# One Reason Why

is used more than any other brand is because the delicious flavor never varies. - Try it. FREE SAMPLE of GREEN TEA UPON REQUEST. "SALADA," TORONTO

#### About the House

DINNERS FOR THE THRESHERS. | per cent. meal will be ready for serv Planning carefully in advance will ing. difficulties in the kitchen. To be suc- tatoes will give delicious hash; moiscessful, meals for threshers must taste ten it with milk and bake in the oven good and be hearty enough for hard- until brown and crisp. A baking dish working men-so that the crew will or casserole is excellent. work cheerfully and come back eag-

And for the benefit of the housewife, they must be easy to prepare and cooked in large quantities, for second and third helpings.

erly the following year.

the threshers have the choice of sev-eral menus, depending on what is covered baking dish with new carrots, most easily obtained and what is most

Last-minute cooking, like frying and broiling, is best avoided. The last aroni, a can of tomatoes or tomato minutes are busy enough with table soup and some cheese a hearty supetting and serving. per dish of macaroni, with tomato-Top-of-the-stove cooking should be cheese sauce, is possible. Dried beef,

space will be needed for coffee and with macaroni.
tea making and last touches on gravies and sauces, unless, however, a dines put up in sauce offer possibili-

in small-duantity space. the bulk of the cooking.

A big pot or pan of beans may be ougly: baked the day before and warmed up. Something for a salad will surely Mike's business. Suffice to say it was as wanted. Roasts will give hot meat be on hand, and a bottled dressing on a totally changed construction gaing

tables call for the top of the stove, eaten, it cames out hot and spicy to the cooking time is relatively go with canned fruit or fresh fruit ed God for all the O'Grady's in the would 'tend to setting that cap. Anyshort. Limit the vegetables to one or by itself with rich cream world; and asked God that, through body who interferes will wake up bevariety unless a steamer is used. To Others may prefer to make a rich the coming years, he might be blessed side O'Grady'. save time and labor substitute pack- biscuit dough, pat it into shape, bake with a larger understanding. aged moodles for potatoes, which de- it as a shortcake and cover with what-

The salad depends on the seasonsliced tomatoes or encumbers, radish- and cream.

most men's mind, berry or fruit pies. Here are some good combinations:
Made the day before, they can be warmed up at the last moment. Fruit mer squash, radishes and lettuce and cake make good alternatives for berry pie, the last course. Fruit yelly-full of Corned beef and cabbage browned berries or fruit with cream, is a mashed potatoes, sliced tomptoes, nut day-before task and easily sorved, as cake and fruit. Boll the corned beef

The woman who has an ice cream Baked ham, boiled noodles, succofreezer with a right-sized son to turn tash, cucumbers and pickled beets serve this cooling but hearty green apple pie. dessert. There is nothing more de Baked, beans with pork, licious, and all but the freezing is bread, mixed vegetable salad, frui done in advance.

A word as to cakes and cookies. | jelly and cream. Put all, the good things into the string beans, sliced tomatoes, four cake proper and omit the laborious and drop spice cakes. frostings. Nuts, lots of them, cocoa- Canned red kidney, beans, enisp nut, raisins, candied cherries make a bacon, corn on the cob, sliced tomatoes frosting superfluous. Pour the batter fruit shortcake.
In a loaf or a shallow square or ob- Creamed salhion and peas, rice, cal long pan, sprihkle with cocoanut or bage slaw, hot gingerbread and fruit granulated sugar to give a nice finish, Sliced ham baked in mik, boiled po-

and bake. Serve in slices or squares, tatoes, carrots with butter, lettuce And instead of cookies make drop salad, fruit tapioca. cakes and the work will go twice as fast, These, too, may be full of sugar and spice and everything nice.

When the machine pulls into the field unexpectedly, the meal must be picking of cherries and other small based on supplies that are on hand, fruit easier and safer. Any boy o One clever housewife holds over in a strong wire into a small hook at one goods—meats, vegetables and fruits— end and a large hook at the other to serve two or three, such unplanned. The small hook fastens to the handl

their contents cooking, gathers what leaves both the picker's hands free the garden will yield for salad and and as it may hang where the fruit fresh vegetables, and soon a real 100 is thick the pail is soon filled without



aids digestion. It makes your food do you more good. Note how

It relieves that stuffy feeling



### Brothers Under the Skin

Y EUGENE JONES.

