The Fresh Flavor

of delicious

"SALADA"

H667

GREEN TEA

is preserved in the air-tight SALADA packet. Finer than any Japan or Gunpowder. Insist upon SALADA.

Woman's Realm

MAKE PARLOR IN OLD-FASHIONED HOME SERVE A PURPOSE.

If you have never tried using the largest, pleasantest room in the house for the family bedroom, you don't know how much more you will enjoy it in that capacity, than as a parlor, used only occasionally.

I live in one of those old-fashioned houses in which a parlor was added to an already larger number of rooms than is needed by the average family. This company room was the largest room in the house, and so pleasant, airy and sunny with its south and west indows and sash door opening to the east upon the end of a south verandah. So delightfully situated it was a shame to use it so little. Such an abundance of sunshine went to waste in it and the finest view we had was from its seldom-used windows.

I tried using it as a living-room, but it was too remote from the kitchen and dining-room, and an air of made-to-be-used-only-on-state-occasions clung to it so persistently that the men invariably stopped in the "middle" room to lounge and read, leaving me cheerless living-room to the isolation that the habits of years had banished it.

I reflected one day what an attractive bed-room it would make, and how convenient the smaller room opening on it would be as a nursery. The idea so captivated me that I promptly planned to rearrange it for that purpose and soon had my eyes while useless parlor fitted up as a bedroom and private sitting-room.

A tiled bedroom opened from the middle room, which was also a living room, and both having a south exposure. I had a very wide doorway cut between the two rooms, nearly eliminating the partition, and so combined them into one delightfully long, sunny living-room. It was so enjoyable to have the piano and books and all the most useful articles of furniture in the one where we would use them every day. Our living-room became in a sense that no other room ever had, while my parlor never afforded me the pleasure and satisfaction that the sunny bedroom does with its accommodation for a fire in the winter and plenty of fresh air and sunshine during the summer.—Mrs. E. M.

MEASLES.

The season for measles is during the winter and spring months. One-half of the deaths from measles in Canada occurred in the months of January, February and March. A great many of these deaths could have been prevented if parents had realized the danger and how to avoid it. The dangerous age for measles is early childhood. Sixty per cent. of the deaths from measles occur in children under five years of age. Some parents consider measles to be a necessary evil of childhood and that a child may be allowed to catch measles and have it "over and done with." This is a great mistake.

The older a child is when he contracts measles the better the chance he will have of recovery, the younger he is the greater the danger. The death rate of children having measles at two years of age may be five times as high as it is among those who postpone the disease until the tenth year of life.

Measles is spread by the secretions of the nose and throat, especially in the tiny droplets sprayed out in coughing, sneezing and loud talking. The danger of catching the disease is greatest during the period from five days before the rash appears and for five days thereafter. Before the rash appears the child may seem to have only a cold, but in reality this cold may be the beginning of measles.

From the time of exposure, from ten days to two weeks elapses before the child is taken ill. The illness is much less likely to be dangerous if taken in hand at an early stage. The first symptoms are a rise in body temperature and redness of the eyes. Therefore, when a child has been exposed to measles, the temperature should be taken on the eighth, ninth and tenth days after exposure. If the body temperature has risen or the eyes are reddened, put the child to bed and keep him there. Bed is the one safe place to fight measles, and the earlier in the disease the child is put to bed, the less will be the danger of death or a serious result, such as pneumonia, tuberculosis, eye or ear trouble. There is all the difference in the world between an attack of measles developing in a child exposed to body chill, and in a child safeguarded by warmth and rest.

Measles requires good nursing and the care of a physician. The patient should be kept away from other people until the rash has quite gone, and should remain in bed as long as there is fever or a cough. Do not let the child be uncovered and chilled as this may lead to pneumonia. A somewhat darkened, comfortably warm room is the best and the air should be kept moist and soothing to the air passages by means of pans of water or by wet sheets, which may be hung across the doorway.

FRUIT SALAD.

