A healthful lunch for GROWING CHILDREN

Crisp crackers, toast or bread, and a tasty slice of golden Velveeta, Kraft's delicious cheesefood, make an ideal lunch for growing children, for Velveeta contains all the nutritious elements of rich, whole milk. It is "digestible as milk itself."

Made in Canada

KRAFT Velveeta

Made by the makers of Kraft Cheese and Kraft Salad Dressing

Owl Laffs

Little Josie flew into the house one evening very late for the evening meal and hurried to her mother's chair.

Little Josie—"Oh, mother, don't scold me, for I've had such a great disappointment. A horse fell down in the street and they said they were going to send for a horse doctor, so of course, I had to stay. And after I waited and waited he came, and oh, mother, what do you think? It was only a man!"

And the next generation will hear dad tell about roughing it in the old days when a fellow had to feed the furnace by hand.

Business Man (after interviewing his daughter's suitor)—"I regret I cannot see my way to allow you to marry my daughter at present, but give me your name and address; then, if nothing better turns up in the near future, you may hear from us again."

How Times Have Changed

"You must wake and call me early,
Call me early, mother dear,"
That was often said to mothers
By the girls of yesteryear.

But the girls now tell their mothers,
As they go out for a spin,
"You must wake up early, Mother,
Someone's got to let me in"

Neighbor—"Has your wife made home happier since she went to cooking school?"

Mr. Michael—"Much happier; we have both learned to deeply and properly appreciate plain, simple restaurant food.

The mother who spoils her child may be foolish but the mother who doesn't is unnatural. There was a time when a doctor couldn't figure much on success unless he was able to grow whiskers. Several exclusive tea rooms are now serving paper weights with their meals to keep the sandwiches from blowing off the table. Every man should have a hobby, declares someone. Perhaps, but it is better not to let your wife see you with her. The wise man never stops to argue with a sharp-tongued wife—He beats it. Some wise man says: "A hundred hurry to catch up where one hurries to get ahead.

Carl—"Honey, I'm knee-deep in love with you."

Winifred—"All right, I'll put you on my wading list."

Mrs. Huller—"Your husband looks like a brilliant man; I suppose he knows everything?"

Mrs. Keeper—"Don't fool yourself. He doesn't even suspect anything."

Caller—"Does your husband get what he earns?"

The Wife—"Yes; that's why we are always hard up."

Miller—"That man is so honest he wouldn't steal a pin."

Strauss—"I never thought much of the pin test. Try him with an umbrella."

If you are grouchy about being dunned, there is a way to avoid it.

Old Ragson Tatters fro. Brushvills, who recently returned from a long tour in his flivver, said: "When I got back and looked in the mirror I thought I must be awfully tanned. But after I shaved and washed up I found it was just dirt."

Maud and the Judge

Maud Muller on a summer day,
Raked the meadow, sweet with hay.
The judge who passed, exclaimed:
What fun!
Think what that hay is worth a ton."

It's surprising, boys, how ignorant girls can be at times. There isn't one of them who doesn't know what a kiss means, but they always insist on having it repeated. When everything is dull, it's good business for a scissors grinder.

Indian Coolies Declared Expert Piano Movers

Simla, India.—Among the remarkable sights to be met with on the roads of the Simla hills, according to a correspondent of The Christian Science Monitor, is the unexpected appearance of a piano, borne aloft on the shoulders of six or eight coolies, who are conveying the instrument to some remote English home among the hills. The narrowness and steepness of the roads hereabout preclude all vehicular traffic, except the ricksha, with the consequence that the most amazing loads are seen along he roads, apparently under their own violition. The pahari (hillmen) who carry these loads appear to be endowed with remarkable strength and endurance, as many of their loads are carried for the distance of a "day's journey." Hotels six and seven miles from Simla have all their requirements carried out daily by these coolies, who leave Simla in the mornings with loads of bread and fish on their heads, snatch a noonday sleep under the deodars which clothe the hills, and return in the cool of the evening with their empty baskets. The men who carry pianos, however, offer the most striking picture. Their progress made up and down steep hills is made with a long, slow, rhythmic stride quite fascinating to watch.

Countryman and Townsman

Quebec Action Catholique (Ind.)—It is strange that an ordinary farmer who will finish the year with a hundred dollars, with a bigger establishment than he had the year before, with improvements made to his farm, after having paid all his debts and filled his cellar and barn with provisions, will envy the lot of a commercial traveller in the town who earns $125 a month. He loses sight of the progress accomplished to compare the number of dollars which the townsman can handle. Yet what a difference between the lot of each of them, even if the farmer has not put a penny aside.

