

**The "Quality" Character of this brand has an International Reputation.**



**A Trial Packet will bring speedy conviction**



**An Iceless Refrigerator.**  
For the benefit of those who live where ice is not available a description of our iceless refrigerator might be helpful.

It is constructed in the floor of the cellar, and is 30 inches below the brick surface, and about 20 inches square. It has a wooden box in the required depth below the cellar floor, and a zinc tank made to fit rather loosely in this box, coming up even with the top. As you will notice from the illustration, the trays are fastened to corner rods which extend up through the top of the tank. A nice, pulley, and weight of proper size complete the outfit.

The corner rods holding the trays should be a trifle shorter than the tank, so that when the trays are down the extra will rest on top of the wooden box, which is allowed

to rise and fall with the level of the water in the tank. The trays are held in place by a small screw which is inserted into the corner rods. This screw is turned down until it just touches the tray, and then it is turned up until it is tight. This arrangement allows the trays to be raised or lowered at will, and the water in the tank is kept at a constant level. The refrigerator is simple in construction, and is easy to operate. It is a most valuable addition to any home where ice is not available.

**Keeping Children Well.**  
The wise mother studies:  
(1) To feed the children so as to reduce one hundred per cent. efficiency in their health to-day and fifty years from to-day.  
(2) To furnish suitable and nutritious food at the present high cost of provisions.

These are by no means easy problems when we are confronted with the sometimes appalling appetite of our offspring.

Children do not need candy. Such fuel needs can be supplied better in the form of cereals, vegetables, fruits and fruit juices. Candy spoils the appetite for plain, more wholesome foods, and gives a sense of sufficiency before the fuel needs of the body have been satisfied. When taken in excess cereals, sugar is irritating to the sensitive lining of the stomach and is liable to ferment, causing indigestion. Grains, particularly those containing the outer or branny layers or coats, are laxative; so, too, are such fruits as apples, oranges and grapefruit. Therefore, as far as the important matter of preventing constipation is concerned, coarse cereals and acid fruits serve the same purpose. When fruits can be obtained in abundance, they should be given daily; when they are not given, the coarser cereals should be used.

**To Freshen Up Woollens.**  
Serge or other woollen clothes which have become soiled or shabby, are freshened up in this manner:  
Sponge the goods on the right side with ammonia water, one tablespoonful of ammonia to each quart of water. Care should be taken not to have the solution too strong, as some dyes turn purple or green in such a case. When the garment is entirely sponged, turn it wrong side out, lay a cloth over it and press with a hot iron until dry.  
Should your clothes wear shiny, it is due to the oil which is more or less present in all wool, and is made conspicuous by the friction incident to the wear of the clothing. This is especially true of hard-twisted wool or worsteds. Sponging with hot vinegar cuts this oil and greatly improves the looks of the garment. Or the nap may be pulled up by pressing damp erinoline on the goods until it dries, then pulling it off.

**The Celestial Surgeon.**  
If I have faltered more or less in my great task of happiness, if I have moved among my race, and shown no glorious morning face;  
If beams from happy human eyes have moved me not; if morning rains;  
Becks, and my food, and summer rain;  
Knocked out my sullen heart in vain;  
Lord, Thy most pointed pleasure take  
And stab my spirit broad awake;  
Or, Lord, if thou obdurate I,  
Choose Thou, before that spirit die,  
A piercing pain, a killing sin,  
Add in my dead heart run them in!"

R. L. Stevenson.

**The Girl in the Blue Negligee**

By HELEN DEAN WHITE.

PART I.  
It had happened thirty years before, but he still liked to remember it. A wild, daredevil youth of twenty he had been then, ready for anything that spoiled adventure and risk. Sometimes he wondered if the sedate elderly gentleman, fast acquiring a "hey window," who looked back at him from the full-length mirror in his expensive bedroom, had ever really been the slim, black-haired, reckless youngster of those early days.

Not that he really wished to bring those old times back again. He was very well satisfied with life. But from the comfortable security of his placid, successful middle age, it was pleasant to look back and remember those past adventures, as it is pleasant to sit by the fire on a stormy day and read of thrilling escapades and hair-breadth escapes. He liked to remember, with a chuckle, that more than once he had laid himself liable to the penitentiary, not so much for the material gain accruing thereby, as for the wild fun of it. And most of all, he liked to remember, as the most romantic episode in his life, the girl in the blue negligee.