Half pound English walnuts, half pound marshmallows, 2 cups diced pineapple, 2 cups canned white cherries.

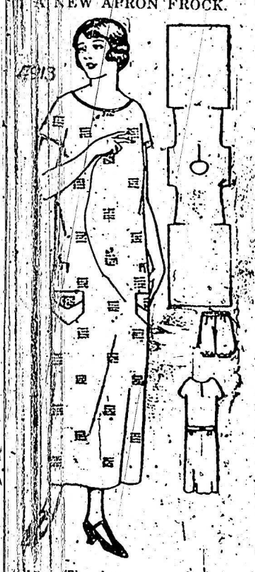
Chop or break the nut meats, cut the marshmallows in quarters with scissors, and add pineapple and cherries. Mix with dressing, and let stand two or four hours before serving.

OVERNIGHT SALAD DRESSING.

2 tsps. flour, ½ tsp. mustard, ½ cup milk ½ tsp. salt, 1 egg yolk, ½ lemon, 2 cups cream.

Mix flour, mustard, and salt; add the milk and egg yolk, and cook over hot water until the mixture thickens. When cool, add the juice of one-half lemon and two cups cream, whipped until stiff.

A NEW APRON FROCK.



4913

4913. The busy, practical housekeeper will welcome this simple frock and the bloomers that accompany it, because freedom and comfort while at work are so desirable. The bloomers may be of the same material as the frock or of contrasting material.

The pattern of this splendid style is cut in 4 Sizes: Small, 34-36; Medium, 38-40; Large, 42-44; Extra Large, 46-48 inches bust measure. The width of the frock at the foot is 1¾ yards. To make this model for a Medium size will require 4¾ yards for the frock and 2¾ yards for the knickers of 27 inch material.

Pattern mailed to any address on receipt of 15c in silver, by the Wilson Publishing Co., 73 West Adelaide St., Toronto. Allow two weeks for receipt of pattern.

Send 15c in silver for our up-to-date Fall and Winter 1924-1925 Book of Fashions.

THE OLD MOTHER.

Lord, rest me from my daughter
Who is so kind to me;
Never need I walk alone,
Nothing have I that's my own,
What I begin, by her is done;
And from all but her alone
Am I rested, till I moan.
Lord, rest me from my daughter
Who is kind to me.

—Elisabeth Morris.

A Plain Talk.

The man whose happiest day is To-morrow is not living To-day. He is only anticipating. To-morrow never comes. It's always to-day! To-day is all that matters. Eternity itself is made of a series of to-days. Certainly Life is, so it is well to take care of To-day. To-morrow will take care of itself.

Procrastination is the thief of life. It postpones living till to-morrow. The "living present" is the time to live in.

Be busy now. Fill the present minute up to the brim. How? Work is the best. Pastimes do not pass time well if persisted in. They are only a change.

No one ever did anything to-morrow. Every good bit of work has been done to-day. It always will be so. The sooner you start and make the most of to-day the better for everybody, and especially for yourself.

To Make Bread With, of Course.

Drug Agent (suspiciously)—"What you going to do with all that rye?"

Bootlegger (cryptically)—"Goin' to make my bread with it, of course."

THE MONTHS IN A MUDDLE

Do We Want a New Calendar?

We have entered upon another year with our old and unreformed calendar. Proposals for its simplification have often been made, but it remains complicated and erratic.

Last year we had five Fridays in February—a thing which, though it had not happened previously for forty years, will happen again after an interval of twenty-eight years. Yet normally it is only twenty-eight years before any one day of the week recurs as leap year day.

Why then, the long interval of forty years since February 29th previously fell on a Friday? Because, under the Gregorian correction to the calendar, three leap years are dropped in four hundred years at three successive century years, and because in the last interval a "double 0" year (1900) intervened.

Working for Nothing.

Some countries still use the Julian calendar, and consequently they make every fourth year a leap year. It follows that by their system each week day has its turn as leap year day once every twenty-eight years.