Cameron was leaning forward g at O'Grady through the whiskey-smelling foreman had l'a door to a new world.

"Well," continued O'Grady, "thim O'Grady, in charge of operations at best chance, that the shelf could suppose down in Montreal don't know this particular point, swore. "Sure best chance, that the shelf could suppose the down thing's dead! Twill be best or his weight but for a moment, about tryin' ter blast a right av way to come there an take a look. Oi'm

Baked beans are emptied into large dish and covered with strips of bacon before heating in the oven until the bacon is crisp.

A scalloped dish of alternate lay-

ers of salmon, green peas and white Those who know in advance the with onions, parsley and paprika and exact day and hour of the arrival of baked in the oven, makes a good meal.

peas, diced potatoes, onions and some tomatoes, makes a corking good stew. With a couple of packages of mac-

kept down to the minimum, for that sausage or canned meat is also good

and heat with seasoning and butter Oi'm sober." if drained well and buttered gener- Mike O'Grady worked before break- were scarce!

for dinner and cold slices for supper, the shelf will replace the homemade, that fell upon the cliff with a will. Macaroni and cheese for supper is lf bread is lacking try cornbread— Cameron, watching them could hardly browned for an hour in the oven becasily made and baked. Next in time believe his eyes.

fore serving: Even a meat stew will of preparation come nuffins and drop No, O'Grady had been right; this

The garden will supply potatoes, always at hand and it is quickly mix-green regetables and salad. The vege-ed. Baking while the meat is being

are many other puddings. But they the day before and finish it in a cov must be prepared a day ahead.

Macaroni and

PAIL FOR PICKING FRUIT. 'A "hooked" pall will make the of pail or basket. The larger hook She opens a few cans and starts silps over a branch of the tree. This bruising the fruit.

THE CURE

Sometimes when things turn side down and inside out and look dark brown I rush outdoors and gaze into the topless sky's eternal blueso calm and cool-so still and deep with soft contented clouds like sheep. shade my eyes and stare and star then go back in the house, and the begin to wonder and to doubt what I was in a stew about. Nancy By

Good-Will.

Good-will is the greatest power

Good-will is more than golds done on credit, which means good!

Every worker who is ambitiou lust ask-- 'How much respect have, I earned as well as my wages? How nuch good-will have I stored up?"

Prescribed 3,000 years ago in Egypt is still regarded as pretty sound.

moke which floated in odoriforous trata about them. A light burned in his eyes; it was as if the red-shirted,

brough bedrock. Tis me belief they've to go out there an take a look, Oi'm orgotten the work this same gang's thinkin'."

The engineers practiced eye swept of the other extending beyond the path the cliff path, saw the mammoth crack it was his fault, whin all th' toing it was th' fault av this blessed dounnet was the mammoth crack in the rock upholding that path. The next blast would have established a try. And along you come whin we've new and firm bed; but there couldn't the rumble increased. He was near the path of the other extending beyond the path rim. Somewhere below him a rumble broke forth. He had covered the next blast would have established a men were haping him with a taut line. The rumble increased. He was near teen breakin' our backs ter make good be any next blast until somebody now—— fer th' best mon that iver lived, and placed a fresh detanator on the charge. ne to put meself in your place. Now, might be firm enough to withstand the lister Cameron, put yourself in our weight of a locomotive, or it might

erlastin' fun av buildin' it. We'll waist. Willing hands would hold the through space. ork loike blazes with ye, but we rope; thus, should he be precipitated von't slave under ye; and thot, sor, is into the gulf below, he could be pulled him off and pressed his dirty rag of

lously given them after years of dark ments had showered upon his body hess. Then he got up.

"Mike O'Grady," said he, "you're what use would there be in dragging what was left to safety?

"Hold on, Mike!" snapped the engineer.

O'Grady grinned. "'Twill be all right, sor. Jist a ticklish moment while while white white white was left to safety? flash. He grabbed the other's hand, done it before

than he-Cameron-received.

ies and sauces, unless, however, a dines put up in sauce offer possibiling and sauces, unless, however, a dines put up in sauce offer possibiling and sauces, unless, however, a dines put up in sauce offer possibiling and sauces, unless, however, a dines put up in sauce offer possibiling and sauces, unless, however, a dines put up in sauce offer possibiling and sauces, unless, however, a dines put up in sauce offer possibiling and sauces, unless, however, a dines put up in sauce offer possibiling and sauces, unless, however, a dines put up in sauce offer possibiling are silver.