Ptomaine Poisoning Rare

We do not hear as much about ptomaine poisoning as we used to a few years ago. Not long ago every abdominal disturbance was called that, but ptomain poisoning is really so rare that most physicians go through a lifetime of practice and never see a real case of it. A person with ptomaine poisoning has paralysis of the muscles of the eyes and inability to move the limbs. It usually kills the patient and if it does not kill him it leaves him permanently crippled.—Dr. Miles

Peace and Civilization

London Referee (Cons.): If civilization means anything at all, it means peace and security for the nation and the individual; failure to secure these primary necessities of progress renders a relapse into the most hideous barbarism inevitable. And if the nations are to make peace and security safe for theoir peoples they must be prepared to look upon their old war scars not as incentives to future revenge but as eloquent pleas for friendship in the common cause of civilization.

Cherish Homeland Soil

Paris.—More than one Russian noble now resident in Paris has among his treasures a small bag or box of Russian soil that is to be buried with him. It is a pathetic custom followed by many exiles, and the Spanish royal family are observers of the old ritual.

One of the Infantas has brought to Paris a box of Spanish soil from Madrid, and the Infanta Isabella had buried with her some Spanish earth from her own garden, though she rests in French soil.

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An Easy Way To Save Clippings

Many women have discovered the value of saving articles clipped from newspapers and magazines. But the time and effort spent in laboriously pasting them into unwieldy scrapbooks, which later become white elephants, often seems to overbalance the worth of the articles. So after a few spasmodic efforts at schapbooks, they give up and ruthlessly throw away that would prove of value if it were kept.

A simple way to keep articles culled from such sources is by means of individual or cross-reference folders, which may be had in various sizes for a few cents a dozen. A convenient size is 9½ by 11½ inches. Write plainly across the front what the folder contains. Clippings are just laid in these loose.

A suggestive list of folders is as follows: Recipes, interior decoration, flower garden, furniture, dresmaking, cleaning, serving, mending, entertainment.

Keep a pair of scissors in the living room and when reading have them at hand. Like everything else the value of the clipping habit depends a great deal on the spstematic perseverance of the individual. It will not be necessary to read through carefully an article that is for use only in the future. For instance, one need not spend much time in July poring over suggestions for a Christmas dinner. Glance through them and make sure they will be of value; then cut out the article and slip it into its proper folder to await its day of usefulness.

To keep these folders, office supply houses carry what are called transfer cases; sometimes lawyers' transfer cases. These usually cost about $2. But they are neat looking, strong and large enough to hold the cullings of several years' reading—that is, if one is an ordinary clipper. If one prefers to make her own transfer case she can do so by covering a very heavy pasteboard or very light wooden box with wall paper or cretonne. In the case of a wooden box, fasten the cover on with hinges.

The transfer case must be kept in a place which is convenient both for filing the articles and for consulting them. The utility of the whole idea lies in having the "scrapbook" easily available. The clippings all being loosely laid in the folders, may be thrown away at any time that their day of usefulness seems to be over, a decided advantage over the ordinary scrapbook.

A method for further taking care of new recipes has been found very satisfactory. After the recipe has been taken from the folder and tried out on the family appetite it can easily be thrown away if the verdict is against it. If, however, the family is in favor of having it again, it can then be pasted on a card and put in its place in the ricipe filing case, which many housekeepers use. Sometimes the recipe will need cutting down for a small family or stretching out for a large one. Or again, the consensus of opinion will be for a few alterations before it makes another public appearance. In these cases, when the recipe is finally adapted to one's particular need, copy it on a card in its corrected form before placing it in the file, without further trouble. This may where it will be ready for instant use sound like considerable labor to an already busy housewife but actually it is much easier than it sounds. It will save one the disappointment of searching in vain for some favorite recipe which ahs been carelessly tucked away somewhere and which refuses to come to light at the needed moment.

To illustrate this method, a pudding recipe, cut from a magazine, was tried by one housekeeper and received with loud acclaim by her hungry brood. But all decided that next time they would prefer "mother's own" special sauce to go with it. When the recipe was copied the original sauce was omitted and "mother's own" substituted. On another occasion the same housekeeper found what she thought would be a delicious menu for a home dinner. It proved, however, that the dessert was too heavy for her family after the prescribed first course. So in copying the menu she added another dessert more to their liking.

To housekeepers, to whom the drudgery and sameness or housework often get very irksome, an occasional visit to their box of clippings may prove full of inspiration as well as of useful ideas.—The Christian Science Monitor.

"Keep up Wages"

New York World-Telegram: The richest man in the world cannot use more that half a dozen or so automobiles and radio sets in a year, and, therefore, can contribute little to the prosperity of the concerns manufacturing these commodities. But if the rich man's profits for a year are a little smaller, and the wages of his 5,000 employees are maintained at a standard which will permit the purchase of one radio set and one automobile each, the radio and automobile industries are kept on a profitable basis, they keep men at work who are in turn able to buy the commodities of the rich man—so goes the endless chain of industrial well-being. Business men who understand this principle of enlightened selfishness will never need to be urged by the administration of any one else to refrain from wage cuts.

MRS. LORING WOART BAILEY

A resident of Halifax, Mrs. Bailey crossed the ocean from Liverpool to Halifax more than 83 years ago, landing in the seaport of Nova Scotia in the Cunarder Cambria on January 16, 1848.

