

Tokyo is planning to have 211 acres of streets by the end of 1927.

A Promising Prescription.

"I don't know what we're coming to, I'm sure," said the business man as he and the minister sat waiting on the hotel veranda for news concerning a threatened strike. "The world seems to be crazy these days, and no one seems to know the cure for our troubles."

"I ran across something the other day that sounded good to me," the minister said.

"What was it?"

"Just this simple sentence, 'Ye must be born again.' "

"Humph! That's from the Bible, isn't it? It's a mystical sort of thing that no one has ever fully understood, seems to me. I fear it is too difficult to understand."

"Prescriptions," the minister replied, "are usually a bit difficult to interpret. But it is seldom necessary that the patient shall understand the doctor's Latin. Why do I think this prescription promising? Well, for one thing because it goes to the root of the trouble. Men are blaming the ills of the world to various secondary causes—ignorance, wrong laws, wrong distribution of wealth, wrong surroundings, wrong social customs, and so forth. Now none of these things lie at the root of the matter. At bottom what is wrong is man himself. If laws and social customs are wrong, man made them so. If there is ignorance, if there is injustice, man makes it. If there are surroundings in which man cannot thrive, they are surroundings that man has made. Fundamentally man himself is wrong, and this prescription in its very first word strikes at the root of the trouble."

"You believe then that the problem is a religious one?"

"Fundamentally it is. It is man's nature, his disposition, that is wrong. Education will not cure our ills. We do not sin through ignorance alone. What is needed is a new spirit, and a new spirit is just what this prescription proposes to give us."

"But will it work?"

"It does work. Take Jerry McAuley, river pirate, thief, probably a murderer. You have heard that he was transformed into a valuable citizen who went out to save other human wrecks. What did it? This prescription. Valentine Burke, the burglar, through trying this prescription became a trusted deputy of the law he had once flouted. These are only two out of countless instances."

"Granted that it works in the cases of individuals, that does not prove that it will cure the ills of society."

"Doesn't it? What is society but an aggregation of individuals? How can you change society except by changing the individuals? The process is slow, I grant, but it is sure. And do you know any other proposed remedy as promising as this?"

"To be frank with you," said the business man, "I do not."

Tea Supply Inadequate —Prices Higher

Tea prices are going up mainly because tea is being demanded by millions more people. Tea is the cheapest and certainly one of the most palatable and satisfying beverages known. But the tea-growers have been unable to meet the tremendous demand. It takes three years for a tea bush to mature to the plucking stage.

His Audience.

Mike—"Did ye ever speak before a large audience, Pat?"
Pat—"Fairly large, I did."
Mike—"An' what did ye say?"
Pat—"Not guilty."

Tasty Meat Substitutes

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

Kraft-MacLaren Cheese Co. Ltd. Montreal
Send me Free Recipe Book.
Name .....
Address .....

The Ritz-Carlton Hotel Atlantic City New Jersey

America's Smartest Resort Hotel.

Famous for its European Atmosphere.

Perfect Cuisine and Service.

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

New Hydriatric and Electro - Therapeutic Department.

GUSTAVE TOTT, Manager

BERMUDA

"Ideal Winter Playground"
Only 2 Days from New York

Sailings Twice Weekly
Leaving N. Y. Wed. and Sat.
Via Palatial, Twin-Screw, Oil-Burning Steamers
"FORT VICTORIA" and "FORT ST. GEORGE"
Landing Passengers at Hamilton Dock
For Illustrated Booklets Write
FURNESS BERMUDA LINE
34 Whitehall Street - New York City
or Any Local Tourist Agent

He—"Going to the petting party tonight?"
She—"Can't, I gotta cracked lip."

Minard's for Sprains and Bruises.

Warms you through and through —Hot Bovril

Let the

Province of Ontario Savings Office

Guard Your Savings

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

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

ABSOLUTE SAFETY

ONTARIO

Province of Ontario Savings Office

Head Office: 15 Queen's Park, Toronto

TORONTO BRANCH OFFICES:
Cor. Bay and Adelaide Sts. 549 Danforth Ave. Cor. University and Dundas Sts.

OTHER BRANCHES AT:
Hamilton St. Catharines St. Mary's Pembroke Brantford Woodstock Owen Sound Ottawa Seaforth Walkerton Newmarket and Aylmer