Another anomaly is that in a leap year persons who are paid monthly or quarterly have to give a day's work for nothing. If the salary is $5,000 a year, this means a loss to the worker of $13.70. The State, in particular, gains largely through this peculiarity.

Pay is also affected by the calendar in a different manner. We sometimes have fifty-three Saturdays in a year, and consequently most workers receive an extra week's pay in it. This makes a great difference to big corporations, as well as to the State. Old-age pensioners, too, get an extra week's money.

Coincidence and Prophecy.

On the other hand, millions of people have to pay fifty-three premiums on policies in such a year—an enormous gain to the great industrial insurance offices, which do not suffer a corresponding loss either in the preceding or the following year.

A further peculiarity of the calendar is that occasionally two great anniversaries of the Church fall on the same day. Thus, in 1921 the Annunciation was on Good Friday, and it will be again in 1932. This coincidence is generally supposed to be referred to in the prophecy—

"When our Lord shall lie in our Lady's lap
England will meet with a strange mishap."

Some authorities, however, consider that the coincidence meant is that between the Annunciation and Easter Day, as in 1894. Easter in that year fell on March 25th, the Feast of the Annunciation.

In connection with miscellaneous anniversaries, also, there are many curiosities. Some people, for instance, are unable to reconcile the date of a birth with some other date. This may be due to failure to allow for the difference between our former calendar and the present calendar.

A Fixed Date for Easter.

Let us take a single illustration. The anniversary of George III's birth is given as June 4th, whereas in many books he is said to have been born on May 24th, 1738. So, in fact, he was. But when the calendar was altered in 1752 birthdays of all living persons were post-dated by eleven days as far as the law was concerned. After 1752, therefore, George III.'s birthday was celebrated on June 4th.

The question of a fixed date for Easter has often been raised. The variations in the date of Easter cause a great deal more inconvenience and disorganization in the community than is generally realized. School, university, and law terms have to be altered in accordance with the change in the date of Easter, while the date of Whitsun and the question of holidays also depend upon it.

Here's a soldier who never answered the cook-house call. This stern-looking sentry was molded in the snow with the aid of a spoon and knife.

Extension of Roads in National Parks

The importance of maintaining and extending the motor roads and trails in Canada's National parks appears to have been the dominating note in the construction work carried on by the Parks' authorities during the 1924 season. The greatly increased traffic which resulted from the opening of the new Banff-Windermere highway gave further evidence of the great value of improved motor roads and maintenance and improvement work was given first consideration last season.

A large item of new work in Jasper Park was the construction of six miles of the spectacular Edith Cavell road, completing it to Cavell lake, about one and a quarter miles from the ice of Ghost glacier. Rugged country, most unfavorable to construction operations, was traversed and a very good showing was made. Surfacing operations on that section of the Jasper-Edmonton highway in Jasper Park, were carried on over twelve miles of new road from the town of Jasper eastery. This section comprised abandoned railway grade which has now been converted into a firstclass highway. On this highway a bridge of three 109-foot spans was erected over the Snaring river, and work commenced on a bridge of six similar spans over the Athabaska river.

Various Work of Importance.

Other works of major importance were also carried on to completion. During the summer the power-house building of the Cascade development near Banff, which has been in operation since February supplying power for the town of Banff and vicinity, was completed in its aesthetic details. Every effort was put forth to make its appearance as neat and attractive as possible and in harmony with the surroundings. Two cottages were erected for the accommodation of the resident operators and these were also artistically designed. Good progress was also made on the Golf courses in Banff Park, where the eighteen holes were completed in time for the opening of the playing season; and in Jasper and Waterton Lakes parks. Eight miles of the right-of-way of the proposed new road between Lake Louise in Banff Park and Field in Yoho Park were cleared during the late fall. Some improtant rock excavation and crib work was undertaken on the Yoho Valley road through the canyon of the Yoho river. To meet the growing demands of motor tourists to Waterton Lakes Park and to serve the townsite, a summer water supply system was installed.