The wings of the morning are silver was a drunken fool to-night, but death. He had taken some long the horder of the cooking on one potatoes, salad and fruit with cake. The had taken some long there'll be no more bobzin' in this chances himself; but now the conviction camp because Oi kin lick ivery mithing the season. The sauce of the morning are silver was a drunken fool to-night, but death. He had taken some long the had taken some long and pearl, with flushes of rose where the round of the stove space. And both the fresh vegetables will depend on camp because Oi kin lick ivery mithing the had taken some long th admirable for large-quantity cooking lacking, open up some canned ones Oi ain't sure Oi can't lo thot whin to the road, more to progress, than a small-duantity space. and heat with seasoning and butter Oi'm sober." mere engineer.

The oven is to be depended on for Noodles or rice may replace potatoes. What particular braid of magic. Plenty of engineers, but O'Gradys

> Cameron jerked the rope from his fast the following morning is strictly foreman, "I'll 'tend to that!" he snapped. A dozen men pushed forward.

"Not on yer loife!" yelled "Tis me own jou!" And he caught Before thy wide fanning and rhyth-No, O'Grady had been right; this an end of the line. cook away merrily in an earthen dish baking-powder biscults.

was not a collection of drones, but a One second Mike stood grinning, definitife oven and will be the better. But dessert must not be forgotten! gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant, determined to face the rock gathering of men—of brothers under fiant gathering ga

heartedly for a far smaller recompense broad back, catapulted there by Cam-

biscuit dough, pat it into shape, bake with a larger understarding.

it is a shortcake and cover with what ever berries or fruit are in season, away from the cliff path. Somebody engineer tied about his waist. A high either, with canned fruit shouted "Blast!" A moment passed; fell upon the gathering as Cameron, of sheltering wings, let no trouble intended to trude. sliced tomatoes or cucumbers, radishes, on the continuous or lettuce—and cabbage, with ingenuity and foresight the met successfully and hurtled into the valley.

With ingenuity and foresight the met successfully and hurtled into the valley.

Then he stepped out from As over in safety, on his right the sheer wall brood orite.

The engineer knew another blast wusning his shoulder, on his left the would follow, as it had been found ad-abyss reaching for his toes.

For dessert nothing surpasses, to year.

Adver

charges, one after the other. He joined eyes riveled on that portion of the

# Can You Beat This One?



outhful George Washington. The gigantic mucky whose portrait is seen above was landed by an Indian with his bare hand! . This is the gospel truth. Some few weeks ago, setting out from Devil's Gap Bungalow Camp, on Lake of the Woods, Kenora, an ardedt sportsman hooked this tremendous fellow, a 35-pounder, on a fifteen-pound test black Japanese silk line and an eightbanker will tell you that. Only about ounce split bamboo fishing rod with a No. 3 Starr double-spinner as a lure. one-seventh of the business of the The captive, opening the type of battle anglers thrill to, struggled for fortyworld is done on cash Six-sevenths five minutes, then, at the critical moment, made a supreme effort, snapped the line and disappeared. The sportsman grouped, believing all was over. But the wily Indian guide, paddling round quietly, spotted the, fish lying exhausted in four feet of water. 'Don move' he urged. 'She come up!' And,' sure enough, the 'lung's presently rose to within a few inches of the surface. A lightning movement of the Indian instantly followed and, seizing the fish through the back of the gill, he flung him triumphantly into the canoe. Next time you swap yarns with your pals and want to cap their best there is a celebrated eye lotion which efforts with something that is no less remarkable than it is correct in every particular, ask them "Can you beat this one?"

rock a hundred feet distant in which was buried the dynamite charge. Every ear waited for the fatal cruck which would mean probable death, to he man on the path.

Pressing against the cliff, keeping his feet as far from the crumbling lenge as possible, Cameron continued to decrease the gap between him and his objective. Fifty feet-Liwentyten-five-a great sigh went up. He the group of waiting men, but nothing the cap and making the connection happened. A minute passed-two, with the firing wire.

