

For Your Health

you should buy the best.

"SALADA"

is the purest and most scientifically prepared tea, sold today. — Try it.

About the House

THE OVERHELPFUL MOTHER.—In reply to an inquiry about her studies, a young high-school girl recently said: "I've had too much help in my French; so I haven't got along very well. You see, my mother knows French, and she likes to help me. I'm not used to taking care of myself. I've had to learn to do it all by myself."

The love of independence and the desire to do things for oneself are natural to every young person; they appear in every form of life. It is the mother's duty to help as well as to let the child grow up to be able to do things for himself. It is the mother's duty to let the child do things for himself, even though the way is through hard places. Tasks are the things that are to be done.

KITCHEN CANS AND CONTAINERS.—I have the gayest and prettiest set of kitchen containers that I have ever seen, and they are home-made too. I made them out of tin cans, and they are so nice that I have given them to my friends. They are made in all sizes and styles, and they are so nice that I have given them to my friends. They are made in all sizes and styles, and they are so nice that I have given them to my friends.

TWO DAINTY APRONS.—Pattern 3125 supplies these styles, cut in one size. Medium. No. 1 will require 1/2 yard of 23-inch material, and No. 2 will require 1/2 yard. Lined, dotted Swiss, dimity, crepe and other materials are attractive for these styles.

A PRESSING TIP.—To iron the placket of a wash skirt smoothly and so the imprint of the hooks may not be seen on the right side, lay the placket, hooks down, on a thick pad or a folded Turkish towel and press on the right side of the skirt. The hooks will not be bent and the right side will be smooth and flat.

THE WAY WE ALL DO.—I do not need that load of stuff that clutters up my parrot. I would destroy the lot of it but somehow cannot bear it. And so I let the whole mess stay, and never scrutinize it. But some glad day the time may come when I can utilize it. T. M. P.

LYE, THE HOUSEWIFE'S PURIFIER.—Many doctor's bills would be avoided if women realized the small amount of trouble that is required to keep their homes not only clean but sanitary and germ-proof.

One of the most powerful, economical and easy-to-obtain disinfectants in the world is lye. The generous use of this commodity will prevent the spread of disease germs.

The Hidden Hour

BY J. B. HARRIS-BURLAND

CHAPTER XVII.—(Cont'd.)—It was impossible either to retreat into the hall or to go forward without taking any notice of the visitor. I have done either would have been merely to arouse the suspicion of this unwelcome visitor. Ruth smiled feebly, and waited for "Lady Anne" to speak. After all it was quite possible that Lady Anne would not remember her. She, Ruth Bradley, was still in her country clothes, and Lady Anne had only seen her in a sable coat.

"Are you Lady Bradley?" queried the visitor. "I was just going to call on Lady Anne Westholme."

"Oh, do come in," said Ruth. "I am Lady Bradley."

"But you are going out? I couldn't think of keeping you in."

"I was only going for a walk in Kensington Gardens," said Ruth, smiling and looking at Lady Anne inquiringly.

"Your husband has been fighting a case for me," said the visitor quietly, "and he has won it—only a little case. He has had one or two chats to me. He asked me to call."

"It's most awfully kind of you," laughed Ruth, "and I'm so glad I wasn't out—only half out, so to speak."

CHAPTER XVIII.—Yet it was odd how that idea lived and flourished, and grew like the grain of mustard seed into a great vigorous plant.

That night, when Ruth lay awake in bed, watching the dying glow of the fire, the idea grew and began to drip with sweat. She no longer asked herself why Lady Anne had called, but why her husband had asked her to do so.

"Surely," she said to herself, "Alice, as a barrister, would not under ordinary circumstances, have asked a woman whom she had only met in a moment of business to call upon her wife." He had never done such a thing before. And if he had wished his wife to make the acquaintance of Lady Anne Westholme he would call on her himself. He had never done such a thing before. And if he had wished his wife to make the acquaintance of Lady Anne Westholme he would call on her himself.

"You have been ill, Alice," she said quietly.

"No, Ruth, certainly not. I am never ill. And that's a good job, for I'm terribly busy just now."

She sat with him in the library, and he lit a cigar. She told him about Lady Anne's visit, and he laughed.

YOUR HOME

By DOROTHY ETHEL WALSH.

Tied and Dyed Articles in the Home.—More suited to utilitarian articles than batik designs are those made by the process known as "tied and dyed." Less complicated to execute than batik they still call for an artist's touch to make them as lovely as they are capable of being.

FIFTY MILLION INCREASE IN DEPOSITS REPORTED BY ROYAL BANK OF CANADA

Bank Makes Remarkable Progress in Past Year. Position Further Strengthened by Holdings of Short-Term Securities.

A gain of fifty millions in deposits reported by the Royal Bank of Canada in its annual report for the year ending November 30th, 1923. The bank's assets are approximately 50% paid up and cash amounting to no less than 28% of liabilities to the public are held in the form of securities of high quality. The Royal Bank of Canada is forward-looking to its shareholders for the fiscal year ending November 30th, 1924, which will show a profit of \$1,000,000 over the previous year.

General Position Further Strengthened.—The general business of the Bank continued to show an expanding tendency. Total assets are now \$28,258,654, as compared with \$27,258,654 for the previous year, a gain of about \$1,000,000. Liquid assets are \$23,312,474, as compared with \$22,618,331 for the previous year, an increase of about \$700,000.

What to Eat in Bright's Disease.—Bright's disease is a kidney complaint that attacks many middle-aged and old people. The name is used loosely to designate almost any kidney trouble in which albumen appears in the urine. Once it becomes chronic there is little or no hope of cure, but an intelligent patient who will give careful care to clothing and diet may live very comfortably for a long time in spite of it.

PROMISE YOURSELF.—To keep fit. To shut fear and worry out of your life. To be loyal to others. To hold your reputation by the neck of the neck. To be honest and fair in all your dealings.

Watkins.—Variations—Watson, Waters, Waterston, Watts, Watkinson. Racial Origin—Medieval French. Source—A Christian name.

Campbell.—Variation—Beauchamp, Beuchamp. Racial Origin—Norman French. Source—A locality.

Most Novel Police Force Composed of Insects.—The world's most novel police force is probably that which is being trained by a London scientist.

Couldn't Return the Compliment.—A Yorkshire farmer was asked to the funeral of his neighbor's third wife, and as he had attended the funeral of the first two, his own wife was surprised when he informed her that he had declined the invitation.

WHERE PRAY

Plant disease prevention rather than apple loss. The apple is a crop that is not only important to the farmer but also to the consumer. The prevention of disease is the key to a successful harvest.

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