There was no sense of disloyalty to Marjory in this, he cherished this memory. Marjory belonged to a different world. She was his wife and the only woman in the world he had ever wanted to marry. The sight of her delicate blonde beauty in a little church in a mid-western town into which he had casually dropped one Sunday had marked the voluntary end of his old manner of living and the beginning of the sober, respectable life which was the only side of him she knew. He had never regretted it nor felt any desire to return to his former haunts. But he had not forgotten other days. Sometimes he caught himself wishing that Marjory could understand. It was a pleasure to talk it over with her and tell her all those long-past adventures. But she was so sweet and good, and so entirely placid and contentedly conventional! Never in all her life had she done anything "out of the way" or unusual. He could imagine her a horror if she knew of his own past, which had been so different from hers; and he was wise enough and guarded enough never to let her catch even an echo of that past.

The blue negligee girl, now—she had been of a spirit matching his own. She could have understood anything a man wanted to confide to her. She belonged to another order of person altogether from Marjory. Quite a charming little body she was, though of course, those romantic, adventurous girls didn't make such good wives as the domestic type. Yes, no doubt the man who had married her had had a gay life—never bored, always something doing, but not much peace of mind. However, he reflected, perhaps she had settled down just as he had. He chuckled as he remembered how startled he had been when he heard her voice behind him, cool as a cucumber, though most women—

**Victory Bonds**

**YOUR OPPORTUNITY**  
Temporary conditions have resulted in a very low level of prices for Victory Bonds. When these conditions alter—and that will be shortly—present investment opportunities will no longer exist. Purchasers at present prices can not only secure a high return on their capital over a long period, but will undoubtedly find these prices at a much higher level in a short time. For your convenience, the attached coupon will assist you in selecting and ordering the desired issues.

**HOUSSEY WOOD & COMPANY**  
INVESTMENT BANKERS  
12 KING ST. EAST, TORONTO

Gentlemen, I desire to purchase \$..... worth of Victory Bonds as indicated below. Send Bonds in Bearer form to..... I will pay for them there.

(Name of bank)	Amount	Maturity	Price	Yield
.....	.....	Dec. 1st, 1922	99 & Int.	6.90%
.....	.....	Dec. 1st, 1923	99 & Int.	6.80%
.....	.....	Dec. 1st, 1924	99 & Int.	6.70%
.....	.....	Dec. 1st, 1925	99 & Int.	6.60%
.....	.....	Dec. 1st, 1926	99 & Int.	6.50%
.....	.....	Dec. 1st, 1927	101 & Int.	6.40%
.....	.....	Nov. 1st, 1928	98 & Int.	6.30%
.....	.....	Nov. 1st, 1929	96 & Int.	6.22%

Name.....  
Address.....  
City or Town.....

I know that you are not a lady burglar—  
The girl drew her silken negligee which she thought about her and tossed one long braid over her shoulder. "The ideal," she said indignantly. "Would a lady burglar dress like this? I think you know that this is Mr. Alston's house, and that he has a daughter."

"I do," he responded promptly. "And I also have met and talked with Miss Ruth Alston and would recognize her voice, I think. You know she uses the broad—cawf and law—and all that sort of things. To be sure, she might forget it under the stress of meeting a burglar."

"I didn't say I was Ruth Alston," she replied, cautiously. "I didn't say who I was. As a matter of fact, I'm a friend of hers, and she is upstairs with another girl. We all came in tonight here. I don't even live in New York myself. I live a long way from here."

**World's Smallest Post-Office.**  
The smallest, simplest, and best protected post-office in the world is said to be that in the streets of Magellan.

It consists of a small painted keg or cask, and is chained to the roof of the building in such a manner that it floats free opposite Tierra del Fuego. Each passing ship sends a boat to take letters out and put others in. This curious post-office is unprotected by a post-master and is therefore under the protection of all the navies of the world. Never in the history of this unique office has its privilege been abused.

**Risks of Farming.**  
It may be that the great and constant trouble with bugs, weather, and markets, is one of the things that makes farming so fascinating. The general public does not realize that agriculture is just about as certain as speculating in oil stocks. Observe these facts and doubt the statement if you can.

One day of unusual heat at the critical time may reduce the yield of an oat field 25 per cent.  
A few hours of rain can half ruin a crop of wheat.  
Prolonged drought may be reduced from 25 to 50 per cent. by a hot dry spell.  
One cold rain can ruin an apple crop.  
One hot, muggy day may entirely spoil a crop of beans.  
And to these features must be added the fact that countless insects are at constant war with the farmer and that, after he has brought his crop through to maturity, it may be damaged by bad harvest weather, or destroyed by fire when in the barns.

**Used for 70 Years**  
This is the Grandmother's youthful appearance has remained until youth has become but a memory. The soft, refined, pearl white appearance it renders leaves the joy of beauty with you for many years.

