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# "SALADA"

27 Years in Public Service.

## Gertrude Came to Cherry Valley

BY FRED J. ST. JOHN

### CHAPTER III.

John never knew how he reached the scene. The doctor, who was only slightly shaken, released the unconscious girl from the wreckage and carried her up to the house and laid her on the bed in the room which had been lovingly planned for her. The doctor's hurried examination revealed that, aside from the shock and a painful but not serious bruise over the temple, she was uninjured. When she opened her eyes her glance fell upon John.

The doctor advised that she be kept quiet for a little while and Old Martha took her tenderly in charge. John suggested that he would drive into town and bring her mother but Gertrude had another plan.

"No," she said in the imperious way he loved, "someone must come after the doctor and they can bring Mother out. I want you to stay right here, I had to come clear out here and get almost killed, in order to see you and now I shall not let you run away."

Assured that his patient was in no danger, rather upset in his own mind, as well as shaken physically, Doctor Park returned to town and John sat down beside Gertrude.

"Tell me, what you've been doing all this while," she said. "Aren't you dreadfully ashamed of the way you've neglected me? 'Peas up, girl!'"

"Well," he began, "when I left you, I promised to work out a plan that would make you satisfied to come out here and be a farmer's wife. I thought I could figure it out in a week or two, but—"

"You've failed?" she asked, her brown hair flying about her head.

John looked out across Cherry Valley, to where the sun was setting in a glory of color. The words he longed to say would not come.

"John," she said, finally and reached out to put him down to where she could see his face. "do you still like me—a little?"

"Very much, Little Girl," he answered gravely.

"Then, John, I've decided we won't wait for you to work out any plan. I'm ready to be your wife and take whatever life offers, here with you on your farm. Will you take me on those terms?"

"I'm afraid it's too late, Little Girl," John's voice sounded very strange from out of the dusk that had begun to gather in the room.

"What—what do you mean?" she asked, shocked and surprised by the unexpected rejoinder.

"Will you just close your eyes a minute. Now hold tight. Wait a minute. Now! Open your eyes!"

With the word he pressed a button and a soft, clear light filled the room.

"John! Electric lights! Now I know what you've been doing!"

"It's too late for you to come the way you were willing to come for. I've found the way to take care of the burdens you dreaded to. You'll have a chance to work and keep young and beautiful. Will you come?"

Her arms went up about his neck and she pulled his head down very close, so close that he could hear quite plainly her low-whispered "yes."

As the sound of an approaching automobile came from the drive way, she smiled through happy tears and said, "I think that's Mother coming now. Tell me this before she comes: where do you get the idea for all the wonderful improvement you've made?"

## Fearful Ravages of Smallpox

Who, up to date, may be properly called the greatest individual benefactor of mankind?

Smallpox, who discovered vaccination as a preventative of smallpox. Of all the pestilences that afflict mankind, smallpox has by far the worst record as a destroyer. Not much more than a century ago it was reckoned that one-fourth of the human race bore in blindness or disfigurement traces of attack by this fearful plague which at times wiped out whole communities.

The malady was so common that those who escaped it were considered lucky. It killed 500,000 people annually in Europe. Thus, when Lady Mary Wortley Montagu, British ambassador at Constantinople, wrote home describing a process of inoculation with smallpox virus as practiced in Russia for preventive purposes, her letter made a great sensation.

This, mind you, was not vaccination. It meant inoculation with the actual virus of the disease. Lady Mary had her own children treated in this way. In 1722, after successful experiments on condemned criminals,

two children of Carolina, Princess of Wales, were inoculated, making the practice popular.

The treatment produced true smallpox, usually in a mild form, but sometimes fatal. It was taken up in this country, and Benjamin Franklin caused his little son, four years old, to be inoculated. The child died.

What finally caused the treatment to be abandoned was the discovery that the inoculated patient immediately became a source from which smallpox was spread by contagion, the total number of deaths being thus considerably increased.

Long before Jenner was born there was a better current in England than a certain pustular disease of cattle, known as "cowpox," did, if accidentally contracted by a human being, render that person immune to smallpox. A Gloucestershire milkmaid told Jenner that she had no fear of smallpox because she had had cowpox. This set him to thinking.

His first experiments were performed on children, and he called his inoculation process vaccination because "vaca" is the Latin word for cow. Those proved successful.

## Woman's Sphere

Directing the Child's Powers of Observation.

How would we like to give great gifts to our children! There is nothing we would not endure to insure for their success, or fame, or wealth. But here is a gift we may give, if we will make the proper effort, that will insure enduring sources of enjoyment. It helps us to forget sorrows, losses, disappointments, and provides us with unending entertainment and diversion.

Many people will tell you that the habit of observation is a gift from heaven, which is, to a certain extent, true. But it can be cultivated, just as cheerfulness, truthfulness, or any of the other desirable virtues.

If an individual possesses a love of nature and the habit of observation, he has within himself a source of enjoyment wherever he may go, in whatever circumstances he may be placed.