Something had gone wrong; the stillness—the sharp crack of parting detonator had failed. Of course the rock. The men tightened their grip loose rock might part at any time of on the rope. dpen- its own weight, or it might remain Then Cameron stood erect, waving where it was indefinitely, blocking the his arm.

"I'll run for it!" he yelled. "Ready!

ou up and says: 'Men, yer not put- and connected it with the firing wire. "Jimp!" It was like, who had been out!' . . . Awhile back ye asked Of course the overhanging ledge watching the cliff through narrowed

eyes. Blindly Cameron obeyed; and at the place if it places ye."

Mike drew on his pine furiously, pressure. No way to test this except his one visible eye blazing. "We ain't with human life.

The foreman picked up a rope presenting into the valley below. For a one av yer blanked Mexicans; we're the foreman picked up a rope prespinning into the valley below. For a white men buildin' a rail road fer th' paratory to knotting it around his moment his body was whirling

It was Mike O'Grady who dusted ne honest opinion."

For a moment the tent was very illent. Cameron passed a hand aerose cameron's heart. After the man fetchis eyes as if sight had been miraculously given them after years of darkously given them after years of darkwhat use would there be in dragging

Was a feel server him off and pressed his dirty rag of a handkerchief over a cut on Cameron's cheek where he had struck a projecting fragment of rock; and it was Mike O'Grady who kept screeching at the what use would there be in dragging

Was a feel server hlanked foold

B'ys, he's a blanked fool, but we're with 'im-ivery mither's son av us!

The Morning and the Evening.

dusted with gold. . And preened till they glisten with They poise at the zenith and send a soft breath

Of quickening hope to the chamber o death. wraiths retreat

mical beat! Though barred by the sunset and streaked by the day,

Yet they are spread at the bidding of A veiling of sapphire diffusos the light. Invests all the twilight with glamour

Advertising Laughs.

Amusing pecimens of national huwhich says of them that "some are conscious, some unconscious, and the United States and 530,459 tons duction is perfect the preceding year, cent. That Canada is in the United States and 530,459 tons duction is perfect to the preceding year.

Some of the examples are: ... lripping sold here, and the fiddle of British coal, the grading and sizing production was 4.10.664 aught after six o'cleck."

is guarantee. The fish she is very South America .- Alongeide a huge restaurant was a little Chinese chop of the Canadian market. sucy restaurant. The big place put

card, "Me wakee, too." Aberdeen .- "To let, a good shop in kon, with their shipments across the the Jewish quarter." Boston (Mass) .- "Keep off the grass If you want to roam, join the Navy." Solid as the hide of an elephant. My goods are forwarded with the speed goods are forwarded goods are forwarded with the speed goods are forwarded with the speed goods are forwarded goods goods goods are forwarded goods go

#### Backing Up Your Best.

You can't afford to lend your time but your best. What would you think or a man at the head of a big busines who would go out on the sidewalk ar play marbles during business hours? There are multitudes of people wh have splendid business ability and great message for the world and v they are playing marbles much of the time, doing things much of the time worthy of them.

If backing up the best thing in von with all your might will not bring success, certainly the backing up of your second best, can't bring success-



Changeful Girl. Alice is so delightfully changeful "Yes; I call her the chameleon gir." "She changes her complexion as ten as she does her mood."

Bright Boy-"Its beams, of



#### For every wash-day method

RINSO is ideal for any wash-day method you use. You do not have to change any of your usual steps-just use Rinso where you used to use ordinary soap.

If you like to boil your white cottons, Rinso will give you just the safe cleansing suds you need in the boiler. If you use a washing machine, follow the advice of the big washing machine manufacturers-

Just soaking with this new kind of soap loosens all the dirt until a single rinsing leaves the clothes

However you do your wash, make it easy by using Rinso.