Other lines of construction work undertaken by the Canadian National Parks Branch included the erection of historic site memorials throughout the Dominion. A field stone cairn with bronze tablet attached was placed on each of fifteen sites, and large boulder memorials were erected on two other sites.

Surnames and Their Origin

FLETCHER

Variations—Arrsmith, Setter, Tippler, Flowe
Racial Origin—English.
Source—Trades

Who says there is no romance in names? How many tasteless mas. manufacturers, merchants, manual workers and professional men of this modern age go busily about their daily occupations without a thought, without even the knowledge that their family names are the last relics of what was once one of the mightiest industries of medieval England, and which to-day is obsolete.

The ancestors of the Fletchers, Arrsmiths, Setters, Tippers and Flowers were the backbone of the English nation in the middle ages, for they furnished her fighting forces with munitions, that deadliest weapon with which the English maintained their independence upon many a battlefield before the final development of the musket and the rifle.

The family name Arrsmith is simply a contraction of "arrowsmith." The arrowsmith was he who made a living by fashioning arrow heads.

The Setters were those who set the heads upon the arrow shafts.

Tippers were craftsmen who sharpened the points after they had been set.

The Fletchers (it was also spelled "fleccher" in those days) were those who affixed the feathers or "fledges" (from the same word root which gives us both "feather" and "fledgeling") to the shafts. This was probably the process which required the greatest finesse, for the true flight of the arrow in those long shots for which the archers of old England were famous depended as much on the feather as anything. The term "Fletcher" also was used in the more general sense as embracing the entire craft of arrow makers. "Flo" was a familiar name for the arrow in those days, whence comes the name "Flower."

McCAULEY

Variations — Macauley, MacAulay, MacAuliff, McAwley, MacGawley, Magauly, McCawley, McCauley, Wythe, McCauley.
Racial Origin—Irish, also Scottish.
Source—A given name.

As a rule the variations Macauley, MacAulay and MacAuliff trace back to Scottish sources, and the rest, for the most part, are Irish. As a matter of fact, there is little difference between the speech of the Irish, particularly in the north of Ireland, and the Highland Scots. Both are Gaelic races. The peoples now constituting the Highland clans for the most part crossed over to "Alba," as Scotland then was called, from Ireland, about the second century A.D.

The correct Irish form of the family name from which this rather long list of variations has developed, is "Mac Amhaiolaoibh," but the Irish pronunciation of that is much closer to "MacCawley" (the [illegible] which [illegible] both" is derived is "Amhaiolgaeh," compounds of two words, "amhaiol" and "gaeh," meaning "of a withe (that is, a form of twisted osier)," which explains why the name is sometimes met with Anglicized into Wythe.

There are English authorities who suggest that the Scottish form, MacAuliff, is a development of the Scandinavian name "Olaf." It is possible, but not likely. It would be probable if the name were English. But Gaelic names are more likely to trace back to single than to many sources, and the final "bh" of "MacAmhaiolaoibh" might easily and naturally become a "ff" on translation into English.

In Ireland this name is most common in Munster, Cork and in what was the ancient royal province of Meath.

Love Gives Itself

THE STORY OF A BLOOD FEUD

BY [illegible] SWAN.

"Love gives itself but [illegible]
Worth."—Longfellow.

CHAPTER VI.—(Cont'd.)

"Mr. Garvock has had a [illegible] Ramsay. I think he is not [illegible] over well."

"Yes, ma'am, I don't wonder he was upset," answered Ramsay, [illegible] crectly, and on the spur of the moment. Then he reddened under his mistress's inquiring gaze, and hastily went on with his duties, praying that he would not be further questioned.

"What do you mean, Ramsay? Was your master been specially upset this afternoon? Did anybody call while we were out?"

"Only Miss Rankine, and the doctor."

"Miss Rankine and the doctor! Then why wasn't I told? When did they come?"

"Miss Rankine came about half-past five; and the master, he expressly said I was not to mention anything to anybody," said poor Ramsay, now wondering hopelessly.