The baby at an early age, can be taught to observe without taxing his brain to any great extent. He can be shown the flowers, the birds, the trees, and gradually he can be directed to observe the fields, the woods, and passing objects of interest. Soon he will begin to notice for himself, and his outings will be of more delight to him and his mother.

Mothers will not find directing the child's powers of observation arduous, or tedious. It is most interesting to watch the development of his mind, and notice how his habit of observation will increase from day to day. He will first be attracted by the largest objects, horses, cows, and people coming in for the first attention, then smaller animals.

The wise mother in cultivating her child's powers of observation will endeavor to train him to see the bright, and pleasant things first.

If some mother hesitates to begin to teach her child to observe, because she lacks the habit of observing closely herself, let me urge her to begin to cultivate this habit for herself. Practice it daily, everywhere you go—when with your child, or alone. Your efforts will reap a rich reward, for your interest and joy in life will be immeasurably increased.

**Strong, Healthy Feet.**

If we realized how much beauty of form depended on the health and beauty of the feet, how many there would be fewer of the cripples, crippled by broken arches and other avoidable ailments.

Sometimes an ailment of the foot is not noticed because there is no pain until the trouble reaches an advanced stage, and also, too, perhaps, because of the fact that women have accustomed themselves to the pain of wearing tight, uncomfortable but fashionable shoes, and are inclined to let slip any irritation of the feet.

However, no woman can have a graceful carriage unless she is supported by feet that are strong and in perfect, healthy condition. Shoes too tight or too loose make for all sorts of irritations, and the tiredness of the feet that comes to the busy housewife who stands most of the day is not a small temporary matter, but requires immediate attention and

care before it develops into a permanent irritation.

If feet or ankles are tender they should be bathed in hot water at night, wiped dry, and then massaged with the hands for two nights. Afterward they may be massaged for two or three nights with addition of a liniment.

Massage the feet by moving the hands upward from the toes and after the other. This drives the blood upward. The feet should be raised from the ground during massage and not rested on any object. Then move the hand from side to side, beginning with the toes and working outward.

A good liniment for the feet is 10 drops of strong solution of ammonia. 20 drops of turpentine, 1 ounce of linseed oil.

This can be massaged into the feet and will soothe them and keep the skin soft without being too tender. The feet should be bathed in cold water each morning, or if a warm bath is taken, spray the feet with cold water afterward.

For excessively tender feet the following foot powders are helpful: 2 drams boric acid, 2 drams zinc oxide, 4 drams starch.

Another excellent foot powder can be made thus: 1/2 dram salicylic acid, 1/2 dram calamine, 1 dram boric acid, 1 dram fuller's-earth, 2 drams talc, 3 drams starch.

This should be sprinkled inside the stockings each morning, and will prevent tender feet from becoming unpleasantly chafed during the day.

Even if your feet give you no trouble they should be as carefully attended as the hands, for only as long as your feet feel healthy and comfortable can you maintain beauty of carriage and grace.

**Homely Wrinkles.**

Children should not be given tastes of "grown-up" food. Their plain, wholesome food will taste insipid and unsatisfying after the highly seasoned dishes.

Loosen windows that are hard to move by pouring a little melted lard between the frames and on the sash-cord and roller. Rubbing the window frame with a cake of soap which has not dried out will prevent the sash from sticking fast.

Three scrubbing brushes nailed in a box so the brushes will rub both sides and the sole of the shoe when the foot is drawn through the contrivance, will be a work-saver for the farm woman these days—if she can get the men folks to use it when they come in from outdoors.

When hot fomentations are needed in sickness, wring a flannel cloth from hot water and apply. Then lay against it a bottle or a rubber bag filled with hot water to keep the cloth warm.

An extra hot fire should be watched, making sure that there is no exposed wood-work about the chimney or hearth-stove. Look around and sniff for smoke before you go to bed. Never neglect the faintest smell of smoke, but investigate at once and let the investigation be a thorough one.

On the way back to the veranda, Aunt Sarah lingered a moment in the big living room, her hand on Gertrude's arm.

"I'm so glad you've kept things the way they used to be—here," she said, "it looks almost as if John and mother were keeping house."

"Then you'll be sure to feel at home when you come to see me," answered Gertrude, "and," as she gave the wrinkled hand on her arm an affectionate pat, "I want it to be very often. Now remember!"

"John," said Uncle Sammy as they passed through the gate and turned to say goodnight, "I was saying to Sarah as we came over, that the old path is getting considerable grassy. Now you young folks are so spry and active and I want you to get it wore down as bare as bare—"

He hesitated a moment as if oppressed by the shadow of painful memories and Aunt Sarah finished for him, half-sadly, "as bare as it used to be when your mother was alive and you young folks."

(To be continued.)