Recording Speeds Of Fast Trains

Indicators Keep Close Guard Against Bursts of Speed

London.—On the Continent of Europe it is a common practice to equip passenger locomotives with speed indicators to make certain that the speed limits are being observed and that no excessive bursts of speed are made by trains trying to make up for lost time, says the Daily Express.

One of the most successful speed indicators used is of the Flamand type, so called after its inventor, the chief designing engineer of the Eastern Railway of France.

This speed indicator not only shows the speed at which the locomotive is travelling from second to second, but also provides reliable data in the form of a chart record of the actual performance of any engine on which it is fitted, these logs being used for checking and research purposes.

The indicator and recorder consist of a semi-circular glass-covered speed scale with two movable hands, one operated mechanically and the other, painted red, which is movable from the outside as in the case of a barometer.

Marked By Moving Pen

This second hand is set to mark the highest speed allowed, and the machine also includes a small clock with a single small hand making a complete revolution every ten minutes.

Below the indicator there is a recording mechanism by which the speed travelled is marked by a moving pen on a travelling roll of paper.

A vertical transmission shaft is fitted from the dials and recording pen through the footplate into a gear box, a further more slender transmission shaft connecting with another gear box fitted on a small bracket by the rear driving wheel of the engine.

Connection is also made with the connecting rod, and the mechanism is so fitted that four impulses are given during each revolution of the driving wheel.

Measured Accurately

The speed is thus measured accurately to within a quarter of a revolution of the driving wheel, and the resulting chart of the run appears as an undulating line on a long strip of lined paper, with a separate trail for the time taken on the journey.

Several of the latest L.N.E.R. locomotives are being fitted with these speedometers and recorders for research purposes, but the usual methods of ascertaining the speeds of express trains by closely watching the time taken in passing the small quarter-mile posts along the line-sides with the help of a stop watch is not likely to be superseded at present.

Nurses Wanted

The Toronto Hospital for Incurables, in affiliation with Fordham Hospital, New York City, offers a Three Years' Course of Training to Young Women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further particulars write or apply to the Superintendent.

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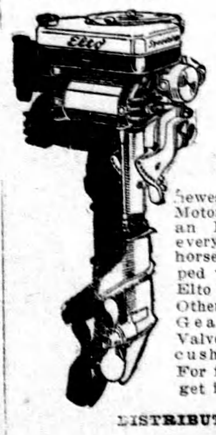

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ISSUE No. 28—'31

Of Interest to All

This idea of eugenics touches every side of human life. There is no profession that it does not touch. Obviously it touches the lawyer, the sociologist, the economist, the clergyman. It is so lofty an idea that the less important subjects should use it as a touchstone to see whether the improvements of which they boast are really vital. . . . This great ideal of improving the human race should become a part of every person's religion.—Irving Fisher.

Why Not Keep On Going?

Saint John Telegraph-Journal (Ind.). A British professor declares that a mosquito can fly seventeen hours without settling Maybe he can, but he doesn't.

Play House to be Given To Princess Elizabeth

Most children, it would be almost safe to say all, have at one time or another desired to "play house." It is, therefore, a fair assumption that the Princess Elizabeth is not immune from the desire. Next year she will be able to play house with a vengence, for she is to be given one of her "very own." It is to be the gift of South Wales on her sixth birthday, and will be a miniature complete in every detail. There will be hot and cold water, fires, light, a kitchen range—and even a telephone. In fact, as house agents' advertisements have it, "a modern residence, 4 rooms, hot and cold water, bath." The house has been designed by a Cardiff architect and built by a South Wales firm. All its fittings and furniture will also be made in South Wales.

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BUY TWEDDLE'S BLOOD-TESTED chicks at these low prices before the season is over. Barred and White Rocks, 10c; Leghorns, 9c. Started chicks two weeks old, 2c more. Express paid. In lots of 500, 2c less. Chicks shipped C.O.D. anywhere on first express. J. G. Tweddle, Fergus, Ontario.

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How To Cool Milk

Cooling has long been recognized as one of the most important factors in the production of high-grade milk, but the best method of cooling milk on the farm is still a subject of discussion among dairy farmers, say dairy specialists at the New York State Agricultural Experiment Station in Geneva in explaining why they are making a special study of cooling at this time.

The work in the station dairy laboratory has had to do chiefly with a comparison of can cooling with cooling over an aerator and a study of the best size, insulation and type of tank for the dairy farm, it is explained. tI is the opinion of these specialists that can cooling in well-constructed tanks is easier and equally as efficient from a sanitary point of view as cooling over an aerator.

Length of Life

For the length of life there is no law. The weakest thread will draw itself out to an unexpected lengh, and the strongest is suddenly cut off by the scissors of Fate, who seems to take delight in contradictions.—Goethe.

Policeman (to resident seated on doorstep at 2 a.m.)—"What's the matter? Lost your key?"

Mr. Henpeck—"N-no; m-my nerve."

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