"That will do, thank you, Ramsay," said his mistress with dignity. "I can wait on ourselves."

Directly the door closed she looked across at Lucy, determinedly.

"I must be at the bottom of this, Lucy. Peter can be very tiresome and masterful, but he must remember that his mother requires some consideration. I will go to him. You had better stay here—or go to the boudoir. I must make him understand that there is more deference owing to me than he seems inclined to pay."

So saying, and gathering all her dignity—which was considerable—about her, Mrs. Garvock sailed out of the room.

Lucy went abstractedly on with her supper, disturbed in her mind, and full of curiosity. Mrs. Garvock went straight to the library door, which she opened without knocking.

There was only one small light under a green shade, burning on the desk at which Peter had already seated himself. He looked up with evident annoyance at the opening of the door. His mother closed it quietly, and stepped forward.

"I've come to hear what actually happened to-day, Peter," she said in a tone which sounded quite ordinary, but which was as quietly determined as Peter's own. "Ramsay has just let drop a few words—no, don't [illegible] ang[illegible]; it was done quite inadvertently, but what did Judy come here this afternoon for? And why were we not to be told?"

Peter Garvock put down his pen.

"You are rather exasperating, mother. I think I might have had peace for just one night! I told you you would probably hear an embroidered story to-morrow."

"That is precisely why I prefer to hear an unembroidered one to-night. It is my due, Peter, and I should not have had to ask it twice—not even once!—from your father."

"Well, if you will have it—Alan and Carlotta have fallen in love with one another, and I've got my congé in consequence. I went to have it out with him. We met at the march dyke and—well, we did have it out! He'll remember this day, perhaps, and what it means to get across my path as he has done."

Mrs. Garvock looked the picture of consternation.

"But, Peter, it's impossible! Alan with Carlotta! Why, how often has he seen her?"

"You can go and ask him. I don't know. I'm giving you what you ask for—the plain, unembroidered, facts."

"Then what brought Judy here?"

"We fought at the march dyke, and I suppose that on her way home she found him lying on the ground."

"Peter!" cried the mother, in a hollow whisper. "You didn't kill him?"

"Oh, no! Sanderson called in on his way back from Stair—he hasn't been above half an hour—to tell me that the cur is all right."

Mrs. Garvock wrung her lily-white hands, on which the diamonds shone.

"Oh, Peter, it would have been better without this! Nothing has gone right with us since you got engaged to that woman! You are well out of her."

Peter made no demur, but bent his head, to his desk again, as if longing to be left alone.

She stood contemplating him for a brief space, wondering whether he suffered, yet afraid to ask. So little did she know of the son she had borne, she scarcely dared offer her sympathy lest it should lie cast back upon her.

"But, Peter——?"

"Yes, mother. What now?" he asked, raising his head with a gesture of utter weariness.

"I don't want to keep on about it if it hurts you, but it is not possible that they can marry, here, at once. Are you sure there has been no mistake?"

"There is no mistake. As to their marrying—I don't know where, or when, or whether they will; but I'll keep my finger on Stair, mother, and Alan Rankine shall feel the grip of the man who played his dastardly tricks on me for her—it was for my money, not to marry me. We shall see what kind of a wife she'll make to a man who has none—who will never have any, for he doesn't know the value of how to get a livelihood, and will take care that he gets no chance to!"

The new vindictiveness with which her son spoke chilled the heart of Mrs. Garvock.

"Oh, Peter, don't talk like that! It makes my blood run cold. You have got over it, my dear. There is no need to have been a blessing with a disguise. It made me very unhappy, and I only refrained from telling you what I actually thought because you seemed so set upon it. Now you will be able to look back and say this has happened."