**Oriental Cream**  
For the Face of the Farmer's Boy

**Soot As a Disinfectant.**  
It has been found that soot acts as a disinfectant and is more active moist than dry. Water seems to dissolve the disinfecting agents in the soot, making them more active. Carbon floating in the air seldom, if ever, carries bacteria unless it has lodged on the ground and is again blown into the air.

Now soot acts as a very effective blanket, protecting the bacteria and giving them a chance to grow. Disinfection of the nose and throat are not appreciably more prevalent in smoky cities, but they are more severe and harder to cure. This is probably due as much to the cracking of the mucous membrane by the change from the dry atmosphere in the houses to the moist air outside and subsequent irritation by dust and smoke.

**COARSE SALT LAND SALT**  
Bulk Carlots  
TORONTO SALT WORKS  
C. J. CLIFF - TORONTO

**CNR Men on GTR Board**



The Canadian Government has chosen as its representatives to sit on the Board of Management of the Grand Trunk Railway, Carlos A. Hayes, Vice-President, in charge of Traffic in the C.N.R., and Samuel J. Hungerford, Assistant Vice-President of Operating, Maintenance and Construction Dept., Canadian National Railways, both of whom have had over thirty years of active railroad experience and have risen step by step until at present they are recognized among the foremost railway men of Canada, each an expert in his own respective field of service.

Mr. Carlos A. Hayes was born at West Springfield, Mass., March 10th, 1866, and entered railway service in April, 1882, holding various clerical positions in the accounting and general freight departments of the Boston and Maine Railroad at Springfield and Boston until November, 1890. From 1890 to 1892 he was with the Central New England and Western, and Philadelphia and Reading Railways. He joined the G.T.R. in 1892 as New England Agent of the Montreal Branch, East, becoming Manager in 1896; in 1903 he became Assistant General Freight Agent for the G.T.R. at Chicago; the General Freight Agent at Montreal in 1908, and Freight Traffic

**Bob Long Pure Wool Worsted Jerseys**  
For Dad and the Lad  
Full-over or Burton Shoulder Style  
Made for Hard Wear, Comfort and Smart Appearance  
R. C. LONG & CO., Limited  
Winloss TORONTO Montreal  
Bob Long Brands  
Knit from Coast to Coast

**What Give Shocks.**  
Resistance is really a variety of catches. One peculiarly sharp one is that it exists on its own. Any one who has a headache will find it in the neck-ache which is the head-ache.

Several varieties of fish are really living electric batteries. The electric ray has the power of generating electricity to such an extent that in a healthy specimen the shock may be strong enough to temporarily disable a man. The electric stargazer, the electric cat-fish, and the electric eel also have this power to a remarkable extent.

A lightning electric fish is the electric eel, although in this case the electric current generated is very slight indeed. It possesses this power as a means of self-protection, and also to kill the victims on which they feed.

Of fish which carry lights there are many varieties. Some carry powerful head lights, while others carry the light in long hair sides like an Atlantic miniature. Other fish have the organs of touch very highly developed, and some depend upon these organs for their living.

Of these the angler is a good example. The angler's rod is a bone which extends over its mouth. At the end is a tiny piece of loose skin. This is the bait. A curious fish goes up to the bait, and the angler's jaw closes over its prey with a snap.

**Woman's Place in Italy.**  
When the permission of her husband in Italy came to give away her property, she mortgaged, contracted debts or disposed of her real estate.

**Aid to Sewing.**  
A new sewing machine attachment holds the end of the thread as it is clipped off. It is so designed and placed that it slipping out of the eye of the needle.

**THE HISTORY OF BATTLEFORD**

**LANDMARK IN STORY OF WESTERN PROGRESS.**

**Scene of the Last Chapter of Canada's Indian Wars.**

The story of the country by the author of the discovery of its wonders, the possibilities that Western Canada has found its way into the histories of the world. The stories of the early days, which penetrated an almost unknown land, the Indian tribes, the proving the fertility and richness of the western soil, the transfer of the province from its primitive state to the huge productive area, the opening of the prairie to the world, these are almost too numerous to mention. The story of the country by the author of the discovery of its wonders, the possibilities that Western Canada has found its way into the histories of the world. The stories of the early days, which penetrated an almost unknown land, the Indian tribes, the proving the fertility and richness of the western soil, the transfer of the province from its primitive state to the huge productive area, the opening of the prairie to the world, these are almost too numerous to mention.

**Machine Measures Fatigue.**  
Crippled soldiers of France have been measured according to this machine, which is said to indicate the amount of fatigue.

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**Why Mentors**  
The extraordinary success of ancient Egyptian medicine is due to the fact that it was based on a vegetable base and the African locust bean tree.

**BRITISH COLONIAL WATER**  
EQUAL TO FINEST RAFAEL

**Capable of Producing Light and Heat**

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