Rinso is sold by all grocers and department stores

Machine, soule Ver clothes in the Ist. sud as usual! In: morning add na. Rirzo, solution end work the machine. Then rinse and dry voil will have a clean

If you use a Walling

LEVER BROTHERS LIMITED

CANADIAN COAL PRODUCTION

The output of coal from Canadian Into the contral area of nines in 1923 totalled 16,984,000 tons ing the points valued at \$73,504,000. Alberta was the tawa, King on. total of 6/840,000 tons and Nova Scotia anthracite and 3,616,621 .... was a close second with 6,596,000 tons. In point of output value, however, nual volume of imports. Nova-Scotta held first place, the coal past five years. production for the year being valued The aggravat at \$29, 53,000 compared with \$28,279, comes apparent 000 for Alberta. The value of the Bri. Dominion's i v tish Chambia production was \$14. Canada has on

088,000 placing that province third Flobe's foral c among the coal-producing areas. Sas. per cent of the kutchewak produced 440,000 tens the Province of valued at \$019,000 and New Brunswick seventh of the 227,000 tons valued at \$1,065,000. Ap. world are by for proximately 30,000 men found employ force of the Rolley ment in the coal mines of Canada. Thus, if not be about 75 per cent, of these being cm. at the present -Alico M. Shepard. ployed underground. The cutput per agreet content man-day during Docember was 2.39 ply in the fatte

During the year coal importations to for as gin or in advertisements have been cot- amounted in all to 22.687,320 tons, an 325,600,000 me increase of about 50 per cent! over United States from Great Britain. The import fea- past figures of broduction in ture of the year was the importation creasing it of the Welsh product having made it of the total world product much more popular, and the opinion year. In 1540 with a pretin of imported sardines: "The oil is that the importations of coal from 12.617.125 done but the importations of coal from 12.617.125 done but the importations of coal from 12.617.125 done but the importance of coal from 12.617.125 done but the coal from 12.617.125 done but t the Britisth Isles will be increased as output of 12.61 125 ici- v. 1. time goes on and the British producer world producein that a aclearns more about the requirements, 1923 was a son exent mus-

Against these importations Canada United States and in R. out a gigantic electric sign, "We never exported a total of 1,654,406 tors as against 1,818,582 tons in the previous The Chinaman hung out a year. British Columbia and the Yuborder into the United States, were substantially the heaviest exporters, love with a gill who hved a accounting for 838,063 tons. Nova town decided o offer his

duction exported only 605 tons. Both Exporting and Importing. An hour later he got his The coal situation in Canada is a "You are too extravalgent, most peculiar one and one which has for nineteen words too ma:

so far baltled solution. is at the one time important porting coal, witch believe fact that the Conadian coal situated at sithe and away from the great of tled industrial producing province with a in 1923, amount of to 4

ing to the harr recent crease in output amountains cent. A young male who were

answer paid for."

## Surnames and Their Origin

BEVERLY : Racial Origin-Angle-Saxon et man French.

This family name quite clearly belongs in the classification of those
which have been derived from the
names of places, for it is treable
through the early documents with the
prefixed "de," meaning of,
the Virings through Scottage

It is paradoxical that the smaller The same of MacCorkill of communities in all lands have given Corkle was torne by one of more family names than the big cen- branches or septs of the Can to tres, of population. The reason for which was decidedly one of the trees. this is, in the first place, that people ing class of the Highlands, itflecked from the small communities, vying with that of the MacGre where there was not, so great a need records of these crate fighting. for additional names, to the big cen- But the given name from tres, where there was not only need, MacCorkill is herived is Thericia a but where the mention of a small relic of the old pagan Norse power place served the purpose of different and the meaning of which is Thorn tiation quite accurately. In the sec. kettle." The kettle or cauldren was a ond place, the big communities gave utensil which clayed a large part for rise to comparatively few family uratively, in the worship of the Vinamor because it constituted little dif- kings, and is found to-day as and ferentiation to speak of "Roger de ment in a lot of fantily names .... London," when there, were thousands even still is given names in the of "Rogers from London" to be found dinavian count ies.

all over the country. of the place name of Beverly, which is horth and west coasts. At one parts in Yorkshire. Some derive it from a considerably part of the coast was "belvoir" (beautiful view) and "ley," in the hands of Norwegian settlers Use for Sunbeams.

a meadow or field. It is incre prob who retained their allegionce to their able, however, that the place already Norse kings, and who later took their had been named by the Anglo-Saxons places among the Celts of the Highas "Beverlac," or beaver-lake."

MeCORKILL Nor- Variation-Mai Corkic Racial Orlgin-Scottish.

There is a great deal of Norse bine 1 Authorities differ as to the origin in Scalland, principally along lands in full Gaelic clan organization.

# Efficient I

DON'T FEED CORN ALONE It is surprising how many forks pe