"Maybe. And now, mother, let us have the whole story. You will have to [illegible] I suppose. But I am [illegible] in my mind, Peter. I should [illegible] and help you to bear it. [illegible] you have Lucy and me left [illegible] by you; you may depend on [illegible] depend on you," he said [illegible] warmth. And once more [illegible] ory took settled on his head [illegible] was baffled and repulsed. [illegible] his mother do but put [illegible] him, closing the door softly [illegible] he met Lucy. Saying the [illegible] and drew her hastily into [illegible] door.

"Oh, my dear! Terrible things have happened! Can you [illegible] it is on Alan's account that [illegible] given up your own brother!"

"Oh, Alan's account!" echoed Lucy, [illegible] the mother might have been [illegible] by the sudden, shrill note [illegible] ing voice.

So he tells me. How long [illegible] Alan come home? Little [illegible] a week!"

"A week, yesterday morning," [illegible] dully.

"Well, apparently he has made [illegible] of his week, or else he has [illegible] otta before."

"Do you mean that—that there [illegible] thing between Alan and Carlotta?"

"Yes. She has thrown Peter [illegible] your cousin, and, it seems, [illegible] it out on the hill at the [illegible] and Peter left Alan lying [illegible] ne, and Judy was here this [illegible] about it! It's the most [illegible] ary story I've ever heard. I [illegible] to happen in a sober Scottish [illegible] on a Sabbath day! Don't [illegible] we have had enough excitement [illegible] for years?"

"Lucy did not hear. Presently, the mother looked [illegible] saw that her face had [illegible] and that she was trembling [illegible] leaf.

"Don't take it like that, my [illegible] all it is only a marriage [illegible] needn't affect us. And really [illegible] we ought to be rather [illegible] it all broken off. [illegible] if she marries Alan, we [illegible] have her, in a few [illegible]."

Then the light broke in on [illegible] heart, and she understood.

Now had fallen down [illegible] and the strange affinity [illegible] Rankins and Carlotta [illegible] that it would ever bring [illegible] or not, had certainly [illegible] but dool and woe to Peter [illegible] and his sister Lucy!

(To be continued.)

What Interested Percy.

The teacher had been [illegible] on the wisdom often displayed [illegible] animals and birds. He contrasted [illegible] that of human beings [illegible] disadvantage. Having [illegible] discourse, he invited [illegible] questions on the subject.

Then his hand.

"Well, Percy," said the [illegible] "is it you want to know?"

"I want to know, sir," replied [illegible] "what makes chickens know [illegible] caterpillars are?"

Treat Their Enemies to Laughing Powder.

A naturalist recently returned from Arabia has described society a plant called the "laughing cactus." The plant gets its name from the fact that anyone eating its seed gives way for some minutes afterwards to immoderate laughter, frequently ending in nervous prostration.

The natives of the district in which the plant flourishes dry the seeds and grind them into powder, which they keep, and on suitable occasions administer to those against whom they have a real or fancied grievance.

An overdose may result in temporary loss of reason, following which the victim falls into a deep sleep, awakening with no memory of his curious conduct.

Going to the petting party (to night).

"Can't. I gotta cracked lip."

Poor Devils.

Hobbs—"I was hypnotized once."
Dobbs—"I'm a married man, too."

Breathes Through Its Tail.

The young frog has a special breathing organ in its tail.

Let the

Province of Ontario Savings Office

Guard Your Savings

It is easy to open an account by mail. Simply send money by Bank Cheque, Post Office or Express Money Order, or Registered Letter, to the Branch nearest you and you will receive your Bank Book by return mail.

The entire resources of the Province of Ontario guarantee the safety of your deposits, on which interest will be compounded half-yearly. You can withdraw your money by cheque at any time.

ABSOLUTE SAFETY

ONTARIO

Province of Ontario Savings Office

Head Office: 15 Queen's Park, Toronto

TORONTO BRANCH OFFICES:
Cor. Bay and Adelaide Sts. 540 Danforth Ave. Cor. University and Dundas Sts.

OTHER BRANCHES AT:
Hamilton St. Catharines St. Mary's Pembroke Brantford Woodstock
Owen Sound Ottawa Seaforth Walkerton Newmarket Rond Milner