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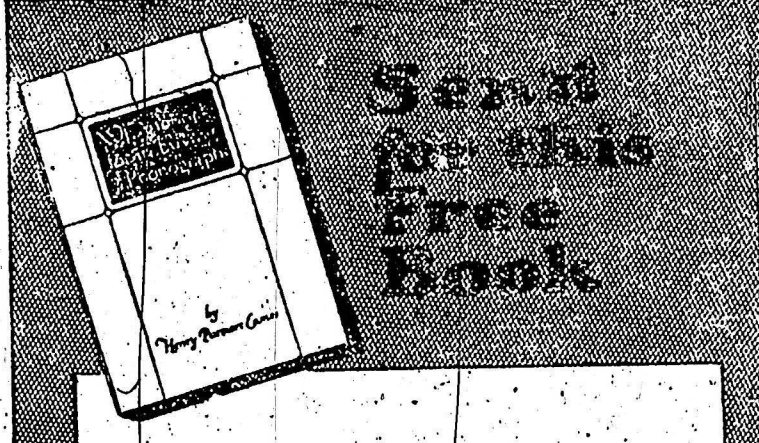
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**Lead Poisoning.**

Chronic poisoning by lead or its salts is less common than it used to be, yet it still occurs with considerable frequency, and it doubtless will pose as a cosmetic, paint, water pipes and the solder of canned goods. The chief source of lead poisoning is white lead, and both those who make it and those who use it are liable to be poisoned by it. But the poisoning may occur from other salts of lead from the metal itself. Water, especially soft water, by standing for some time in lead pipes, may dissolve enough of the lead to poison those who habitually drink it without taking the precaution to let it run for some time, and as hot water takes up lead more readily than cold, you should not draw hot water for the teakettle in order to save a minute in bringing it to a boil. Cooking vessels lined with enamel that has lead in its composition are dangerous; and so are preserved fruits that have been put up in tins with soldered rims.

The symptoms of lead poisoning that are most evident are lead colic and lead paralysis. This colic is usually extremely severe. The first-attack is apt to be sudden, though there may be nagging pains in the abdomen for a few days. The pain lasts for two or three days, and the attacks are very likely to return from time to time. Associated with the attacks of colic and preceding them, obstinate constipation is the rule. The pain is most marked about the central part of the abdomen, and is relieved somewhat by pressure; that distinguishes it from the pain of peritonitis.

Lead palsy is not so common as the colic, and many sufferers never have it; in any case, it is a late symptom. It is a paralysis of the muscles that extend the fingers and the hand, and from the position of the hand that it causes it is called wrist-drop. Other muscles may also be affected, but only rarely does this happen.

The least conspicuous but most frequent form of lead poisoning is the so-called cachexia. This is manifested by loss of appetite, indigestion, coated tongue, foul breath, a peculiar blue line on the gums where they join the teeth, constipation, annoying cramp-like pains in the legs, pallor, loss of flesh, and a constant feeling of fatigue. Among the later consequences of untreated lead poisoning are gout, arteriosclerosis and Bright's disease.

The treatment is first of all to remove the cause, and then to build up the patient with tonics and good food, laxatives and frequent hot baths; iodide of potassium is often given to expedite the removal of lead from the system. Painters and workers in lead should observe the greatest care to wash their hands before eating, and when taking a warm bath and change their clothes as soon as they are through their day's work.

**An Explanation.**

Evaporated Passenger (after some delay at wayside station): "Why don't you keep better time on this wretched line?"

Irish Guard (confidentially): "Well, now, then, ma'am, I'll explain it all to ye. The train before is behind, and about this train was behind before besides."

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Wash in warm water with Baby's Own Soap—rinse well and dry perfectly—and your skin will be soft and never chaps.

Chinese Sweet Potatoes.

The staple crop of China is said to be sweet potatoes. There is no part which does not raise them.

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Canada is now exporting to other countries, according to Dominion Government figures, \$11,000,000 worth of furs and skins in the course of a year, and a large portion of these are brought back into the country by Canadian dealers at high prices and resold to the value of furs and skins exported during the fiscal year 1918-1919, \$13,737,621. Of these, \$9,743,449 went to the United States; \$3,985 to Great Britain; and other countries. Some of the values to which these exports have risen can be obtained from the value of the furs and skins in 1917 was \$8,375,000. During the month of March, 1918, the value of these exports was \$1,420,000, as compared with the corresponding month in 1917, \$1,200,000. It has been estimated that the value of the silver foxes of the world is \$100,000,000. For the past four centuries Canada has been the largest and most productive source of the world's supply of the costly pelts taken from the Denonion. Yet, until quite recently, the fur trade was hardly organized on a business basis, and beyond the trapping of the furs, the various stages of the industry passed out of the hands of the trappers, and then the furs went to the large foreign markets.

Become Important Market.

Whereas Canada has gradually dawned a realization of the importance of the fur trade in the future, Canada will be the most important market for the world's fur trade. For years London, New York and Montreal have been the world's fur centers, and St. Louis has been the world's fur mart. It is now, then, ma'am, I'll explain it all to ye. The train before is behind, and about this train was behind before besides."

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The province is rich in natural resources, including timber, minerals, and agricultural products. It has a long and proud history, with many historic sites and landmarks. The people of Nova Scotia are known for their hospitality and friendly nature.

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